



HAMILTON CONTINUING CARE CHRONICLES

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February 2025 Issue

Schlegel Villages – CONNECTIONS

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.

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.



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 #20

Every resident has a right to ongoing and safe support from their caregivers to support their physical, mental, social and emotional wellbeing and their quality of life and to assistance in contacting a caregiver or other person to support their needs.

Resident Bill of Right #21

Every resident has the right to have any friend, family member, caregiver or other person of importance to the resident attend any meeting with the licensee or the staff of the home.

Happy BIRTHDAY

Edna M

February 10

Drago

February 27



Ellen!

Spiritual Corner



Spiritual Calendar for February

Legion of Mary

February 04 @ 2:00

February 18 @ 2:00

Bible Study with Connie

February 11 @ 10:30

February 25 @ 10:30

Sunday Church Service

February 09 @ 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:

**Ellen Smid
Vera Falko
Eileen Lyell**



General News

Elevator Modernization coming soon to HCC!

The project at Hamilton Continuing Care will improve the performance of the existing elevator and greatly reduce time the unit is out of service.

The week of **FEB 10, 2025** has been designated as the start date permitting the operational plan to be approved by the Ministry of Health and Long-Term Care (MOHLTC). We expect the project to be completed by March 21, 2025. This project work is isolated to the basement where the elevator room is located and not in resident or family space.

Resident Appointments

Any non emergency appointments for residents on floors 2 & 3 will be scheduled to work around the project timeframe. Emergencies will be handled as usual though Emergency Services.

Visiting

Apart from use of the elevator, it will be business as usual in the home. If you are visiting, please be prepared to take the stairs. If you need any assistance at all, just let us know and we will be happy to help!

Food Service

Food preparation service in the kitchen area will not be affected. Meals and snacks will be delivered to the residents on the floors they reside with some changes implemented:

- Disposables will be used for meals during this time; however, residents will continue to be provided with a choice at meal times
- Serving areas will continue to have access to snack foods, cheese, peanut butter, cereals, jam, tea, coffee juice etc.

Environmental Services

Housekeeping, maintenance and laundry will operate as per usual and service to residents will not be affected.

Recreation

Neighborhood Programming will continue as usual, entertainment will be rotational per floor. Outings and larger group events will be rescheduled to the end of March.

I will send out an email to you all with copy of the fully approved plan from the Ministry of Health and Long-Term Care, as soon as I receive it.

Julie Maidment

**Julie Maidment
General Manager**

Recreation Station

Hello February! Love is in the air and this is what we have in store this month!

Village Events

February is Black History Month and Heart Month!

Sweetheart Social

Friday February 14 @ 2:00
Each Neighbourhood

Village Outings

Walmart

Monday February 03 @ 2:00

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!

Alexandra Amey
Director of Recreation

Let's Get Active!

Heart Health 101: Understanding the Basics

Your heart is a vital organ responsible for pumping blood throughout your body. It supplies oxygen and nutrients to your organs and tissues and helps remove waste products. A healthy heart is crucial for overall well-being. However, heart disease remains the leading cause of death worldwide. By taking small, consistent steps to care for your heart, you can lower your risk and boost your quality of life.

Heart Myths vs Facts

Myth: Heart disease only affects older adults.

· Fact: Heart disease can affect people of all ages, including those in their 30s and 40s. Early lifestyle changes can significantly reduce your risk over time.

Myth: If I don't have symptoms, my heart is fine.

· Fact: Many heart conditions don't show symptoms until they're advanced. Regular check-ups and preventative care are essential.

Myth: Only men are at risk for heart disease.

· Fact: Heart disease is the leading cause of death for both men and women. Women can experience different symptoms and risk factors, so it's important for everyone to focus on prevention.

Remember, stress can raise your blood pressure, potentially leading to heart attacks. So, take a moment to pause, take a deep breath, and ask yourself: is this really as big as it seems, or am I making it worse?

Jonathan Manning
PAL 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.



Hamilton Continuing Care: The Heart of Hamilton



VOLUNTEER WITH US!

If you are interested in supporting our village and would like to Volunteer, please visit our website www.schlegelvillages.com/volunteer

To fill out an application!

We  our
volunteers

Follow Us on Social Media!



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facebook.com/HamiltonContinuingCare

February Fun!

Zodiac Signs: Aquarius & Pisces

February Flower: Violet

February Birthstone: Amethyst

- ⇒ February is named after the Latin term "februum," which means purification.
- ⇒ It is the only month that can pass without a single full moon.

Q. What did the florist say to the man who saw the cost of roses in February?



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

www.earandhearingclinic.com



Village Team Directory

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