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**“There is only one happiness  
in life: to love and be loved”**

**George Sand**

Welcome to February everyone! We made it through the first month of the year, often known as Blue January. It's time to enjoy the month with some new and exciting programming. Monday Feb. 10th, we will be having “SOUPERbowl” Monday where each Neighbourhood will make a soup to share on Main St. in the afternoon. Come out and vote for your favorite!

Each Neighbourhood will be having some special Valentine socials, so don't miss out on the fun! February is also Black History Month. Read about Rosa Parks on page 2 of your newsletter. Finally, Wednesday Feb. 26th is Pink Shirt Day.

We would love for you to share with your Recreation team member programs that you are enjoying or suggestions for new programs! Enjoy the month! :)

# Black History Month

Black History Month falls in the month of February, when the contributions and achievements of black people are celebrated and studied in schools and libraries across the nation. The idea of setting aside a time to highlight black history was first introduced in 1926 by a historian named Carter G. Woodson.



## **Let's learn about famous Civil Rights Activist: Rosa Parks**

Rosa grew up in the southern United States and was born in Tuskegee, Alabama on February 4, 1913 to Leona and James McCauley. Her mother was a teacher and her father a carpenter. Rosa met Raymond Parks who was a successful barber. They married in 1932. Rosa worked part time jobs and went back to school, finally earning her high school diploma, something she was very proud of.

Growing up Rosa had lived with racism in the south. Rosa and her husband Raymond wanted to do something about it, so they joined the National Association for the Advancement of Colored People (NAACP).

Rosa saw the opportunity to make a difference when the Freedom Train arrived in Montgomery. The train was supposed to not be segregated according to the Supreme Court. So Rosa led a group of African-American students to the train. They attended the exposition on the train at the same time and in the same line as the white students.

Some people in Montgomery didn't like this, but Rosa wanted to show them that all people should be treated the same.

It was on December 1, 1955 that Rosa made her famous stand (while sitting) on the bus. Rosa had settled in her seat on the bus after a hard day's work. All the seats on the bus had filled up when a white man boarded. The bus driver told Rosa and some other African-Americans to stand up. Rosa refused. The bus driver said he would call the police.

Rosa didn't move. Soon the police showed up and Rosa was arrested.

Rosa was charged with breaking a segregation law and was told to pay a fine of \$10. She refused to pay, however, saying that she was not guilty and that the law was illegal.

She appealed to a higher court. That night a number of African-American leaders got together and decided to boycott the city buses. This meant that African-Americans would no longer ride the buses. One of these leaders was Dr. Martin Luther King Jr. He became the president of the Montgomery Improvement Association which helped to lead the boycott.



# Fantastic February Facts



February was added to the Roman calendar in 713 BC. The length of the month changed over time and, at one time, it had as few as 23 days. When Julius Caesar remade the Roman calendar, the month was assigned 28 days during normal years and 29 days during leap years which occurred every four years.

*The largest sporting event of the year, the Super Bowl, will be held on February 9th.*



February 1st marks the Lunar New Year, also known as Chinese New Year. This year is the Year of the Snake!

*February's full Moon reaches peak illumination at 11:59 A.M. EST on Saturday February 24th, 2024. Look skyward on that night to catch the best view of this full Moon! It's known as the Snow Moon.*

Even though so many roses are sold during February due to Valentine's Day, the Violet and the Primrose are the February flowers. The violet signifies watchfulness, loyalty, and faithfulness. Give a violet to someone to let them know that you'll always be there for them. The primrose lets someone know that you can't live without them.



*Like the violet, February's birthstone is a purple color. It's the beautiful amethyst. This gem is a form of quartz; it can range from a pale lilac color to a deep, purple. The name is based on a Greek myth that speaks of a nymph named Amethyst who was inadvertently turned into white stone; In remorse, the Greek god Bacchus poured wine over her to turn her a beautiful purple.*



February 28 is Ramadan, the ninth month of the Islamic calendar.





# 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.

## Flowers 2 - Word Search

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

ANTHURIUM

BOUVARDIA

CARNATION

CORNFLOWER

DAISY

FOXGLOVE

FUCHSIA

GERANIUM

GINGER

HAWTHORN

HOLLYHOCKS

HYDRANGEA

IRIS

LAVENDER

LILY

MARIGOLD

ORCHID

PEONY

ROSE

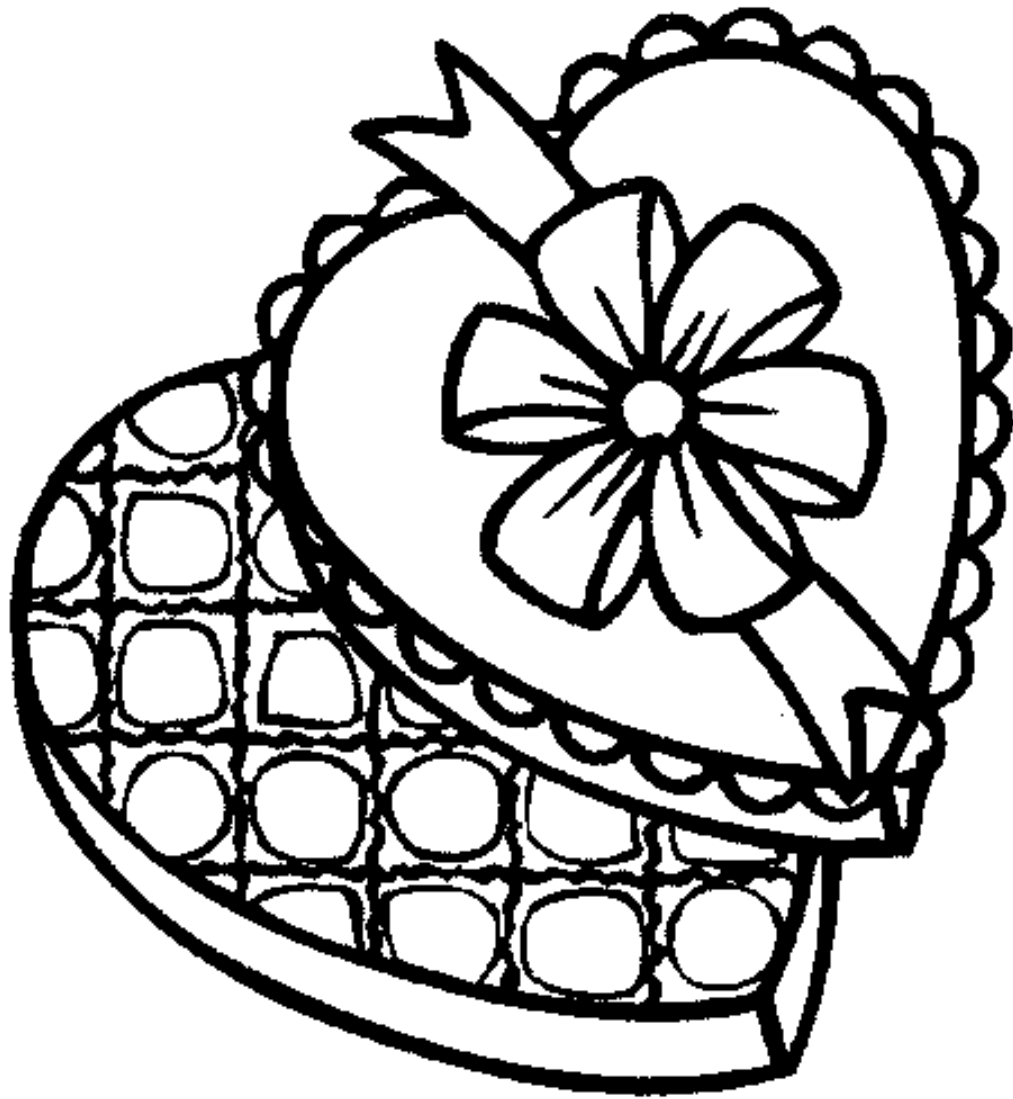
STATICE

SUNFLOWER

VERONICA

YARROW



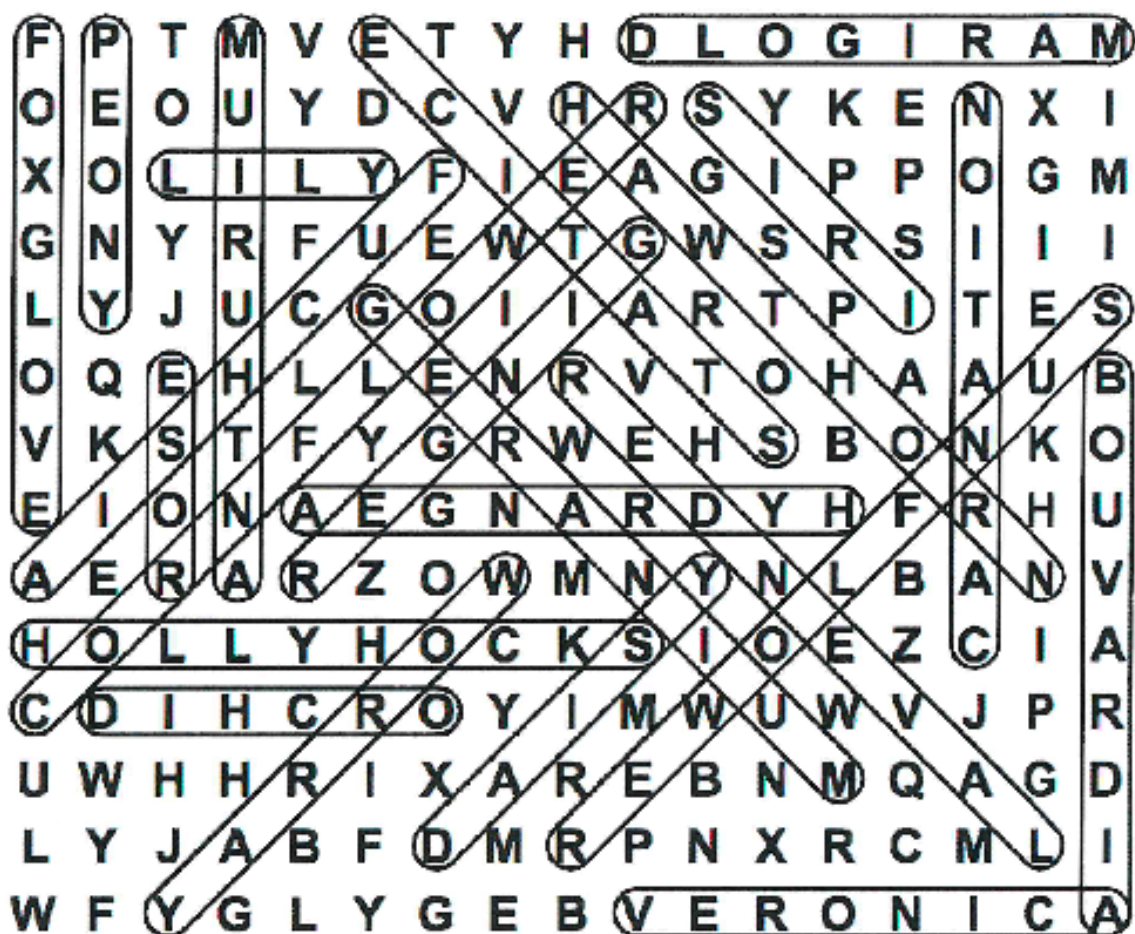


♥ happy ♥  
*Valentine's*  
♥ day ♥

**What is your favorite  
Valentine Chocolate?  
Colour me Beautiful!**



## Flowers 2 - Solution



ANTHURIUM

BOUVARDIA

CARNATION

CORNFLOWER

DAISY

FOXGLOVE

FUCHSIA

GERANIUM

GINGER

HAWTHORN

HOLLYHOCKS

HYDRANGEA

IRIS

LAVENDER

LILY

MARIGOLD

ORCHID

PEONY

ROSE

STATICE

SUNFLOWER

VERONICA

YARROW





# 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  
February 5th, in the  
Community Center



~ All are Welcome ~



# 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. Epiphany has barely passed and yet, I wish for the longer daylight hours that come with spring. It won't be long before our brighter days and sweet Spring breeze is upon us.

In the meantime, please remember that all of us are wonderfully made by our Creator. We are all loved and provided with many gifts and blessings. We are called to care for one another, to be patient, kind and thoughtful; which can be difficult when the weather keeps us inside for long stretches. One of my favorite scripture passages is Micah 6:8. It reminds me of who I/we are called to be.

*He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?*

I also 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 gracing our world-wide family  
lightheartedly. ~ Susan Helene Kramer*

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Happy Valentine's Day!

Blessings, Rev'd Elise+ ~ Spiritual Care Coordinator



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.

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

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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
JoceIn Snowdon	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
Amanpreet Kaur	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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