



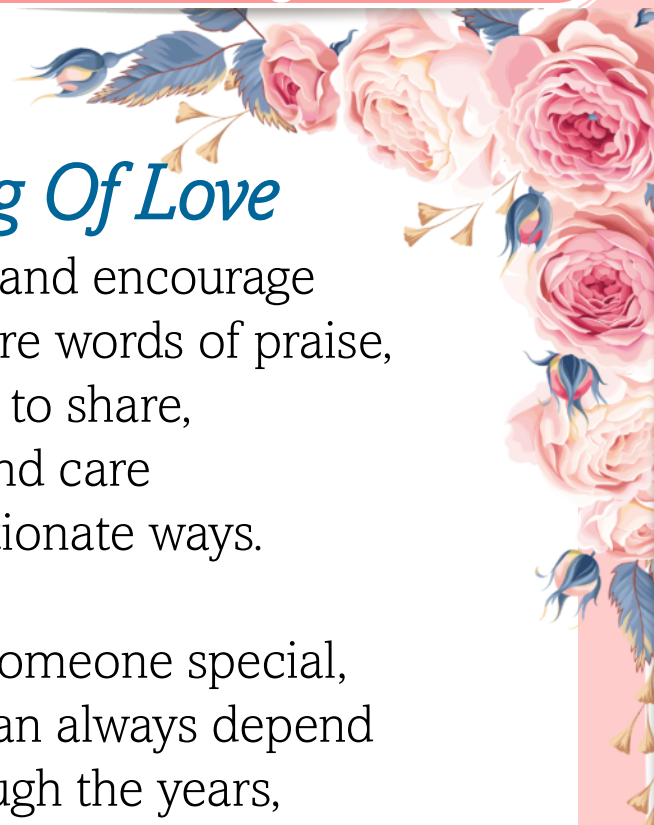
FEBRUARY  
2025  
VOL. 2

# The Senior Star

...News From Maynard Nursing Home

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## The Meaning Of Love

To love is to help and encourage with smiles and sincere words of praise, to take time to share, to listen and care in tender, affectionate ways.

To love is to have someone special, one on whom you can always depend to be there through the years, sharing laughter and tears, as a partner, a lover, a friend.

To love is to make special memories of moments you love to recall, of all the good things that sharing life brings.

Love is the greatest of all. By Krina Shah



**MAYNARD**  
*Nursing Home*

MAYNARD NURSING HOME 28 HALTON STREET TORONTO, ONTARIO

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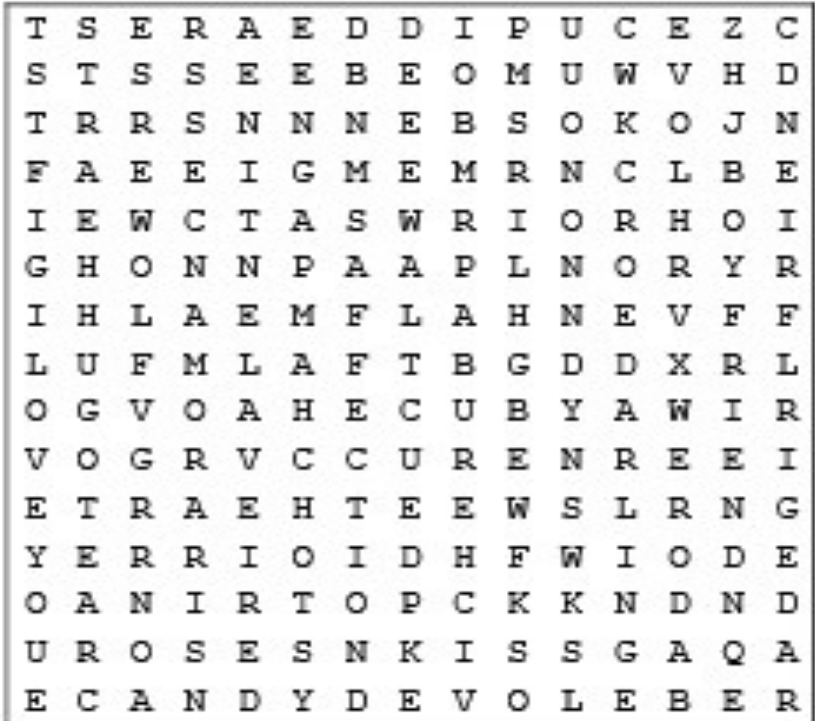
<http://www.schlegelvillages.com/maynard-toronto>



# Valentines Day

## February 14th

**DIRECTIONS:**  
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



- ADORE
- AFFECTION
- ARROW
- BE MINE
- BELOVED
- BOYFRIEND
- CANDY
- CHAMPAGNE
- CHERUB
- CHOCOLATE
- CUPID
- DARLING
- DEAREST
- FLOWERS

- GIFTS
- GIRLFRIEND
- HEARTS
- HUG
- I LOVE YOU
- KISS
- LOVE
- PINK

- POEM
- RED
- ROMANCE
- ROSES
- SWEETHEART
- VALENTINE



### Guest meal pricing

Tickets are available for purchase at the Village Office.

While we request 24 hours' notice for guest meals, when possible, we will make every effort to accommodate last-minute requests.

	Long-term Care
Breakfast	\$10.50
Lunch	\$13.65
Dinner	\$16.80



## Schlegel Villages – CONNECTIONS

# NATIONAL Heart Month

♥ FEBRUARY ♥

The heart is the image of Valentine's Day, and during the month of February Canadians shine a spotlight on the importance of a healthy lifestyle to promote good heart health.

We're proud that we have the Michael T. Sharratt Program for Active Living (PAL) in our Villages as a core signature program, and encourage all residents to take advantage of the experience we have in our PAL teams to help everyone stay active and healthy.



Michael T. Sharratt  
program for  
**active living**



**Maria Tavares - February 11th**  
**Jamal Deebaj - February 25th**

*Sending you smiles for every moment of your special day from everyone at Maynard!*

## POETRY CORNER



### Festa da Senhora das estrelas

2 de Fevereiro

Nossa Senhora faz meia  
Com linha da côr da Luz  
O novelo é a lua cheia  
E as meias são para Jesus.

Quando a noite é escura e bela  
Diz- se lá na minha aldeia  
Numa tão linda janela  
Nossa Senhora faz meia.

Jesus pequenino e louro  
De uma beleza sem fim  
Seus cabelos são fios de ouro  
Não há outro igual assim.

Dormem as coisas mais santas  
Só a santa Mãe traduz  
Faz serão até às tantas  
E as meias são para Jesus.

Nossa Senhora do monte  
Ó lindo e belo horizonte  
Cheio de paz e de graça  
Dizemos nós com vontade  
Que és Mae da Santíssima Trindade  
Rico dom que por nós passa.



# RESEARCH MATTERS

RIA FEATURE

FEBRUARY 2025

## 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](http://the-ria.ca).

**RIA** RESEARCH  
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# Success Awards

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioned from our Success Awards to the newly designed **CONNECT the Dots Success Awards**.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

## Credo values – award categories



### Know Me means to...

- Understand and anticipate my needs
- Support my WELL-BEING
- EXCEED my expectations
- Make me feel SPECIAL



### Earn Trust means to...

- Demonstrate YOU care
- Take Responsibility for those we serve
- Create a sense of SAFETY AND COMFORT
- DELIVER on your/our promises



### Be Present means to...

- Be PATIENT and practice LISTENING
- Let ME guide the conversation
- ASK me my expectations and needs
- Focus on Me in the moment



### Follow Through means to...

- Show me my concerns are IMPORTANT
- Confirm that I am VALUED as a customer
- Let me know I will be TAKEN CARE OF
- Create MEMORABLE MOMENTS



### Walk in My Shoes means to...

- Hear what I HEAR
- See what I SEE
- Feel what I FEEL
- CONNECT with me

Look for additional information posted around the Village and remember to nominate a deserving team member who continuously demonstrates the values of the credo!

# 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.



Looking for meaningful way to spend your time?

Volunteer with us and bring smiles to our seniors!

Call the volunteer coordinator

@416-533-5198

Or

Email: [maynard.volunters@schlegelvillages.com](mailto:maynard.volunters@schlegelvillages.com)



Family Council seeks to improve the overall quality of life and care for all residents by promoting an environment of unity and support amongst staff, friends, and residents families.

Maynard's Family council is seeking a president and vice president representative.

All family members are welcome to attend or join the family Council.

For any interest or information in joining please e-mail [samuel.leite@schlegelvillages.com](mailto:samuel.leite@schlegelvillages.com)

**get social**  
tell your story. share our vision.



Like us on Facebook  
[facebook.com/schlegelvillages](https://facebook.com/schlegelvillages)



Follow & Tweet on Twitter  
[@SchlegelVillage](https://twitter.com/SchlegelVillage)



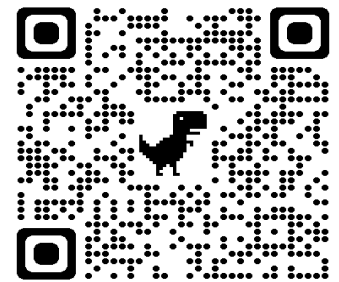
Tag us on Instagram  
[@SchlegelVillage](https://instagram.com/SchlegelVillage)



### The Family Quality of Life Survey

interRAI has undertaken a program of research to develop a new Family Survey instrument to measure family member experiences and expectations. The new interRAI Family Quality of Life Survey is now available to be used with your LTC family members on the QoLPro platform. This instrument contains 25 items, half of which are core items that are also on the Resident Self-Report QoL Survey and half are new items that are unique to the family experience in LTC.

Family members play a critical role in resident's quality of life while living in Long Term Care. They provide vital information and collaboration in shared decision-making to support person-centred care planning. They support residents with their physical and psychosocial needs and can provide insight into the operation of the LTC home. Therefore, family members have unique perspectives that can inform approaches to improving quality of care and quality of life in long-term care.



SCHLEGEL VILLAGES

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