

# Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

November 2024

Contact Us:

The Village of Aspen Lake  
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 Windsor, ON N8P 0A6  
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The Halloween Fun Fair returned this year and it was SO MUCH FUN! Costumes, Decorations, Candy and Kids... it was the recipe for the perfect Halloween event!





# Notes from the General Manager's Desk

The months go by so quickly, I can't believe it is time to share another update with you! I think many of you would agree with me that autumn is one of the nicest times of the year and this season has been particularly beautiful! The warmer than usual weather has meant that many continue to enjoy spending time outside. In addition, I hope that you enjoyed October programs with all the fun that was had... the pictures of the Alzheimer Walk and the Halloween Fun Fair are so nice to see.

This month is gearing up to be quite busy too! Most notably, we will be honouring our veterans and remembering their service at the Remembrance Day Service on Monday, November 11th at 10:30am in the Chapel. Be sure to view the display on Main Street as well and take note of those who served that live at Aspen Lake.

Our Christmas Market is scheduled for Saturday, November 30th... we are looking forward to the Bake Sale table, Raffles, a Lunch Room and many wonderful vendors offering a variety of items for gifts or a personal treat! Please plan to attend... the more the merrier!

We have an update to share from the Leadership Team. The Assistant Director of Nursing Care role has been permanently filled and we are very happy to announce that Amanda Bondy was the successful candidate. Amanda has been filling the role in a "Interim" capacity and so we are thrilled that she has accepted the role permanently and will continue the great work that she has started in the role.

You may have noticed some larger "home improvement" projects on the go over the last month. The tile floors of each neighbourhood are being resurfaced. The work is taking place mostly in the evenings, but you may see some furniture temporarily moved out of the Country Kitchen & Hobby Room spaces while the surface cures. This month, it is planned for the carpets to be cleaned and, as well, the Country Kitchen tables are being sent out to have their finish redone as well. (The tables' finish were damaged during the years of COVID because of the harsher chemicals that were needed.) We are very excited for these little improvements and hope that it isn't too inconvenient while they are in process.

As always, I wish you all the best in the month ahead!

**Melody Jackson,**  
General Manager

# SPOT the dot!

Tell us who you feel is connecting the dots and delivering an extraordinary experience.



Our “Spot the Dot” program supports “Connect the Dots” Customer Service training and has a goal to recognize our Team Members for providing the best Customer Experience by going above and beyond. All Village Members (Residents, Family Members and fellow Team Members) are invited to write down when they observe or experience a wonderful moment in our Village. The notes can be posted on the Spot the Dot board located on Main Street near the Clinic or can be handed to your Neighbourhood Coordinator.



Tina from Recreation was appreciated: “Thank you for supporting the Belle River neighbourhood with BINGO!”



Jen from Tecumseh was recognized: “Thank you for doing meaningful activities with Residents. Thank you for always offering to help.”



Jodi from Tecumseh received this note: “Thank you for taking me on as a student and teaching me the ropes patiently, and most importantly, accepting me the way I am!”



Alicia & Maxine from Lasalle Midnights were thanked together: “Thank you for all your extra help. You are very much appreciated!”



Joanna, Kirsty & Ashley were appreciated: “Thank you for the warm welcome back!”

CONGRATULATIONS TO...  
Alex....who was randomly selected to receive a \$10 Tim Card!



# FOOD *for the Soul*

## The Power of Kindness

This is a great reminder I have read and used over the years! As we prepare for the Holiday Season, especially today, we are reminded to care for each other.

Miss Thompson was a schoolteacher who would say to her students every year, “Boys and girls, I love you all the same. I have no favourites.” She wasn’t being completely truthful, teachers do have favourites and students they simply they don’t like.

Teddy was a student Miss Thompson simply didn’t like. He didn’t seem interested in school. He wore a deadpan blank expression on his face and his eyes were glassed over. When Miss Thompson spoke to Teddy he simply shrugged his shoulders. He was mussed and unkempt. He wasn’t an attractive boy and wasn’t likable.

When Miss Thompson marked Teddy’s papers, she got great pleasure in putting red “X’s” next to the wrong answers. She enjoyed putting “F’s” at the top of the papers. She should have known better, she had Teddy’s records. They read: 1<sup>st</sup> grade: Teddy shows promise in his work and attitude, difficult at home. 2<sup>nd</sup> grade: Teddy could do better. Mother is seriously ill. Difficult at home. 3<sup>rd</sup> grade: Teddy is a good boy but too serious. He is a slow learner. Mother died this year. 4<sup>th</sup> grade: Teddy is very slow, but well-behaved. Home has no interest in Teddy.

At Christmas boys and girls brought presents and piled them on Miss Thompson’s desk. Teddy brought a gift wrapped in brown paper and held together by scotch tape. On the paper was written “For Miss Thompson. From Teddy.” When she opened the gift out fell a gaudy rhinestone bracelet with missing stones and a bottle of cheap perfume.

The class started to giggle—but Miss Thompson had enough sense to put the bracelet on and dabbed the perfume on her wrists and said “Doesn’t it smell lovely?” The class “oohed” and “aahed”.

The day had ended and Teddy lingered back to tell, “Miss Thompson, you smell just like my mother...and her bracelet looks real pretty on you too. I’m glad you liked them.” When Teddy left Miss Thompson spent some quiet reflection seeking forgiveness for her thoughts and actions toward Teddy.

(Food for the Soul - cont'd)

This changed Miss Thompson she realized how important all children to receive love, especially those who ask for it in different forms of expressions. With her teaching, Teddy had dramatic improvement.

Fast forward a few years, Miss Thompson received a note from Teddy – “Miss Thompson, I wanted you to be the first to know. I will be graduating second in my class. Love Teddy.”

Four years later came another note: “Dear Miss Thompson, They just told me I will graduating first in my class. I wanted you to be the first to know. University has not been easy but it has been a good 4 years. Love Teddy.”

Four years later came this note: “Miss Thompson, as of today I become an M.D., How about that? I wanted you to know first. I am getting married next month and would like you to come and sit where my mother would sit if she were still alive. You are the only family I have now! Dad died last year. Love Teddy.”

Miss Thompson went to the wedding and sat where his mother would have sat. She had done something for Teddy that he could never forget.

Many people around us need our encouragement. Many people around us need someone to believe in them and build them up. When we see someone who is different from us, lonely, we have a choice of how to treat them. Let’s show some kindness, love, and hope. At Christmas and throughout the year we are reminded to care for each other.

Wishing you a Happy November as you start your preparations for the Holiday Season.

Bruce Jackson,  
Spiritual Care Lead  
(519) 946-2062 x8043  
bruce.jackson@schlegelvillages.com



# Chapel News

## & EVENTS

### UPCOMING Chapel Events

Chapel Services will be held on each neighbourhood as follows:

#### WEDNESDAYS

10:00am - **Lasalle** Neighbourhood

11:00am - **Belle River** Neighbourhood

#### THURSDAYS

10:00am - **Walkerville** Neighbourhood

11:00am - **Riverside** Neighbourhood

#### FRIDAYS

10:00am - **Sandwich Towne**  
Neighbourhood

11:00am - **Tecumseh** Neighbourhood

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#### **Roman Catholic Mass**

November 19th at 2pm

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**Bible Study** - Mondays at 6:30pm  
in the Chapel

### In Memory



#### We remember...

**Ronald M.**

**Louise Mc.**

**Raymond Q.**

**Mara S.**

**Lorette W.**

Celebration of Life Service is planned  
for November 28th at 10:00am.

### *Remembrance Day*



Please join us for our  
Remembrance Day Service  
**NOVEMBER 11th** at  
10:30am in the Chapel

*(Poppies are available in  
the Front Office.)*

## In the Spotlight



Thank you, Noyal! We appreciate your help in the General Store!

We are excited to welcome this month's feature volunteer Noyal Jacob to our village. Noyal first began volunteering at The Village of Aspen Lake in August of this year, helping in the General Store. This is his first volunteer position.

Noyal was born in India and came to Canada when he was 3 years old. He lived in Toronto until he was 8, and then he and his family moved to Windsor because his mom got a job here as a nurse.

He is a Grade 10 student at St. Joseph's High School. Noyal's career plan is to become a computer engineer, and he said if that didn't work out, he would settle on being an NBA player. His hobbies are playing basketball, drawing, and swimming.

While Noyal said his initial reason for volunteering was to obtain his community service hours for school, he now comes in just for fun. He said he really enjoys being here because everyone is so nice and welcoming.

Thanks, Noyal, for helping out in the General Store! You are doing a great job, and we are thankful to have you on our Volunteer Team!

The Next Volunteer Orientation Session is scheduled for:

**Saturday, November 16th  
at 12 noon**

If you are interested in attending, please call the village to register at:  
**(519) 946-2062 ext. 8016**



## Falls Prevention Month at Aspen Lake

For the month of November, we promote awareness to Falls Prevention Month across Schlegel Villages. Falls are a very serious problem in the senior population, and are the leading cause of injury among older Canadians (Government of Canada).

20-30% of seniors experience at least 1 fall a year, and falls can lead to many serious injuries and complications. Not to be alarmed! There are many ways that you, and your Aspen Lake Team, can work to help reduce your falls and risk of injuries.

**Have your medications reviewed...** Many medications that we take for common reasons may be affecting our balance and perception without us even realizing it. Typical side effects that can lead to falls are dizziness, shortness of breath, dry eyes, dehydration, and sleepiness. You can ask your doctor, or pharmacist to review your medications for side effects or drug interactions that may be causing these issues. You can also see if they have recommendations for medications and supplements to help keep your bones strong to help protect you from fractures, like Calcium and Vitamin D.

**Utilize Falls Interventions...** There are multiple falls interventions supplied by the Village to help keep you safe! Things like floor mats and bed alarms are helpful at monitoring falls out of bed. Grab bars and raised toilet seats are helpful with assisting movement in the bathroom and improving the ability to use the restroom. There is also wearable protections, like hip protectors and ice halos, which add extra padding to your hips and head to help protect from impact if you were to have a fall. These all help reduce risks of fall and protect against injuries.



(Falls Prevention Month - cont'd)

**Exercise, Exercise, Exercise!**... By exercising regularly, you keep your body strong so as to prevent frailty and improve balance. Performing balance exercises and stretching 2-3x per week is important to help keep your body strong to help you maintain your balance when standing and walking. Gentle workouts like yoga or ai Chi can be beneficial and low impact, promoting health and reducing after workout soreness. Resistance training, like working with free weights or resistance bands, 2-3x per week is also helpful at keeping muscles strong to help keep you moving safely. The PAL team offers one on one exercise programs and will be happy to chat with you to help build a program to fit your individual needs.

On behalf of the PAL team, we wish you a healthy Falls Prevention Month, and look out for activities and worksheets to help improve your knowledge throughout the month!

Ryanne Stieler-Sikich,  
Director of PAL

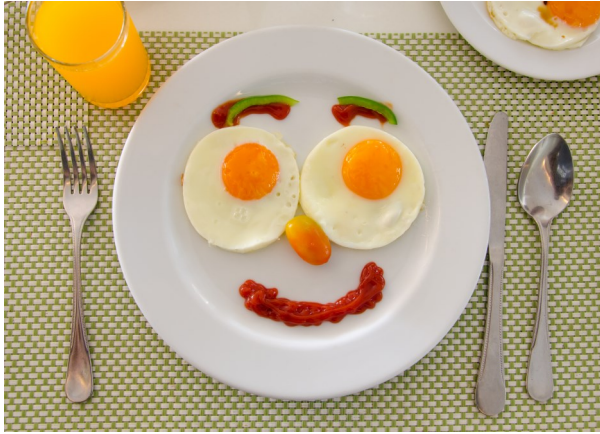


Falls are the leading cause of injury among older adults. 20-30% of Canadian older adults experience at least one fall each year. Learn how you can help: [fallpreventionmonth.ca](http://fallpreventionmonth.ca) #PreventFallsCA #FallPreventionMonthCA

# Dates to Remember



## **BREAKFAST BUNCH**



**in the Community Centre  
NOVEMBER 19th**

**(Please sign-up with your Recreation  
Team Member to participate)**

## **Save the Date!**

Please take note of these upcoming  
events & mark your calendars!

**DECEMBER 10th -  
Family Christmas Party**  
(Belle River, Riverside & Walkerville)

**DECEMBER 12th -  
Family Christmas Party**  
(Tecumseh, Lasalle & Sandwich Towne)



**NOVEMBER 5th - Ernie Miller**  
performs for Riverside at 10:00am  
& Sandwich Towne at 11:00am

**NOVEMBER 6th - Bill Poisson**  
performs for Walkerville at 10:00am  
& Tecumseh at 11:00am

**NOVEMBER 13th - Richard Sennema**  
performs for Lasalle at 1:30pm  
& Tecumseh at 2:45pm

**NOVEMBER 13th - Ted Bachmeier**  
performs for the North Tower  
Pub Night at 6:30pm

**November 25th - Sarah Hesley**  
performs for Walkerville at 3:00pm

**November 27th - Ted Bachmeier**  
performs for South Tower  
Pub Night at 6:30pm



Saturday  
November 30

10 a.m. – 3 p.m. | Main Street

We invite all our neighbours in the community  
to join us for shopping and social time!

**Vendors • Bake sale • Raffle table • Hotdog and chili lunch**

# Celebrate Teamwork



Members of  
Resident  
Council for  
Aspen Lake



Residents Councils' play an important role in shaping the place residents call home. They bring residents together as peers, to discuss issues of importance and to stay connected and engaged in home operations and decision-making.

The Council is intended and designed to form the collective voice of all residents who reside in the long-term care home, whether or not they attend meetings. All residents have the right to participate in the Residents' Council.

**Residents' Council Week**  
November 18-24, 2024



# Meet and Greet

Thurs, Nov 21 at 2pm

**Executive Members of the Resident Council invite you to celebrate Resident Council Week with a social time together.**

**KINGSPORT FALCONRY**

## **BIRDS OF PREY**

**FRIDAY, NOV 22  
AT 2:00PM  
IN THE CHAPEL**



**SPONSORED BY: RESIDENT COUNCIL**

Read the latest  
Village Voice article on  
our web-site:

**schlegelvillages.com**

*“Good News” stories about Long-  
Term Care at Schlegel Villages*

Join us on Social Media!



“Like” us on FACEBOOK  
The Village of Aspen Lake



“Follow” us on TWITTER  
@aspen\_lake



“Follow” us on INSTAGRAM  
aspen\_lake

CONNECTION

*corner*

**RESIDENT COUNCIL**

*November 5th at 2pm*

**FOOD COMMITTEE**

*November 28th at 2pm*

*Meetings in the Chapel*

**FAMILY COUNCIL**

*December 2nd 6:30pm-8pm*

*Please check the “Family & Friends” bulletin board  
on Main Street for updates.*

*Meetings take place in Council Chambers.*

How can Family Council support you?  
Please reach out to Chaplain Bruce Jackson to share your thoughts.

*\*\* Family Council meets the first Monday of each month. \*\**

## 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](http://www.the-ria.ca/enews) to stay up-to-date on the latest news, events, and helpful resources.

# 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!*

# November Birthdays



## Happy Birthday!

TO OUR RESIDENTS!

### BELLE RIVER

Nov 11th - Annette C.

### RIVERSIDE

Nov 1st - William B.

Nov 5th - Sylvia G.

Nov 27th - Sylvia P.

### TECUMSEH

Nov 14th - Huguette O.

Nov 24th - Doreen S.

### WALKERVILLE

*No Birthdays this Month!*

### LASALLE

Nov 26th - Doreen M.

Nov 28th - Joan N.

Nov 30th - Lillian K.

### SANDWICH TOWNE

Nov 22nd - Madelyn S.

## Happy Birthday!

TO OUR TEAM MEMBERS

### BELLE RIVER TEAM

Nov 2nd - Madison O.

Nov 9th - Jessica A.

Nov 10th - Arati D.

Nov 14th - Shaylin B.

Nov 16th - Ranbir K.

Nov 27th - Harneel S.

### RIVERSIDE TEAM

Nov 6th - Stephanie P.

Nov 26th - Priyamol P.

### WALKERVILLE TEAM

Nov 7th - Bonnie-Jean R.

Nov 9th - Jeanette S.

Nov 24th - Zeina A.

### TECUMSEH TEAM

Nov 3rd - Mercedita G.

Nov 19th - Cathy Nelson

### LASALLE TEAM

Nov 1st - Duncan K.

Nov 24th - Jodi D.

### SANDWICH TOWNE TEAM

Nov 8th - Leigh-Ann W.

Nov 17th - Elesha G.

Nov 27th - Ana Rocas F.

### VILLAGE TEAM

Nov 2nd - Jessica M.





## Audiology & Hearing Health Services for You and Your Loved Ones

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[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)



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[www.earandhearingclinic.com](http://www.earandhearingclinic.com)

# Hairdressing Services at Aspen Lake



## Styles by Stacy

**Stylist**  
519-946-2062 ext. 8042

Owner and operator  
Inside Schlegel Villages Windsor  
Ontario



### Stories from the **GREEN BENCH** Podcast

Your seat on the green  
bench is ready and waiting.



**SUBSCRIBE**



ElderWisdom.ca

# Village Directory

The Village of Aspen Lake

Automated Answer Line

(519) 946-2062



<b>Melody Jackson</b> <i>General Manager</i>	<b>8003</b>	<b>Belle River Neighbourhood</b>	<b>8013</b>
<b>Katie Zucco, RN</b> <i>Director of Nursing Care</i>	<b>8005</b>	<b>Riverside Neighbourhood</b>	<b>8033</b>
<b>Olivia Parsons, RPN</b> <b>Nada Horvat, RN</b> <b>Amanda Bondy, RN</b> <i>Assistant Directors of Nursing Care</i>	<b>8037</b>	<b>Walkerville Neighbourhood</b>	<b>8035</b>
		<b>Tecumseh Neighbourhood</b>	<b>8025</b>
<b>Jillian Studman</b> <i>Director of Food Services</i> <b>Dafina Prvulovik</b> <i>Assistant Director of Food Services</i>	<b>8004</b>	<b>Lasalle Neighbourhood</b>	<b>8027</b>
		<b>Sandwich Towne Neighbourhood</b>	<b>8029</b>
<b>Ken Parish</b> <i>Director of Environmental Services</i>	<b>8006</b>	<b>Brenden St. Aubin</b> <i>Neighbourhood Coordinator</i> <i>Supporting Belle River &amp; Riverside</i>	<b>8012</b>
<b>Jenny Brown</b> <i>Director of Recreation Services</i>	<b>8007</b>	<b>Barbara Masse</b> <i>Neighbourhood Coordinator</i> <i>Supporting Tecumseh &amp; Lasalle</i>	<b>8020</b>
<b>Bruce Jackson</b> <i>Spiritual Care Lead</i>	<b>8043</b>	<b>Shannon Murr</b> <i>Neighbourhood Coordinator</i> <i>Supporting Walkerville &amp; Sandwich</i>	<b>8024</b>
<b>Debbie Durocher</b> <i>Volunteer Services Coordinator</i> <b>Sue MacTaggart</b> <i>Student Service Coordinator</i>	<b>8016</b>	<b>Alex Hrynyk</b> <i>RAI-QI Nurse (North Tower)</i>	<b>8023</b>
		<b>Maja Poposka</b> <i>RAI-QI Nurse (South Tower)</i>	<b>8019</b>
<b>Kristen Beaudoin</b> <i>Director of Quality &amp; Innovation</i>	<b>8051</b>	<b>Ryanne Stieler</b> <i>Director of Program for Active Living</i> <b>Caitlyn Douglas</b> <i>PAL Coordinator</i>	<b>8008</b>
<b>Jackie Garant</b> <i>Administrative Coordinator</i>	<b>8002</b>		
<b>Lauren Markovic</b> <i>Resident Support Services</i>	<b>8050</b>	<b>Hair Salon</b>	<b>8042</b>

# A Thousand Words...

Because a Picture is worth a Thousand Words!

The Walk for Alzheimer's was a great success! Residents had a great time enjoying some memories of the sixties as well as a great day outside! With the funds raised for the walk and the Coffee Break held later that month, we raised over \$400 for the Alzheimer's Society!

