

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

January 2025

Contact Us:

The Village of Aspen Lake
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(519) 946-2055

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Happy New Year
2025

We celebrated the new year with friends & family, music and lots of fun!





Notes from the Editor's Desk

Happy New Year! What a lovely holiday season it has been in the Village! The beautiful Christmas decorations have set the stage for all the fun events... Family Christmas Parties, caroling, visits from family and friends and so much more. It's been a bit of a whirlwind and now we are looking forward to January which brings it own enjoyable things to do but without the frenzied holiday pace!

In this edition, you'll find some information about the upcoming events which include our support of Alzheimer's Awareness Month and Bell's Let's Talk Day. Both are important topics for our Village and those that live here. By raising our awareness of Mental Health and brain health, we each can be better able to support those around us and build a community where everyone thrives. Please join us and show your support & willingness to learn.

January often feels like a time of fresh starts and focusing on new goals. Many of our committees are looking for more members to continue the good work that they are doing. There are opportunities for Residents, Family Members and Team Members to participate in a variety of committees: Resident Council, Family Council, Village Advisory Team, Ethic Committee, Palliative Care & Pain Committee and more! If you have an interest, we encourage you to ask about how you can help.

Another opportunity available to our Family Members is our new GATHER Group. Gather is a support group that provides meaningful ways to connect with others who share similar circumstances, creating a space where people feel they belong, are understood and accepted. Whether you are looking for support for yourself, or have the capacity to provide support to others... whether you are newly part of our community or have been with us for a while... all are welcome! Please reach out to Lauren Markovic, Resident Support Coordinator at ext. 8050 for more information and to RSVP for our next session on Wednesday, January 22nd at 3pm.

Thank you for your support and your involvement in our Village!

Jenny Brown,
Director of Recreation

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.



Brad from Tecumseh was recognized by a Family Member: “Thank you for being kind & treating my dad, Angelo, with such respect. I truly appreciate it.”



Brent from Tecumseh received this note: “Every time he works he always cleans the couch cover and flips it upside down. Thank you for keeping our neighbourhood clean. Thank you for doing an awesome day.”



Ezra from Walkerville was appreciated: “Thank you for helping me to figure out the Residents’ wheelchair today so he could go outside. You helped to calm a very distraught Resident.”



Jenn from Tecumseh received this note: “Witnessing your comfort and compassion with your gentle tone to new Residents warms my heart.”



Rodica from Tecumseh was recognized by her team: “Thank you so very much for being a Team Player and for spending extra time to make our Residents happier, also for always caring for others.”

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



FOOD *for the Soul*

2025 Ahead!

Happy New Year! Let's start the year with statistics. According to Statistic Brain Research Institute—8% of people achieve their New Year's resolution. 92% fail at their goals. The question is: What are you going to do to be in the elite 8% to achieve your goals?

There are several suggestions as we google the topic. Some are listed here!

- ◆ **Focus on Day by Day**—Researchers say to focus on 90 days rather than 365 days. I suggest taking it as a new day, each and every day. Accountability group members reveal better results when we focus on goals in smaller amounts with greater success. Larger or longer time frames allow us to justify procrastination by saying, "There is still time left—I have plenty of time." Procrastination sets in early. Today is the day—shorten your time horizon.
- ◆ **Write Your Goals**—Writing out your goals on paper or in digital format is the first step to stacking the odds in your favour. Not only does writing it out help to formalize something it also causes us to think of scheduling "time chunks" of 5 to 10 minutes to 30 minutes to achieve our goals.
- ◆ **Think Positive**—During the time chunks the focus is on change, changing the habitual thoughts or actions we want to alter/correct/change. There is research studies that show that 60 to 80 % of our thoughts are the same thoughts day after day. Habitual thoughts, those that lead to inevitable things we act on our behaviours keep us trapped in our current situation.

Be part of the elite 8% hold onto your dream and work on the resolution to achieve your goal.

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

December 17th at 2pm

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



In Memory

We remember...

William B.

Peter F.

Richard H.

Barry H.

Charles H.

Judy L.

Maria M.

Mary S.

Betty T.

Bert V.

Our next Celebration of Life
is planned for January 16th at 2pm.



What PAL Means to Me

What does PAL even mean? To clarify, it doesn't mean we are just your buddies, or extremely friendly, even though we are those things too. It is an acronym for Program of Active Living. A program that is unique to Schlegel Villages. The PAL Program offers kinesiology, physiotherapy and occupational therapy-based services to all the Residents in our Village. To start 2025, I wanted to highlight all the amazing things PAL does and what it means to us and our Residents.

The Program of Active Living is a specialty program that offers exercise plans to Residents of our Village. These exercise programs are designed to help Residents meet their goals. These goals could be things like being able to walk the length of the hallway to reach mealtimes independently or being able to walk up the stairs to your family's house at Christmastime. Everyone has goals and the motivation to meet their unique aspirations. By offering a variety of programs like balance, gait training and strengthening, we work to help each Resident on our program meet their unique goals. By providing motivation and accountability, we love seeing Residents achieve heights they never even believed they themselves could reach! The PAL program works closely with the physiotherapy team, who focus primarily on rehabilitative programming, and together we have helped many Residents back to health after injury or who were recovering from surgery.



Cont'd

PAL also works closely with the Occupational Therapy team. Through this collaboration, we help get Residents the mobility equipment they need. Whether it is walkers or wheelchairs, occupational therapy (or OT), help us get the right equipment that will help Residents keep moving. They apply for funding to help families pay for equipment for their loved ones, and service and repair the equipment. This equipment is vitally important for many of our Residents' Activities of Daily Living, and allow them to maintain their mobility and independence for as long as possible. If you are interested in acquiring a piece of mobility equipment, please speak to the PAL team to be added to the OT list for assessment.

PAL also loves to run special event around the Village! In previous years, we have hosted events like the Schlegel Olympics, Active Aging Week, the Healthy Heart NuStep Challenge, and Walking Wine Tours. In 2025, we look forward to hosting new and exciting events for our Residents to participate in, so keep your eyes peeled for updates!

Happy New Year!

Ryanne Stieler-Sikich,
Director of the Program
of Active Living



Enjoying the fun of the Walk for Alzheimer's:
Memories of the 60s

In the Spotlight



It's wonderful to see the smiles when Margaret is here to help!

We would like to welcome Margaret Zavitz to our Volunteer Team! Margaret began volunteering at Aspen Lake, on Riverside Neighbourhood, last October.

Margaret is actually a familiar face around our village. Her mother Lorraine Bocchini was a Resident of Riverside Neighbourhood for just over 6 years. Margaret said she knew that after her mother passed away, she would eventually want to help out at Aspen Lake, in particular, on her mom's neighbourhood of Riverside. She said a lot of ladies on that neighbourhood were her mom's best friends and she feels especially close to them, as well as,

Tina from Recreation. She said she always looks forward to the afternoon bingos.

Figure skating is her main hobby and passion. Margaret has been skating since she was 10 years old, and teaching for over 20 years. Her other hobbies are reading and camping. Margaret and her husband both retired this year, so in September they took an Eastern Cruise with friends, which they called their 'Retirement Cruise.'

When asked how her volunteer experience has been so far, she said she always has a great time when she is with the Residents, and that they make her smile as much as she makes them smile.

We are so glad to have you with us, and appreciate you, Margaret!

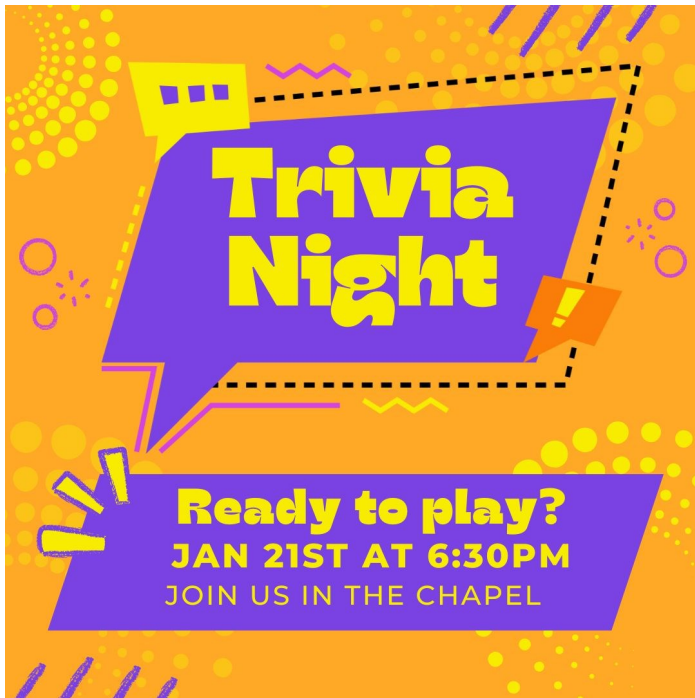
The Next Volunteer Orientation Session is scheduled for:

Saturday, January 11th at 12 noon

If you are interested in attending, please call the village to register at:

(519) 946-2062 ext. 8016

Dates to Remember



JANUARY 8th - Bill Poisson

Performs for Riverside at 10:00am
& Walkerville at 11:00am

JANUARY 9th - Richard Sennema

Performs for Sandwich Towne @ 1:30pm
& Tecumseh at 2:45pm

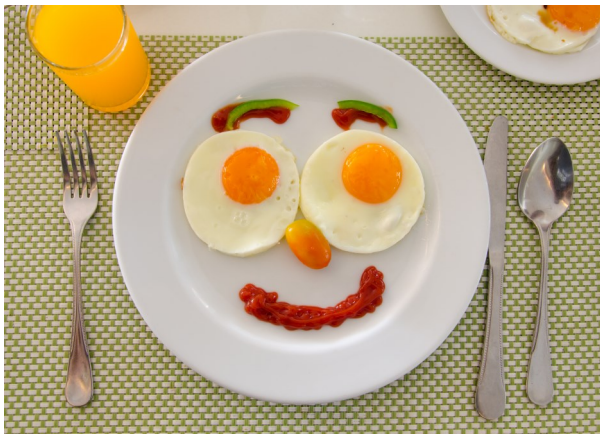
JANUARY 17th - Richard Sennema

performs for Walkerville at 1:30pm
& Belle River at 2:45pm

JANUARY 23rd - Ted Bachmeier

performs for Riverside at 2pm
& Lasalle at 3pm

BREAKFAST BUNCH



**in the Community Centre
JAN 28th at 8:00am**

**Sign up for this with your
Recreation Team Member**

Alzheimer's Awareness Month



Supporting the well being of residents living with dementia throughout our Villages.

Learn more at alzheimer.ca



**Fund-Raiser Lunch
For Alzheimer Society**

**JANUARY 15th
11am-1pm**





Please join us for

“GATHER”

group

Care Partner

Wednesday, January 22nd

3:00 - 4:00pm

In the Chapel

**To RSVP: Contact Lauren at x8050 or
lauren.markovic@schlegelvillages.com**



GATHER group – Care Partner

Designed for those who support and care for someone they love. Being a caregiver has its own set of challenges, questions and rewards. This group creates a safe space to talk about your care giving journey with others who share and understand this experience and to explore support and coping strategies together.



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

schlegelvillages.com

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

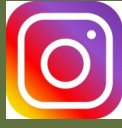
Join us on Social Media!



“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

January 7th at 2pm

FOOD COMMITTEE

January 28th at 2pm

Meetings in the Chapel

FAMILY COUNCIL

Monday, January 13th at 11am

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. ***

Words of Wisdom offer Dementia Support

When facing a dementia diagnosis, big questions start to surface: *What happens next? How do I plan for the future? How will this change my relationships?* For care partners, the experience can be just as overwhelming.

The new Words of Wisdom resources are here to help throughout the dementia journey.

The idea for the resources started with a special event series, “People Living with Dementia Share Their Wisdom.” People from across Canada came together to share their experiences with dementia — from their diagnosis, to planning for the future, to handling stigma. Their heartfelt stories were full of wisdom, and it became clear that they should be shared with more people. The resulting collection of eight resources offer support for both people living with dementia and the people who support them.

For people living with dementia, the guides focus on topics like:

- Tips for handling common misunderstandings about dementia.
- What to expect after getting a diagnosis and where to find support.
- How to plan for future care and support as needs change.
- Simple ways to stay active and take care of mental, emotional, and physical health.



The “People Living With Dementia Share Their Wisdom” panel discussions were spearheaded by dementia advocate Myrna Norman.

For care partners, the guides cover:

- What it means to be a care partner and how to take care of yourself too.
- How to advocate for a loved one through the diagnosis process.
- Tips for care partners to stay healthy and manage stress.
- How to prepare for important care decisions.

Each guide is filled with simple steps people can take right away, like ideas for talking about future care, making a daily routine, and finding support in their community. Through the real quotes and reflections from people living with dementia and care partners, these voices show that while dementia can bring challenges, it is still possible to live well, find joy, and feel connected to others.

Whether you are a person living with dementia or supporting one, these guides are here to empower, inform, and inspire you. Find them at the-ria.ca/resources/words-of-wisdom

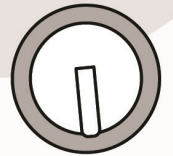
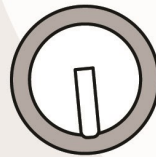
GRAND SLAM OF CURLING



Schlegel Villages' Day

Thursday, January 16

11:30 a.m. | Sleeman Centre, Guelph



Through the long Canadian winter, two sports bring energy to small towns and communities across the nation; hockey, of course, is the great Canadian game, but alongside the hockey arena nearly every small town in the country boasts a curling rink.

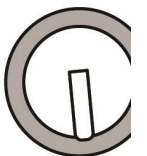
Curling has always been a way to draw communities together and this year **Schlegel Villages is proud to be a key sponsor** of the WFG Masters Grand Slam of Curling event in Guelph from **January 14–19**, which will bring the global curling community together with some of the world's top athletes.

January 16 will be Schlegel Villages' Day at the bonspiel. We expect to have more than 500 people connected to our Villages at the Sleeman Centre that day, showcasing our love of competition and the way our communities are connected, despite the distances that separate our 18 Villages.

Interested in attending?

Reach out to the director of recreation or general manager at your Village.

We hope to see you there!



**#ElderWisdom
10th Anniversary**

Resident submission

Share your story, your connection to your hometown, and the places you've always dreamed of visiting, with us!



Deadline for submission is **Friday, January 10, 2025**

Schlegel Villages – CONNECTIONS



Alzheimer's Awareness Month

January marks a month of awareness around Alzheimer's disease and other forms of dementia in our Villages.

People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease and how to offer meaningful support.

LIMT, our signature dementia program, is coming to life within our Villages. ME forms, sharing our resident's life stories, are the first step in the Supportive Approaches to Care pillar of the program. This is ME top 10 frames are being installed to help us develop personal relationships with residents during care interactions.

The Meaningful and Active Engagement pillar is enhanced with new resources for Neighbourhood Time, a program that will be introduced across our Villages in 2025, where anyone in the neighbourhood can be involved in engaging residents!

GATHER support groups foster connections among residents, encouraging mutual support, and linking care partners with others who share similar experiences.

There are many LIMT successes to build on in 2025!



January Birthdays



Happy Birthday!

TO OUR RESIDENTS!

BELLE RIVER
January 15th - Mira K.

RIVERSIDE
January 3rd - Ruth N.
January 9th - Russell F.
January 10th - Sue M.

TECUMSEH
January 7th - John V.
January 19th - Jean H.
January 19th - Joan S.

WALKERVILLE
January 4th - Kevin C.
January 8th - Ursula E.
January 25th - Shirley C.

LASALLE
January 5th - Teresa L.
January 24th - Giulio M.

SANDWICH TOWNE
January 4th - Diana N.
January 5th - Dina R.

Happy Birthday!

TO OUR TEAM MEMBERS

BELLE RIVER TEAM
January 9th - Jillian R.
January 14th - Christina G.

RIVERSIDE TEAM
January 9th - Bushra K.
January 11th - Jashandeep K.
January 27th - Tammy S.

WALKERVILLE TEAM
January 5th - Courtney P.
January 12th - Mariah J.
January 14th - Stacey M.
January 22nd - Gurpreet K.
January 27th - Maria N.

TECUMSEH TEAM
January 1st - Mayssa S.
January 2nd - Amishaben P.
January 15th - Amanda M.
January 25th - Rukhsana B.

LASALLE TEAM
January 1st - Ramandeep T.

SANDWICH TOWNE TEAM
No Birthdays this month!

VILLAGE TEAM
January 1st - Jovanka P.
January 8th - Katie Z.
January 18th - Melody J.





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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

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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



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
Kristen Beaudoin <i>Director of Quality & Innovation</i>	8051	Ryanne Stieler <i>Director of Program for Active Living</i> Caitlyn Douglas <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!

We enjoyed the holidays so much!

It was wonderful to enjoy the Family Christmas Parties, the fun of meeting Santa Claus, the caroling & children's choirs & Christmas morning presents!

