

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

February 2025

Contact Us:

The Village of Aspen Lake
 9855 McHugh Street,
 Windsor, ON N8P 0A6
 (519) 946-2055

Inside this issue:

Notes from the General Manager's	2
Spot the Dot	3
Chapel News & Events	4
Volunteer View	6
Program for Active Living	8
Research Matters	10
SV Connections	11
Dates to Remember	14
Connection Corner	16
February Birthdays	17
Helping Hands	18
Wisdom of the Elder	20
Village Directory	23
A Thousand Words	24



We celebrated the Chinese New Year and the “Year of the Snake” at the end of January. Red & Gold decorations popped up all over the Village and many were very happy for the Chinese Food supper! Wishing you and your family abundance, prosperity, and good fortune in the new year!





Notes from the General Manager's Desk

Finally, we have arrived in February! I'm not sure if you felt the same, but the month of January felt very long! Thankfully, here we are in February and we have a number of things to look forward to, Valentine's Day being the first that comes to mind. Please take a look at the "Dates to Remember" pages to see some of the other highlights.

We are announcing a few upcoming changes in our Leadership Team this month. Nada Horvat, ADNC has been with our Village for about 3 years and has made wonderful progress in the PERT (Personal Expressions Response Team) and our Anti-Psychotic Medication Reduction goals. She has decided to take on other challenges. We are currently recruiting for the position and will give an update soon. Nada is with us until Feb 14th, so please take a moment to wish her well! We will miss her!

Olivia Parsons, ADNC will be starting her Maternity Leave very soon. We are pleased to announce that Joy Lombardo has accepted the Temporary ADNC position and will support the Skin & Wound and Incontinence programs. Joy has started her orientation to the role and we are happy for this growth opportunity for her. We are also very excited for Oliva and her family on the upcoming addition to her family and wish her all the best!

Lastly, Kristen Beaudoin who holds the Director of Quality & Innovation role has taken a special project position with Support Office to support the implementation of the PSW-Med Admin program throughout the organization. It's a very exciting project that we believe will have very positive outcomes for our Residents. We have recruited Caitlyn Douglas (from the PAL Coordinator role) to cover for Kristen, supporting our Quality Improvement program. Congratulations to both Kristen & Caitlyn on this opportunity to learn something new! We are currently recruiting for the PAL Coordinator position and will give updates when we have more to share.

On another note, approvals for Capital Expenditures have been received from our Support Office and we are very happy with the improvements that you will see to the Village in the near future. It includes some new flooring & carpeting in various areas, new end tables for the Family Rooms, among other things. So there is a lot to be thankful for this month!

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.



Alicia from Lasalle was appreciated: “We appreciate your hand work and dedication. Always going above and beyond for the Residents and day team. Your smile is contagious!”



Nina, the Charge Nurse received this note: “Thank you for supporting us on midnights on Tecumseh. You are a Rock Star when dealing with challenging & difficult situations.”



Shantell from Tecumseh was recognized: “for going above and beyond... a family wrote in to tell us about the joy you bring to his father and the entire Tecumseh neighbourhood.”



Tommy from Sandwich Towne was appreciated: “Thank you for always finding a little extra time to help the residents. Your kindness is appreciated!”



Shelley from Tecumseh was appreciated: “I really want to take the time to say thank you because you are always there when avail to pick up a shift, so I am not alone. Thank you! That’s dedication and being a Team Player!”

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



FOOD *for the Soul*

Love is in the Air

We have many celebrated holidays in February, Groundhog Day, Tu B'Shevat (Arbour Day), National Flag of Canada Day, Family Day and Valentine's Day. There's no escaping it – Love is in the air!

No matter how many wonderful days there are to celebrate this month, **Valentine's Day** (Feb. 14th) permeates everything. Because everything starts and ends with LOVE. These holidays are based around support and love. We cannot survive anything without love of creator, love of neighbour, love for one another.

Restaurants provide “couples dinner” specials, florists stock up on flowers especially roses, and for everyone time to invest in chocolate and Hallmark or Carlton Cards \companies. While Valentine's Day may have a leading role, there's more to this month than romantic love to celebrate.

And while we can't really avoid the romanticism of Valentine's Day and the unfortunate commercialism — (believe me, the commercialism I want to avoid, and I have tried). There is so many other times of the year we must and need to infuse Love, celebrate love and celebrate with those around us.

This month helps us reflect and realize the great benefits we have and live within. We celebrate and show love for Village life, community, family, friends, pets, and even strangers. We can celebrate ourselves.

As we enter into a month known for love – let us celebrate ourselves and one another—goals, aspirations, accomplishments, learn and live through the growth of failures.

Celebrating Love this month! Happy Love to one and all!

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

Roman Catholic Mass
February 25th at 2:00pm

Bible Study - Mondays at 6:30pm



In Memory

We remember...

Kevin C.

Joseph D.

Sheila E.

Kosa L.

Garry Mc.

Celebration of Life Service is planned for February 20th at 2:00pm.



Chapel Music Service

February 24th
at 10:30am



Barb Schlegel
Volunteer Award



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

March 1–15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you
for your
nomination!**


SCHLEGEL VILLAGES

Volunteer Recognition

It's that time of year everyone! Time to start thinking about which volunteer you would like to nominate to receive the 3rd Annual Barb Schlegel Volunteer Award!

For those of you who are not familiar, this award began as a loving tribute to Barb Schlegel, Ron's wife, who passed away in March of 2022. Barb had an exceptional way of treating others and believed in the importance of every individual story. Her genuine warmth, generosity of spirit, and kindness, left a mark on everyone she encountered. What better way to honour her memory than to chose a volunteer who emulates the same!

Beginning March 1st nomination ballots will be available on all Neighbourhoods and in front of the Main Office. Nominations will be accepted until March 15th. The following week there will be a review of nominees and a winner will be chosen. The winner of the 3rd annual Barb Schlegel Volunteer Award will be announced during Volunteer Appreciation week, April 27th to May 3rd, which is our favourite time of year, of course, because we get to celebrate the kindness, passion and dedication of all our amazing volunteers.

So please put your thinking caps on, and decide who you think should be nominated for this year's award!



The Next Volunteer Orientation Session is scheduled for:

Saturday, February 22nd
at 12 noon

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



Heart Health Month: February Nu-Step Challenge

February is heart health month! It is time to raise awareness about heart health and learn about the ways we can reduce the risk of cardiovascular disease. Cardiovascular disease affects over 2.4 million Canadian's and has been recognized as the second leading cause of death in Canada. Heart disease occurs when there is a buildup of plaque in the walls of arteries that causes the arteries to narrow, making it more difficult for blood to flow through. This narrowing of the arteries can lead to a heart attack or a stroke.

Biological factors such as age, gender, and family history can lead to an increased risk of heart disease, as well other lifestyle factors like exercise and diet. Lifestyle changes such as quitting smoking, maintaining a healthy and balanced diet, and engaging in regular exercise can all have significant effects on reducing the risk of cardiovascular disease. Here are some steps you can make to keep your heart healthy!

Step 1: Get Moving

Having a regular exercise routine is important for lowering the risk of heart disease, and even short bouts of low intensity exercise can have positive effects. This month the Program of Active Living at the Village of Aspen Lake will be having a NuStep biking challenge to bring awareness to heart health! We will be inviting residents down to the fitness club to take on the challenge. Residents who complete 15,000 steps on the NuStep bike this month will receive a certificate of completion and a special heart with their name on it on display in the fitness club. So let's get stepping!



(Heart Health Month - cont'd)

Step 2: Eat A Heart Healthy Diet

Eating a heart healthy diet has several benefits, such as protecting the heart, improving blood pressure, and lowering cholesterol levels. It is especially important for those with heart disease to ensure they are incorporating foods into their diet to support a healthy heart. Although we are often told to avoid saturated and trans fats, there are essential healthy fats that the body needs to function effectively. Some examples of healthy fats that you can incorporate into your diet include nuts, avocado, and salmon. Some other foods that are important for a heart healthy diet include fruits and vegetables, beans and legumes, lean meats and fish, whole grains, and low fat dairy products.

Step 3: Get More Sleep

Getting enough sleep each night also plays an important role in keeping the heart healthy. Quality sleep is important for decreasing blood pressure, as well as lowering the risk of a heart attack. It is recommended that adults get 7 hours of sleep each night, so it is important that we get into a consistent sleep schedule. To set a sleep schedule, try to go to bed and wake up at the same time each day and sleep in a dark quiet room to increase the quality of sleep.

Making these small changes to your lifestyle can have significant effects on your heart. So let's get together this month and take on the NuStep Challenge to help keep our hearts healthy!

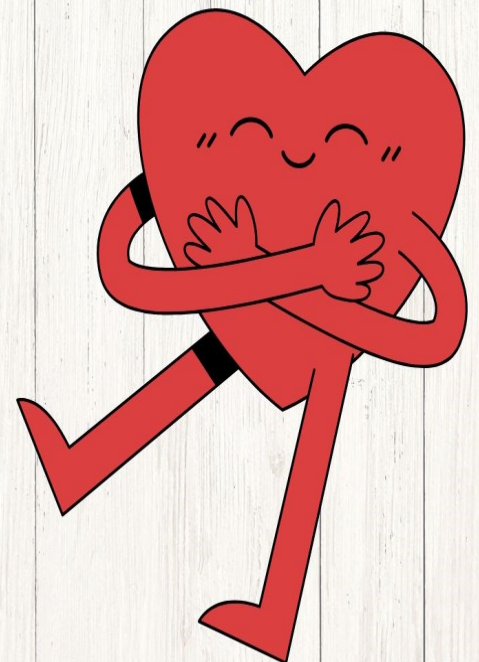
Lauren Lowe,
Program for Active Living Student

ASPEN LAKE'S HEALTHY HEART MONTH

FEBRUARY 2025

NU-STEP CHALLENGE!

**COMPLETE 15,000 STEPS ON THE
NU-STEP IN THE MONTH OF
FEBRUARY**



How to have a healthy heart

February is Heart Month, a time to raise awareness about the importance of heart health.

Heart disease is a leading cause of death in Canada. While family history can play a role, other factors can harm your heart health.

Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, shared simple ways to keep your heart healthy and strong, as well as warning signs to look out for.

What's the most important thing you want older adults to know about their heart health?

Heart health and overall health go hand in hand. Include physical activity and good nutrition every day to keep your heart healthy. A strong heart will help you heal after an injury or illness.

What activities are best for improving heart health?

Walking at least 30 minutes every day. Be sure to include stair climbing, uphill, or faster walking at least 5 days per week. Challenge yourself to do more than you did last week, and if possible, avoid long periods of sitting, immobility, or bed rest.

What warning signs should older adults and care partners look for?

Fatigue or shortness of breath when walking at a speed that used to be comfortable could be a sign of heart trouble. Some problems with heart health,



such as high blood pressure, are not obvious, so it is important to check in with your doctor or nurse practitioner regularly.

What does your research seek to understand when it comes to heart health?

My research focuses on the arteries, which move blood through the body and also help with memory and thinking. Everyone's arteries get stiffer as they age, but not everyone's arteries get stiffer at the same rate. Exercise and good nutrition help keep arteries "younger."

Taking care of your heart is one of the best investments you can make in your health.

Try adding these five foods to support heart health:

1. Almonds
2. Dark chocolate
3. Wheat germ
4. Flax seeds
5. Lentils and beans

For more information about aging well visit the-ria.ca.

Schlegel Villages – CONNECTIONS

SCHLEGEL VILLAGES ACKNOWLEDGES

BLACK HISTORY MONTH

Honouring our vast cultural diversity within the Villages is an aspiration that guides us every day, and the celebration of Black History Month in February is another opportunity to reflect on the importance that diversity represents.

We encourage our team members and residents across the Villages to take advantage of the educational opportunities shared throughout the month, and we'd love to hear what more we can do to honour the inspirational legacy of the black community in our Villages and in the wider Canadian context.

We recognize that true equity is a goal we must all work together to achieve, and within our Villages we have residents and team members who represent the black community with distinction in all they do.

We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.

Aspiration LAUNCH

Nearly 15 years ago, Schlegel Villages began a focused effort to transform and reshape the way care and support is offered for the residents who make their home in the Villages. This deliberate shift away from an “institutional model of care” towards what we define as a “social model of living” has always been guided by **eight aspirations**, developed collaboratively with the early pioneers of our change journey.

The aspirations are to:

- Create Opportunities for Meaningful and Shared Activities;
- Foster Authentic Relationships;
- Promote Resident Empowerment;
- Honour Cultural Diversity;
- Connect Research and Innovation to Village Life;
- Offer Flexible Dining;
- Promote Cross-Functional Teams;
- Offer Flexible Living.

Throughout the Villages, we see these aspirations come to life in countless ways, but through 2025, as an organization we have chosen to



focus on one aspiration in particular: **Create Opportunities for Meaningful and Shared Activities.** Later in February, expect to see team members throughout the Villages wearing their special aspiration t-shirts, and we encourage everyone to consider what this aspiration means to each one of us.

What activities are meaningful to you and how can our team members, residents, family members and partners consciously embrace the moments that can help spread that meaning so we can learn from each other and create lasting impact and memories? Life within our Villages is best defined by the relationships we enjoy within, and when we share what’s meaningful to us, our relationships grow stronger and more defined.

Aspiration 2025 Kick-Off Event!

Join us as we celebrate our aspiration to create opportunities for meaningful & shared activities. We have chosen to make this a focus for 2025 and are excited by the possibilities!

Tuesday, Feb 25th
on Main Street

Display will be up all day
Games & Cotton Candy from 2pm-4pm



Share your thoughts.
Post a picture.
Tag #LiveLifeToTheFullest.

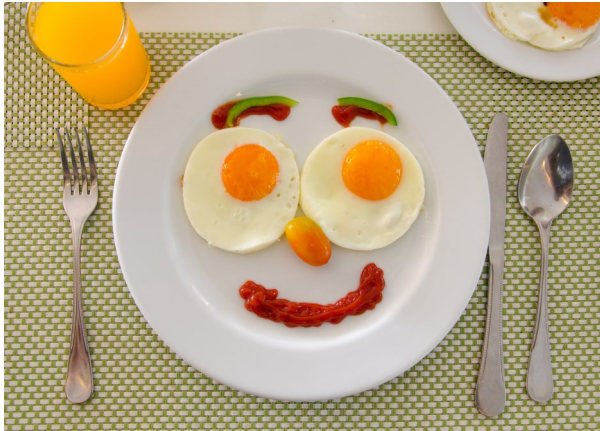
**How do you live
life to the fullest?**

**What meaningful
moment will you
commit to in 2025?**

Dates to Remember



BREAKFAST BUNCH



**in the Community Centre
FEBRUARY 18th**

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



FEBRUARY 1st - Brent Meidinger
performs for Riverside at 10:00am
& Walkerville at 11:00am

FEBRUARY 3rd - Richard Sennema
performs for Walkerville at 1:30pm
& Belle River at 2:45pm

FEBRUARY 7th - Ernie Miller
performs for Tecumseh at 2pm
& Lasalle at 3pm

FEBRUARY 17th - John Mills
performs in the Chapel/Library

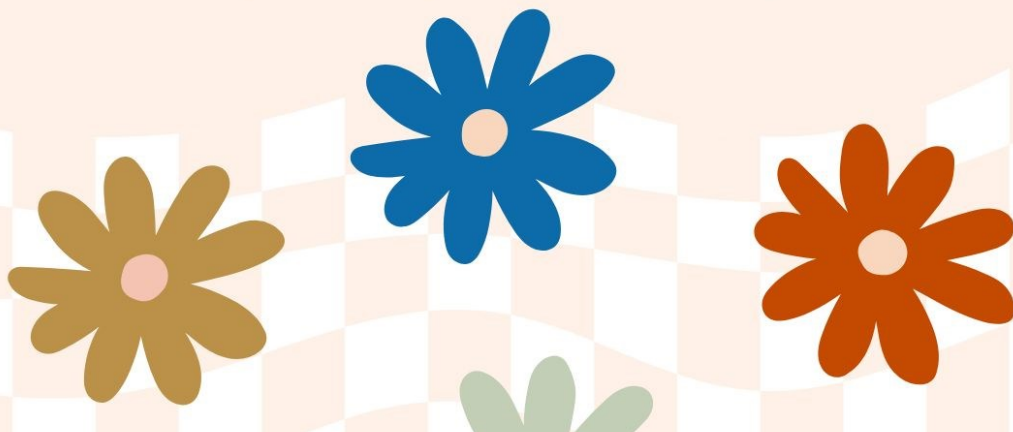
FEBRUARY 27th - Ernie Miller
performs for Sandwich Towne at 2pm
and Belle River at 3pm



Maria's Lovely Creations Main Street Sale

February 6th
10am - 2pm

*Maria brings gift baskets and other lovely things!
Treat yourself to something nice!*



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

February 5th at 2pm

FOOD COMMITTEE

February 25th at 2pm

Meetings in the Chapel or Community Centre

FAMILY COUNCIL

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. ***

February Birthdays



Happy Birthday to our Residents!

BELLE RIVER

No Birthdays this Month!

RIVERSIDE

February 5th - Shuxian Z.

WALKERVILLE

February 4th - Arnie D.

February 5th - Joan D.

February 19th - Ken S.

February 29th - Bruno S.

TECUMSEH

February 27th - Nelly E.

February 28th - David J.

LASALLE

No Birthdays this Month!

SANDWICH TOWNE

February 6th - Steven L.

February 25th - Victoria D.

Happy Birthday to our Team Members!

BELLE RIVER TEAM

February 1st - Ramanpreet K.

RIVERSIDE TEAM

February 5th - Carol M.

February 10th - Luigi D.

February 18th - Ina D.

February 21st - Nalena R.

February 24th - Joyce B.

February 26th - Sarah M.

February 28th - Susan C.

WALKERVILLE TEAM

February 12th - John B.

February 28th - Sandy M.

TECUMSEH TEAM

February 11th - Karuna H.

February 18th - Shelley R.

LASALLE TEAM

February 5th - Alicia M.

February 24th - Brenda G.

February 27th - Mon M.

SANDWICH TOWNE TEAM

February 4th - Korede A.

February 8th - Marie B.

February 11th - Damber D.

February 25th - Thomas A.

VILLAGE TEAM

February 1st - Bruce J.

February 3rd - Melissa C.

February 4th - Ryanne S.

February 4th - Alex H.

February 4th - Haifa G.

February 7th - Sharon B.

February 11th - Heather K.

February 12th - Lauren M.

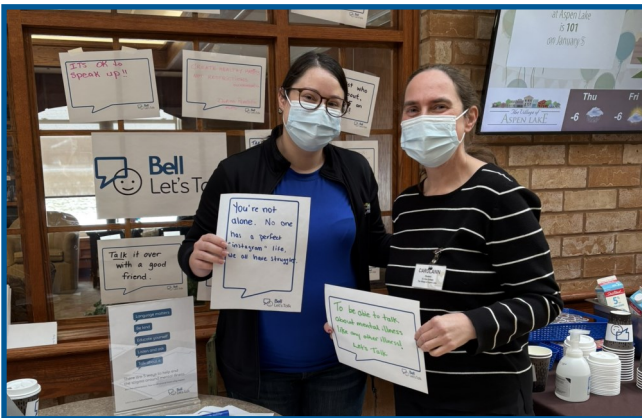


Helping Hands in the Village

On January 22nd, the Village participated in Bell's Let's Talk Day. It's a day to open the conversation about Mental Health Issues and to show our acceptance and support for individuals who are experiencing difficulties.

Here at the Village, we encourage everyone who feels the need for support, regardless of your role (Resident, Family Member, Team Member or Volunteer), to reach out and find that support when needed.

We have resources available to help!



January was Alzheimer's Awareness Month



Did you notice the blue lights on Main Street in January?

As part of our support of Alzheimer's Awareness Month, the Village took up the challenge from the Alzheimer's Society to "Light it Up Blue"! Our lights glowed proudly to recognize the thousands of people who live with Alzheimer's, the people who love & care for them and the incredible work being done to improve people's quality of life and ultimately find a cure.

Guest meal pricing

Tickets are available for purchase at the Village Office.

While we request 24 hours' notice for guest meals, when possible, we will make every effort to accommodate last-minute requests.

Long-term Care

Breakfast	\$10.50
Lunch	\$13.65
Dinner	\$16.80





Wisdom of the Elder - January Reflections

As the new year begins, what advice would you give your younger self based on your life's lessons and experiences?



Rose... My advice to a younger me: "Get a better education, don't get into bad habits - take care of yourself, take the time to enjoy life, travel more and spend more time with family and friends before they are gone."

Margaret... "Whether you are having a bad or good time, find a way to go through it with the help of others."



Claire... My advice to a younger me would be: "enjoy the small things in life, spend time with your family, get a good education and better yourself and THINK before making decisions!"





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- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Aspen Lake, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

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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

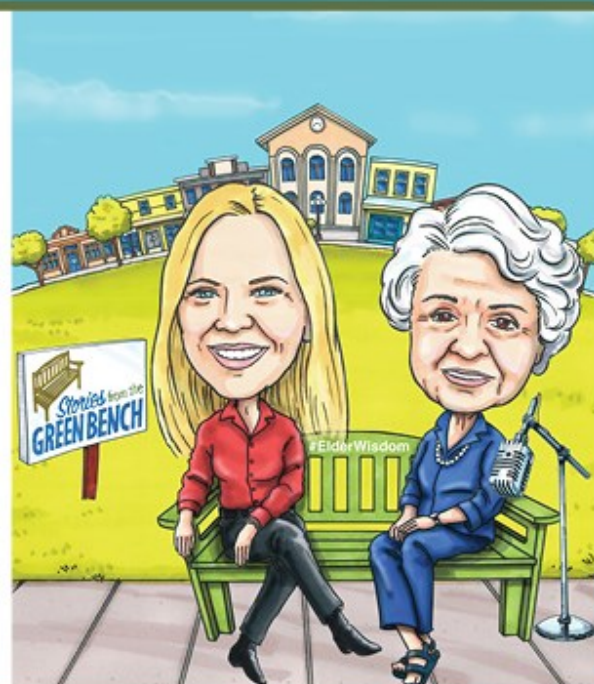


Stories from the **GREEN BENCH** Podcast

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



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

A Thousand Words...

Because a Picture is worth a Thousand Words!

Tecumseh Neighbourhood is having a blast with the fun events being planned by a couple Family Members. Once a month, they are having fun with games and photo shoots. The end result is lots of smiles & laughter! Thank you so much for sharing your time and making the evening so fun!

