



THE ST. CLAIR SUN

MAY 2025

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



"It is now May . . . It is the month wherein Nature hath her fill of mirth, and the senses are filled with delights. I conclude, it is from the Heavens a grace, and to Earth a gladness." —*Nicholas Breton*

Welcome to May Everyone! It's hard to believe that we are already in the 5th month of 2025! There is lots of great programming planned for the month of May, so keep your calendars close as you won't want to miss a thing! On Mother's Day Sunday, we will be having a special lunch that we hope you will enjoy. We will also be Celebrating Caregiver

Week from May 12th to the 18th. Please take time this month to thank your dedicated Team Members here at the Village. They are so deserving of our Appreciation!

Until Next Month, have a great May!





### *A Mother's Love*

*A Mother's love is something that no one can explain,  
It is made of deep devotion and of sacrifice and pain.  
It is endless and unselfish and enduring come what may,  
For nothing can destroy it or take that love away.  
It is patient and forgiving when all others are forsaking,  
And it never fails or falters even though the heart is breaking.  
It believes beyond believing when the world around condemns,  
And it glows with all the beauty of the rarest, brightest gems.  
It is far beyond defining, it defies all explanation,  
And it still remains a secret like the mysteries of creation.  
A many splendored miracle we cannot understand,  
And another wondrous evidence of God's tender guiding  
hand.*

*~ Helen Steiner Rice ~*

*Happy Mothers Day 2025*



## ~ Volunteer Spotlight ~

By Khushi Dalwadi, Co-op Student at Schlegel Villages – Village at St. Clair

Dear Readers, Each month, we shine a spotlight on one volunteer whose presence has truly made a difference in our Village community. This time of year, feels even more special as we prepare to celebrate all our incredible volunteers during National Volunteer Week from April 20th to 25th. It's a moment to reflect on the warmth, joy, and connection our volunteers bring and to say a heartfelt thank you for all that you do.

This month, I'm honored to share my own journey with you. Let me introduce myself my name is Khushi Dalwadi, and I'm currently studying Office Administration Executive at St. Clair College. As part of my program, I joined the Village at St. Clair to complete my co-op placement.

When I first started, I had no prior experience interacting with older adults, especially those living with dementia. I was nervous, unsure, and honestly, a little intimidated. But over time, this placement has become one of the most meaningful experiences in my academic and personal journey. One of the biggest turning points for me was participating in two major events here: the Baseball Match Event and the Eid Celebration Event. These joyful gatherings gave me the chance to truly engage with residents, build connections, and learn how to communicate with compassion and empathy. Step by step, I became more confident and that is something I consider one of my biggest achievements. What has surprised me most is how naturally I connected with our neighbours living with dementia. I find joy in our conversations, even when words are few, because I've come to appreciate how uniquely they experience the world around them. It has helped me see things from a different perspective one that is gentle, present, and deeply human. Before I chose Office Administration, I was a biology student, and I always believed that chapter of my life had ended. But working at Schlegel Villages helped me realize that my background in science is still very much alive especially in how I understand people, health, and care. In addition to connecting with residents, I've also had the chance to grow my administrative skill from answering phone calls and assisting with front desk duties to helping coordinate event logistics and maintaining records. These hands-on experiences have helped me apply what I'm learning in college to a real-world setting. This co-op placement didn't just help me develop professional skills; it has nurtured my heart and opened up new paths I never expected. I'm truly grateful to be part of this vibrant community and I hope to carry these lessons with me for years to come.





# Marvelous May Facts!

*The name May is the modern-day English adaption of the Latin word Maius, which has origins going back to the time of the ancient Greeks. They named the month of May (or Maius) after the Greek goddess of growth.*



May actually has two birth flowers – the Lily-of-the-Valley and the Hawthorn. The Hawthorn flower is a symbol of hope, while the Lily-of-the-Valley represents the return of happiness and sweetness.

*May is a special time for Star Wars fans worldwide and always a good reason to re-watch the movies. May the 4<sup>th</sup> is celebrated as Star Wars day, due to the way the date sounds similar to “May the Force.”*



Back in the day in Europe, it wasn't a good May if you didn't celebrate it with a maypole. In the UK, they have been present since at least 1350 AD. Celebrants would erect a long pole and attach flowers, garlands, and strips of fabric to it, around which certain dances would take place.



*May also has two Zodiac signs, Taurus and Gemini.*

*People born under the sign of Taurus are said to be ambitious and smart, yet trustworthy.*

*Those born under the sign of Gemini are said to be passionate, adaptable, and smart.*



May is pretty exclusive when it comes to days of the week. No other month in one single year starts or finishes on the same weekday as May!



*The birthstone for May is the emerald. Emeralds are a type of stone called beryl and typically range from a deep-sea green to a lighter color. Emeralds are symbols of fertility and rebirth.*



# Success Awards

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioned from our Success Awards to the newly designed **CONNECT the Dots Success Awards**.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

## Credo values – award categories



### Know Me means to...

- Understand and anticipate my needs
- Support my WELL-BEING
- EXCEED my expectations
- Make me feel SPECIAL



### Be Present means to...

- Be PATIENT and practice LISTENING
- Let ME guide the conversation
- ASK me my expectations and needs
- Focus on Me in the moment



### Walk in My Shoes means to...

- Hear what I HEAR
- See what I SEE
- Feel what I FEEL
- CONNECT with me



### Earn Trust means to...

- Demonstrate YOU care
- Take Responsibility for those we serve
- Create a sense of SAFETY AND COMFORT
- DELIVER on your/our promises



### Follow Through means to...

- Show me my concerns are IMPORTANT
- Confirm that I am VALUED as a customer
- Let me know I will be TAKEN CARE OF
- Create MEMORABLE MOMENTS

Look for additional information posted around the Village and remember to nominate a deserving team member who continuously demonstrates the values of the credo!

## Movie Musicals 1 - Word Search

Y S P Y G E N I L S U R O H C A N  
 W S L A T R A V I A T A H M F Y A  
 J S H M I C O N L C Y I O L U T M  
 H G W O A L I L N L M U K E N O C  
 O Q S E I M E F L I L E F S N L I  
 L E S V E P M O I I E B F U Y E S  
 I T E E S T D A N C R O T O G M U  
 D R A D I O C R M I A E H R I A M  
 A O O H L S O H G I R P T A R C E  
 Y G J L P U W A A A A V H C L E H  
 I K E O G O D E B R E V I T A G T  
 N H D E E O T A N L I T U Y U V Y  
 N I O W O O C A I S A T N A F O H  
 B Q C N S H O W B O A T Y K O C S

A CHORUS LINE  
 ANNIE  
 BRIGADOON  
 CABARET  
 CAMELOT  
 CAROUSEL  
 EVITA  
 FANTASIA

FUNNY GIRL  
 GODSPELL  
 GYPSY  
 HELLO DOLLY  
 HOLIDAY INN  
 LA TRAVIATA  
 MAMMA MIA  
 MOULIN ROUGE

NEWSIES  
 OLIVER  
 SHOW BOAT  
 SOUTH PACIFIC  
 SWEET CHARITY  
 THE MUSIC MAN  
 TOP HAT

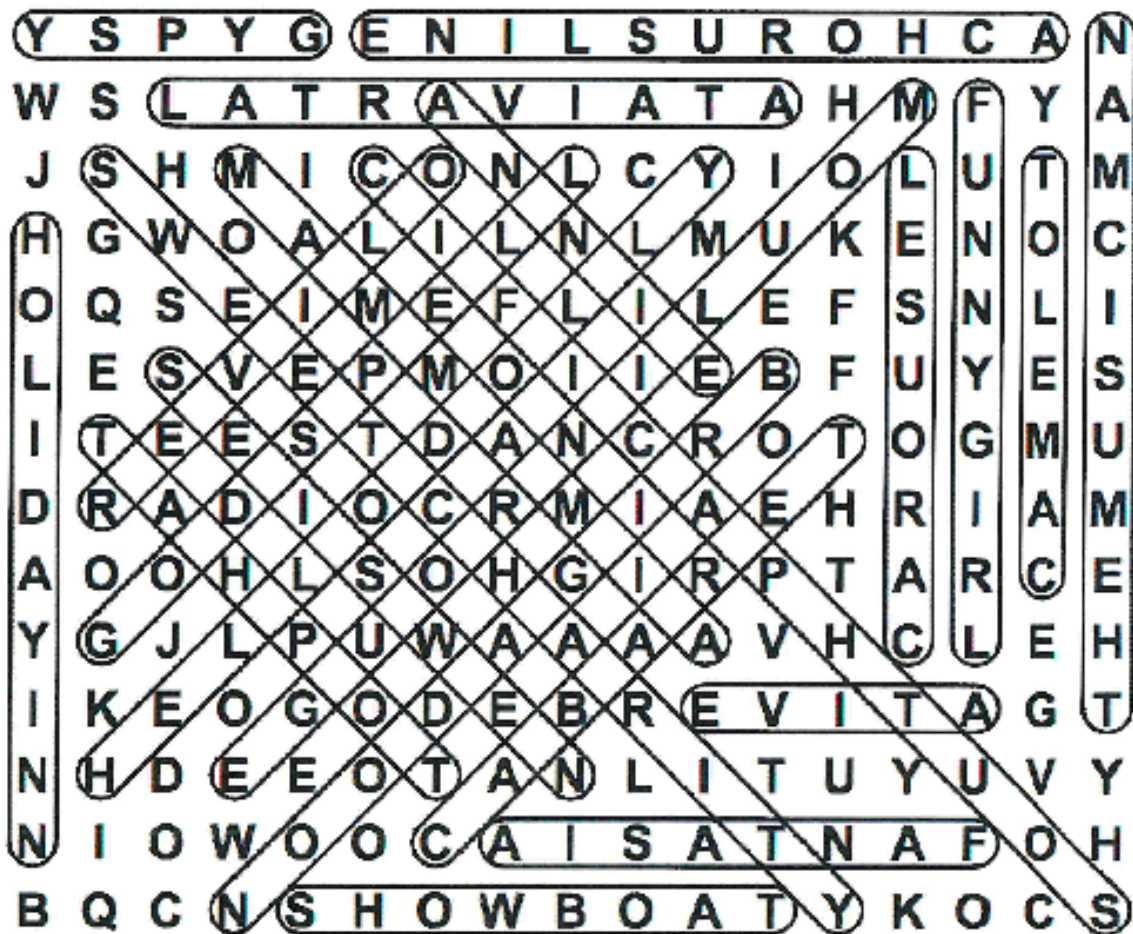






**Colour Me Beautiful !**

## Movie Musicals 1 - Solution



A CHORUS LINE  
ANNIE  
BRIGADOON  
CABARET  
CAMELOT  
CAROUSEL  
EVITA  
FANTASIA

FUNNY GIRL  
GODSPELL  
GYPSY  
HELLO DOLLY  
HOLIDAY INN  
LA TRAVIATA  
MAMMA MIA  
MOULIN ROUGE

NEWSIES  
OLIVER  
SHOW BOAT  
SOUTH PACIFIC  
SWEET CHARITY  
THE MUSIC MAN  
TOP HAT







# 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
May 7th, in the
Community Center



~ All are Welcome ~



VILLAGE PUB

MAY
22

6-8PM



BEER - SNACKS - MUSIC

Located in the Village Library

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.

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

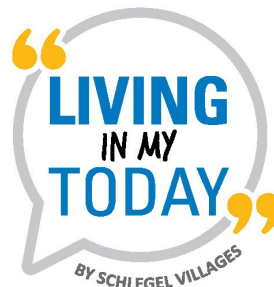


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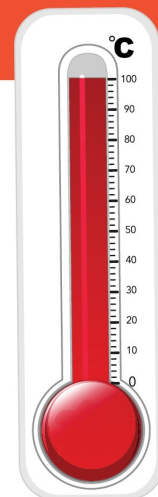
Heather Luth

Director of Dementia Services
and Knowledge Integration

Schlegel Villages



Heat-related illness

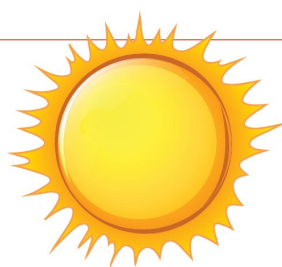


Prevention and management

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.



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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