

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

May 2025

Contact Us:

The Village of Aspen Lake
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What a treat to hold these little bunnies & chicks! We are grateful for the kindness of the Parish/Demars family who brought their children and their animals for a Spring Visit!

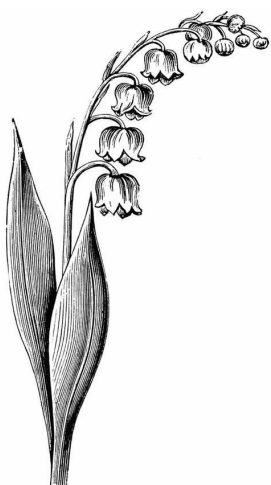
The smiles were contagious!

Welcome May

Facts of the Month...

“You’re welcome as the flowers”... do you know the song that comes from? It’s from “Mocking Bird Hill” and it seems like the perfect sentiment for the month of May... a month that brings us the start of warm sunshine-y days, the beautiful blooms of spring and the return of bird-song. Emily Bronte wrote, “May is the month of expectation, the month of wishes, the month of hope.” Lovely thoughts, as we start out this new month!

Flower of the Month



Lily-of-the-valley is a perennial ground cover known for its delicate, bell-shaped white flowers and sweet fragrance. Though small and dainty in appearance, it spreads vigorously under favorable conditions. These blooms are often associated with sweetness and purity.

Symbolically, Lily-of-the-valley represents motherhood, humility, purity, and the return of happiness—an association likely tied to its spring bloom and the hopeful arrival of summer. Its lovely scent and elegant appearance have made it a favorite in wedding bouquets. In Holland, newlyweds traditionally plant Lily-of-the-valley in their gardens as a symbol of good fortune in marriage. The flower also held a special place in the bridal bouquets of Princess Diana and Kate Middleton.

Birthstone of the Month

Emerald, the official birthstone for May, is renowned for its deep, vibrant green hue that radiates elegance and vitality. Among the most precious gemstones in the world, emeralds have been treasured for their beauty and rarity for thousands of years. Their lush green color evokes the energy of spring—symbolizing renewal, growth, and the promise of new beginnings. Much like nature awakening after winter, emeralds represent the essence of rebirth, making them a fitting symbol for those born in the season of renewal.



“An emerald on your finger is like always carrying a small piece of spring’s promise.”

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.

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.



Cathy from Walkerville Dietary received this note from a Family Member: “Cathy was a good help, getting Magic Cup “Wildberry” as an option, instead of always “Vanilla”. Thanks for going the extra mile.”



Taylor & Courtney from the Walkerville Team were recognized by a Family Member: “They were great and accommodated our wish to sit together on a couch with no wheelchair between us. Thank you.”



Katrina & Mercy were thanked: “Amazing job sharing Connect the Dots with your Village! The impact on resident quality of life is immeasurable!”



Mark from Maintenance was appreciated: “Mark will stop everything to answer your question or need. He always takes the time to listen.”



The Walkerville Team received this note: “Back to the 80’s - Many thanks to all the PSWs & nurses for all the fun exercises. ALL of you look great in your 80’s outfits. You made us laugh & we had fun. You are a wonderful staff!”

CONGRATULATIONS TO...

Kelly.... who was randomly selected to receive 10 Success Spot points!



In the Spotlight



We are thrilled to announce that our dynamic duo, pet therapy team Gary Williams & Luci, are this year's Barb Schlegel Volunteer Award winners! Gary's witty humour and kind nature, along with Luci's calm and friendly personality make them a perfect pair.

There is, however, a third party that should be recognized as well, Gary's first pet therapy dog Kenya. Gary and Kenya began volunteering at Aspen Lake in June 2012. Together they brought a countless number of smiles to the faces of residents and team members alike. Beautiful Kenya crossed the Rainbow Bridge on March 3rd of 2018. After taking time off to properly honour and grieve his pet therapy partner, it would have been easy for Gary to pack it in and retire from his volunteer service; however, his sense of community, and desire to help others would not allow it. Gary soon returned to Aspen Lake and his pet therapy visits with another beautiful partner, Luci! Luci was 6 months old when she visited Aspen Lake for the first time, and she and Gary have rarely missed a week since. Gary and Luci were also the first volunteers to come back to the village after COVID. As of the end of 2024 they had logged 536 volunteer hours.

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(Volunteer View - cont'd)

Every Tuesday morning you can be assured that this amazing team will be at Aspen Lake spreading joy, and bringing smiles and laughter to residents and team members alike Gary's dedication and generosity of spirit is second to none and we are honoured to have had Gary, Luci, and Kenya as volunteers at The Village of Aspen Lake during the past 12+ years.

Thanks for all you do for us Gary & Luci, we appreciate you!

The Next Volunteer Orientation Session is scheduled for:

**Sunday, May 18th
at 12 noon**

If you are interested in attending, please call the village to register at:
(519) 946-2062 ext. 8016

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



FOOD *for the Soul*

May Flowers Bloom for Mothers

Ah, May! The month when flowers bloom, allergies explode, and we collectively remember Mother, the real superhero... carrying snacks and knowing where *everything* is.

Yes, it's Mother's Day season. That glorious time when burnt toast and questionable orange juice are served in bed by proud, sticky-fingered children. And let's not forget the handmade cards—abstract masterpieces that rival modern art, with messages like “I love you more than chicken nuggets.” Now *that's* love.

But let's take a moment beyond the glitter and glue sticks to recognize just how endlessly inspiring moms are. They juggle more roles than a Shakespearean actor: chef, chauffeur, therapist, teacher, referee, CEO of Household Operations—and they rarely get a coffee break, let alone applause.

Whether your Mom is biological, adoptive, honorary, or found, “Mom” is a title earned through fierce love, late nights, and the ability to find the one lost sock under seemingly impossible circumstances.

So this May, as we plant our gardens and open the windows to spring, let's open our hearts too. Celebrate the moms. Call them. Hug them. Write a card that includes “love”. And if you're a Mom yourself—take a bow, take a nap, and know that you're deeply appreciated... even if no one says it while you're doing all the things that keep things going.

Happy May—and an even happier Mother's Day!

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

Parkwood Gospel Church Service

May 11th at 2:30pm

Roman Catholic Mass

May 20th at 2:00pm

Banwell Community Church Service

May 25th at 2:00pm

In Memory



We remember...

Robert A.

Steve B.

Maria C.

Christine F.

Gail M.

Celebration of Life Service is
planned for June.



Chapel Music Service

May 27th
at 10:30am



Risk of Dehydration

As the hot summer months quickly approach, it is important we discuss the risks of dehydration and heat related illness. When the weather gets warmer many of us start to spend more time outdoors, but spending long periods of time in the heat can lead to a risk of dehydration and heat related illness. With the hot summers we experience in Windsor, we must ensure we are taking precautions to stay hydrated.

Individuals aged 65 and above are at a greater risk of dehydration compared to the younger population. This is due to several factors such as physiological changes, chronic conditions, and medications. As we age, we experience a decrease in water content in the body, reduced thirst sensation, and decreased ability to regulate body temperature. Common medications, such as diuretics, can make it more difficult for the body to cool down and increase the risk of dehydration. Age related conditions such as cardiovascular disease, diabetes, and kidney disease can also make it more difficult for the body to respond to heat stress.

Some of the symptoms we should pay attention to that may indicate dehydration or heat related illness include dizziness, fatigue, headaches, muscle cramps, confusion, nausea/vomiting, and reduced sweating. Seniors may also experience dry mouth as they do not always recognize or respond to the sensation of thirst. The effects of dehydration can be serious, so make sure you monitor symptoms and seek medical attention if needed.

To help prevent dehydration, there are several precautions we can take. The first and most important precaution we must take is to drink lots of fluids. We should be drinking fluids throughout the day and not just waiting until we are thirsty to drink. Water is especially important, however other beverages such as fruit juices, or electrolyte-rich drinks are also going to help reduce the risk of dehydration. When we do choose to go outside, we should try to avoid direct sunlight by staying in shaded areas during the

(Continues on next page)

(Risks of Dehydration - cont'd)

hottest part of the day. On the hottest days we should try to limit our time outdoors and stay in cool, air-conditioned areas to help reduce the risk of heat related illness.

So enjoy the weather while you can but remember to stay cool and hydrated, and to monitor symptoms of dehydration when spending time in the sun!

Lauren Lowe,
Program for Active Living Student

Participant of the month

This month's athlete of the month will be awarded Kay D! Kay is one of many residents in the Program of Active Living and is an avid exerciser. Kay has shown great dedication to her daily exercise routine and is always doing it with a smile on her face.

Kay grew up in Ireland, living an active lifestyle in her youth, spending a lot of her time outdoors playing soccer or curling with her friends. Since becoming a resident at Aspen Lake, she has remained dedicated to her active lifestyle. Kay comes down to the Fitness Club every morning to complete stationary biking as well as upper body strengthening exercises. She also regularly engages in group exercise classes up on the neighborhood to complement her routine. Her hard work has paid off as she recently increased both the duration and resistance on the stationary bike. She is up to 15 minutes biking using two resistance bands, and hopes to continue to increase the intensity!

Kay enjoys exercising because it makes her body feel better. She states, “exercising makes me feel better everyday”. Aside from her exercises, Kay loves spending time outdoors and driving her wheelchair around the building when the weather is nice. Keep up the great work, Kay!



to

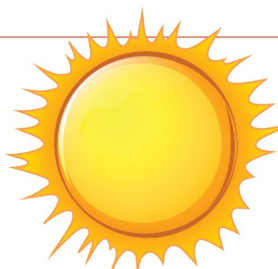
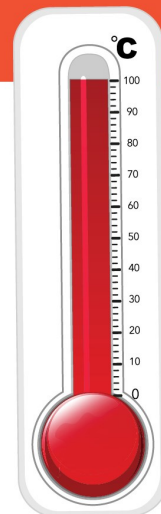
Heat-related illness

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.



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.



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.



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.



Skin protection

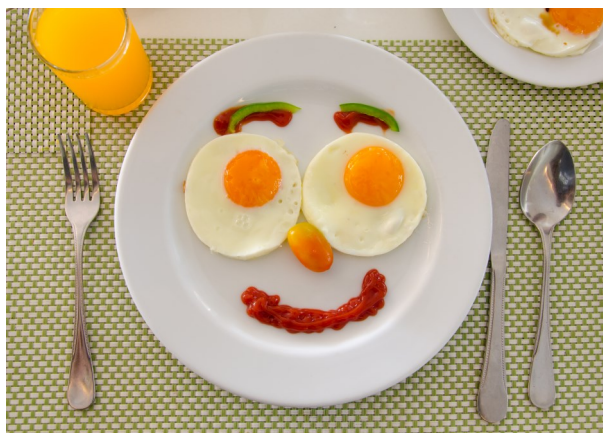
- Stay out of direct sunlight by using shade trees, covered awnings or patio umbrellas.
- Sunscreen should always be applied, even in the shade. Remember to reapply as needed.



Dates to Remember



BREAKFAST BUNCH



**in the Community Centre
MAY 13th**

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



**PUB
NIGHT**

**MAY 14TH @ 6:30PM
(NORTH TOWER)
WITH MARK CRAMPSIE**

**MAY 28TH @ 6:30PM
(SOUTH TOWER)
WITH CRYSTAL ST DENIS**



MAY 2st - Ted Bachmeier

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

MAY 7th - Bill Poisson

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

MAY 12th - Dave Wilson

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

MAY 21st - Bill Poisson

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

MAY 22nd - Ted Bachmeier

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

MAY 26th - Sarah Hesley

performs for Walkerville at 2:00pm



You're Invited...

Main Street SALE

WEDNESDAY

MAY

7

2025

10AM-2PM

RODERICK'S
BAKERY

MICHELLE &
TERRA'S CRAFTS

See you there!

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

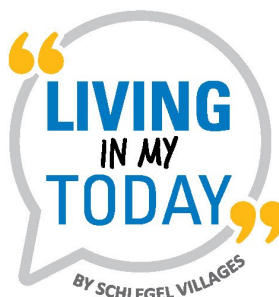


Hosted by

Heather Luth

Director of Dementia Services
and Knowledge Integration

Schlegel Villages



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

May 6th at 2pm

FOOD COMMITTEE

May 27th at 2pm

Meetings in the Chapel or Community Centre

FAMILY COUNCIL

Wednesday, May 14th

1:00 pm - 2:30pm

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

Meeting will be in the Community Centre.

How can Family Council support you?



HAPPY BIRTHDAY!

Wishing you all a happy day!

BELLE RIVER

No Birthdays to Share this Month.

RIVERSIDE

May 19th - Donald L.

May 21st - Judi G.

WALKERVILLE

May 8th - Marilyn M.

TECUMSEH

May 10th - Peter M.

May 19th - Alex D.

LASALLE

No Birthdays to Share this Month.

SANDWICH TOWNE

May 30th - Fred D.



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.



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

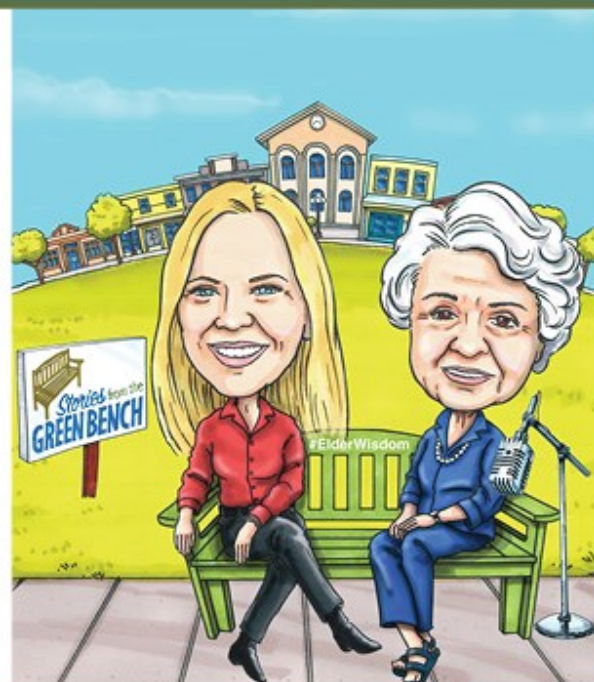
Owner and operator
Inside Schlegel Villages Windsor
Ontario



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!

Hippity-Hoppity! Happy Easter Day!

It's always fun with the Easter Bunny takes times to visit!

