



HAMILTON CONTINUING CARE CHRONICLES

**125 Wentworth Street South, Hamilton, ON. L8N 2Z1
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November 2024 Issue

Schlegel Villages – CONNECTIONS

Why we wear the poppy

After losing a friend in the 1915 Battle of Ypres along the Western Front of the First World War, a humble doctor was inspired by the loss of a friend and the red poppies that managed to grow throughout the desiccated battlefield.

Lt. Col. John McCrae would use that inspiration to write *In Flanders Fields*, the most iconic poem in the English language to honour the sacrifice of countless soldiers in the ongoing effort to preserve freedom. We hear the solemn beginning words each year:

*“In Flanders Fields the poppies blow,
between the crosses, row on row . . .”*

and we are transported to a terrible dark period that now only lives in history books and the memories passed down through generations.

The red poppy Canadians wear upon their lapels from the last Friday in October until we mark the end of that terrible war on November 11th symbolizes our commitment to always remember those who served, not only in that war but in those that followed and the times of peace we cherish.

The Royal Canadian Legion raises approximately \$20 million across the country each year through the annual Poppy Campaign. These funds directly support veterans and their families at a local level and help each Legion Branch ensure the words **“Lest We Forget”** carry the weight of remembrance always.

We wear the poppy with pride and gratitude, honouring those who give of themselves for the benefit of all.

*Our
freedom.
Their
sacrifice.*



November 11
Lest we forget

Schlegel Villages – CONNECTIONS



CONNECT*the*DOTS
The Schlegel Villages Customer Experience

Success Awards

In early October, leadership team members from across Schlegel Villages gathered in Niagara Falls for the organization's annual Operational Planning retreat. There were residents and family members among the crowd of more than 500 people, and their insights were fantastic, but we were also grateful for the invaluable contributions of the Village Success Award Winners who were also part of the event.

These amazing direct support team members were recognized at the Village level for their commitment to the five key values that define our Connect the Dots customer service credo:

Know Me; Earn Trust; Be Present; Follow Through; and Walk in My Shoes.

The dedication and commitment of these team members and the passion they bring to the Villages every day makes them the ideal experts to contribute to the upcoming operational goals of each Village. We're thankful for their leadership and all they do to inspire us all to live our values every day.



Congratulations
winners!



Resident Council

To our Residents,
We wanted to inform you that Resident Council Meetings will be held on the Second Tuesday of every month.

All residents are welcomed to participate in Resident Council. Please feel free to bring up any issues or concerns related to your Neighbourhood to the meetings. If you do not wish to attend a Council Meeting, please let your Neighbourhood Representative know or the Resident Council President and they can bring forth your concerns during the meeting.

Meeting Minutes are located on each Neighbourhood in a binder if you wish to review what was discussed and the responses that were given.

This Month's Bill of Rights

Resident Bill of Right #17

Every Resident has the right to be told both who is responsible for and who is providing the residents direct care.

Resident Bill of Right #18

Every Resident has the right to be afforded privacy in treatment and in caring for their personal needs.

Happy BIRTHDAY

Vera F	November 03
Linda C	November 08
Christina	November 08
Penny	November 12
Anne Marie	November 20
Donald	November 25
Marion	November 28

Spiritual Corner

Spiritual Calendar for August

Legion of Mary

November 05 @ 2:00

November 19 @ 2:00

Bible Study with Connie

November 12 @ 10:30

November 26 @ 10:30

Sunday Church Service

November 10 @ 1:30

If you have any questions please do not hesitate to
speak to
Alexandra Amey-Director of Recreation

Thank-you!

Recreation Station

Hello November! Time to get out your snow boots, hats and gloves because the snow is right around the corner! Here is what we have in store this month!

Village Events

Remembrance Day Service

Monday November 11

10:30-11:30

Community Room

Holiday Market

Saturday November 30

10:00-3:00

The Village of Wentworth Heights

Village Outings

Walmart - Wednesday November 13 @ 1:30-3:30

Village Dine-In

Greek Lunch-In - Friday November 29 @ 12:00-1:30

The Community Room

Please sign up with Recreation

Alexandra Amey
Director of Recreation



Hamilton Continuing Care: The Heart of Hamilton



Schlegel Villages'
Volunteers

VOLUNTEER WITH US!

If you are interested in
supporting our village and
would like to Volunteer,
please visit our website
www.schlegelvillages.com/volunteer

or contact

Alexandra Amey
(Director of Recreation)
alexandra.amey@schlegelvillages.com

We  our
volunteers

Follow Us on Social Media!



@HCC_LTC



facebook.com/HamiltonContinuingCare

November Fun!

Zodiac Signs: Scorpio & Sagittarius

November Flower: Chrysanthemum

November Birthstone: Yellow Topaz

- ⇒ November's full Moon is traditionally called the **Beaver Moon**
- ⇒ In the Roman calendar, November was the ninth month until January and February were added, causing it to move to the 11th month.

Q. What is the most negative month of the year?

A. **NO-vember.**

Supporting your neighbours: Preventing social isolation

As we age, the risk of social isolation—a lack of meaningful contact with others—can increase. However, feeling disconnected doesn't have to be part of getting older.

Social isolation can negatively affect health and well-being. Older adults who are isolated may be more likely to fall, experience depression, struggle with daily tasks, and have difficulty thinking clearly. They are also at a higher risk of developing dementia and may visit the emergency department more frequently.

Staying connected is key to maintaining health and happiness. This can be achieved through personal connections, community programs, faith-based organizations, or social services. Reducing social isolation helps ensure a fulfilling life.

Signs of Social Isolation

How can you tell if a neighbour might be socially isolated? Here are some things to watch for:

- Have they mentioned feeling lonely or cut off from others?
- Are they getting dressed or staying in the same clothes/pajamas for long periods of time?
- Has their behaviour changed or have they recently stopped going to social events they used to enjoy?



How You Can Help

Sometimes, an older adult may just need someone to talk to. Other times, they may need more support. Here are a few ways you can make a difference:

- Be a friend—take time to listen and show you care.
- Recommend a community program or service.
- Check in with a visit or phone call.
- Introduce them to new social opportunities.
- Talk with their family or care partners to find out how you can support them.

Read the Supporting Your Neighbours: A Community Conversation Guide for more information about the health impacts of social isolation, signs to look out for, common barriers, and tips to help.

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

It is our pleasure to offer full Audiology services to all Schlegel Village residents.



These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

Our services are located at your Retirement Village, and appointments are required.

For more information or to book an **appointment please call**

1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com



Village Team Directory

Name	Role	EXT	Email
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