

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

March 2025

Contact Us:

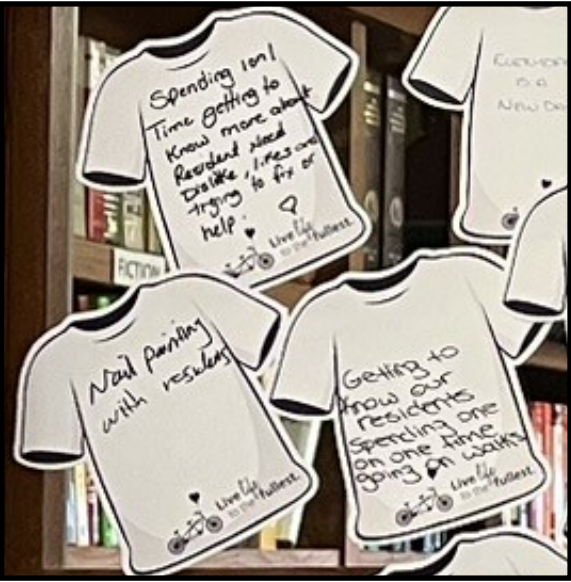
The Village of Aspen Lake
 9855 McHugh Street,
 Windsor, ON N8P 0A6
 (519) 946-2055

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#LiveLifeToTheFullest



Our shared Aspiration for 2025 is Create Opportunities for Meaningful & Shared Activities! We hope all members of our Village will find ways to spend time together in enjoyable ways!





Notes from the General Manager's Desk

March is here! It always seems like the month of March is when we take a giant leap forward into Spring. Not only will we be changing our clocks forward to Daylight Savings Time, but we also recognize the First Day of Spring - a time of growth and renewal.

This month, we have several updates to share with you as it seems we are experiencing a period of growth at the Village as well. We are pleased to share an update to the Nursing Leadership Team. Mai Abdelmagid has accepted the role of Assistant Director of Nursing Care. Mai gained experience in long-term care as the Charge Nurse at Aspen Lake. Her program responsibilities will be for the Pain and PERT (Personal Expressions Response Team) programs. We're so happy that the Village will benefit from her skills & knowledge. In addition, the Program for Active Living welcomes Rachel Durocher, an Exercise Therapist, to the role of PAL Coordinator. Working alongside, Ryanne, Rachel will help with the Falls program, manage mobility & transfer statuses and provide fitness programs for the Residents. Welcome, Rachel!

The big news this month is the preparations for the PSW Medication-Administration role. Information has been sent to Family Contacts and an information Town Hall Meeting is planned for March 11th at 2pm. We encourage you to attend and bring any questions you may have. Residents are invited to the Resident Council Meeting on March 20th for their opportunity to learn & ask questions. We are very excited about what this will mean for Residents & Team Members!

Recognizing our dedicated Volunteers & Team Members is important to us all year round, but in the month of March we begin our search for The Barb Schlegel Volunteer Award recipient and the five Credo Success Award recipients. Please take note of the details on how to nominate someone for the awards by reading further into the newsletter. Nominations for both awards are welcome from Residents, Team Members and Family Members.

As always, we are so very grateful for your involvement in the Village and for your continued support.

Melody Jackson,
General Manager

Schlegel Villages – CONNECTIONS

Celebrating our CANADIAN ROOTS



Over the past several weeks, we've seen worrisome trends in the relationship between Canada and the United States. With all the talk of tariffs and trade imbalances, however, we have seen a surge in pride in the values we celebrate as Canadians, and we've been feeling it through Schlegel Villages, as well.

For more than 70 years, our Schlegel Family has grown, beginning with humble roots at our first care home in London, Ontario.



Egerton Private Hospital, London, ON, 1953

Today, we are 18 Villages strong and we're looking forward to opening more in the coming years, beginning in late 2025/early 2026 with The Villages of Ridgeview Court in Milton and Millers Creek in Ajax.

The diversity we celebrate in our Villages is a representation of the diversity we value so much in the communities around us, and it is something we, as Canadians, will always be proud of.



The Schlegel family
From left: Jamie, Ron, Barb, Brad and Rob

SPOT the dot!

Tell us who you feel is connecting the dots and delivering an extraordinary experience.



Our “Spot the Dot” program supports “Connect the Dots” Customer Service training and has a goal to recognize our Team Members for providing the best Customer Experience by going above and beyond. All Village Members (Residents, Family Members and fellow Team Members) are invited to write down when they observe or experience a wonderful moment in our Village. The notes can be posted on the Spot the Dot board located on Main Street near the Clinic or can be handed to your Neighbourhood Coordinator.



Sara from Walkerville was recognized: “Sara’s passion to work with Residents is recognized by them. She earns their trust and Residents’ faces light up when they see her.”



Mercy in Tecumseh was appreciated: “Thank you for all you do for the Residents and for your patience with the students.”



Jaime from Lasalle received this note: “Always bringing a smile to all she comes in contact with. Brightens everyone’s day!



Chisom from Tecumseh was recognized: “Thank you for always going above and beyond for my dad.”



Brad from Tecumseh received this note: “A million thanks for all the amazing care with my dad. You are one of a kind!”

CONGRATULATIONS TO...

Tari-Lyn.... who was randomly selected to receive a \$10 Tim Card!





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!

FOOD *for the Soul*

Lamb or Lion?

Interesting that March often begins with winter and then it finishes more spring like. Spring emerges... Lion or Lamb?

Ramadan started 28th of February and runs for most of March. March Lent starts and is followed by, Good Friday, Easter Sunday and the celebration of the Resurrection of Jesus.

There are parallels between all the things in the world that remind us of unrest, despair, world illness, protests among us, elections of world leaders, hunger, and the list can go on and on—the lion. If we were to simply leave it there we would stop and be so overwhelmed that we might have trouble making it through our day.

I choose to look for JOY. I see March as an opportunity to be optimistic. Optimism is the key to all. Body, Mind and Soul and it is up to each one to look for the positive environment in which we find ourselves living. We may be looking around at all the vulnerabilities of the world outside our walls or looking at the vulnerabilities within our walls, and the vulnerabilities of ourselves. I am choosing to turn off the negativity of the world, the news, and reflect on the great gift of this day. I pay attention to the world around but in a way that I can pray for those in need. I encourage you to look for the highlights of your life in a positive way, reflect on the heart-warming emotions. This will boost your JOY, this will boost your contentment and boost your life satisfaction.

When we are experiencing JOY we are more willing to compliment one another, give a good smile of support, a card of encouragement. We are then more inclined to focus on our strengths and the things we have in common rather than the topics or items that divide us. All of this brings JOY, boosts our confidence and helps us feel fulfilled in our life—the Lamb.

Bruce Jackson,
Spiritual Care Lead
(519) 946-2062 x8043
bruce.jackson@schlegelvillages.com



Lion or Lamb?

Chapel News

& EVENTS

UPCOMING Chapel Events

Chapel Services will be held on each neighbourhood as follows:

WEDNESDAYS

10:00am - **Lasalle** Neighbourhood

11:00am - **Belle River** Neighbourhood

THURSDAYS

10:00am - **Walkerville** Neighbourhood

11:00am - **Riverside** Neighbourhood

FRIDAYS

10:00am - **Sandwich Towne**
Neighbourhood

11:00am - **Tecumseh** Neighbourhood

Roman Catholic Mass

March 18th at 2:00pm

Parkwood Gospel Church Service

March 9th at 3pm

Banwell Community Church Service

March 23rd at 2pm



In Memory

We remember...

Claire F.

Angelo R.

Margaret S.

Celebration of Life Service is
planned for April.



Barb Schlegel
Volunteer Award



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

March 1–15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you
for your
nomination!**

**SCHLEGEL VILLAGES**

In the Spotlight



Meet one of our newest volunteers Kajaluxshi Ehanandasivam, Kaja for short. She began volunteering at Aspen Lake in November 2024 helping with arts & crafts, and is currently volunteering every Tuesday and Wednesday in the office, assisting with administrative work.

Kaja is originally from Sri Lanka, and came to Canada in 2023 to pursue a Master's in Human Resource Management at the Odette School of Business, University of Windsor. She also holds a Bachelor's in Green Technology, focusing on environmental conservation.

Kaja said she chose to volunteer at The Village of Aspen Lake because 'I enjoy working in a people-focused environment and wanted to give back to the community while gaining Canadian experience.' She said it has been a rewarding experience, allowing her to assist with administrative tasks and connect with wonderful people.

In her free time, Kaja loves to paint with watercolors, oil, and acrylics, as well as capture nature through photography and videography. She is also passionate about sustainability and finding ways to incorporate it into everyday life.

We are so grateful to have you volunteer with us Kaja! You are doing a wonderful job and we appreciate you!

The Next Volunteer Orientation Session is scheduled for:

**Saturday, March 15th
at 12 noon**

If you are interested in attending, please call the village to register at:
(519) 946-2062 ext. 8016



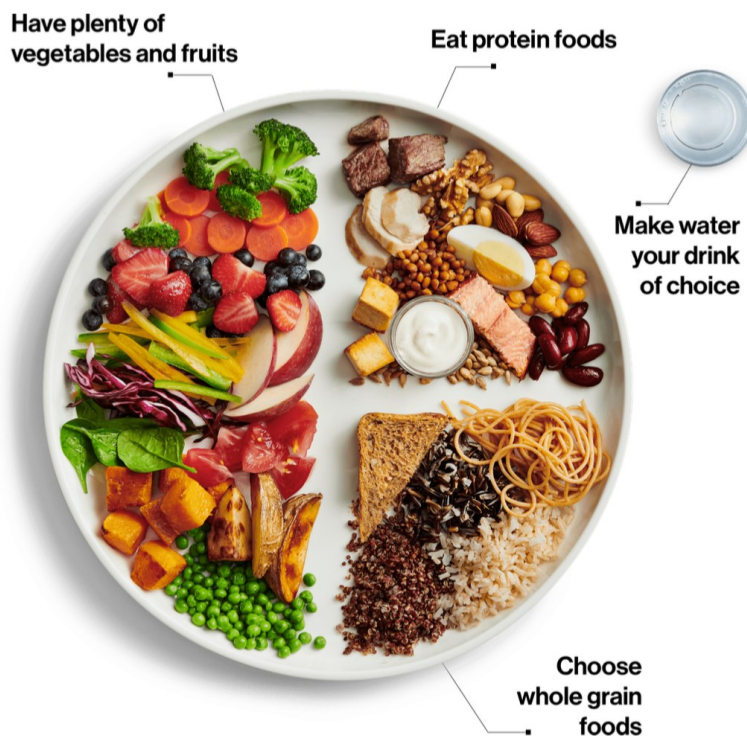
Healthy Eating for The Aging Population

Happy March everyone! Did you know that March is Nutrition month? Nutrition month focuses on the role of nutrition in health and wellbeing, including the physical, mental, and emotional aspects associated with nutrition. The CEO of dietitians of Canada, John-Paul, believes that nutrition goes beyond simply meeting physical needs, but rather has a transformative role in our lives. The goal of this month is to encourage everyone to make informed food choices and healthy eating habits to support long term wellness.

I'm sure we all know the importance of eating a healthy and balanced diet, but it becomes increasingly important as we age. As we age, proper nutrition is key for helping maintain independence and quality of life. Healthy eating for the aging population is essential for providing us with energy, essential nutrients, and preventing bone and muscle loss, which is critical for reducing the risk of falls and breaking bones.

The first thing we should do is ensure we are including a variety of foods from all four food groups into our diet. The four food groups we should be including in our diet include fruits and vegetables, grain products, milk and alternatives, and meat and alternatives. Dark green or orange vegetables, oats, low fat milk, and lean red meats are all excellent examples of food choices from each of the four food groups. Canada's food guide provides us with more information about what types of foods

(Continues on next page)



(Healthy Eating - cont'd)

we should be eating and the quantity of each food group that should be consumed in our diet. Another thing we can do when making informed food choices is try to swap out foods with more nutritious foods. For example, we can swap out a bag of chips for crackers with hummus. This way, we are still satisfying our hunger needs while also getting in some more nutrients.

As we age, it is also common for our taste buds and appetite to change. As our taste buds begin to change, we may need to alter flavours to make food taste a little more interesting. For example, instead of adding more salt, try playing around with other seasonings to spice things up a bit. Chewing may also become more difficult as we age, so things like vegetables that may be tough to eat can be steamed to make chewing more tolerable. Making these small changes and focusing on our diet as we age can have positive effects on our health and wellbeing. So let's nourish our bodies together this month by making informed food choices!

Lauren Lowe,
Program for Active Living Student



Medication Management Made Simple

Managing medications can be difficult as we age. Keeping track of prescriptions, understanding dosages, and ensuring safe use all require careful attention. Tejal Patel, pharmacist and Schlegel Specialist in Medication Management and Aging, shares expert advice to help you simplify the process and improve your medication safety.

Keeping Track of Medications

Maintaining an updated list of all medications is essential. This should include:

- Prescription drugs
- Over-the-counter medications
- Vitamins and supplements (e.g., ginseng, ginkgo)
- Any natural health products

Update this list whenever there is a change, such as a new medication, stopping a medication, or changing the dosage. Keep track of any side effects and discuss them with your doctor.

Getting the Right Support

If you have difficulties with medication use, talk to your pharmacist. They can help with:

- Opening bottles or blister packs
- Swallowing pills
- Reading medication labels



- Understanding instructions
- Organizing your pills

Pharmacists offer solutions, such as easy-open packaging or other ways of taking a medication.

Key Questions to Ask About a New Medication

1. Does this interact with any medications or supplements I take?
2. What side effects should I watch for?
3. When will I start to feel its effects?
4. What time of day should I take it, and should it be taken with food?
5. How should I stop taking it safely?
6. How often will I need a refill?
7. What happens if I miss a dose?
8. Are there any activities (e.g., driving) I should avoid while taking this medication?

By staying informed and seeking the right support, keeping track of medications can become an easier part of daily life.

Subscribe to updates from the RIA at the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.

Schlegel Villages – CONNECTIONS

INTERNATIONAL WOMEN'S DAY

On **March 8**, we celebrate the immeasurable impact of the women in our lives as we mark **International Women's Day**.

Within our Villages, women make up the majority of the population of both team members and residents, and we are forever grateful for the impact they have in our communities every day.

We also recognize March as **Nutrition Month**, and we wanted to pay special tribute to the many women who bring healthy and nutritious meals to the dining rooms of our Villages. They play such a vital role in the overall well-being of our residents, for they are essential in planning, preparing, and serving balanced meals that meet the needs of those we serve.

Through their dedication, they not only provide nourishment but also create a sense of comfort and care, bringing meaningful dining experiences to our residents every day.

SCAN TO LEARN MORE
about these five women,
their diverse career stories
and favourite recipes.



Alam Raymon
The Village of Humber Heights



Evelyn Marquez
The Village of Erin Meadows



Brigette Swaby
The Village of Erin Meadows



Madelaine Sperry
Erin Mills Lodge



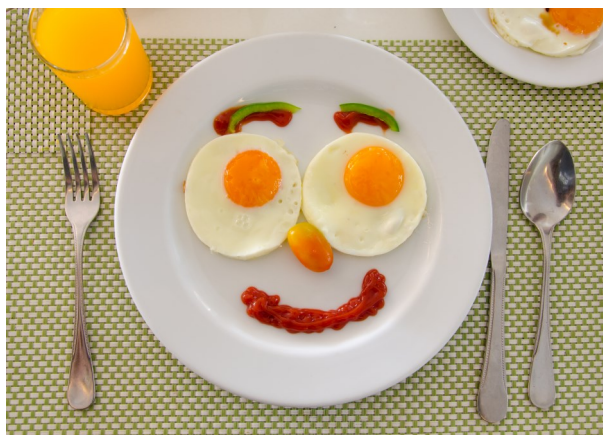
Starr Albino
The Village of Wentworth Heights



Dates to Remember



BREAKFAST BUNCH



**in the Community Centre
MARCH 18th**

**(Please sign-up with your Recreation
Team Member to participate)**

**Celebrate St Patrick's Day
on March 17th!**

Every neighbourhood is doing
their own thing... socials, trivia,
Armchair Travel and more!



MARCH 9th - Brent Meidinger
performs for Belle River at 10:00am
& Walkerville at 11:00am

MARCH 13th - Ernie Miller
performs for Tecumseh at 2:00pm
& Lasalle at 3:00pm

MARCH 19th - Bill Poisson
performs for Belle River at 10:00am
& Sandwich Towne at 11:00

MARCH 27th - Ted Bachnmeier
performs for Sandwich Towne at 2:00pm
& Riverside at 3:00pm

PUB NIGHTS

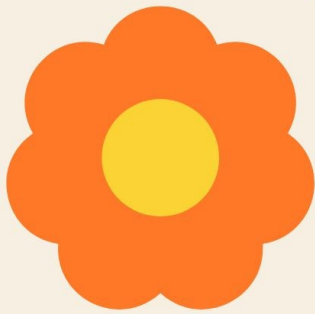
March 5th at 6:30pm - North Tower
with Crystal St Denis

March 19th at 6:30pm - South Tower
with Terry Raisbeck



**Lide
Shoes**

Main Street Shopping



**Wed., March 12th
10am-2pm**

GRATO GIFTS

MAIN STREET SALE



TUES., MARCH 25TH

10AM - 2PM



Beautiful handbags, clothing items and more!

Read the latest
Village Voice article on
our web-site:

schlegelvillages.com

*“Good News” stories about Long-
Term Care at Schlegel Villages*

Join us on Social Media!



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The Village of Aspen Lake



“Follow” us on TWITTER
@aspen_lake



“Follow” us on INSTAGRAM
aspen_lake

CONNECTION

corner

RESIDENT COUNCIL

March 20th at 2pm

FOOD COMMITTEE

March 25th at 2pm

Meetings in the Chapel or Community Centre

FAMILY COUNCIL

March 20th

11:00am - 12 noon

*Please check the “Family & Friends” bulletin board
on Main Street for updates.*

Meetings take place in Council Chambers.

How can Family Council support you?
Please reach out to Chaplain Bruce Jackson to share your thoughts.

March Birthdays



Happy Birthday!

TO OUR RESIDENTS!

BELLE RIVER

March 6th - Cecile W.
March 27th - Carolynn S.

RIVERSIDE

March 2nd - Barbara M.
March 4th - Beverley N.
March 12th - Surinder M.
March 12th - Laurie S.

WALKERVILLE

March 1st - Mary Louise S.
March 15th - Patricia P.

TECUMSEH

March 8th - Joyce D.
March 25th - Jean A.

LASALLE

No Birthdays this Month!

SANDWICH TOWNE

March 8th - Robert B.
March 14th - Pauline M.
March 19th - Judith L.
March 24th - Bill S.

Happy Birthday!

TO OUR TEAM MEMBERS

BELLE RIVER TEAM

March 8th - Skylar L.
March 19th - Gurjeet K.
March 22nd - Samantha P.
March 28th - Jennifer R.
March 30th - Amber M.

RIVERSIDE TEAM

March 6th - Esine C.
March 6th - Donna E.
March 28th - Kelsy J.

WALKERVILLE TEAM

March 14th - Lena M.
March 15th - Rajbir K.
March 23rd - Brittany Y.

TECUMSEH TEAM

March 20th - Bradley R.
March 26th - Eldo K.
March 31st - Nada K.

LASALLE TEAM

March 1st - Chisom A.
March 13th - Louise T.
March 14th - Sasa P.
March 22nd - Joanna A.
March 30th - Dilu H.

SANDWICH TOWNE TEAM

March 5th - Amandeep K.
March 16th - Kayli V.
March 23rd - Yya O.
March 26th - Kumuda K.
March 28th - Shantell W.

VILLAGE TEAM

March 9th - Jenny B.
March 15th - Joy L.
March 29th - Jillian S.





Spring FORWARD

Remember to set your clocks
1 HOUR AHEAD

Daylight Savings Time starts on Sunday, March 9th!

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





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1-888-745-5550

retirement@earandhearingclinic.com



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Owner and operator
Inside Schlegel Villages Windsor
Ontario



Stories from the **GREEN BENCH** Podcast

Your seat on the green
bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca

Village Directory

The Village of Aspen Lake

Automated Answer Line

(519) 946-2062



Melody Jackson <i>General Manager</i>	8003	Belle River Neighbourhood	8013
Katie Zucco, RN <i>Director of Nursing Care</i>	8005	Riverside Neighbourhood	8033
Mai Abdelmagid, RN Joy Lombardo, RPN Amanda Bondy, RN <i>Assistant Directors of Nursing Care</i>	8037	Walkerville Neighbourhood	8035
		Tecumseh Neighbourhood	8025
Jillian Studman <i>Director of Food Services</i> Dafina Prvulovik <i>Assistant Director of Food Services</i>	8004	Lasalle Neighbourhood	8027
		Sandwich Towne Neighbourhood	8029
Ken Parish <i>Director of Environmental Services</i>	8006	Brenden St. Aubin <i>Neighbourhood Coordinator</i> <i>Supporting Belle River & Riverside</i>	8012
Jenny Brown <i>Director of Recreation Services</i>	8007	Barbara Masse <i>Neighbourhood Coordinator</i> <i>Supporting Tecumseh & Lasalle</i>	8020
Bruce Jackson <i>Spiritual Care Lead</i>	8043	Shannon Murr <i>Neighbourhood Coordinator</i> <i>Supporting Walkerville & Sandwich</i>	8024
Debbie Durocher <i>Volunteer Services Coordinator</i> Sue MacTaggart <i>Student Service Coordinator</i>	8016	Alex Hrynyk <i>RAI-QI Nurse (North Tower)</i>	8023
		Maja Poposka <i>RAI-QI Nurse (South Tower)</i>	8019
Caitlyn Douglas <i>Director of Quality & Innovation</i>	8051	Ryanne Stieler <i>Director of Program for Active Living</i> Rachel Durocher <i>PAL Coordinator</i>	8008
Jackie Garant <i>Administrative Coordinator</i>	8002		
Lauren Markovic <i>Resident Support Services</i>	8050	Hair Salon	8042

A Thousand Words...

Because a Picture is worth a Thousand Words!

Valentine's
Day

