

The Village of

# *Sandalwood Park* REVIEW

Vol. 23 Issue 04 April 2025

Recreation Review  
Pg 3

Meet Philip  
Pg 7

Research Matters  
Pg 10

Family/Residents Council  
**PG 4**

Welcome/Birthdays/memorial  
Pg. 2

Program for Active Living Pg 5 & 6

S.V Connections pgs 8 & 9

Contact Information Pg. 12

## Mission Statement

Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.



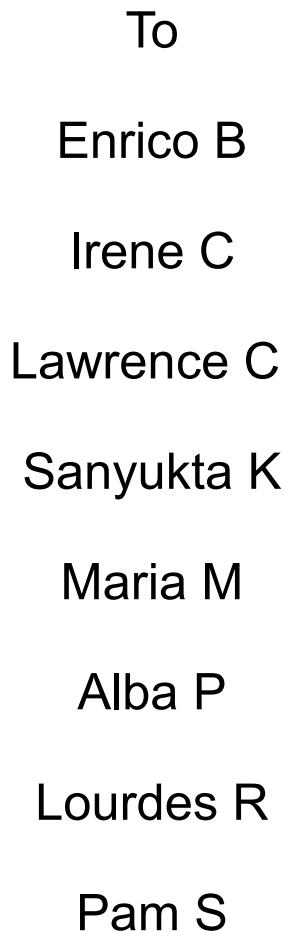
*The Village of*  
**SANDALWOOD PARK**

*Easter Bunny  
Extravaganza*

**Saturday, April 19th, 2025**  
**10:00am Brunch**  
**11:30am egg Hunt**

**\$20 per adult**  
**\$10.00 Kids under 12**  
**Please sign up by April 11th**

Brunch & Entertainment  
Crafts, egg hunt &  
Visit and Pictures with  
the Easter Bunny



Brenda A	April 22nd
Irene C	April 14th
Asif D	April 16th
Marie F	April 8th
Mar F	April 7th
Brad R	April 1st
Cathy S	April 27th
Joyce W	April 14th

*The Board of Directors, Management and Staff  
were saddened by the passing of:*

**Maria Amador   Gerard Grzesiczek**  
**Ethline McDonald   Margaret Priddle**  
**Susan Woods**

# RECREATION

We  our  
**volunteers**

**Volunteer Appreciation week  
April 28th - May 4th 2025**

## **Dedicated Hearts**

**Dedicated hearts like yours  
Are not so easy to find.  
It takes a special person to be  
So generous and kind.**

**To care so much for your fellow man  
Is a quality all too rare.  
Yet you give of your time and talents,  
For all in need to share.**

**So thank you for being a volunteer,  
We're privileged to work with you.  
We want you to know how appreciated you  
are,**

**Not just today, but the whole year through.**

## **Art Therapy**

**Monday April 14th  
&  
Monday April 28th**

**1:30pm in Community Centre**



# *review*



## **Monthly Birthday Parties! With Manvir**

**Wednesday April 23rd**

**Elliot and Sanders  
2:00pm in S,OA**

**Johnston and Cumberland  
3:00pm in J,OA**

**Come join us to celebrate  
Everyone's Birthday**

## **Zoo To You!**

**April 9th @ 2:30 on Elliot**

**May 7th @ 2:30 on Johnston**

**June 4th @ 2:30 on Sander**

**July 2nd @ 2:30 on Cumberland**

**Animal Therapy Program**

# Clips & Curls

As we have offered this position to a hopeful prospect and look to have her join the village within the month.

Wash & Set or Blow Dry - \$28.00

Wash, Set & Cut - \$38.00

Colour including Cut & Set - \$70.00

Men's Cut - \$ 18.00

Perm Including wash, Cut, Set - \$85.00

Special Conditioning Treatment - \$5.00 & up

Highlights (only) \$40.00 & up

Waxing - Upper Lip - \$6.00

Upper lip & Brow \$12.00

Full Face \$ 15.00

Please contact 905-458-9272 ext 807



VOLUNTEER VIEW

## Family Council

**Next meeting will be  
Sunday, May 31st  
1:00pm  
Community center  
Or Microsoft Teams**

Please email  
Brendan.Cater@  
schlegelvillages.com for  
More information

## Residents Council

This month we are celebrating Residents' Council Week! Join us from September 16th to 22nd to recognize and appreciate the importance of the Village's Residents' Council. Look out for more information to be posted around the Village!

**Next Meeting will be  
Wednesday April 16th  
10:30am  
In the Community Centre**

"Volunteers Enrich Peoples Lives"

If you are interested in volunteering, please contact  
Coordinator of Volunteers  
(905) 458-9272 X838 or [sandalwood.volunteers@schlegelvillages.com](mailto:sandalwood.volunteers@schlegelvillages.com)



# A Message From P.A.L

## BENEFITS OF DRINKING WATER

What are the benefits of drinking more water?

### 1. Drinking water helps maintain the balance of body fluids



Your body is composed of approximately 60% water. The functions of the body include digestion, absorption, circulation, transport of nutrients and maintenance of body temperature. Your brain communicates with your kidneys and tells it how much water to excrete or hold onto for reserves. When your body is low on fluids, your brain triggers the thirst response. You should listen to these cues and get yourself a drink of something, except alcohol. Alcohol interferes with signals from the brain and triggers a response to excrete fluid which can cause dehydration.

### 2. Water can help control calories



Choosing to drink water instead of high calories beverages, as well as consuming a diet that is higher in water-rich foods can help with hunger by making you feel fuller. It is also a healthier choice and helps you manage your weight and calorie intake. Foods with high water content tends to look larger, and higher volume food require more chewing and are absorbed more slowly in the body. Food higher in water content include fruits, vegetables, soups and oatmeal.

### 3. Water helps energize your muscles



Cells that don't maintain a balance of fluids can shrivel and cause muscle fatigue. If a muscle cell does not have enough fluid they don't work efficiently and performance can suffer. Drinking enough water is important when exercising to maintain adequate fluid levels. During exercise it is recommended that people drink fluid about 2 hours before exercise and then at intervals throughout to replace fluids lost by sweating.

# A Message From P.A.L

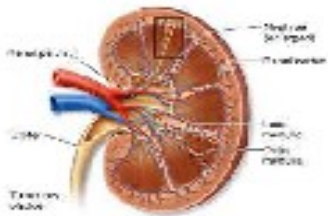


## 4. Helps keep your skin looking good

Dehydration can affect your skin and complexion, insufficient hydration can make your skin look drier and wrinkled. Proper hydration can improve your complexion and skin. However, over hydration does not reduce the wrinkles. Once you are adequately hydrated your kidneys take over and excrete any excess fluids.

## 5. Water helps your kidneys

Your kidneys are in charge of cleansing and removing toxins in the body as long as your intake of fluids is adequate. The main toxin in the body is blood urea nitrogen, it is water soluble and is excreted in urine. When you are getting enough fluids, urine flows freely. However, when you are not consuming enough fluids your kidneys store extra fluid for bodily functions and therefore are not excreting toxins as often. If you are constantly not consuming enough fluids you are at a higher risk for kidney stones due to a buildup of minerals and acid salts that are not being excreted.



## 6. Water helps maintain normal bowel function

Adequate hydration prevents constipation and allows normal movement throughout your gastrointestinal tract. If you don't get enough fluids, the colon pulls water from your stools to maintain hydration which can result in constipation. The best solution is to consume enough fluids and fiber to keep your bowel functioning properly.





# Spiritual Care Corner



Hello! My name is Philip Gearing

I have recently joined the Sandalwood Park team as your new Spiritual Care Coordinator. It is my pleasure to oversee Spiritual Care in this wonderful community. While my work includes religious activities, it is actually focused on bringing Hope and Joy into the everyday lives of our residents. If we haven't met yet, please stop me in the halls or at The Spiritual Care Centre and say "Hi!".

On a personal note, I was born and raised in Toronto and now live in a lovely small town called Fergus. I have been a school teacher and an ordained minister. My wife, Lorraine, and I have three children and three grandchildren between us. I enjoy canoeing and playing baseball in the summer months and watching my Maple Leafs in the winter!

## 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



## — 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](https://parkinson.ca)



## 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.

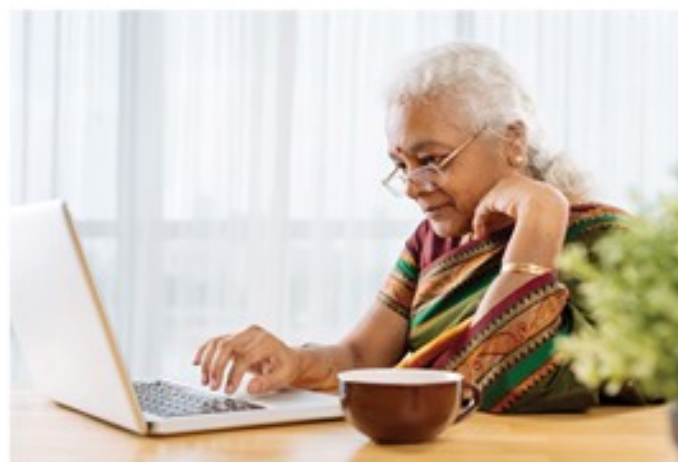
Nearly one in five older Canadians may not experience peace with dying, according to a recent data analysis of the Canadian Longitudinal Study on Aging at McMaster University. The analysis, published earlier this year, highlights the importance of end-of-life care and suggests advance care planning may 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/](https://the-ria.ca/resources/babel/).



## Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Sandalwood Park, please call

**1-800-745-5550**

[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)

# The Village of Sandalwood Park

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## Director of Quality

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## Director Of Nursing Care

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## Director of Recreation/Volunteer Services

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## Director of Environmental Services

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## B.S.O Lead—P.E.R.T Coordinator

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## B.S.O Therapeutic Recreation Consultant

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	Ext. 801
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### You Got Mail!

Join Our Email list and receive our monthly newsletter and special event updates!  
Forward your name and email address to Jennifer Gould : [jennifer.gould@schlegelvillages.com](mailto:jennifer.gould@schlegelvillages.com)  
See our Newsletter and Monthly Activity Calendar online at [www.schlegelvillages.com](http://www.schlegelvillages.com)