



THE ST. CLAIR SUN

APRIL 2025

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



"The beautiful Spring came, and when nature resumes her loveliness, the human soul is apt to revive also!"

*Harriet Anne Jacobs*



Welcome April ~ Spring has sprung and we are again beginning to enjoy the sights, sounds and weather of Spring. We are pleased to welcome back Amanpreet, our IPAC lead, who has been on Maternity leave. We would also like to wish Janelle Way, our Director of PAL, the best of luck on her retirement. Jocelyn Snowdon has taken on the role of Director of PAL, and we welcome back Kristin Frye as our PAL Coordinator. We have lots of fun spring programs on the calendar for this month, including an Eid celebration, Easter social and Earth Day Fashion show. Keep an eye on your calendars and join us for the fun!

# Schlegel Villages – CONNECTIONS

## 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

# VOICE FOR THE VOLUNTEER

## ~ Volunteer Spotlight ~

Each month dear readers we cast a light on one volunteer who we feel is deserving of the spotlight. This time of the year is special, as we get ready to celebrate all of our volunteers throughout the week of April 20-25, With this in mind, it dawned on me how hard it is becoming to choose which volunteer to reflect upon here. We are lucky to have many wonderful individuals from which to choose!

It was at a recent vendor display here at the Village at St Clair, that I knew who I wanted to write about. Standing quietly beside a table of hand sewn bags adorned with crocheted flowers, she presented work that was adorable and sought after. I should know, I lost out on a handbag by just seconds to another buyer! During the month of November, for the "Poppy Campaign" this volunteer crocheted poppies which helped to raise over \$200 for our veterans and in turn were worn with pride by residents, family members, team and volunteers.

She is none other than Wafaa Al Rayes.

A dedicated volunteer with our home since March of 2023, Wafaa has supported not only the Crochet and Horticulture Clubs but is always a welcome presence on the Talbot neighbourhood. Our horticulture therapist, Karyn O'Neil says, "Wafaa is an advocate for the neighbours." "Don't forget kind and helpful" chimed in fellow crocheters Kaye Brown and Marion Clayton. Just recently, Wafaa helped to lead our volunteer orientations. Her quiet and confident leadership and mentorship are crucial in ensuring that everyone has a sense of belonging. Her genuine and humble nature make Wafaa a source of light in our Village. We are so appreciative of all that she does.

To Wafaa, thank you for your sweetness and humble nature, and just for being wonderful you!





# Amazing April Facts!

*Those who were born in April have a diamond as their birthstone, which represents innocence.*

*Their birth flower is either a Daisy or a Sweet Pea.*



*There are two zodiac signs in April. Aries, which is until April 19<sup>th</sup>, and Taurus, which is April 20<sup>th</sup> and onwards.*



*On April 15, 1912, the famous Titanic ship hit an iceberg and sank on her first and only voyage.*

*Of course, one of the most well-known dates of April, is April Fools' Day on the 1<sup>st</sup> of the month. No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer's story in "Canterbury Tales" called "Nun's Priest's Tale."*

*On April 11, 1970, Apollo 13 was launched and ran into difficulties about two days later. It was then that the famous line "Houston, we've had a problem here" was said, and is today usually misquoted.*

*For all the car enthusiasts out there, Ford unveiled their first Mustang on April 17, 1964, costing \$2,368.*



*After a 1,500 year break, the first Olympics of the modern era took place on April 6, 1896, in Athens.*

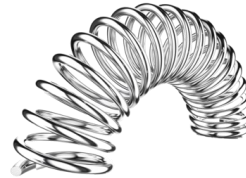
*April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16<sup>th</sup> to April 26<sup>th</sup> each year. There's another one called the Eta Aquariids meteor shower that can be seen onwards from April 21<sup>st</sup>.*





# **Spring is Springing!**

## **It's that Time of Year!**



**Calling all Neighbours and Families!**

**It's a great time of year to get into your closets and do some Spring Cleaning.**

**Look for those clothes that are too small, or seasonal items that can be packed away until next year. We can support you with bags and boxes if needed.**

**Speak to your  
Neighbourhood  
Coordinator or  
Recreation team member if  
you need assistance.**



# “Sometimes the Things You’ve Lost Can be Found Again in Unexpected Places!”

Lost and Found Items will be  
available from

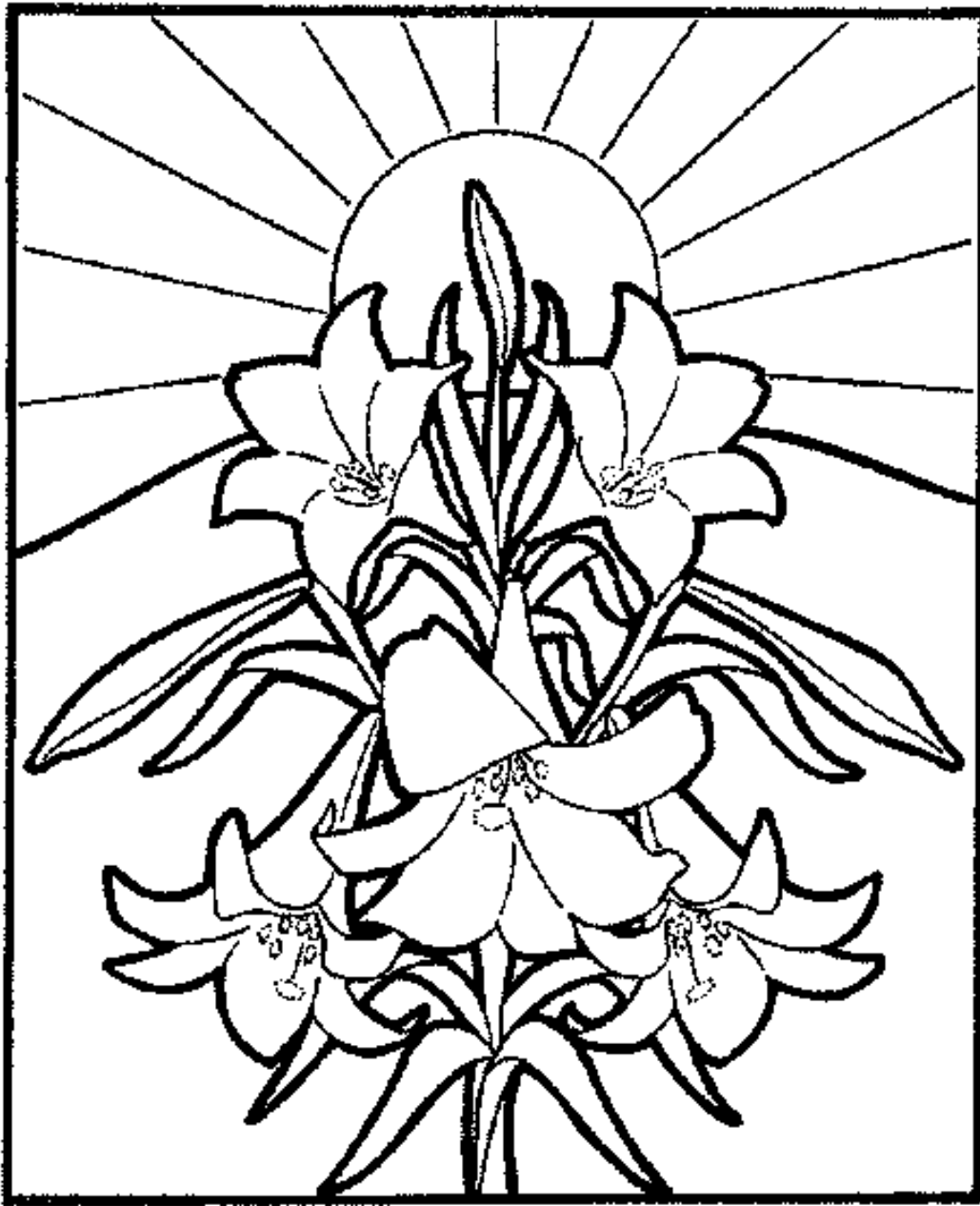
April 16th ~ April 30th  
in the Community Center.

If you are missing any items,  
please come and have a look.

Bags and markers will be  
available for found items.

Drop your labeled  
bags in the half  
moon pails for  
labeling.





*Colour Me  
Beautiful*



# What's Growing On?

With Karyn O'Neil

~ Horticulture Therapist ~

Join us in the Greenhouse on  
Tuesdays at 6pm for Horticulture Club!

Crochet Club is on Thursday  
afternoons in the Library.

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Monthly Pancake Social
April 2nd, in the
Community Center



~ All are Welcome ~



Fun Facts About Monstera



Monstera turns up producing fruits that can be eaten, the taste is a combination of strawberry, passion fruit, mango and pineapple.



The holes on the leaves of the monstera have a function to resist the abundant rain and the passing winds.



Monstera leaves can't make extra holes, all the gaps are already formed from the start of growing shoots.



Monstera has a muscle called a geniculum which functions to direct its leaves towards the sun.



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

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.

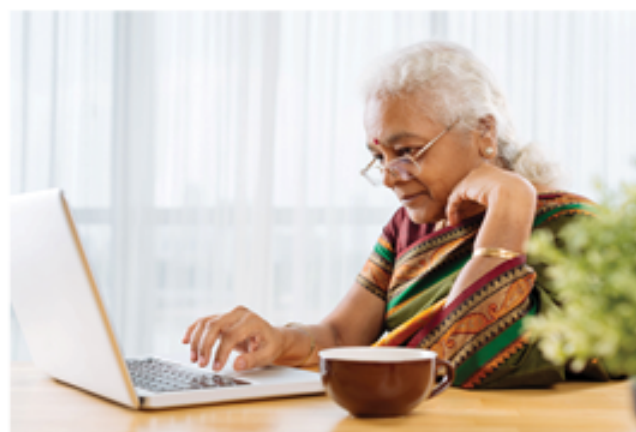
Nearly one in five older Canadians may not experience peace with dying, according to a recent data analysis of the Canadian Longitudinal Study on Aging at McMaster University. The analysis, published earlier this year, highlights the importance of end-of-life care and suggests advance care planning may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

VILLAGE AT ST. CLAIR DIRECTORY ~ Main Line ~ 519-960-1050

Neighbourhood Coordinators

Noel Erum	Neighbourhood Coordinator Gosfield & Kingsville	x 8020
Jeff Studman	Neighbourhood Coordinator Amherstburg & Colchester	x 8038
Stacey McDonald Price	Neighbourhood Coordinator Essex & Harrow	x 8032
Mark Mitchell	Neighbourhood Coordinator Talbot & Oldcastle	x 8026

Ancillary Support

Stephanie Perry	Interim Resident Support Coordinator	x8009
Elise Chambers	Spiritual Care Coordinator	x 8052
Tammy Zimmerman	Volunteer and Student Coordinator	x 8016
Jacqueline Reinhardt	Dietician	x 8014
Kari Lappan	Administrative Coordinator	x 8002

Directors

Tom Tracey	Director of Environmental Services	x 8006
Hannah Renaud	Director of Recreation Services	x 8007
Candace Bennett	Director of Quality and Innovation	x 8013
JoceIn Snowdon	Director of Program for Active Living	x 8008
Jamie Melton	Director of Food Services	x 8004
Kelsey Derbowka	Asst. Director of Food Services	x 8004
Dana Houle	General Manager	x 8003

~ VILLAGE AT ST. CLAIR CLINICAL DIRECTORY ~

Clinical Team

Assistant Directors of Nursing

Cherie Drouillard	Essex & Harrow	x 8069
Grace Reaume	Gosfield & Kingsville	x 8068
Danielle Harris	Oldcastle & Talbot	x 8067
MaRhoda Dhaz	Amherstburg & Colchester	x 8010
Amanpreet Kaur	Infection Control Lead	x 8042

RAI / QI Team

Roderick Balinio	Oldcastle, Harrow	x 8035
Jamie Santillan	Gosfield, Kingsville, Essex	x 8041
Ramil Santillan	Amherstburg, Colchester, Talbot	x 8029

Nurse Practitioner

Sukhvir Locham	x 8133
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Director of Nursing Care

Stephanie June	x 8005
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