



THE ST. CLAIR SUN

JANUARY 2025

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The Village at St. Clair

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Welcome to January!

*I stood beside a hill smooth
with new-laid snow,
a single star looked out
from the cold evening glow.*

*There was no other creature that
saw what I could see ~ I stood and
watched the evening
star as long as it watched me.*

~ January 2024 ~

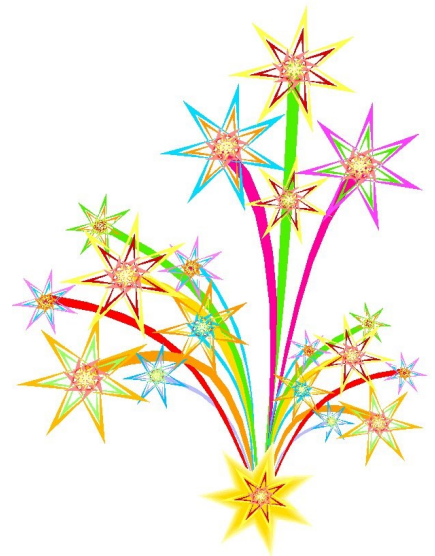
a new year has begun!

We have lots of fun winter programs planned for this month at the Village. Make sure you keep your January program calendars close, as you won't want to miss a single activity!

Happy New Year everyone!

The History of New Years!

Customs that are common worldwide include watching fireworks and singing songs to welcome the new year, including the ever-popular “Auld Lang Syne” in many English-speaking countries.



The practice of making resolutions for the new year is thought to have first caught on among the ancient Babylonians, who made promises in order to earn the favor of the gods and start the year off on the right foot. In North America, the most iconic New Year’s tradition is the dropping of a giant ball in New York City’s Times Square at the stroke of midnight. Millions of people around the world watch the event, which has taken place almost every year since 1907. Over time, the ball itself has ballooned from a 700-pound iron-and-wood orb to a brightly patterned sphere 12 feet in diameter and weighing in at nearly 12,000 pounds. New Years Rockin’ Eve’s creator and namesake was entertainer Dick Clark, who conceived *New Year's Rockin' Eve* as a youthful competitor to Guy Lombardo's popular and long-

running New Year's Eve specials on CBS. The special first aired on December 31, 1972; its first two editions were broadcast by NBC, and hosted by Three Dog Night and George Carlin, respectively, with Clark anchoring coverage from Times Square. In 1974–75, the program moved to its current home of ABC, and Clark assumed the role of host.



Joyful January Facts

January and July are the only pair of 31-day month's that are exactly six months apart.



The star signs for January are Capricorn (December 22 to January 20) and Aquarius (January 21 to February 19).



January was named for the Roman god Janus, known as the protector of gates and doorways who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future.



January 6 is Epiphany. According to the New Testament's Gospels, on this date the Magi ~ the three wise men or kings ~ venerated and brought gifts to the infant Jesus.

January 17 is Martin Luther King Jr. Day. This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence.

January 8th is Elvis Presley's Birthday!



January's Moon is called the Wolf Moon.



The Saxon word for the month was Wulf monath or "wolf month." This year, the full Moon reaches peak illumination at 6:51 P.M. EST on Monday, January 17. It can be seen rising from the horizon around sunset that evening.

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.

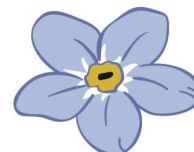
People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease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



Winter 1 - Word Search

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

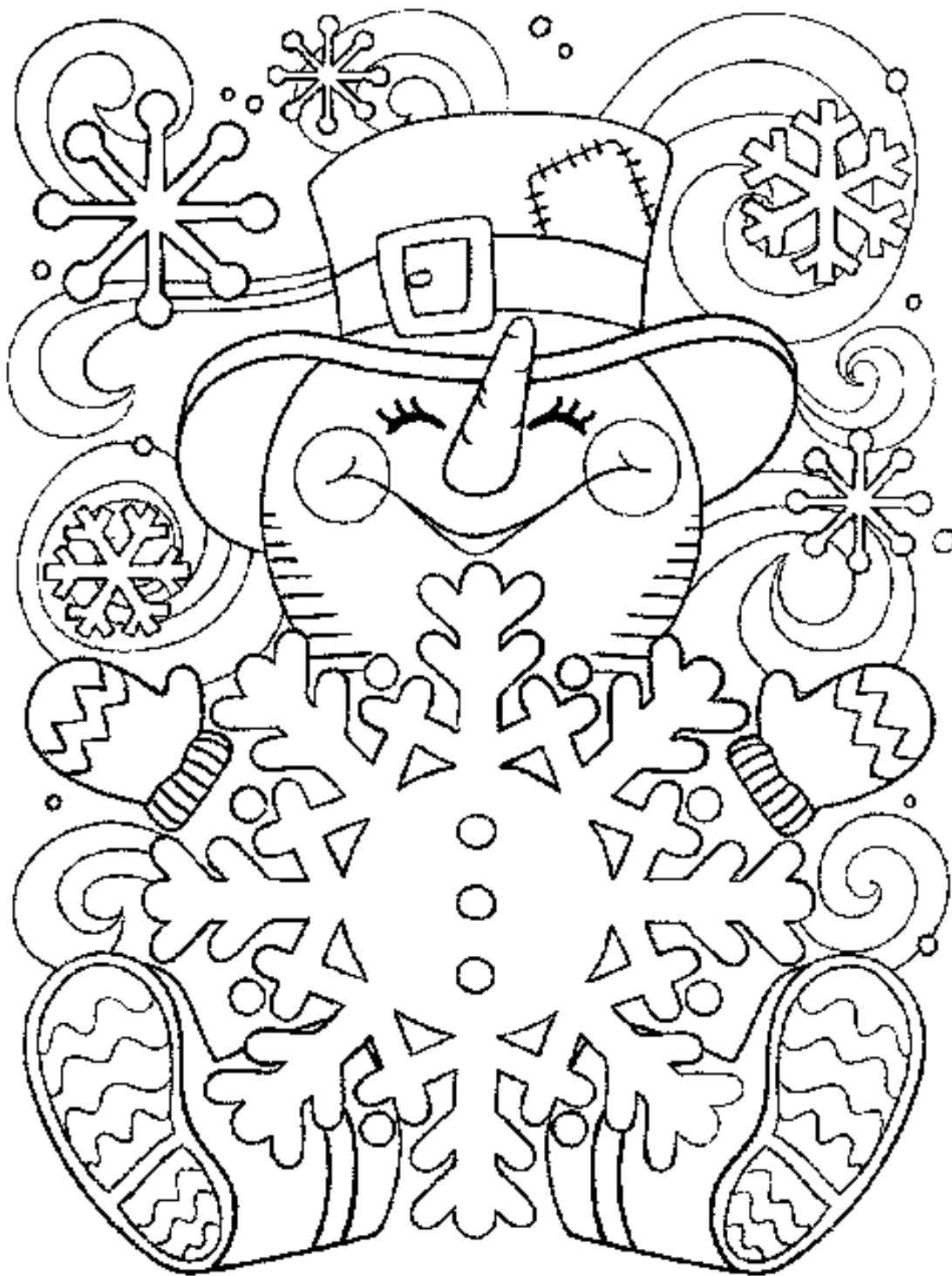
ANTIFREEZE
BLACK ICE
COLD
FIREPLACE
FOG
FROST
HIBERNATION
HOLIDAYS

ICE SCRAPER
ICICLES
MITTENS
SCARF
SKATES
SKI PANTS
SLEET
SNOW PLOW

SNOWBALL
SNOWMAN
SOUP
STORM
TOBOGGAN
WINTER TIRES
WOOL SOCKS

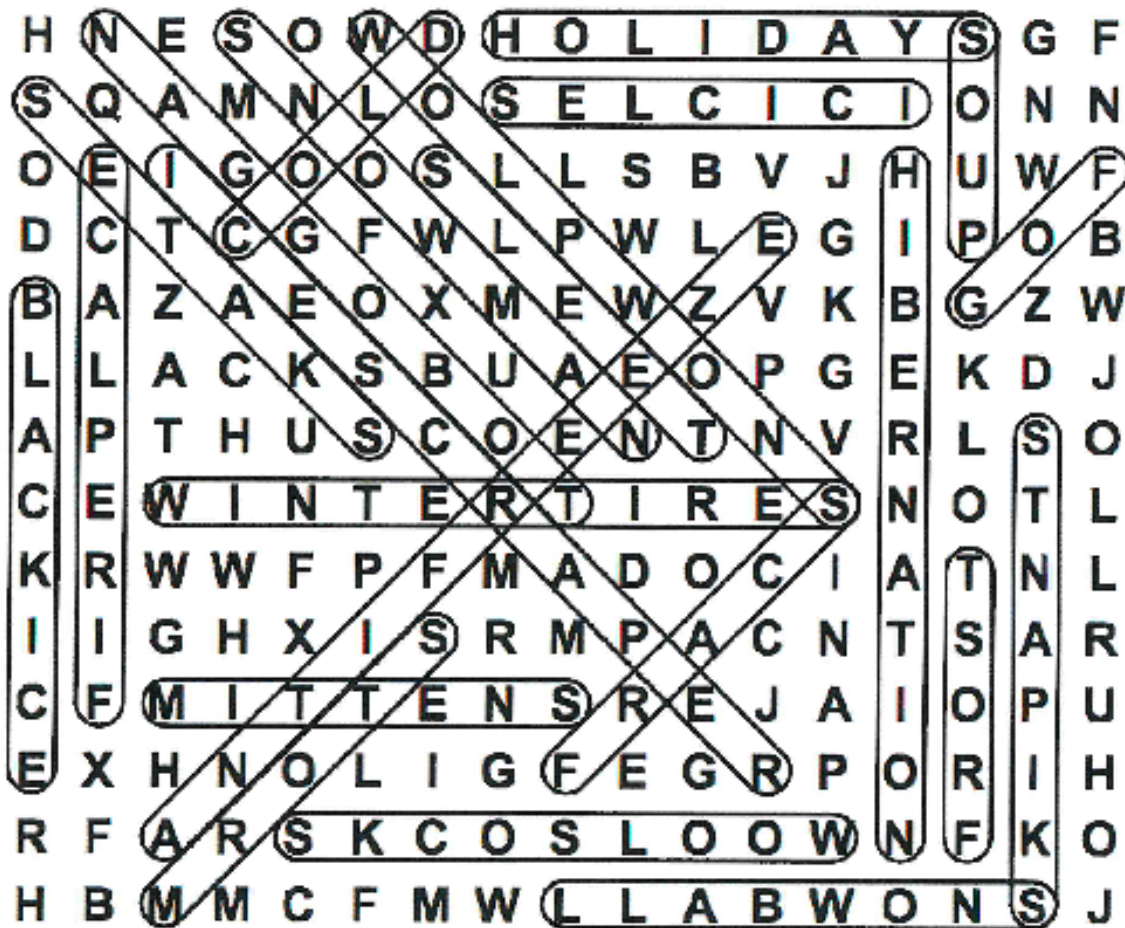


1/1



Colour Me Winter!

Winter 1 - Solution



ANTIFREEZE
BLACK ICE
COLD
FIREPLACE
FOG
FROST
HIBERNATION
HOLIDAYS

ICE SCRAPER
ICICLES
MITTENS
SCARF
SKATES
SKI PANTS
SLEET
SNOW PLOW

SNOWBALL
SNOWMAN
SOUP
STORM
TOBOGGAN
WINTER TIRES
WOOL SOCKS





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.



Monthly Pancake Social

January 8th, in the
Community Center



~ All are Welcome ~

The Volunteer Voice



Do you have a few minutes to chat? You do! Wonderful!

I just want to take a moment to share with you some of the accomplishments of our Volunteers and students that took place over the last 12 months.

This year we saw an expansion of our pet therapy program. In 2024 we said hello to three new volunteers. Four legged Luci, Maddie and Bentley have joined our Schlegel Family. We now have a grand total of 4 wet noses and 4 wagging tails that come to the Village and provide cherished pet visits. The hope is that in 2025 the program will continue to grow and may even include visits from felines! Meow! Anything is paws-ible!

This fall, Massey Mustangs dominated our high school co-op program. Schlegel Village welcomed these students with their bright and eager minds, their giggles and questions, and their interest in a possible future in health care. They were able to support the Village while expanding their knowledge with training in personal expressions, dementia and palliative care.

The Java Mentor Program continued this year as well and we had many new resident volunteers take part. The unique feature of Java Mentorship is that through their visits, resident volunteers find themselves with a life purpose and bring us closer to fulfilling our Mission statement.

The General Store, as always, is a corner stone for social activity. Hosts Judy, Jim and Paula bring vibrancy to Mainstreet. All are welcome to pop in, have a chat and walk away with a treat or two!

Our green thumb Horticulture Volunteers continued to make a difference. This year the Club added crocheted poppies to sell and fund raise for our veterans. What a hit they were!

Next year also looks promising! In 2025 the plan is to continue to offer further education for our volunteers. We expect to provide exciting new opportunities which will make them one of the pillars of our dementia program. Looking ahead, what is on the Village at St. Clair's wish list for 2025? More palliative care and supportive dining volunteers.

Possibility a volunteer to run a Village Java Music Group.

So much to think about and reflect upon. While I can't say for certain what lies ahead, I do know that our volunteers do not necessarily have the time; they just have the heart.

How blessed we are at the Village at St Clair that they do. On that note...

Wishing everyone a year full of beautiful surprises. ~
Tammy~



A Joyful Word With Rev. Elise +



Dear Friends;

Here we are in the middle of a very cold winter following a very blessed Advent and Christmas season, including many fun events to enjoy in the Village. Epiphany has barely passed and yet, I yearn for the warm breezes of spring. Winter can seem to last for so long; we often need each other to pass the time inside, away from the winter cold and damp. It is a time for puzzles, games, great movies, warm drinks and treats, and time spent with special friends as we wait for the beauty of spring to come again.

I would like to share this little prayer to meditate upon, during the quiet hours of winter-time.

During lengthening days of light, may our actions be lighthearted upon right and noble impulses.

During quiet hours beyond dusk, before dawn, may we take time to think over events from the day and plan for good in the morrow.

In light of day, may we extend our personal borders, caring and sharing expansively.

So the world glows bright from our presence, may we blaze as beacons of harmony, lighting the path ahead.

To nurture efforts toward lasting peace, may we with act with kindness toward all,

embracing our family and friends wholeheartedly;

ever gracing our world-wide family lightheartedly.

Susan Helene Kramer

Many blessings to you all,

Rev'd Elise+

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

 **Ruth's** IS COMING TO YOU!
Fashion Boutique

**ALIA
N
TANJAY**

NORTHERN
REFLECTIONS

KAREN  SCOTT

*Open Back
Clothing
Available*

**PETITES & PLUS
SIZES AVAILABLE**



VISA



Thursday,
January
30th



*Location:
Library/Chapel*

11:00 am
- 3:00 pm



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
Vacant	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
Vacant	Gosfield & Kingsville	x 8068
Danielle Harris	Oldcastle & Talbot	x 8067
MaRhoda Dhaz	Amherstburg & Colchester	x 8010
Jesica Parmanand	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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