



Looking for meaningful way to spend your time?

Volunteer with us and bring smiles to our seniors!

Call Allison, the Volunteer coordinator  
@416-533-5198– Ext 303

Or

Email:

maynard.volunters@schlegelvillages.com



A Family Council is a group of family members and friends of the residents of a long-term care home (LTC) who gather together for peer support, education, and to improve the experiences of all people in long-term care. The Council is an organized, self-led, self-determining, democratic group to help each other as caregivers, work to improve their loved one's long-term care home, learn about the issues affecting residents, and seek to create positive changes in the long-term care system.

For more information please email  
Alex- President of Family Council  
[alexcorr99@gmail.com](mailto:alexcorr99@gmail.com).



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# The Senior Star

...News from Maynard Nursing



## SAVE THE DATE

### Maynard's 21st Annual Family Fun Fair

Takes place on

Saturday, August 16th @11:00am-3:00pm

Tickets are \$15.00 per person

Ticket's sales start June 1st

Last day to purchase ticket's is August 6th

\*\* RESIDENT'S & CHILDREN UNDER FIVE ARE FREE\*\*

For all those Family members and Friends who are new to our village, the Family Fun Fair is an annual BBQ that provides both Residents and their family members with an opportunity to come together to enjoy a BBQ lunch, engage in activities, games, and entertainment!



### IN MEMORIAM

The Board of Directors, Management and Team Members were saddened by the passing of

*María Pacheco*

April 5,1935 - May 13, 2025

*María Ciccione*

May 30,1930 - May 4, 2025



Jesus said, "I give you peace, the kind of peace that only I can give. Do not be troubled, and do not be afraid."- John 14:27

### get social

tell your story. share our vision.



Like us on Facebook  
[facebook.com/schlegelvillages](https://facebook.com/schlegelvillages)



Follow & Tweet on Twitter  
@SchlegelVillage



Tag us on Instagram  
@SchlegelVillage



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# Schlegel Villages – CONNECTIONS

Many years ago, Ron Schlegel challenged our teams to find meaningful ways to showcase the amazing wealth of knowledge older adults harbour, suggesting that **“the greatest untapped resource in Canada, if not the world, is the collective wisdom of our elders.”**

**#ElderWisdom** is dedicated to challenging the stigma and ageism that older adults often face in our society. It reminds us of the wealth of wisdom that seniors offer and helps restore them to a place of reverence and respect. We're grateful for everyone who helps make these events such a success!

To learn more about the program, find a local event and/or take the #ElderWisdom pledge, **scan the QR code** or visit **elderwisdom.ca**



SPREAD LOVE  
NOT HATE

## PRIDE MONTH

We stand with our 2SLGBTQIA+ team and family.

### Sagrado Coracao de Jesus

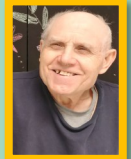


#### 25 de junho.

1. E o eterno o senhor Jesus  
Filho da Virgem maria  
Que nos dar a graca e a luz  
E o pao de cada dia
2. Da o pao de cada dia  
Se dele necessitamos  
Esta a nossa companhia  
Quando por ele chamamos
3. So deus que ceus proteja  
A terra com ebencao  
Para que todos sejam  
De maneira em cacao
4. A graca e enipotente  
Que nos dar mais vida e luz  
Mas no mundo a tanta gente  
Que nao acredita em Jesus
- 5.A graca tao engravada  
Que vem do Deus verdadeiro  
Por ele esta espalhada  
Sobre nos no mundo interio
6. Esta espalhada pelo os cam-  
pos  
Essa dita graca bela  
Mais no mundo ha tantos tan-  
tos  
Que nao acreditam nela
7. Levando isto a caso serio .  
No mundo qualquer recebe  
Mas este tao grande  
misterio
8. Qualquer um nao ques crer  
Neste misterio profundo  
Que este deus tem o poder.  
Ate de acabar com o mundo.
9. Eu a mim vou as escuras  
E os sarcedotes que sao serios  
Nao rezam as escrituras.  
que sao esses misterioso.


### Oracao do Espirito Santo

#### 8 de Junho

1. O Espirito Santo vai chegando  
Ao lugar que se destina  
E a todas vai deixando  
A sua graca divina
2. O espirito santo fez panada  
No destino que trazia  
Para poder ter entrada  
Nesta vossa moradia
3. O espirito Santo pede licenca  
Para poderes ter entrada  
Para chegares a presence  
Dos donos dessa morada  
Que vos teus dado amor  
E vos adora tanto lauto
4. Vem vos trazem uma flor  
Do divino Espirito Santo
5. Dando este espirtio a beijar  
Assim vamos embora  
Que ele vos a de ajudar  
Pela vossa vida for a
6. Espirito de especial atencao  
Entre todos os primeiros  
Assim vai a vossa bencao  
Aos fieis do mundo inteiro



By Joao Engenheiro,  
Maynard Nursing Home



Joao de Melo - June 3rd  
Maria Pilarska - June 6th  
Richard Doyle - June 12th  
Daniel Kitza - June 22nd  
Alexander Smith - June 28th  
Antonia Rodrigues - June 28th

Wishing you a day filled with happiness and a year filled with joy. Happy birthday Sending you smiles for every moment of your special day from all your neighbors at Maynard!



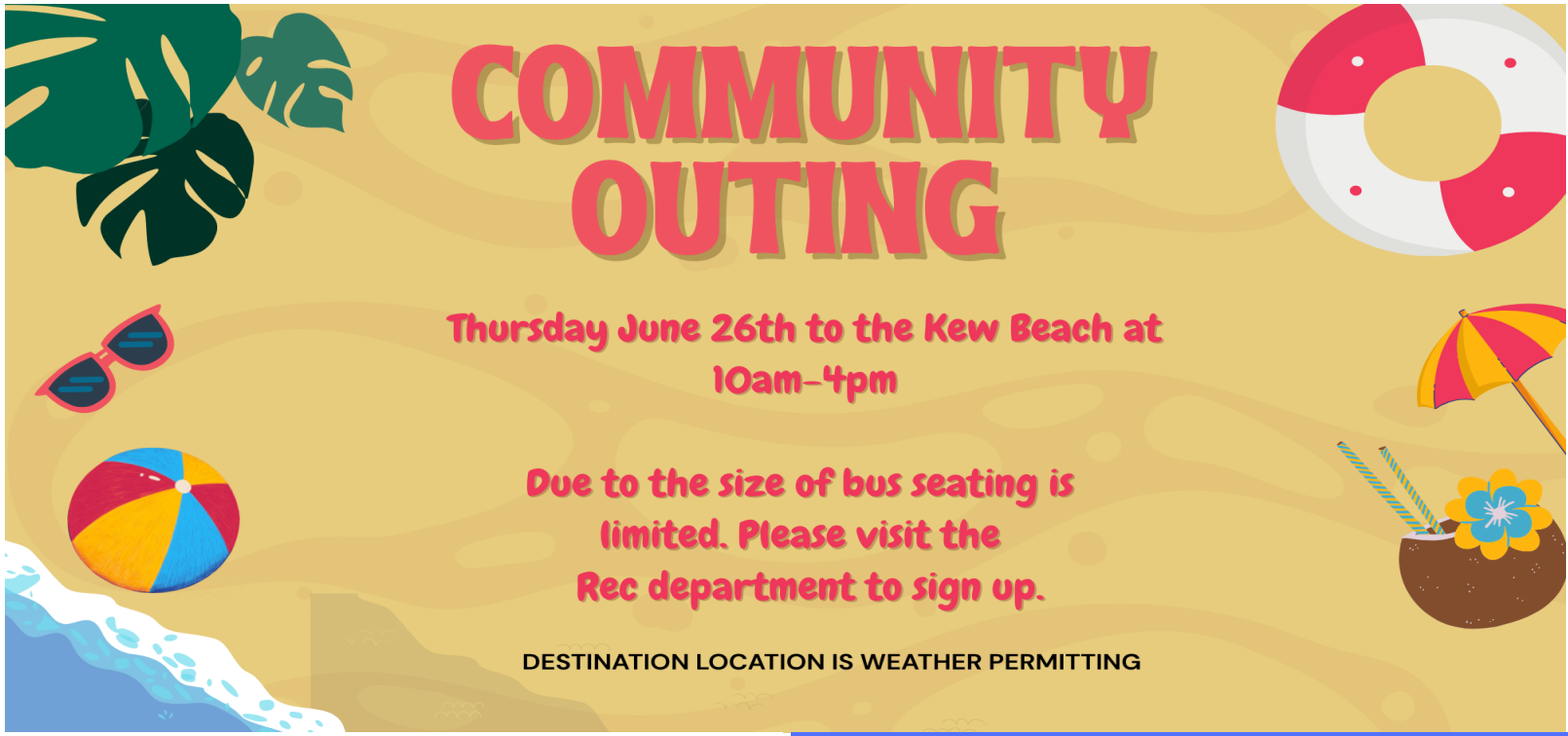


### OLA ADEOLA

Adeola has been a dedicated volunteer at Maynard Nursing Home since September 2024. She volunteers every Monday from 12-2 pm, where she consistently demonstrates patience, compassion, and a strong commitment to her work. Her caring attitude and dedication make her a valuable member of the team. Ola's exceptional ability to connect with others and her hard work have made her an outstanding volunteer at Maynard.

Thank you






# COMMUNITY OUTING

Thursday June 26th to the Kew Beach at 10am-4pm

Due to the size of bus seating is limited. Please visit the Rec department to sign up.


DESTINATION LOCATION IS WEATHER PERMITTING

## Warm weather facts




### WHO IS AT RISK

Anyone can get heat stroke, but infants and the elderly are at higher risk as their bodies may not be able to regulate temperature effectively.




### BEVERAGES

Caffeine (stimulant) and alcohol increase the risk of warm weather-related illness.




### MEDICAL CONDITIONS

Sleep disorders, and problems with the heart, lungs, liver, kidneys, thyroid, or blood vessels increase the risk.




### COPING MECHANISM

Your ability to cope with extreme heat depends on the strength of your central nervous system.




### OCCUPATION

People with occupations that require physical labour in hot environments are susceptible to heat strokes.




### MEDICATION

Diuretics, sedatives, tranquilizers, and heart and blood pressure medications affect your body's ability to regulate temperatures.




### CLOTHING

Wearing heavy and tight clothing can increase the risk. Opt for light-colored, loose-fitting clothing made of natural fibers (cotton/silk/linen).



### DISEASES

Certain diseases increase risk; cystic fibrosis, for example, affects the ability to sweat.



## 2024 RESIDENT QUALITY OF LIFE RESULTS

### RESULTS:

Maynard's 2024 Resident Quality of Life survey had strong results overall, with improvements in positive responses to 40 out of 50 statements. Almost half of all statements had 90% or higher positive responses.

#### Strongest areas (100% positive responses):

- I can eat what I want
- Enjoy mealtimes
- All items in the "Personal Control" category
- Staff respect what I like and dislike (this was the focus of our Quality Improvement Plan last year, and increased from 60% to 95.7%)

#### Biggest Improvements (2023 vs 2024):

- I get the services I need (36.7% vs 91.3%)
- Variety in my meals (46.7% vs 91.3%)
- Staff respond to my suggestions (50% vs 87%)
- Would recommend this Village (56.7% vs 91.3%)

#### Least positive responses:

- People ask for my help or advice (21.7%)
- Some of the staff know the story of my life (26.1%)
- Another resident here is my close friend (30.4%)
- I have people who want to do things with me (56.5%)
- Meaningful activities (60.9%)

Due to the low result, and due to this being a focus of Schlegel Villages in 2025 (as per our Aspiration Statement), we will be focusing on providing more meaningful activities and engagement for residents this year.

Daniel Bedard  
Director of Quality and Innovation

## Special moments



## Volunteer



## Mothers Day





## Activities





RESEARCH  
MATTERS

RIA FEATURE

Meet Aaron Jones, RIA’s Newest Researcher

Earlier this year, the Schlegel-UW Research Institute for Aging (RIA) welcomed Aaron Jones to their world-class research team, as the Schlegel Chair in Clinical Epidemiology and Aging. Let’s get to know the newest member of the RIA’s researcher team.

Question: Tells us about you and your work?

Answer: I am a health services researcher and biostatistician with expertise in the use of health administrative data and data science methodologies. My research focuses on the health service use of older adults with ongoing care needs, with the aim of discovering how to better organize, manage, and deliver the care older adults need in their preferred location. This could mean improving care in the emergency department to better support people with higher needs, making sure older adults with trouble reaching a family doctor can access effective primary care, and striving for more efficient and clear communication among health care professionals.

Question: What inspired you to pursue research in the field of aging?

Answer: I didn’t start out with a specific interest in aging. Originally, I was more drawn to the science of statistics but moved away from the theoretical to the practical because I wanted to have a real-world impact. I was working in health analytics for the government of Ontario when I realized that our health care system was not designed or set up to best meet the

June 2025



needs of older adults, particularly those with greater care needs such as people living with dementia. This realization inspired me to pursue a career in health research to address this gap.

Question: What is the primary focus of your current research?

Answer: My primary focus is investigating ways we can better organize, manage, and care for older adults. Currently, my two main focus areas are:

- 1. Geriatric care in the emergency department. I’m exploring the availability and effectiveness of geriatric-trained nurses to improve patient experiences and outcomes in the emergency department.
- 2. Primary care for older adults with functional impairment. I’m looking at various models of primary care for older adults who have difficulty visiting a doctor or medical office, including home visits and virtual visits.

To read more about Aaron Jones and his work, visit [the-ria.ca](https://the-ria.ca).



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Schlegel Villages – CONNECTIONS



Join the  
CELEBRATION

We are honouring ten years of **#ElderWisdom**, a program dedicated to challenging the stigma and ageism that older adults often face in our society.

For the past 10 years, we have celebrated **Senior’s Month** each June with our **#ElderWisdom** campaign, and for our 10th Anniversary, we’re excited by the events we have coming up.

A key component of the campaign is always the **Green Bench movement**, where residents from Schlegel Villages sit on a signature green bench in public spaces to share their life experiences and insights with the community. This initiative fosters meaningful conversations between older and younger generations, helping to challenge stereotypes about aging and we’re excited about each of the events the Villages are hosting this month.

This year, however, we are expanding the impact by incorporating a new, exciting element to our campaign: **the Green Bench travels**. Selected residents will have the opportunity later this summer to return to places of personal significance—whether it be their hometowns or dream destinations, such as Newfoundland, Ottawa, and London, England.

We intend to document these adventures through storytelling in our Village Voice and through a documentary we hope to showcase at film festivals and within the senior’s care sector.

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