



HAMILTON CONTINUING CARE CHRONICLES

**125 Wentworth Street South, Hamilton, ON. L8N 2Z1
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April 2025 Issue

National Volunteer Week

April 27–May 3

Our Villages thrive because of the relationships that bloom in all of our neighbourhoods among all Villagers – our residents, team members, community partners, and, of course, our wonderful volunteers. At the end of April, we'll make extra time to pay a special tribute to the countless people who give their time, energy and love to the people who call our Villages home.

Volunteers Make Waves is the theme this year, and we think of the steady, ongoing force the waves of volunteers have in the lives of our residents and team members. That impact ripples over the course of time, and for the third year in a row, Villages across the province will offer the **Barb Schlegel Volunteer Award** in memory of the kind-hearted matriarch of the Schlegel Villages family, who always gave of herself in service of others.



We look forward to sharing a snapshot of the recipients at the end of that special week and invite you to visit our website featuring our 2024 recipients; be sure to take a moment to thank all of the volunteers who make our Villages such wonderful places to live and visit.

We  our
volunteers

#NVW2025

Schlegel Villages – CONNECTIONS



— APRIL IS — **PARKINSON'S** **DISEASE AWARENESS** — MONTH —

Across Canada, it's estimated that more than **110,000 people** are living with Parkinson's disease.

Within our Villages, we know and have known many who always inspire us with their tenacity and perseverance in the face of the challenges the disease can present.

A key aspect that rings true is the fact that the experiences of someone living with Parkinson's are as unique as the individual; there is no single path of progression of symptoms and no certainty in predicting the pace. What is common, however, is the fact that people living with the disease and their loved ones deserve every opportunity to make the most of every moment, and we're proud to support in any way we can.

April is marked across the country as Parkinson's Awareness Month, and we urge everyone to take some time to learn more about the many ways people living with the disease and their loved ones are affected.

Sharon Hunwick, a resident living at Erin Mills Lodge who was diagnosed with Parkinson's disease at the age of 43, shared her fascinating insights on the Stories from the Green Bench podcast.

This April, we join Canadians across the country in pursuit of more knowledge and research to help slow and hopefully eliminate the progression of this disease.

For more information and resources visit Parkinson Canada at parkinson.ca



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 Resident Council President know 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 Rights #24

Every resident has the right not to be restrained, except in the limited circumstances provided for under this Act and subject to the requirements provided for under this Act.

Resident Bill of Rights #25

Every resident has the right to be provided with care and services based on a palliative care philosophy.

Happy BIRTHDAY

Myrna

April 01

Gail

April 02



William

Galiya

Spiritual Corner

Spiritual Calendar for April

Legion of Mary

April 01 @ 2:00

April 15 @ 2:00

Bible Study with Connie

April 08 @ 10:30

April 22 @ 10:30

Sunday Church Service

April 13 @ 1:30

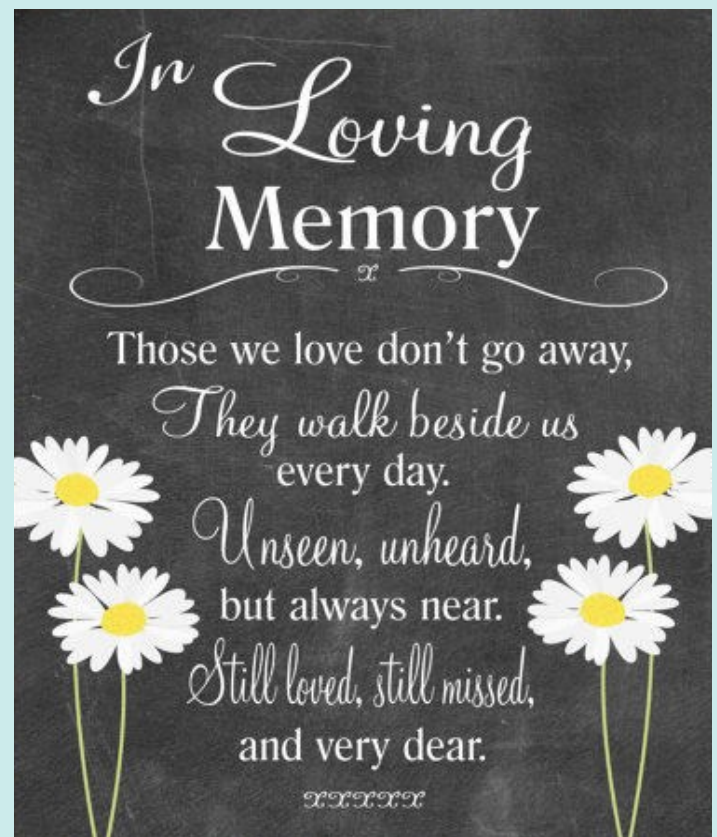
If you have any questions
please do not hesitate to speak
to Alexandra Amey-Director of
Recreation

Thank-you!

In Loving Memory

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

Ethel K
George D
Ellen W



Recreation Station

Hello April!
I certainly cannot wait for the flowers to begin blooming!
April showers bring May flowers!

Village Events

Little Rays Reptiles
Wednesday April 16 @ 2:00
Community Room

Easter Egg Hunt
Sunday April 20 @ 1:30
Village Wide

Recreation Update!

I just wanted to take a moment to congratulate our very own Alma on being Schlegel Villages new Elder Wisdom Project Coordinator! She will be supporting Villages across the organization to celebrate the 10th Anniversary of Elder Wisdom! I also just wanted to let everyone know that this does not effect programming on our Third Floor Neighbourhood, programs will be running as business as usual! This is a very exciting opportunity for Alma in her growth and development journey so if you see her in the Village please take a moment to congratulate her!

Alexandra Amey
Director of Recreation

Program for Active Living

Sleep is important to how we function as humans. When we are tired, we lose our ability to process information well which causes mood swings and irritability. It can also weaken the immune system which can make you susceptible to illness. We should all strive for 7-8 hours to feel refreshed and keep our minds sharp to live a happy enjoyable life.

Health Tip for Better Sleep: Now that clocks have rolled back

1. Create a Consistent Sleep Routine

Try to go to bed and wake up at the same time every day, even on weekends. A regular sleep schedule helps your body's internal clock adjust, making it easier to fall asleep and wake up naturally. Over time, your body will adapt, making it easier to feel rested.

2. Limit Daytime Naps

While short naps can be refreshing, long or late-afternoon naps can interfere with your ability to fall asleep at night. If you feel the need to nap, try to limit it to 20-30 minutes earlier in the day.

3. Be Active During the Day

Physical activity, even light exercise, can help promote better sleep at night. Whether it's a short walk, chair exercises, or gentle stretching, staying active during the day helps you feel more tired when it's time for bed, making it easier to fall asleep.

4. Create a Relaxing Bedtime Routine

A calming pre-sleep routine can signal to your body that it's time to wind down. Consider reading a book, practicing gentle yoga, listening to soothing music, or meditating for a few minutes before bed. Avoid stimulating activities, such as watching TV or using your phone, as they can make it harder to relax.

5. Make Your Sleep Environment Comfortable

A comfortable sleep environment can make a huge difference. Ensure your bedroom is cool, dark, and quiet. Consider using blackout curtains, earplugs, or a white noise machine to create a peaceful setting. Choose comfortable bedding that promotes a restful night's sleep.

6. Limit Caffeine and Heavy Meals Before Bed

Caffeine, found in coffee, tea, and chocolate, can stay in your system for hours and make it harder to fall asleep. Avoid these beverages in the afternoon and evening. Also, try to avoid heavy meals right before bed, as digestion can interfere with your sleep.

7. Manage Stress and Worries

Stress and anxiety are common barriers to restful sleep. Try relaxation techniques such as deep breathing exercises, journaling, or talking to a loved one about your day. If you're feeling overwhelmed, reaching out to a staff member, social worker or trusted person can also help ease your mind.

Jonathan Manning
Exercise Therapist

Advance Care Planning Can Bring Peace to People Who are Dying

For many people, the thought of dying brings up feelings of fear and uncertainty, which may prevent them from finding peace as they face the end of life.

Nearly one in five older Canadians may not experience peace with dying, according to a recent data analysis of the Canadian Longitudinal Study on Aging at McMaster University. The analysis, published earlier this year, highlights the importance of end-of-life care and suggests advance care planning may help people feel more at peace before they die.

As people go through their end-of-life journey, their health and symptoms will change, and it is the responsibility of their healthcare team, family, friends, and care partners to ensure their end-of-life wishes are understood and honoured.

Heather Keller, Schlegel Research Chair in Nutrition and Aging, and her colleagues Dr. Allan Garland and Dr. George Heckman share important and helpful advice to empower you to make informed healthcare decisions ensuring your voice is heard and respected.

What is Advance Care Planning?

Advance care planning is about documenting your wishes and instructions for your present and future health should you be unable to speak for yourself. We understand these conversations can be difficult, but with



the right information and support, advance care planning can help you find peace at the end of your life. Below are some tips to help you make informed healthcare decisions.

Choose a substitute decision-maker

A substitute decision maker is a person or persons who will inform the care team about your wishes if you are unable to do so yourself. The substitute decision-maker must understand and represent your wishes for medical care and be able to provide consent for treatments.

Speak to your healthcare team and ask questions

Here are a few questions you may want to ask your healthcare provider:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- What will happen if I decide not to have the treatment and/or procedure?

For additional resources about Advance Care Planning, visit the-ria.ca/resources/babel/.



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

April Fun!

Zodiac Signs: Aries & Taurus

April Flower: Daisy

April Birthstone: Diamond

- ⇒ The word "April" comes from the Latin word "aperire," which means "to open."
- ⇒ On April 14, 1912, the famous Titanic ship hit an iceberg and sank on her first and only voyage.

Q. What's April's favorite song?

A. "Here Comes the Sun" because it's always hoping!



Ear & Hearing Clinic

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

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

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Village Team Directory

Name	Role	EXT	Email
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Alexandra Amey	Director of Recreation	233	alexandra.amey@schlegelvillages.com
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Nelia Rodrigues	Team Experience Coordinator	507	nelia.rodrigues@schlegelvillages.com
Jonathan Manning	Exercise Therapist	503	jonathan.manning@schlegelvillages.com

