



# HAMILTON CONTINUING CARE CHRONICLES

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January 2025 Issue

# Schlegel Villages – CONNECTIONS

## GRAND SLAM OF CURLING

Limited  
spots  
available

### 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.

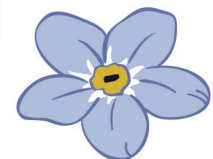
People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease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





# Resident Council

To our Residents,  
We wanted to inform you that Resident Council Meetings will be held on the Second Tuesday of every month.

All residents are welcomed to participate in Resident Council. Please feel free to bring up any issues or concerns related to your Neighbourhood to the meetings. If you do not wish to attend a Council Meeting, please let your Neighbourhood Representative know or the Resident Council President and they can bring forth your concerns during the meeting.

Meeting Minutes are located on each Neighbourhood in a binder if you wish to review what was discussed and the responses that were given.

## **This Month's Bill of Rights**

### **Resident Bill of Right #19**

- iii. Every resident has the right to participate fully in making any decision concerning any aspect of their care, including any decision concerning their admission, discharge or transfer to or from a long-term care home and to obtain an independent opinion with regard to any of the matters and
- iv. Have their personal health information within the meaning of the Personal Health Information Protection Act, 2004 kept confidential in accordance with the Act, and to have access to their records of personal health information, including their plan of care, in accordance with that Act.

# Happy BIRTHDAY

**Alganesh**

**January 01**

**Jamie**

**January 03**

**Jane**

**January 05**

**Inge**

**January 13**

**Russ**

**January 19**

**Zoly**

**January 20**

# Spiritual Corner



## Spiritual Calendar for December

### Legion of Mary

January 07 @ 2:00

January 21 @ 2:00

### Bible Study with Connie

January 14 @ 10:30

January 28 @ 10:30

### Sunday Church Service

January 12 @ 1:30

If you have any questions  
please do not hesitate to speak  
to Alexandra Amey-Director of  
Recreation

Thank-you!

## In Loving Memory

With great sadness,  
we remember our friends  
who are no longer with us:

**Joseph Croft**





# Recreation Station

Hello January! It is so hard to believe we are officially in 2025!

## Village Events

**January is Alzheimer's Awareness Month!**

**Chinese New Year Dine In**

Thursday January 30 @ 12:00 Community Room

**Coffee with a Cop**

Date and Time TBD

## Village Outings

**Afternoon Shopping Bonanza!**

Thursday January 16 @ 1:00

**Tracie's Place Karaoke**

Wednesday January 22 @ 4:00

## Community Room Reservations

We are so happy that our Village families and friends continue to utilize our community space for events! A friendly reminder that if you wish to use this space please contact me as our Recreation team also uses the space for programming. We also do offer catering! If you would like your event catered please notify me in your email/phone call and I will let our Food Service Manager Shaman know! If you are not catering we will notify you that you are responsible for bringing in items like plates, cutlery and cups.

**Thank-you so much and Happy New Year!**

**Alexandra Amey**  
**Director of Recreation**

## 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](http://the-ria.ca/resources/words-of-wisdom)





# Hamilton Continuing Care: The Heart of Hamilton



Schlegel Villages'  
**Volunteers**

## **VOLUNTEER WITH US!**

If you are interested in supporting our village and would like to Volunteer, please visit our website [www.schlegelvillages.com/volunteer](http://www.schlegelvillages.com/volunteer)

or contact

Alexandra Amey  
(Director of Recreation)  
[alexandra.amey@schlegelvillages.com](mailto:alexandra.amey@schlegelvillages.com)

We  our  
**volunteers**

## **Follow Us on Social Media!**



@HCC\_LTC



[facebook.com/HamiltonContinuingCare](https://facebook.com/HamiltonContinuingCare)

## **January Fun!**

Zodiac Signs: Capricorn & Aquarius

January Flower: Carnation

January Birthstone: Garnet

- ⇒ The name January comes from the Roman god Janus, depicted with two faces looking in opposite directions.
- ⇒ In the Southern Hemisphere, January is a summer month.

Q. What does Bigfoot call January?  
**A. Januhairy**



# Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

**It is our pleasure to offer full Audiology services to all Schlegel Village residents.**



These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

**Our services are located at your Retirement Village, and appointments are required.**

**For more information or to book an **appointment** please call**

**1-888-745-5550**

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

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



# Village Team Directory

Name	Role	EXT	Email
Julie Maidment	General Manager	224	julie.maidment@schlegelvillages.com
Kaitlyn Wynnyk	Director of Nursing Care	227	kaitlyn.wynnyk@schlegelvillages.com
Beverly Agravante	Asst. Director of Nursing Care	236	beberly.agravante@schlegelvillages.com
Alexandra Amey	Director of Recreation	233	alexandra.amey@schlegelvillages.com
Cheryl Uncles	Neighbourhood Coordinator	223	cheryl.uncles@schlegelvillages.com
Shaman Kaur	Food Service Manager	234	shamanpreet.kaur@schlegelvillages.com
Nelia Rodrigues	Administrative Coordinator	229	nelia.rodrigues@schlegelvillages.com
Jonathan Manning	Exercise Therapist	503	jonathan.manning@schlegelvillages.com
Registered Nurse	Charge Nurse	506	hcc.chargenurse@schlegelvillages.com