



ISSUE 4
MAY 2025

The Senior Star

....News From Maynard Nursing Home

MOTHER KEPT A GARDEN



In Mother's garden, love's the seed
In every bloom, her care we heed
Her nurturing touch, a gentle song
In her embrace, we truly belong.

With every petal, her love's displayed
In her garden, dreams never fade
This Mother's Day, let's loudly say
Thanks for love that lights our way

In her garden, memories bloom
Each flower whispering, dispelling gloom
Her laughter echoes in the breeze
In her garden, we find peace.



INSIDE THIS ISSUE

Memorial Service	2
Happy Birthday	2
Community Outing	2
Poetry	3
Heat Related illness	4
Photos	5
Caregivers Week	6
Connect the Dots.	7
Announcements	8



SCHLEGEL VILLAGES



On Tuesday May 27th at 2pm in the recreation room, we will be celebrating and remembering the lives of our fellow friends.

Please join us in sharing a special memory and paying a tribute honouring our dear friends of Maynard over refreshments and snacks. We welcome all residents, visitors, families and team members to attend.

Resident Community Outing



Thursday May 22th to the Mandarin Restaurant at 10am-4pm

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

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.



Hosted by
Heather Luth
Director of Dementia Services
and Knowledge Integration
Schlegel Villages



Future webinars
August 26 and November 25



Carol Diana - May 4th
Wendy Tran - May 10th
Davidson Thomas - May 21st
Faith King - May 23rd
Emarenciana Lopes - May 26th
Maria Ciccone - May 30th

**Happy Birthday from
Everyone at Maynard!**

Poem By Joao Engenheiro, Maynard Nursing Home Resident



Festa do Dia das Maes 11 de Maio.

Quando minha mae me
embalava Com alegria no
coracao
Eu adormecia e sonhava
Ao som de uma linda
cancao
Num ambiente que tudo faz
Ela cantava para mim
Parecia com anjo de Paz
Minha mae dizia assim
Dorme, dorme meu menino

Ja foi o sol nasceu a lua
Eu penso no teu destino
Que sorte sera a tua
Riquezas tenhas tao grandes

E tal bondade tambem
Que ao redo ronde tu andes
Nao fique pobre ninguem
Mas se ouro e mal caminho

Antes tu venha a ser
O pobre mais pobrezinho
De quantos pobres haver

Iremos por estes montes
Altos e azuis como o ceu
Onde a frutos e onde ha
fontes

Esta a mesa de Deus
Era assim que minha mae
Cantava
Com amor e com carinho
E eu com ternura escutava
E adormecia mansinho
E tantas vezes pensava
Em ser sempre um
bebezinho.

As aparicoes de Nossa Senhora de Fatima 13 de Maio.

Viva o nosso Portugal
A nossa Nacao inteira
Viva Quem livrou o mal
A nossa linda Bandeira

O dia 13 de Maio
Uma data Gloriosa
Que nos veio trazer um raio
De luz que Portugal Goza

Foi uma data bendita
Foi um dia sem igual
De todas a mais bonita
Que apareceu em Portugal

Esta data veio trazer
A todos uma vitoria
A melhor que pode ter
As paginas da nossa
historia

Portugal chegou a estar
Numa ma situacao
Ate queriam acabar
Com a nossa religiao

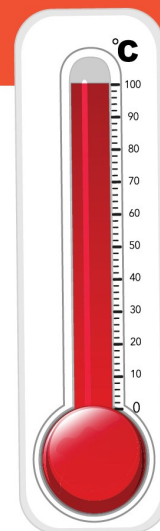
Mas a nossa Padroeira
Sempre nos teve ami-
zade
Arrandou uma maneira

Para nos por a vontade
Vinde Santa combadao
Uma alma Generosa
Trazer a nossa nacao
Os frutos que ela goza

Agora da reina a paz
Nao temos razao de
queixas
Da nada disso se faz
Quem manda tudo
deixa.



Heat-related illness

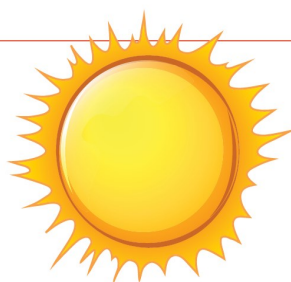


Prevention and management

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.



Album of the Month



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.

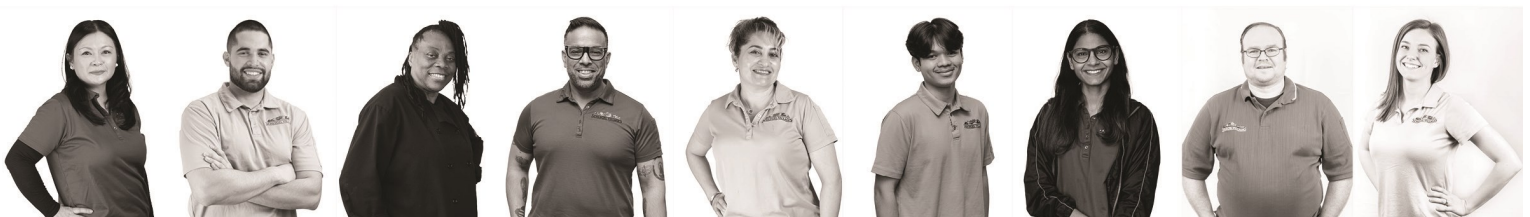
It's the housekeeper who takes time after her shift to bake cookies with residents or the personal support worker (PSW) who takes his break on Main Street, sipping tea and chatting with a resident from a different neighbourhood. It's the people who have always found fulfillment in service of others –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



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.



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 x 303

Or
Email:

maynard.volunters@schlegelvillages.com

You may contribute and enjoy the following activities with our seniors; or create your own!



ART & CRAFT



KARAOKE



HAND MASSAGE



GARDENING



BEFRIENDING



... AND MUCH MORE!



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.

All family members are welcome to attend or join the family Council.

IN MEMORIAM

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

Leonilde Paquete

July 5, 1934—April 7, 2025

María de Sousa

July 7, 1950—April 9, 2025

Gerda Muller

January 13, 1937—April 15, 2025



get social
tell your story. share our vision.



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