



# HAMILTON CONTINUING CARE CHRONICLES

125 Wentworth Street South, Hamilton, ON. L8N 2Z1  
(905) 527-1482



**May 2025 Issue**



# 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 Right #26**

Every resident who is dying or who is very ill has the right to have family and friends present 24 hours per day.

### **Resident Bill of Right #27**

Every resident has the right to be informed in writing of any law, rule, or policy affecting services provided to the resident and of the procedures for initiating complaints.

# Happy BIRTHDAY

Mary	May 06
Linda T	May 13
Vera	May 22
Manuel	May 31
Kim	May 31



Joeshph  
Sheila

# Spiritual Corner

## Spiritual Calendar for May

### Legion of Mary

May 06 @ 2:00

May 20 @ 2:00

### Bible Study with Connie

May 13 @ 10:30

May 27 @ 10:30

### Sunday Church Service

May 11 @ 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:

**Clifford E**  
**Edna M**

## In Loving Memory

Those we love don't go away,

They walk beside us  
every day.

Unseen, unheard,  
but always near.

Still loved, still missed,  
and very dear.



# Recreation Station

Hello May!

“May, the month of sunshine, blooming flowers, and endless possibilities” - Unknown

Here is what we have in store for this month!

## Village Events

### **Cinco de Mayo Party**

Monday May 5 @ 2:00  
Community Room

### **Mother’s Day High Tea**

Sunday May 11 @ 2:00  
Community Room

### **Foods of the World Festival**

Wednesday May 21 @ 1:00  
Community Room

### **Coffee with a Cop**

Tuesday May 13 @ 1:30  
Outside Weather Pending

Please note that our list of Entertainers and Outings are on the boards located on the neighbourhoods, if you have any questions please reach out to me directly!

Thank-you!  
Alexandra

Alexandra Amey  
Director of Recreation

# Program for Active Living

## Stride and Shine

With Spring on the way and the warm weather setting in, the PAL Program wants to introduce a brand-new opportunity to help you stay active, healthy, and connected to your community: **Our Own HCC Walking Class!**

As we age, staying physically active is crucial for maintaining good health, balance, and energy levels. That's why we've designed a walking program to help get those steps in —focused on gentle movement, safety, and fun!

### **Why Should You Join?**

Our walking class offers a variety of health benefits, including:

- **Improved Cardiovascular Health:** Walking is a great way to boost heart health without putting too much strain on your body.
- **Better Balance & Mobility:** Strengthen your muscles and improve coordination, which helps prevent falls.
- **Enhanced Social Connections:** Meet new friends and enjoy the camaraderie of walking with others.
- **Low-Impact, No Pressure:** Walk at your own pace, and feel comfortable no matter your fitness level.

**Start Date:** **May 6th**

**When will it take place:** **Tuesday and every other Saturday**

**If you are interested and want to learn more reach out to  
Pal Coordinator: Jonathan Manning**

**Jonathan Manning  
PAL Coordinator**



# 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](http://www.schlegelvillages.com/volunteer)

To fill out an application!

We  our  
**volunteers**

## **Follow Us on Social Media!**



@HCC\_LTC



[facebook.com/HamiltonContinuingCare](https://facebook.com/HamiltonContinuingCare)

## **May Fun!**

Zodiac Signs: Taurus & Gemini

May Flower: Lily of the Valley

May Birthstone: Emerald

- ⇒ In the ancient Roman calendar, May was the third month of the year, not the fifth.
- ⇒ The name "May" is believed to come from the Greek goddess Maia, who was associated with spring and growth

**Q Why are oak trees so forgiving?**  
A Every May they "turn over a new leaf".

# Schlegel Villages – CONNECTIONS

## Thank you CAREGIVERS

Every year we celebrate the amazing waves of people in our Villages who bring our mission, vision and values to life during **Caregivers' Week (May 12–18)**.

It was developed as an expansion on International Nurses' Day, because while we recognize the tireless commitment of our amazing nurses, it takes an entire Village of caregivers to create communities where we all can thrive.

It's the housekeeper who takes time after her shift to bake cookies with residents or the personal support worker (PSW) who takes his break on Main Street, sipping tea and chatting with a resident from a different neighbourhood. It's the people who have always found fulfillment in service of others – the ones who say they

always want to help when someone is in need – and the ones who came to this career to fill a void they felt in other jobs.

We've taken time to speak to some of our caregivers, and their images and a few of their thoughts live on our website. They represent the best in all of us, with backgrounds and life stories as diverse as all of Canada, and we celebrate the common thread of love and compassion that binds us all together.

**"I did work in different professions,"** one of our caregivers told us, **"but I always felt that I was missing something in me. However, when I opted to work in long-term care, I felt complete, contented and grateful to be present in this universe."**

And grateful so are we, for each of the beautiful caregivers within our Villages.





# Schlegel Villages – CONNECTIONS

## SPOT the dot!

For those with long connections to our Villages, the Spot the dot concept may be familiar. It follows our **Connect the Dots Customer Service credo**, built upon a philosophical foundation of **five key values**:



**KNOW ME**  
as a unique human being



**BE PRESENT**  
in all communications



**WALK IN MY SHOES**  
try to understand how I feel



**EARN TRUST**  
be clear, genuine and transparent



**FOLLOW THROUGH**  
all the way



**CONNECT***the***DOTS**  
The Schlegel Villages Customer Experience

Spot the dot urges residents, family members and visitors to recognize when a team member lives one of these simple values and brings them to life.

This May, as we look to celebrate all of our caregivers, we urge people to take a moment to recognize the team, for a simple kind word or two can have a lasting impact.



Maria,  
You are so great at reading the body language of our visitors! Thank you for always taking the time to introduce yourself and offer a helping hand.

The Spot the dot boards can be found within the Village.

**Let's fill them with spots of gratitude.**

LIVE QUARTERLY WEBINAR



# Care Partners Connection



*Tuesday, May 27*

6–7:30 p.m.

[REGISTER NOW](#)

*Do you know someone living with dementia?*

You're not alone! Join us and let's learn about dementia together and explore how to offer support.

**Register to attend and submit questions**

for expert panelists. Each webinar includes education, guest speakers, resources, and a Q&A panel.

**Future webinars**

August 26 and November 25

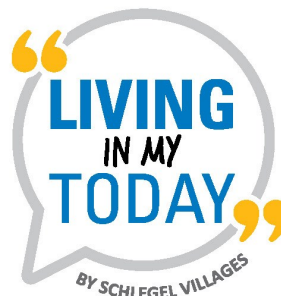


*Hosted by*

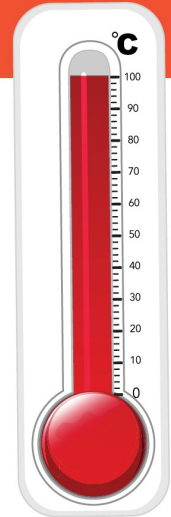
**Heather Luth**

Director of Dementia Services  
and Knowledge Integration

Schlegel Villages



# Heat-related illness

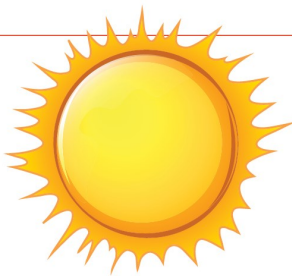


## Prevention and management

As warmer weather approaches, we want to provide a safe and comfortable environment for all residents.

Heat-related illnesses are a group of serious and escalating medical conditions which include heat rash, heat cramps, heat exhaustion and heat stroke, and can have a significant impact on the health of our residents.

Our heat related illness prevention and management plan will be implemented annually, beginning May 1st to September 30th, as well as any other time when the temperature is forecasted externally, or reaches internally 26 degrees.



## Hot weather tips

The signs and symptoms of heat related illness can occur quite quickly with little to no warning. Residents are assessed for heat risk annually and strategies developed. The following tips are general in nature.



### Staying cool

- With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather.
- Keep cool cloths handy to apply to the face, neck, and arms.
- Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.



### Clothing

- Wear loose, lightweight, light-coloured clothing.
- A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.



### Skin protection

- Stay out of direct sunlight by using shade trees, covered awnings or patio umbrellas.
- Sunscreen should always be applied, even in the shade. Remember to reapply as needed.



### Nourishment

- Frequent, smaller meals may be more easily tolerated during hot weather.
- Avoid dehydration by consuming fluids before, during and after meals, as appropriate.
- Hydrate with water and other cooling choices such as Popsicles and watermelon between meals.
- Alcohol may cause dehydration and should be avoided.



### Physical activity

- Keep outdoor physical activity to a minimum and take frequent rest periods.
- Attempt to stay indoors during the warmest part of the day.

## Breaking the Silence: Talking About Depression in Older Adults

Mental health is a topic that many people are hesitant to talk about, particularly when it comes to older adults. The stigma surrounding depression in seniors can prevent many people from seeking help, leading to feelings of isolation and loneliness.

Depression is not a natural part of aging, yet according to the Canadian Coalition for Seniors Mental Health website, up to 20 per cent of older adults have symptoms of depression. That number doubles for people in hospitals and long-term care (LTC) homes.

There are many reasons older adults may be reluctant to talk about their mental health, including generational stigma, social isolation, and thinking the feelings of sadness, hopelessness, and fatigue are “just part of getting older”.

Clinical or major depression is not just about feeling sad; it is a serious condition where you may feel sad all the time and lack interest in activities that used to bring joy.

Several factors can increase the risk of developing depression as one ages:

- The loss of a friend or loved one
- Loneliness
- Ongoing medical problems
- Struggles with thinking, focusing, and memory



### Seeking Help

If you or someone you know might be experiencing depression, the first step is to talk to your family doctor. They can assess your symptoms, provide a diagnosis, and develop an individualized treatment plan. The severity of symptoms may vary from mild to severe, and the signs and symptoms can vary from person to person. Below is a checklist to help you talk to your healthcare provider.

### Symptom Checklist

- I am experiencing sleeping issues.
- My eating habits have changed.
- I have feelings of guilt or worthlessness.
- I no longer find joy in activities or my favorite things.
- I am not maintaining my hygiene like I used to.
- I have trouble concentrating or focusing.

Normalizing conversations around mental health can help older adults feel more comfortable addressing their mental health without fear of judgment.

For more information and helpful resources visit [the-ria.ca](http://the-ria.ca).



# Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

**It is our pleasure to offer full Audiology services to all Schlegel Village residents.**



These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

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

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

**1-888-745-5550**

**retirement@earandhearingclinic.com**

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



# Village Team Directory

Name	Role	EXT	Email
Julie Maidment	General Manager	224	julie.maidment@schlegelvillages.com
Kaitlyn Wynnyk	Director of Nursing Care	227	kaitlyn.wynnyk@schlegelvillages.com
Beverly Agravante	Asst. Director of Nursing Care	236	beberly.agravante@schlegelvillages.com
Alexandra Amey	Director of Recreation	233	alexandra.amey@schlegelvillages.com
Cheryl Uncles	Neighbourhood Coordinator	223	cheryl.uncles@schlegelvillages.com
Shaman Kaur	Food Service Manager	234	shamanpreet.kaur@schlegelvillages.com
Deanna Ngo	Administrative Coordinator	229	deanna.levac@schlegelvillages.com
Registered Nurse	Charge Nurse	506	hcc.chargenurse@schlegelvillages.com
Traci Isbester	Social Service Worker	508	traci.isbester@schlegelvillages.com
Nelia Rodrigues	Team Experience Coordinator	507	nelia.rodrigues@schlegelvillages.com
Jonathan Manning	PAL Coordinator	503	jonathan.manning@schlegelvillages.com

