

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

April 2025

Contact Us:

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

Celebrating St Patrick's Day



We always look forward to the fun of St Patrick's Day...
the day when everyone's favourite colour is GREEN!

Inside this issue:

Notes from the General Manager's	2
Spot the Dot	3
Chapel News & Events	4
Program for Active Living	6
SV Connection	8
Dates to Remember	10
Connection Corner	13
Research Matters	14
April Birthdays	15
Village Directory	19
A Thousand Words	20





Notes from the General Manager's Desk

Here we are in the month of April... expecting some showers and looking forward to the flowers in May, as the saying goes!

This month, we are looking forward to Easter... highlights will include a delicious meal made & served by our awesome Food Services team members. I know it will be extra special! We are also expecting a visit from the Easter Bunny and a chance for those interested to gather for the Good Friday Service in the Chapel.

April 27th - May 3rd is Volunteer Appreciate Week. The Canadian theme this year is "Volunteers Make Waves" and together make ripples of change. We are grateful for the contributions that volunteers make to our community.

As a final update this month, Aspen Lake recently submitted our Quality Improvement Plan for Health Quality Ontario. This is a plan for everyone as a team to work together to make improvements in the programs and care we offer at the Village. Some of the areas we are working on are:

- Reducing avoidable transfers to Emergency Department,
 - Reducing the use of antipsychotic medication,
 - Reducing new or worsening stage 2 to 4 pressure ulcers,
- and looking at the Quality Of Life survey indicator "Staff pay attention to me "

The team continues to take these opportunities to make improvements in the Village and to provide exceptional care.

Wishing you a lovely start to the Spring Season!

Melody Jackson,
General Manager

*May your Easter be
filled with blessings.*



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.



The Lasalle Day Team received this note: “Thank you for taking good care of our mother. We can breathe easier knowing she’s in good hands.”



The Belle River Day Team was recognized by a co-worker: “Thank you for pulling together and helping each other out in the morning when help was needed. That’s what I call a team!”



Naomi from Lasalle was thanked: “Thank you for always going above & beyond to make sure the neighbourhood is always kept clean. We can always count on you to lend a helping hand when we need it!”



Katrina made a difference: “Thank you for coming in on your own time to spend time with a Resident. Her braids are amazing and now she needs to go dancing!”



Christina from Belle River received this note: Thank you for always going above and beyond to ensure the rooms are ready for new move-ins.”

CONGRATULATIONS TO...

Christina.... who was randomly selected to receive a \$10 Tim Card!



FOOD *for the Soul*

Spring Renewal

Having welcomed the Spring Equinox—that period of light and dark being balanced, a symbol of rebirth -- we enter into another Spring. And no different than other Springs, I am often being asked—What can I do to prepare for Spring?—What can I do to prepare for Lent?—Many have just finished Ramadan.

To begin, we focus on renewing ourselves and embracing new opportunities for learning. This is the perfect time to reassess our priorities and discover a fresh approach to welcoming the Spring season. Spring rituals can help guide us toward a more fulfilling life.

De-clutter your living space.

This ultimately de-clutters the mind. Get rid of anything you no longer need. Donate clothing and household items, its time for someone else to enjoy them.

Clear out mental and emotional clutter.

Allow yourself to let go of the past to make room for new things. Commit to making decisions—no procrastinating. Challenge yourself to let go of what holds you back. Remember the power of positive thinking -- when something negative comes to mind pair it with something positive.

Start a Practice

A new discipline will ensure that you invite mindfulness into your life. A daily practice affords you a “time-out” from your everyday routine. This is a gift to yourself; a promise to honour who you are. A spiritual practice such as prayer, yoga, meditation, or chi gong is easy to find almost anywhere and relatively affordable. Make time for reading and learning. A Daily Walk is a great way to help the body clear the mind.

Hopefully, these ideas will provide an idea for you.

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

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

April 22nd at 2:00pm

Parkwood Gospel Church Service

April 13th at 2:30pm

Banwell Community Church Service

April 27th at 2:00pm

In Memory



We remember...

Madelyn S.

Carolynn S.

Celebration of Life Service is
planned for April 15th.

Please join us for
Good Friday Services on
April 18th at 10:00am





The Benefits of Going Outdoors

Happy April everyone! Spring has finally sprung and summer is around the corner. As the weather gets warmer and the days get longer, we must get outside and take advantage of the weather. There are many benefits of going outdoors for our physical and mental health, especially for the aging population. Let's talk about why going outside is so important, and some of the many ways we can spend our time outdoors.

It can be difficult to go outdoors in the winter when the weather is cold and gloomy, making a lot of us stay indoors all winter long. Being indoors all winter long can begin to make us feel isolated and lonely, which leads to a greater risk of anxiety and depression. Spending time outdoors has a positive effect on our mental health as it boosts our mood and increases overall feelings of happiness. A great way to spend our time outdoors to help reduce feelings of isolation and loneliness is by gathering with friends and loved ones. Gathering outside is a great way to promote social interaction and foster relationships, whether you are interacting with residents, friends, or family members.

Going outside when the sun is shining also allows us to get in some more vitamin D. There are many benefits of vitamin D, but for the aging population, vitamin D helps reduce the risk of osteoporosis, cancer, multiple sclerosis, and rheumatoid arthritis. In addition, going outside can help you feel more energized, which can make you more resilient to illness. It only takes 15 minutes in the sun to get your daily vitamin D in, so even a short amount of time outdoors helps.

In addition to social gatherings, there are many different ways we can spend our time outdoors such as gardening, having a picnic, bird watching, or completing exercise outside. Research has shown that those who walk, bike, or do other forms of exercise outdoors have a reduced risk of mental health problems compared to individuals who exercise indoors. So instead of completing activities indoors, try going outside for a change when the weather is nice.

(Continues on next page)

(Going Outdoors - cont'd)

With the many benefits of the outdoors on our physical and mental health, be sure to enjoy the nice weather while it lasts and soak up the sun as much as you can in the spring and summer months...just don't forget your sunscreen!

Lauren Lowe,
Program for Active Living Student



The March Madness Basketball Challenge took place on March 19th. Residents gathered on Main Street for their competition and the Team Member competition was held on each neighborhood. Competitors were given 30 seconds of “free throws” and the highest number of balls sunk won. Congratulations to our winners: Rose Emery from Sandwich Towne and Gerti D.



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.

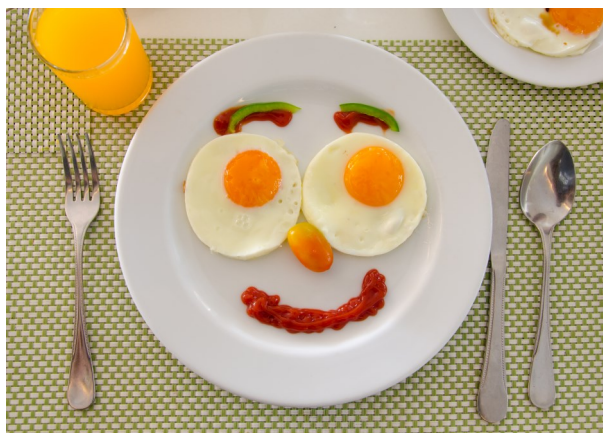
This April, we join Canadians across the country in pursuit of more knowledge and research to help slow and hopefully eliminate the progression of this disease.

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

Dates to Remember



BREAKFAST BUNCH



**in the Community Centre
APRIL 29th**

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

Photos with the Easter Bunny

Saturday, April 19th

9:30am-11:30am

in the Library



APRIL 4th - Dave Wilson

performs for Walkerville at 2:00pm
& Belle River at 3:00pm

APRIL 16th - George Bodin

performs for Riverside at 2:00pm
& Lasalle at 3:00pm

APRIL 30th - Lee Wall

performs for Tecumseh at 2:00pm
& Sandwich Towne at 3:00pm

PUB NIGHTS

April 9th at 6:30pm - North Tower

with Richard Sennema

April 23rd at 6:30pm - South Tower

with Richard Sennema



Main Street Sale!

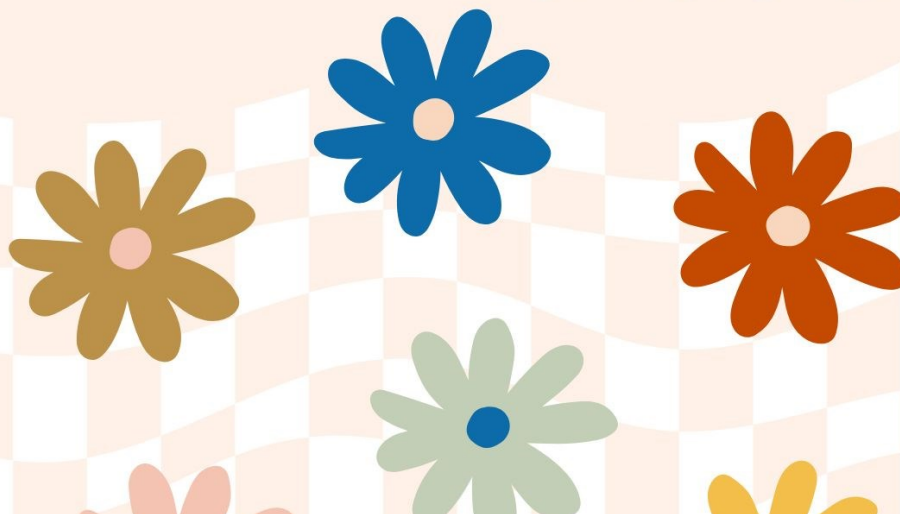
Wed., April 9th

10am - 2pm

*Two great vendors are joining up
for a great day of shopping!*

Maria's Lovely
Creations

Michelle &
Terra's Crafts



HAPPY EARTH DAY.

Join us on
Main Street!

Tuesday, April 22nd
10:00AM

Share your
Wisdom!
#elderwisdom



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!



“Like” us on FACEBOOK
The Village of Aspen Lake



“Follow” us on INSTAGRAM
aspen_lake

CONNECTION

corner

RESIDENT COUNCIL

April 8th at 2pm

FOOD COMMITTEE

April 29th at 2pm

Meetings in the Chapel or Community Centre

FAMILY COUNCIL

Thursday, April 17th

11:00am - 12:30pm

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

Meetings take place in the Chapel.

How can Family Council support you?

Please reach out to Chaplain Bruce Jackson to share your thoughts.

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/.

April Birthdays



Happy Birthday!

TO OUR RESIDENTS!

BELLE RIVER

April 4th - Tim P.

April 5th - Doris L.

April 6th - Elaine P.

April 14th - Jacqueline M.

April 25th - Margaret B.

RIVERSIDE

April 12th - Lorraine M.

April 18th - Walter K.

April 21st - Teresa P.

WALKERVILLE

April 7th - Bernadette M-G.

April 11th - Hale R.

April 16th - Steve B.

April 18th - Ray L.

TECUMSEH

April 9th - Jeraldine B.

April 17th - Carol M.

LASALLE

April 3rd - Christine R.

SANDWICH TOWNE

No Birthdays to Share this Month.



Happy Birthday!

TO OUR TEAM MEMBERS

BELLE RIVER TEAM

April 24th - Flavien F.

April 28th - Shelly B.

RIVERSIDE TEAM

April 1st - Leah R.

April 11th - Jacqueline T.

April 20th - Komalpreet K.

April 22nd - Nina G.

April 27th - Beda G.

April 29th - Adaobi O.

WALKERVILLE TEAM

April 2nd - Lori S.

April 2nd - Mark L.

April 19th - Katrina P.

April 20th - Steve G.

April 22nd - Arjun K.

TECUMSEH TEAM

April 7th - Jody T-P.

April 19th - Abril A.

LASALLE TEAM

April 1st - Kristoffer P.

April 18th - Megan B.

April 29th - Alycia M.

April 30th - Tari-Lynne L.

SANDWICH TOWNE TEAM

April 25th - Latoya P.

VILLAGE TEAM

April 27th - Maja P.

Girl Guide Cookies Sale

What is
your
favourite
flavour?

Saturday, April 5th
1pm-3pm

Come down to Main Street to
greet the Girl Guides
and support their programs!



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





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 Aspen Lake, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Hairdressing Services at Aspen Lake

Styles by Stacy

Stylist

519-946-2062 ext. 8042

Owner and operator

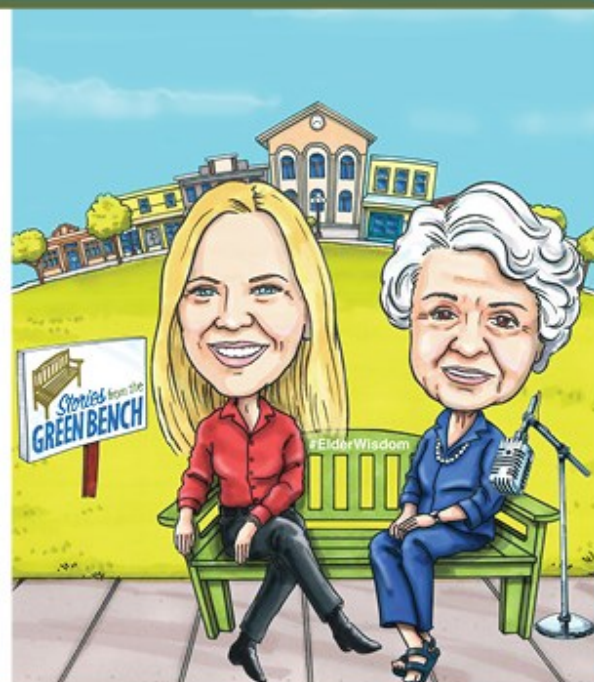
Inside Schlegel Villages Windsor
Ontario



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!

MARDI GRAS

