



The Village of
ARBOUR TRAILS

Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose.

226-251-3065

32 Bayberry Drive,
Guelph, ON, N1G 0C9

Ailsa Craig Neighbourhood:
115 Cherry Blossom Circle,
Guelph, ON, N1G 0A3

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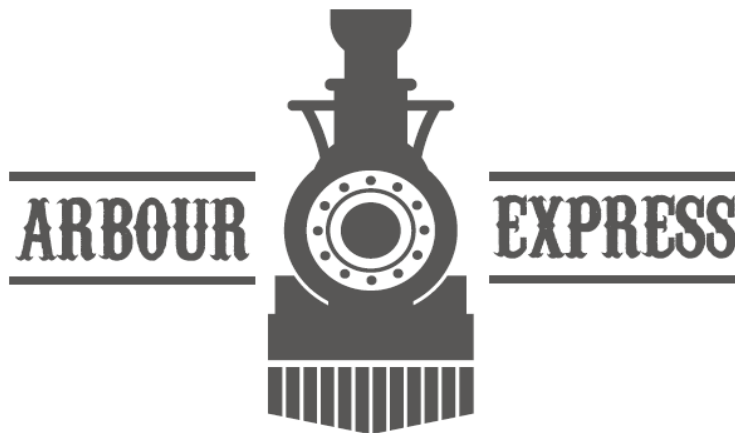
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MAY 2025



Photo: "Spring colour at Arbour Trails" taken by a resident of Arbour Trails.





Birthday Parties

See your neighbourhood
monthly calendar for the
location and time!

*Let's
Celebrate*

A Message From Residents' Council



Dear Residents,

I hope you all had a wonderful Easter and managed to find some of the eggs the Recreation Bunny hid around the Village! I wonder who found the golden eggs—and what was inside?

I'd like to remind everyone that every resident is a member of the Residents' Council. If you have any concerns or suggestions, you're welcome to bring them to any member of the Council Executive—we are here to help! The Council members are:

- Marilyn Wax, President
- Don Bogle, Vice-President
- Harold Quinn, Past President
- Murray Earl, Dining Room Representative
- Elizabeth Taborek, Recreation Representative
- Anne Farrar, Wellness Representative
- Perry Borden, Maintenance Representative

I'm happy to share that the boiler issue seems to be resolved—no more cold showers! I'm sure we're all relieved. We are still waiting for an update on the new fob system for entering and exiting the building, but I've been assured that more information will be coming soon.

With the warmer weather, it's been wonderful to see more residents out for strolls and chats. It feels good to see the Village lively again, and we look forward to more opportunities to gather as everyone stays well. Recreation is also busy planning for Mother's Day and the Victoria Day weekend.

On April 23rd, we held our general meeting. Unfortunately, our scheduled speaker was a no-show—but thanks to Katie and Jaclyn, we quickly regrouped! They provided literature and videos from the Schlegel Villages Dementia Program (i.e., Living in My Today), which worked out wonderfully. In between, Harold Quinn entertained us with a humorous reading, and we ended the afternoon with refreshments in the café. We were also treated to a beautiful musical performance by Katie. Even though things didn't go as planned, everyone had a lovely time, and we were still able to collect generous donations for The Alzheimer Society. Thank goodness for a happy ending!

Lastly, I'm pleased to share that Arbour Trails will be joining the VBA in their biannual food drive for the Guelph Food Bank from May 8–15. Please watch for the donation boxes in the Town Square and Ailsa Craig main floor!

Stay safe, stay happy,

Marilyn Wax

President of the Residents' Council Executive

NEW RESIDENTS—Would you like to join the VBARA?

Village by the Arboretum Residents Association former residents renewal OR become a new member! Receive the monthly newsletter "Tree Talk," and participate in over 100 activities available and much more!

**Contact me at suite #171 or
519-837-3076 if you would like to
learn more about VBARA**

In Memoriam

Evan Spicer
Donna Hart
Mary McCrae
Doris Hurst

As a Village, we extend
our heartfelt condolences
to their loved ones.

Our "In Memoriam"
display is located outside
the chapel and is updated
regularly.

Chaplain Info

Beverleigh Broughton:

Email: beverleigh.broughton@schlegelvillages.com

Philip Gearing:

Email: philip.gearing@schlegelvillages.com

Chaplains will be in the
Village Tuesdays,
Wednesdays,
Thursdays, and varying
Sunday afternoons.

Phone: (226) 251-3065
Ext. 845

"No matter how long the winter, spring is sure to follow."
— Proverb

The weather has finally caught up to the season of spring, and it's wonderful to be able to get outside to enjoy the sunshine and all that spring has to offer. We look forward to the flowers of May and the warmer days ahead.

Last weekend, I was so excited to go to Terra Garden Centre to pick out some spring plants for the urn on my front step. As I walked through the large greenhouse area, I was captivated by the beautiful colours of the flowers, as well as the lovely scents that accompanied them. When I arrived back home to plant the urn, I glanced at the garden beside the step and saw tulips and daffodils starting to push through the soil, with buds ready to bloom within days.

Lady Bird Johnson said, "Where flowers bloom, so does hope."

Keeping a spirit of hope alive is important to our overall health and well-being. Just as life begins to push its way through seemingly lifeless soil, evidence of hope can be stirred and renewed in our lives as we tend to our hearts through meditation, prayer, reading, time in nature, and sharing with others.

In closing, I'd like to share a spring prayer-poem written by Eileen Spinelli:

Be Blessed This Day

*Be blessed this day by grassy hills,
By yellow blur of daffodils,
By starling song and sky of blue,
By simple gifts, by life made new,
By gentle stir of hearts and trees—
Be blessed, my friend, by all of these!*

Wishing you spring blessings,
Chaplain Beverleigh

**Pick-up a detailed list of this month's Spiritual Care
programming outside the Hobby Shop or Chapel!**

Village Message Board

A Message from the VBA

Spring is here, and it's a joy to see flowers blooming and hear the birds singing around the Village!



As much as we appreciate birdwatching, we kindly ask that birdfeeders not be placed on main floor patios. They can create a mess and make it harder for our VBA landscaping team to care for the walkways and grounds.

Thank you for helping keep the Village clean and beautiful this season!

A Message from Admin

Convenient & Secure: Set Up a Trust Account!

A trust account offers a safe, cash-free way to manage personal expenses at the Village. Residents and family members of residents can deposit funds into their account via cash or cheque and use their account funds at the Riverstone Spa, to purchase meals in the Dining Room, and to access cash.

Visit the Main Office for more information. Stay worry-free with this secure and convenient option!

A Message from The Recreation Team

We're thrilled to share that **our Coffee Break Fundraiser** last month raised \$280.00 in support of the **Alzheimer Society of Waterloo Wellington!**



A heartfelt thank you to everyone who donated, participated, and helped make this event a success. Your generosity supports vital programs and services those living with Alzheimer's and dementia in our community.

Thank you for making a difference!

Important Reminder:

Respecting Resident Newspaper Subscriptions

A reminder not to take newspapers from the Main Floor Café unless they're part of your personal subscription.

If you would like to subscribe to a newspaper, please contact the following numbers:

- **Toronto Star** — 416-367-4500
- **Globe and Mail** — 1-800-387-5400
- **Waterloo Region** — 1-800-210-5210
- **The National Post** — 1-800-668-7678

Thank you for your cooperation!

Celebrating 80 Years of Love: A Remarkable Journey

This May 29th, 2025, we have the incredible honour of celebrating the 80th wedding anniversary of two very special residents living in Becker Neighbourhood: Les and Geri Chamberlain. Their story is one of resilience, adventure, and enduring love.



She was a real-life “Call the Midwife,” working as a midwife in Liverpool during the Second World War, bringing new life into the world amid the chaos of war. Meanwhile, he was serving in the Royal Air Force, navigating the challenges of wartime service. After the war, their journey led them to Canada in 1957, where they built a life together filled with laughter, love, and countless cherished memories with their children and grandchildren.

Even after eight decades of marriage, they continue to share jokes and brighten each other’s days. Their remarkable bond is an inspiration to all who know them, and we can’t wait to celebrate this milestone with them. Here’s to a lifetime of love and laughter—and to many more happy moments ahead!

I Remember

by Les Chamberlain

I remember the years, some long gone by,
At first they passed, now seem to fly.
I remember the changes we shared,
Some planned, some urgent, some unprepared.

I remember how, with young in hand,
We ventured forth to a new land.
I remember we survived, our little group,
But then our children flew the coop.

I remember how we felt so lonely,
There was now just you and me only.
I remember how we worked and saved,
The future we planned, the path we paved.

You spent your life sharing and giving,
Perhaps there's no better reason for living.
So I'll finish now with one last line,
You'll always be my valentine.

Village Spotlight Series



Name: Anna Ramirez

Village Role: Medication-Certified
Personal Care Aide on Egerton Neighbourhood

How long I've been at the Village: 12 years

My special interest or hobby: Knitting

I started in: 2009

What I love most about it:

I enjoy the challenge and creativity—each project is unique, whether it's a toy, clothing, blanket, or something with texture. I also love learning new things, like different stitches. One of my proudest achievements is a cabled blanket I made for my husband (see photo). It took five years to finish, with help from my aunt!



A fun story to share:

One year, I gave my aunt a birthday card with a knitting-themed Smarties guide:

- Red = made a mistake
- Blue = ran out of yarn
- Orange = yarn not cooperating
- Yellow = dropped a stitch
- Brown = punish the yarn
- Green = snack break If you need to focus—repeat as needed!

Village Spotlight Series

Do you have a special
talent, skill, or passion?

We want YOU in our monthly Village Spotlight!

Whether you're an artist, musician, storyteller, baker, crafter, or unique hobby - we'd love to share your story with the community.

Interested?

Call Katie at 226-251-3065 x 807

Dining News



Event	Date	Time	Location
Food Committee Meeting	Friday, May 30	2:30 p.m.	The Library
Mother's Day Luncheon	Sunday, May 11	Your usual meal time	The Dining Room

Dining Room Reservation Info:

We understand the importance of sharing meals together and we encourage family and guests to join their loved ones for a meal in the village. In order to accommodate everyone, we kindly request a 24-hour notice to ensure that a table can be set up for you and your loved one.

**To make a reservation, please contact our reservation number at:
(519) 836-2464**

Catering & Room Booking Info:

To book, please contact our Administrative Assistance in the Main Office or call our reservation line. Our Dietary team will follow up to confirm the details.

At this time, catering services are paused until further notice. We apologize for any inconvenience and truly appreciate your understanding.

Thank you for your cooperation!

Guest meal pricing

While we request 24 hours' notice for guest meals, when possible, we will make every effort to accommodate last-minute requests.

	Retirement
Breakfast	\$10.50
Lunch	\$16.80
Dinner	\$19.95



Dining News



Coffee Mug



Soup Bowl



Bread Plate



Water Glass



6 oz Wine Glass



Small Juice Glass



Brown Napkin

Sometimes our dishes go on little adventures! If you have any plates, mugs, or cutlery in your suite, we'd love to have them back. You can return them to the dining room or give them to your housekeeper to return. Thanks for helping keep our dining service running smoothly.



Program For Active Living (PAL) Corner!

Happy May Abour Trails!



May is Hypertension awareness month. Hypertension or High Blood Pressure, affects about 21% of Canadians and is a condition where the pressure of blood pushing on the arteries is constantly elevated.

Blood pressure is expressed by 2 measurements, systolic pressure and diastolic pressure.

Systolic = when the heart beats (blood being pumped out of the hear)

Diastolic = when the heart relaxes between beats

BP is recorded as Systolic over the Diastolic measurement. A normal systolic pressure will range from 100-140 mmHg, and a normal diastolic pressure will range from 60-90mmHg. Therefore, a resting blood pressure, persistently at 140/90 mmHg, or above indicates hypertension.

While there are not always visible signs and symptoms of hypertension, long term effects can significantly increase risk of stroke, heart failure, vision loss and more. Not to fear, Hypertension can be managed with medication and lifestyle changes like healthy diet, and regular physical activity. It is important to monitor your blood pressure and check in with your doctor regularly to ensure your bloodpressure is being managed.



Fitness Classes at a Glance

(see calendar for changes)

Fitness Centre (FC)
Jack Purcell Lounge (JPL)
Hobby Shop (HS)

Mondays:

VON Exercise Class:

11:00 — Ailsa Craig (JPL)

Better Balance:

10:00 — Standing Class (FC)

3:00 — Ailsa Craig (JPL)

Get Active:

2:00 — Seated Class (FC)

Tuesdays:

Fun & Fitness:

10:00 — Egerton

11:00 — Emma's

VON Exercise Class:

11:00 — Ailsa Craig (JPL)

Stretch Class:

3:30 — Open to All (FC)

Wednesdays:

VON Exercise Class:

9:30 — Open to All (FC)

11:00 — Ailsa Craig (JPL)

Get Active:

10:15 — Standing Class (FC)

2:00 — Seated Class (FC)

3:00 — Ailsa Craig (JPL)

Thursdays:

Chair Yoga (FC):

10:00 — Open to All

Fun & Fitness:

11:00 — Egerton

VON Exercise Class:

11:00 — Ailsa Craig (JPL)

Gentle Exercise:

3:00 — Open to All (FC)

Fridays:

VON Exercise Class:

9:30 — Open to All (FC)

Fun & Fitness

11:00 — Emma's

Hand Therapy:

2:30 — Open to All (HS)

Saturdays:

Fun and Fitness:

10:00 — Emma's

11:00 — Egerton

Parallel Bars Balance Class:

2:30 — Open to All (FC)

Village Life *Celebrating our Volunteers*



On Tuesday, April 29th, during Volunteer Appreciation Week, we held a luncheon to celebrate our village volunteers, including both community members and residents! It was a wonderful chance to come together, share stories and connect—a truly delightful afternoon. We extend our heartfelt thanks to all our amazing volunteers for their unwavering dedication, giving hearts, and invaluable contributions to the Arbour Trails community!

Congratulations to Lynn Nydam, the recipient of the 2025 Barb Schlegel Volunteer Award! Lynn has been a longtime, dependable volunteer in the general store—helping with pricing, stocking, and creating a welcoming space. Lynn has built many meaningful relationships over the years and truly reflects the spirit of the Barb Schlegel Volunteer Award through her kindness, dedication, and steady presence.



We also want to recognize our 2025 Barb Schlegel Volunteer award nominees: Athena Austen, Karen Pentland, Guy Griffiths, Friedel Luttmann, and June McArthur. Each of these individuals brings their own unique heart and commitment to volunteering in the Village, and we are so grateful for their contributions.

Volunteering at Arbour Trails is flexible and a meaningful way to give back, meet neighbours, and stay connected. If you're interested in learning more about our volunteer program, please reach out to Katie Lammert at 226-251-3065 x 807.

Village Life *Transportation & Outings*



Independent Shopping Shuttle

Drop-off/Pick-up locations:

- Arbour Trails Front Entrance
- Ailsa Craig Front Entrance
- Metro
- Walmart
- Indigo: Stone Road Mall
- Farm Boy
- Shoppers Drug Mart & LCBO: Scottsdale Road
- Hartland Zehrs
- No Frills

You will be picked up **1 hour** after your drop off time at the same location. **SIGN-UP REQUIRED**

Shopping Shuttle Schedule

Every Thursday at:

10:00 a.m. — Front Entrance

10:05 a.m. — Ailsa Craig

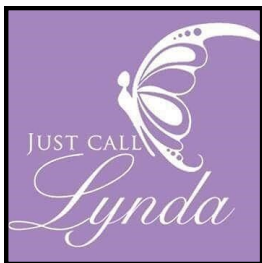
2:00 p.m. — Front Entrance

2:05 p.m. — Ailsa Craig

Exciting Schedule Update:

For May, residents can choose between the usual 1-hour shopping or an extended 2:00–4:00 p.m. option with the afternoon shuttle. We're trialling the longer time to see if there's interest!

Accessible Transportation Resources



Just Call Lynda

Phone: 519-827-5571

Email: justcalllynda@gmail.com



VON Canada

Phone:

1-888-506-6353

Do you Have Suggestions for Outings?

Come to the monthly outings meeting!



Next Meeting:
Monday, May 5
at 3:45 p.m.
in the Hobby Shop

Everyone is Welcome!

Village Life

LIVE Entertainment

Lightshine Singers Choir

Thursday, May 1
at 3:00 p.m. in Town Square

The Village Band

Monday, May 5
at 2:30 p.m. in Town Hall

Karen Guitard on Piano

Tuesday, May 6 & 20
at 10:30 a.m. in Town Square

Royal City Ukulele Ensemble

Monday, May 12
at 7:30 p.m. in Town Square

Aidan Purnell

Friday, May 30
at 3:00 p.m. in Town Square



Vendors

Cameron Card Creations

Tuesday, May 6
from 10:30 a.m.—2:00 p.m.
in Town Square

Nelly's Comfort Shoes

Wednesday, May 7
from 11-4 in Town Square

The Boutique

Thursday, May 8
from 10-2 in Town Square

Creations Boutique

Wednesday, May 14
from 10-2 in the Hobby Shop

The Leather Bag Lady

Tuesday, May 20
from 10-2 in Town Square

KMW Clothing

Thursday, May 29
from 10-3 in the Hobby Shop



Happy Hour!

**Featuring LIVE music with Arbour Trails
resident "Bill Parker"**

Wednesdays & Saturdays at 3:00 p.m.
in the Main Floor Café

(see daily boards for updates or changes)

Village Life *May Happenings*

DONATE TO

VBA FOOD DRIVE

THURSDAY, MAY 8
TO
THURSDAY MAY 15

Donation boxes will be located
in Town Square and the
Ailsa Craig Main Floor



Tomboyz Landscaping Plant & Flower Sale

Friday, May 16
from 9:30 p.m. - 4:00 p.m.

Outside the Arbour Trails
Main Entrance



Victoria Day High Tea Socials

Monday, May 19

See your neighbourhood
calendar for time and
location!



Spring

Celebration of Life

Tuesday, May 20
at 3:00 p.m.
in Town Hall

This service will honour
residents who passed away from
January 2025 - April 2025

All are welcome



Village Life *May Happenings*

SPRING CLOTHING DRIVE



**Friday, May 23
to
Monday, May 26**

Please drop items
off in the Hobby
Shop

Items will not be accepted before
or after the dates shown above



Residents' Council Meeting

**Wednesday, May 28
at 2:30 p.m.
in Town Hall**

COVID-19 Spring Vaccine Clinics

Monday, May 12

**Emma's & Egerton
Neighbourhoods**

Time: 9:00 a.m.—noon

Becker WEST Neighbourhood

Time: 1:00 p.m.—4:30 p.m.

Location: The Hobby Shop

Wednesday, May 14

**Williamsburg & Becker EAST
Neighbourhoods**

Time: 8:30 a.m.—noon

Location: Town Hall

Ailsa Craig Neighbourhood

Time: 1:15 p.m.—4:00 p.m.

Location: The Jack Purcell Lounge

**Please wear a short-sleeved shirt to
help the clinics run smoothly.**



Village Life *May Happenings*

Pro Musica

presents

A WHOLE NEW WORLD The Musical Magic of Alan Menken

Sunday, May 4, 2025

3:00 pm in Reid Hall

A Whole New World is a unique and powerful musical documentary style show; a performance featuring first-rate talent from Stratford, Toronto, the West End, and Broadway, and an engaging experience that will leave audiences raving about the show long after the final number. Revisit the magic of childhood with the iconic music of Alan Menken, the master songwriter of *Aladdin*, *Beauty And The Beast*, *The Little Mermaid*, *Pocahontas*, and *Little Shop Of Horrors*. Discover how one man's music gave us a whole new world of animated characters, stories, and classic films. Known for his musical scores and songs for Walt Disney Animation Studios, composer and conductor Alan Menken has received many accolades including eight Academy Awards.



Kelly Hollif



Ma-Anne Dionisio



Thom Allison



Matthew Joseph

This exceptional quartet of singers bring many years of experience in musical theatre, cabaret and stage productions to this entertaining concert of excerpts from the shows for which Alan Menken masterfully composed the music.

A Spring Concert with Guelph's Best Youth Performers

Kiwanis Winners in Concert

May 25, 2025, in Reid Hall

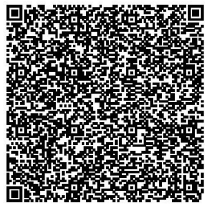
Winners of the past two Kiwanis Music Festivals have charmed and astonished villagers with their outstanding skill and musicality. This year's festival takes place from April 5th to April 25th after which the top performers move on to the provincial finals. Through our support of these talented young people, we encourage them on their journey to become the next generation of Canadian musicians.

If you have a free morning or afternoon to donate your time, and at the same time hear some of this inspiring talent during adjudications, please reach out to Festival Coordinator Heather Fleming (519) 821-4365 or chat with VBA resident Larry Smith to learn about offering to be a Festival Marshal or Adjudicator Assistant for a session or two during the Festival. No performing skills needed!

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

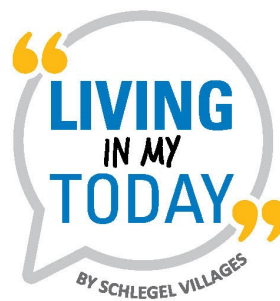


Hosted by

Heather Luth

Director of Dementia Services
and Knowledge Integration

Schlegel Villages



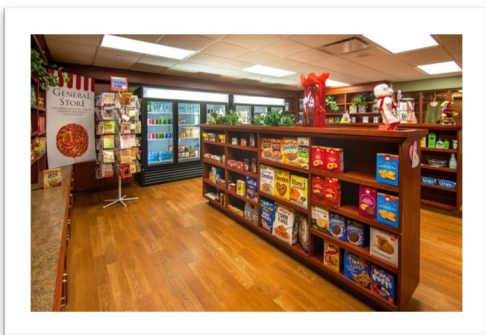
Village Life

Visit Our General Store!

Hours:

Monday—Friday
1:30 p.m. to 3:30 p.m.

To learn more about the store
contact Katie Lammert at
226-251-3065 extension 807 or
katie.lammert@schlegelvillages.com



We carry a variety of Items!

- Personal hygiene products
- Assorted breads
- Milk & other dairy products
- Assorted snacks, pop, juice & candy
- Assorted cereal & breakfast items
- Greeting Cards

And much more!

CASH ONLY

Guelph Public Library Bookmobile

Wednesday,
May 7 & 21
from
3:00-4:00 p.m.



**Outside the Arbour Trails
Front Entrance**

If you have questions about how to get
signed up, **call the Recreation Team at
226-251-3065 x 811**

IMPORTANT REMINDER

Please **do not** return books
borrowed from the Guelph Public
Library or Bookmobile to the
Arbour Trails Library return bin.

These items must be returned
directly to the Guelph Public
Library or Bookmobile. If they're
left in the Arbour Trails bin, you
may risk late fees from the Guelph
Public Library.

Thank you for your help!



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

Big Smiles Mobile Dental Hygiene



647-286-0958

**Dental hygiene
in the comfort of
your own home!**

A travelling dental hygienist,
I come to you – chair and all!

Carolyn Maloney

Registered Dental Hygienist

bigsmilesmobiledh@icloud.com

Big Smiles Mobile Dental Hygiene



We're pleased to share that **ultrasounds will now be available onsite** at the Village through Ontario Mobile Imaging.

For more information on how to access this service, please connect with the nursing team:

Luisa McMaster

Director of Wellness Ext. 820

Diane Manalastas

Assistant Director of Wellness Ext. 877



**Make an
appointment at
519-840-1500**

Haircuts, massage, skin care, manicures, pedicures and waxing services available!

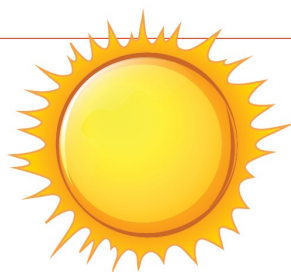
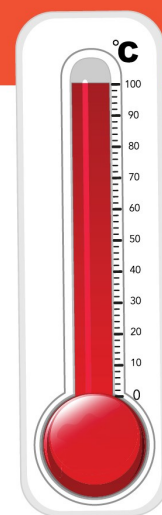
Heat-related illness

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.



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

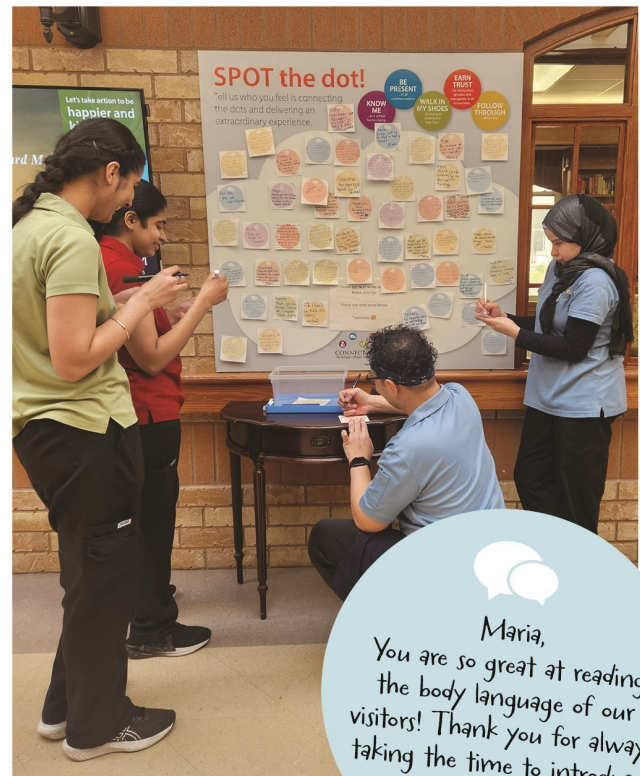
all the way



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.

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.

Brought to you by
the Arbour Trails
Movie Crew



**New members
are welcome!**
See your recreation
calendar for date, time,
and location of meetings

Wednesday Movies
2:30 p.m. & 7:30 p.m.
in Town Hall

May 7 – “Vertigo” (1958)

A former San Francisco police detective juggles wrestling with his personal demons and becoming obsessed with the hauntingly beautiful woman he has been hired to trail, who may be deeply disturbed.

2h 8m

Cast: James Stewart, Kim Novak

May 14 – “Maudie” (2016)

An arthritic Nova Scotia woman works as a housekeeper while she hones her skills as an artist and eventually becomes a beloved figure in the community.

1h 55m

Cast: Sally Hawkins, Ethan Hawke, Zachary Bennett

May 21– “Rear Window” (1954)

A bored photographer recovering from a broken leg passes the time by watching his neighbors and begins to suspect one of them of murder.

1h 52m

Cast: James Stewart, Grace Kelly, Wendell Corey

May 28 – “The Mule” (2018)

A ninety-year-old horticulturist and Korean War veteran turns drug mule for a Mexican cartel.

1h 56m

Cast: Clint Eastwood, Bradley Cooper, Laurence Fishburne

Friday Movies
2:30 p.m. & 7:30 p.m.
in Town Hall

May 2 – “Blazing Saddles” (1974)

In order to ruin a western town and steal their land, a corrupt politician appoints a black sheriff, who promptly becomes his most formidable adversary.

1h 33m

Cast: Cleavon Little, Gene Wilder, Slim Pickens

May 9 – “Chef” (2014)

A head chef quits his restaurant job and buys a food truck in an effort to reclaim his creative promise, while piecing back together his estranged family.

1h 54m

Cast: Jon Favreau, Robert Downey Jr., Scarlett Johansson

May 16 – “Slumdog Millionaire” (2008)

When a teenager from the slums of Mumbai is interrogated about his suspicious performance on a quiz show, he revisits various events from his past to explain how he knew all the answers.

2h

Cast: Dev Patel, Freida Pinto, Saurabh Shukla

May 23 – “Fundamentals of Caring” (2016)

A man suffering a family loss enrolls in a class about care-giving that changes his perspective on life.

1h 37m

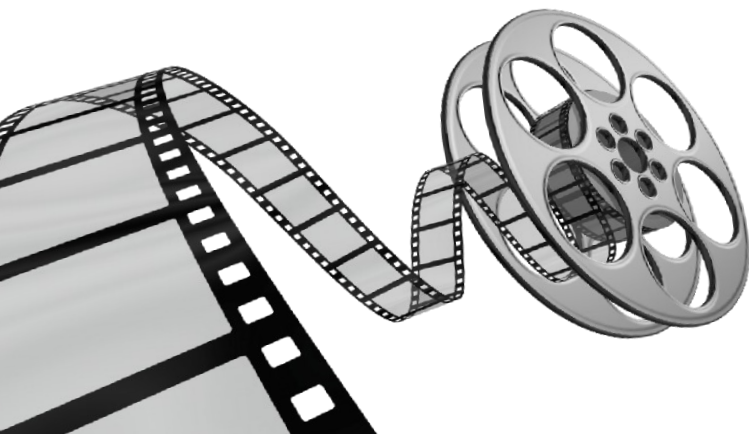
Cast: Craig Roberts, Paul Rudd, Selena Gomez

May 30 – “Little Miss Sunshine” (2006)

A family determined to get their young daughter into the finals of a beauty pageant take a cross-country trip in their Volkswagen bus.

1h 41m

Cast: Steve Carell, Toni Collette, Greg Kinnear



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Movie Crew



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Saturday Movies
2:30 p.m. in Town Hall

May 3 – “On Her Majesty’s Secret Service” (1969)

British agent James Bond goes undercover to pursue the villainous Ernest Stavro Blofeld who is planning to hold the world to ransom.

2h 22m

Cast: George Lazenby, Diana Rigg, Telly Savalas

May 10 – “Million Dollar Baby” (2004)

Frankie, an ill-tempered old coach, reluctantly agrees to train aspiring boxer Maggie. Impressed with her determination and talent, he helps her become the best and the two soon form a close bond.

2h 12m

Cast: Hillary Swank, Clint Eastwood, Morgan Freeman

May 17 – “Dirty Dancing” (1987)

Spending the summer at a Catskills resort with her family, Frances “Baby” Houseman falls in love with the camp’s dance instructor, Johnny Castle.

1h 40m

Cast: Patrick Swayze, Jennifer Grey, Jerry Orbach

May 24 – “The Boy in the Striped Pajamas” (2008)

Through the innocent eyes of Bruno, the eight-year-old son of the commandant at a German concentration camp, a forbidden friendship with a Jewish boy on the other side of the camp fence has startling and unexpected consequences.

1h 34m

Cast: Asa Butterfield, David Thewlis, Rupert Friend

May 31 – “Witness” (1985)

While protecting an Amish boy—who is the sole witness to a brutal murder — and his mother, a detective is forced to seek refuge within their community when his own life is threatened.

1h 52m

Cast: Harrison Ford, Kelly McGillis, Lukas Haas

Arbour Trails Team Directory

Lead Nurse		505	Can be reached at this extension
Charge Nurse	Emma's & Egerton	880	Can be reached at this extension
Med Certs	Emma's (879), Egerton (883), Williamsburg & Becker (875 & 876)		
Pauline Donovan	General Manager	803	pauline.donovan@schlegelvillages.com
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Diane Manalastas	Assistant Director of Wellness	877	diane.manalastas@schlegelvillages.com
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Katie Lammert	Director of Recreation & Volunteer Services	807	katie.lammert@schlegelvillages.com
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Jenny Schaefer	Director of Lifestyle Options	837	jenny.schaefer@schlegelvillages.com
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Manbir Kaur	Williamsburg & Becker East Neighbourhood Coordinator	819	manbir.kaur@schlegelvillages.com
Natalie Minnick	Ailsa Craig Neighbourhood Coordinator	872	natalie.minnick@schlegelvillages.com
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Beverleigh Broughton & Philip Gearing	Spiritual Care Leads	845	beverleigh.broughton@schlegelvillages.com philip.gearing@schlegelvillages.com
Recreation	Recreation/The Hobby Shop	811	
Maintenance	For maintenance requests contact 887, 888, or 889		
Dining Room Reservations		834	519-836-2464
Riverstone Spa		843	519-840-1500