



THE ST. CLAIR SUN

OCTOBER 2024

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"Like" us on Facebook:
The Village at St. Clair
Follow us on Twitter:
@villagestclair

View Calendars at:
www.schlegelvillages.com



"Since you went away the days grow long, and soon I'll hear old winter's song. But I miss you most of all my darling when autumn leaves start to fall." ~ Nat King Cole ~

Join us for the many great programs that we have planned for the month of October. You won't want to miss our Annual Kid's Halloween Costume Parade. It will be on Sunday October 27th, from 1:30—3:30 pm. The kids will Trick or Treat in the Neighbourhoods.



Enjoy the month!

Schlegel Villages – CONNECTIONS



THERE'S
always
SOMETHING TO BE
thankful
FOR

With the colours of Autumn marking another change of season, we reflect on the spirit of gratitude we have within Schlegel Villages. We are grateful so many people choose to make their home with us and we know that without the dedication, compassion and commitment of our amazing team members, we couldn't offer the care our residents deserve. We are thankful for all they do every day.

We are also grateful that this year we have seen fast progress in the construction of four new long-term care Villages, which when complete will allow us to expand upon our mission to offer our social model of living and our concept of Village Life to more of our neighbours. Across Ontario, there is a great need for new long-term care capacity, and Schlegel Villages is proud to be part of the solution.

OUTSTANDING OCTOBER FACTS



October, the tenth month of the current Gregorian calendar derives its name from *octo*, the Latin word meaning *eight*, as October was the eighth month of the old Roman calendar.

1955 – The Honeymooners premiered on CBS

Hawaii has a special October event called “the Aloha Festival,” sometimes described as the “Mardi Gras of the Pacific.”

1950 – Peanuts by Charles M. Schulz was first published



Daylight Savings Time ends every year at 2:00 A.M. local time on the last Sunday of October



1956 – New York Yankees’ Don Larsen pitched the only perfect game in a World Series, against the Brooklyn Dodgers.

October is shared by the astrological sign of Libra the Scales (or Balance) and Scorpio the Scorpion

October’s Gemstone is Opal

1880 – John Philip Sousa, the first recorded popular music star, became the leader of the United States Marine Band.



A decorative header featuring a large brown rectangular sign with the text "FALL / WINTER MENU TASTING". Above the sign are several orange and yellow autumn leaves. To the left of the sign is a large orange pumpkin with a green stem and leaves. Below the sign are more autumn leaves, including a prominent red one.

FALL / WINTER MENU TASTING

JOIN US IN THE LIBRARY ON
WEDNESDAY OCTOBER
16TH AT 1:30 PM FOR THE
FALL / WINTER
MENU TASTING.

ALL ARE
WELCOME!



Autumn - Word Search

Y	Z	T	T	Q	P	M	O	C	T	O	B	E	R	F	Y	A
A	T	Z	E	Q	U	I	N	O	X	Z	N	S	R	E	N	S
C	H	W	K	M	N	I	K	P	M	U	P	O	K	H	O	P
H	A	B	I	Z	L	N	Q	E	W	P	S	R	V	V	S	O
I	N	C	N	N	R	O	C	H	M	T	U	C	Z	W	A	R
L	K	P	E	H	D	E	O	A	A	T	C	O	L	D	E	C
L	S	V	E	O	M	Y	B	H	N	R	B	L	U	B	S	N
Y	G	W	W	W	F	X	A	M	C	N	V	H	M	N	W	F
I	I	D	O	A	E	Y	P	R	E	S	I	E	I	S	T	A
O	V	D	L	H	S	A	U	Q	S	T	V	N	S	B	T	R
U	I	L	L	T	D	U	F	W	S	O	P	Z	G	T	I	M
H	N	G	A	I	I	V	F	A	N	U	W	E	K	M	P	I
E	G	C	H	O	D	Z	E	K	A	R	N	D	S	M	M	N
H	K	L	E	P	E	F	Z	C	Z	I	X	X	M	Y	I	G

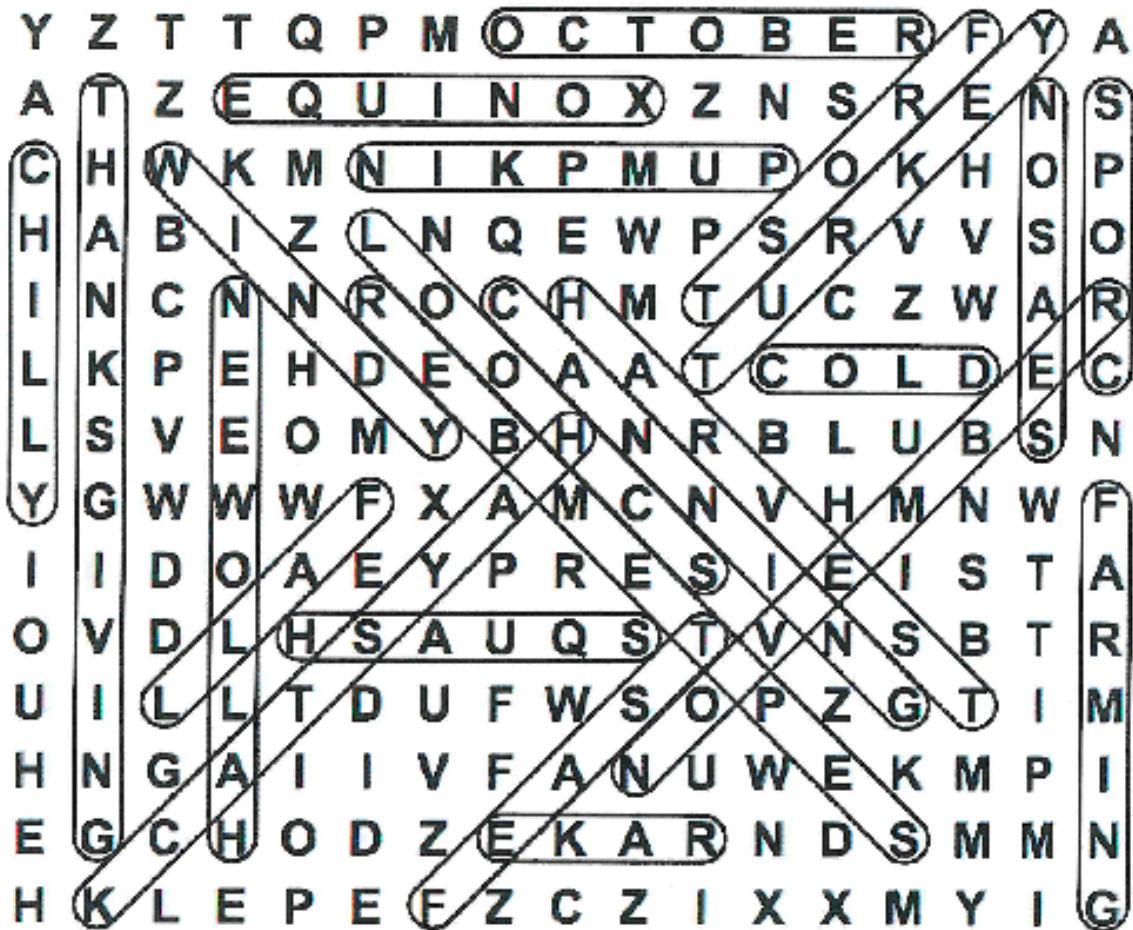
CANNING
CHILLY
COLD
CROPS
EQUINOX
FALL
FARMING
FEAST

FROST
HALLOWEEN
HARVEST
HAYSTACK
NOVEMBER
OCTOBER
PUMPKIN
RAKE

SCHOOL
SEASON
SEPTEMBER
SQUASH
THANKSGIVING
TURKEY
WINDY



Autumn - Solution



CANNING
 CHILLY
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 CROPS
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 FEAST

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 HARVEST
 HAYSTACK
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 PUMPKIN
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SCHOOL
 SEASON
 SEPTEMBER
 SQUASH
 THANKSGIVING
 TURKEY
 WINDY





What's Growing On?

With Karyn O'Neil

~ Horticulture Therapist ~

Join us in the Greenhouse on
Tuesdays at 6pm for Horticulture Club!

Crochet Club is on Thursday
afternoons in the Library.

Horticulture Club Farmer's Market
Purchase fresh produce on Wednesdays
from 12-2 in the Community Center

~ All are Welcome ~



Colour me in Beautiful FALL Colours!



Schlegel Villages – CONNECTIONS

ACTIVE AGING — WEEK —

The **Michael T. Sharratt Program for Active Living (PAL)** is one of the three Signature Programs that distinguishes Schlegel Villages among care providers, and during **Active Aging Week** from **September 30 to October 6**, we are reminded how fortunate we are to have such a program.

Our kinesiologists and exercise therapists work with partners and other team members to create individualized approaches to physical well-being for the residents we serve, and we encourage everyone to take advantage of the opportunities they offer.

We see the impact of their efforts in many ways, and take this opportunity to share our gratitude for all of our PAL team members.



Schlegel Olympics, Summer 2024

A Joyful Word

With Rev. Elise +



I love the autumn season! We see vivid yellow and crimson red cover the trees; the birds start to migrate south. It always brings forth so many emotions; a mix of utter melancholy, deep appreciation, utmost peace and weird happiness. Weird because there's no apparent reason for it. I think it's the feeling that everything old is pardoned, is behind us for this year, and it's time for new adventures.

The humidity of the summer leaves us gradually, and the nights welcome the winter coolness, leaving us remembrance of heat during the day. The bugs go away little by little and you can enjoy the evenings outside more and more. We put away our fun summer clothes and bring out sweaters, shawls, and long pants.

Autumn reminds me of everything, things that are past; long past and in the past year. It also motivates me to think of what's next: of new adventures, meeting new people, discovering things about myself and self-improvement and growth.

When I was living in Colchester, I would often sit on a bench in our cemetery or in the park overlooking the lake, and watch the leaves fall, and the lake change in the cooler weather. For some odd reason it gives me an incredible feeling of inner peace. I love to watch kids play, parents speak on the benches nearby, and couples take walks. It makes me realize how beautiful life is despite its injustices in our world. It makes me feel alive because I feel everything, joy, sadness, excitement and peace at the same time. I often go on a hike to watch the magnificent scenery of the colors and I realize how lucky I am to be alive, to witness such beauty. Take the time for yourself, to enjoy the beauty of the change of seasons. It is well worth it and when you close your eyes, these vibrant visions will stay in your memories and sustain you through the winter to come.

Here is a little prayer I say quite often.

Thank you, God, for the life you have blessed me with. Thank you for the opportunities that I have been given and for the strength to make the most of them. Thank you for guiding me through difficult times and for giving me the courage to face whatever comes my way. Most of all, thank you for your unconditional love and support, which has seen me through every challenge and kept me going. You are an ever-present source of comfort and hope, and I am deeply grateful for all that you have done for me. Amen.

Blessings ~ Rev'd Elise+



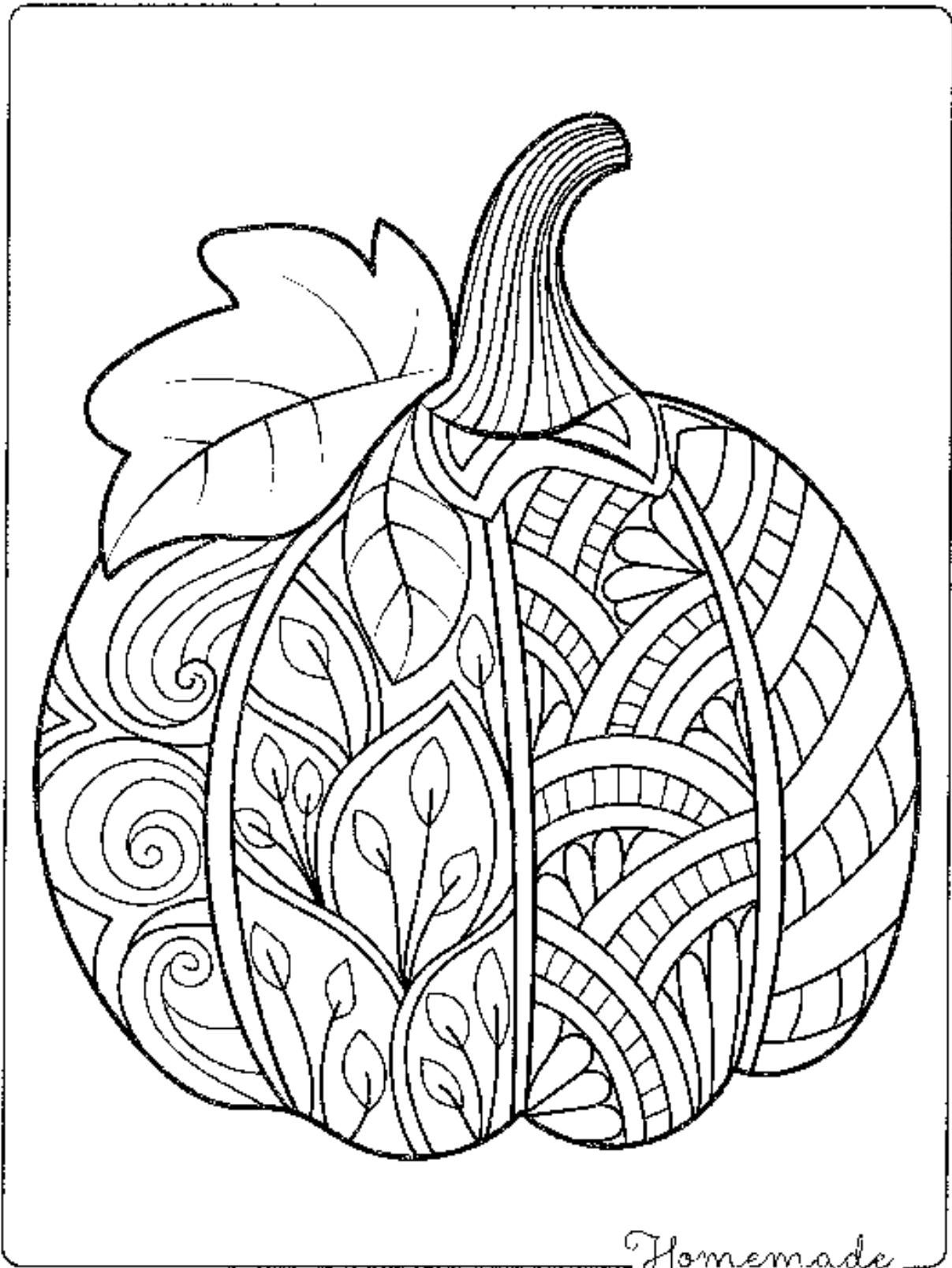
Stories from the **GREEN BENCH** Podcast



SUBSCRIBE



ElderWisdom.ca



Homemade
LOGI-IS MADE EASY

Colour Me!!

Understanding Insomnia and How to Treat It

As we age, we often sleep less and experience poorer quality sleep. Many older adults struggle with insomnia, meaning they have trouble falling asleep, staying asleep, or waking up too early. Chronic insomnia, which lasts for more than three months, can significantly impact our health and quality of life because sleep is essential for our bodies and minds to recover.

Dr. Sophiya Benjamin, Schlegel Chair in Mental Health and Aging, studies these sleep changes and offers advice on managing insomnia.

- **Go to bed only when you're sleepy**, and if you're awake in bed for more than 20 minutes, get up and do something quiet like reading or listening to soft music until you feel sleepy again. Try to wake up at the same time every day to keep a regular sleep schedule.
- **Spend less time in bed if you can't sleep.** If you're lying in bed but not sleeping, try spending less time in bed. For example, if you're usually in bed for 9 hours but only sleep for 5.5 hours, try reducing your time in bed to 6 hours. This method works by increasing your body's sleep drive. You can slowly increase your time in bed as your sleep improves.
- **Relax before bed.** Try deep breathing, tensing and then relaxing your muscles, or



mindfulness exercises to help calm your mind and body. Remind yourself that it's okay to have a bad night's sleep once in a while. Your body will catch up, and being relaxed about it can actually help you sleep better.

- **Keep naps short.** If you need to nap, try to keep it under 20 minutes and avoid napping after 3 p.m.
- **Watch what you drink.** Avoid coffee or other caffeinated drinks after noon.
- **Talk to your pharmacist or doctor** to see if your medications might be affecting your sleep.

Understanding and accepting these natural changes in sleep as we age can help us take steps to improve our sleep quality. For more resources, visit mysleepwell.ca or consult with your doctor.

For more helpful content to enhance your life, subscribe to updates from the RIA at www.the-ria.ca/enews.

VILLAGE AT ST. CLAIR DIRECTORY ~ Main Line ~ 519-960-1050

Neighbourhood Coordinators

Noel Erum	Neighbourhood Coordinator Gosfield & Kingsville	x 8020
Jeff Studman	Neighbourhood Coordinator Amherstburg & Colchester	x 8038
Stacey McDonald Price	Neighbourhood Coordinator Essex & Harrow	x 8032
Mark Mitchell	Neighbourhood Coordinator Talbot & Oldcastle	x 8026

Ancillary Support

Lindsay Belanger	Resident Support Coordinator	x8009
Elise Chambers	Spiritual Care Coordinator	x 8052
Tammy Zimmerman	Volunteer and Student Coordinator	x 8016
Jacqueline Reinhardt	Dietician	x 8014
Kari Lappan	Administrative Coordinator	x 8002

Directors

Tom Tracey	Director of Environmental Services	x 8006
Hannah Renaud	Director of Recreation Services	x 8007
Candace Bennett	Director of Quality and Innovation	x 8013
Janelle Way	Director of Program for Active Living	x 8008
Jamie Melton	Director of Food Services	x 8004
Kelsey Derbowka	Asst. Director of Food Services	x 8004
Dana Houle	General Manager	x 8003

~ VILLAGE AT ST. CLAIR CLINICAL DIRECTORY ~

Clinical Team

Assistant Directors of Nursing

Cherie Drouillard	Essex & Harrow	x 8069
Milijana Radic	Gosfield & Kingsville	x 8068
Danielle Harris	Oldcastle & Talbot	x 8067
MaRhoda Dhaz	Amherstburg & Colchester	x 8010
Marilayna Amato	Interim Infection Control Lead	x 8042

RAI / QI Team

Roderick Balinio	Oldcastle, Harrow	x 8035
Jamie Santillan	Gosfield, Kingsville, Essex	x 8041
Ramil Santillan	Amherstburg, Colchester, Talbot	x 8029

Nurse Practitioner

Sukhvir Locham	x 8133
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Director of Nursing Care

Stephanie June	x 8005
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