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The Senior Star News from Maynard Nursing Home

Wishing you a rainbow
For sunlight after showersMiles and miles of Irish smiles
For golden happy hoursShamrocks at your doorway
For luck and laughter too,
And a host of friends that never ends
Each day your whole life through!



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

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.

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.



Egerton Private Hospital, London, ON, 1953



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

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.





Starr Albino

The Village of Wentworth Heights



To the Following Residents:

Teresa Botelho - February 22th Horacio Xavier - February 22th Maria Lopes - February 30th

Sending you smiles for every moment of your special day from all your neighbours at Maynard.

Daylight Saving Time SPRING FORWARD



Daylight saving time (DST) will begin on Sunday, March 9, 2025 at 2 AM in Canada.

This means that clocks will be moved forward one hour, from 2 AM to 3 AM.

Poetry Corner



Festa de São José 19 Março

Velhinho trabalhador Glorioso São José Ensinou Nosso Senhor Na oficina de Nazaré.

São José é carpinteiro Trabalha com alegria E teve por companheiro O filho da Virgem Maria.

São José numa volta foi A Virgem ficou ali Quando São José chegou Já Jesus tinha nascido.

Não nasceu em casa de ouro

Nem em cama de luxaria Nasceu numa manjedoura Onde o boi bento comia

O boi bento bafejava E a mula descobria Oh mula, isso está errado tão

Já ninguém em ti confia

São José com toda a fé A virtude hei-de exaltar Desde agora a toda a hora Seus louvores hei-de cantar

Foi criado com muita fé Para esposo de Maria Desceu Deus do alto do céu Para sua companhia

> Foi querido escolhido Para pai do redentor Foi amado inspirando Para ser seu condutor

São José, que amor tão belo Te deu Deus meu Salvador Esse amor é tão singelo Com um gesto encantador

São José com alegria Deu a Jesus sacramentado Deu a Jesus uma Harmonia Que é sempre do nosso agrado.



Oracao da Semana Santa 24 de Marco

Pecadores agora tempo profundo
De contricao e de temor
Serve a Deus despreza o mundo
Ja nao sejas pecador

Estamos em tempos santo Em que o pecado faz horror Serve a Deus e tanto tanto Ja nao sejas pecador

Sejas sempre bem louvada E paixao do redentor E morte amargurada So porque nos tem amor

Na vossa cabeca sagrada
Coroa de espinhos cravaram
Ja ferida e massacrada
Imensas gotas de sangue
brotaram

Vossos cabelos divinos Foram em sangue ensopados Para nos dar bons ensinos Aos nossos feios pecados

Tambem vos deram a beber Vinagre e fel amargoso Para o ser humano se arrepender

Do seu pecado horroso Vossas maos abencoadas Foram numa cruz pregadas

E os vosso pes tambem Para nos dar ideias acertadas De que vos sos o grande alem.



By Joao Engenheiro, Maynard Nursing Home





On Tuesday March 25^h at 2pm in the recreation room, we will be celebrating and remembering the lives of our fellow friends.

Imelda Martíns John Cross María Dolores Paulíne Stagg

Please join us in sharing a special memory and paying a tribute honouring our dear friends of Maynard over refreshments and snacks.

We welcome all residents, visitors, families and team members to attend.





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 <u>the-ria</u>. <u>ca/enews</u> to stay up-to-date on the latest news, events, and helpful resources.





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Album of the month





























Looking for a meaningful way to spend your time?

Volunteer with us and bring smiles to our seniors!

Call Allison, the volunteer coordinator

@416-533-5198

Or

Email: 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

IN MEMORIAM

The Board of Directors, Management and Team Members were saddened by the passing of

María Dolores Anceríz

Dezember 2,1939 - February 2, 2025

Pauline Stagg

July 23,1927 - February 19, 2025



Jesus said, "I give you peace, the kind of peace that only I can give. Do not be troubled, and do not be afraid." - John 14:27

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.



