

The Village of

Sandalwood Park REVIEW

Vol. 23 Issue 06 June 2025

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Mission Statement

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 for each resident.



The Village of
SANDALWOOD PARK

CLASSIC CAR SHOW

Timeless Beauty: Celebrating the Elegance of Classic Cars



WEDNESDAY
JUNE

25

6:30PM

FUN FOR ALL

\$5.00 BBQ BURGERS/HOT
DOG CHIPS AND POP

MUSIC

425 Greatlakes drive, Brampton, ON L6R2W8



Wishing you a
Happy Birthday!



To
Angela M
Audrey C
Eddie P

Our Residents

Carole M	June 3rd
Mary C	June 5th
Audrey C	June 6th
Emmanuel A	June 9th
Chris L	June 13th
Mary Lou W	June 16th
Jeanne L	June 24th

IN MEMORIAM

*The Board of Directors, Management and Staff
were saddened by the passing of:*

**Gordon Peckett
Margaret Henderson
Manuel Medeiros**



Garage Sale

Saturday July 5th 2025

8:00am-2:30pm

Please drop off any donations for the sale
starting one week prior. Johnston Parlor
All donations are greatly appreciated.
Thank You!

If you have any further questions about the sale,
please speak with the recreation department.



Join the **CELEBRATION**

**Tuesday
June 17**

10:00 a.m. – 1:00p.m.

The Village of Sandalwood Park @ Garden
Square (outside Rose Theatre)

12 Main Street North, Brampton Ontario



Be a part of our community event!

#ELDERWISDOM - HELP DESTIGMATIS AGISM - TAKE THE PLEDGE:

<https://elderwisdom.ca/pledge/>

RECREATION



Sunday, June 15th

12:30pm

Music and BBQ

\$15.00 per person

review

**Monthly Birthday Parties!
With Barry**

Wednesday June 18th

**Elliot and Sanders
2:00pm in E,OA**

**Johnston and Cumberland
3:00pm in C,OA**

**Come join us to celebrate
Everyone's Birthday**

Art Therapy

**Monday June 9th
&
Monday June 23rd**

1:30pm in Community Centre



Zoo To You!

June 4th @ 2:30 on Sander

July 2nd @ 2:30 on Cumberland

Animal Therapy Program

Clips & Curls

As we have offered this position to a hopeful prospect and look to have her join the village within the month.

Wash & Set or Blow Dry - \$28.00

Wash, Set & Cut - \$38.00

Colour including Cut & Set - \$70.00

Men's Cut - \$18.00

Perm (includes Wash, Cut & Set) - \$85.00

Special Conditioning Treatment - \$5.00 & up

Highlights (only) - \$40.00 & up

Waxing – Upper Lip - \$6.00

Upper Lip & Brow - \$12.00

Full Face - \$15.00

New Services

Threading – Upper Lip & Brow - \$12.00

Threading – Full Face - \$20.00

Keratin Treatment - \$200.00

Scalp Massage (30 mins) - \$40.00

Please contact 905-458-9272 ext 807



VOLUNTEER VIEW

Family Council

**Next meeting will be
Sunday, July 26th
1:00pm
Community center
Or Microsoft Teams**

Please email
Brendan.Cater@
schlegelvillages.com for
More information

Residents Council

This month we are celebrating Residents' Council Week! Join us from September 16th to 22nd to recognize and appreciate the importance of the Village's Residents' Council. Look out for more information to be posted around the Village!

**Next Meeting will be
Wednesday June 18th
10:30am
In the Library**

"Volunteers Enrich Peoples Lives"

If you are interested in volunteering, please contact
Coordinator of Volunteers
(905) 458-9272 X838 or sandalwood.volunteers@schlegelvillages.com

A Message From P.A.L

JUNE IS PARKS AND RECREATION MONTH

Canada celebrates Parks and Recreation month every year in June. This is to highlight the importance of parks, green spaces, and recreational activities in creating vibrant and inclusive communities.

There are many benefits of parks and recreation spaces for older adults. Regular physical activity in these spaces can help reduce the risk of cardiovascular disease, respiratory problems, high blood pressure, paralysis, diabetes, and other chronic diseases. It also promotes social interactions and a sense of community among the population. This is especially important, as older adults have a higher incidence of social isolation.

Ways you can participate:

- Starting this June, older adults get a free annual membership for the City of Brampton, so take advantage
- For the month of June, anyone can drop in for a free class courtesy of the City of Brampton
- Visit the Farm at Chinguacousy Park and see the animals
- Walk along one of the many trails in Brampton
- Plant a garden
- Visit your local park and play



By: Ricquille Walker

Warm weather facts



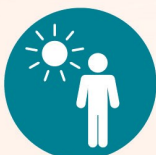
WHO IS AT RISK

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.



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.



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.



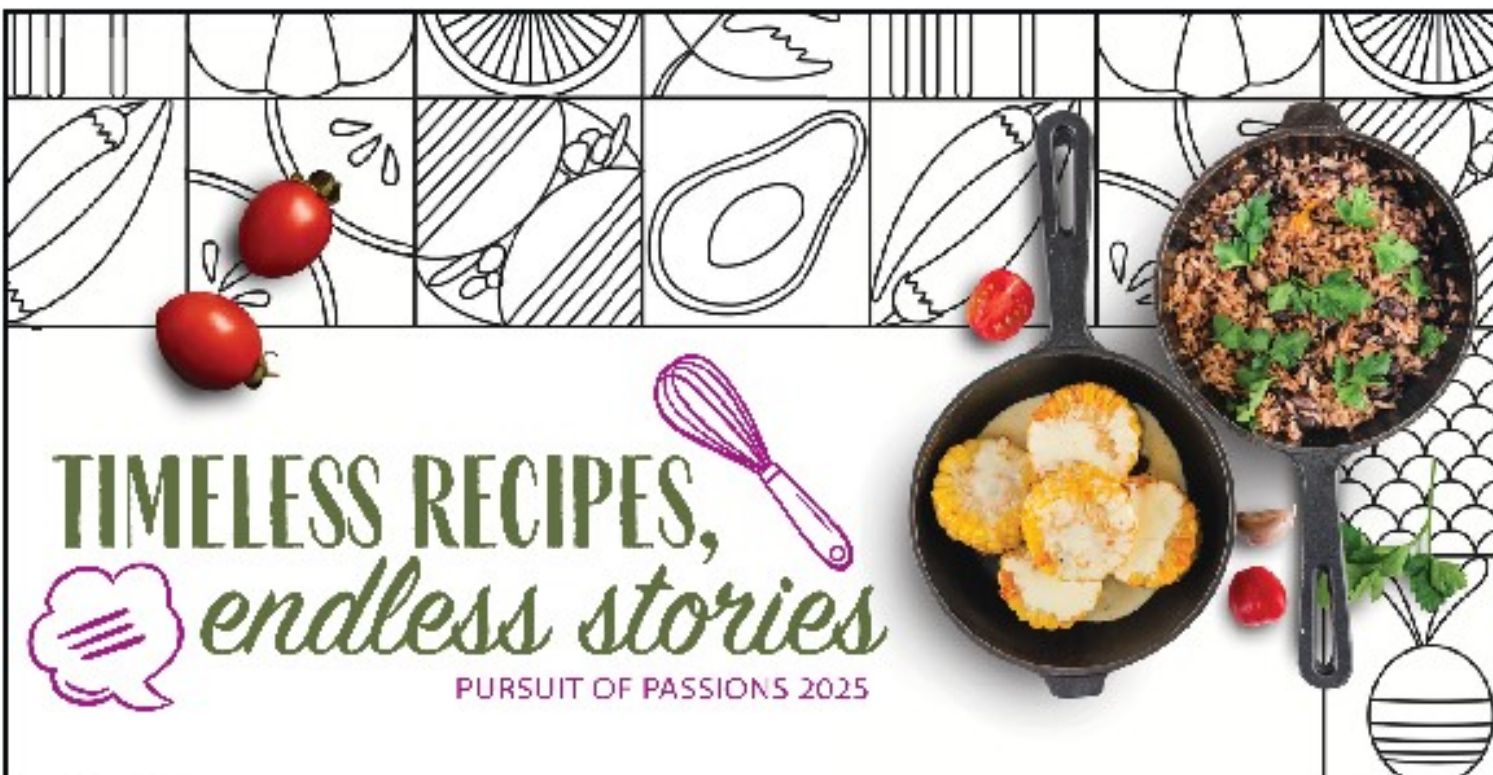
CLOTHING

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.



TIMELESS RECIPES, *endless stories*

PURSUIT OF PASSIONS 2025

**JOIN US FOR A
CELEBRATION
OF FOOD, CULTURE,
AND COMMUNITY!**

Our residents will share
their treasured recipes and
the stories behind them —
from family traditions to
cultural favorites.

Friday, July 11th
6:30p.m. – 7:30p.m.

Main Street



SCHLEGEL VILLAGES

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.

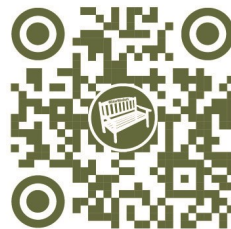
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Schlegel Villages – CONNECTIONS

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.

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



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.



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For more information or to book an appointment at The Village of Sandalwood Park, please call

1-800-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

The Village of Sandalwood Park

Phone: 905-458-9272 Fax: 905-458-1312

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Program for Active Living

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B.S.O Therapeutic Recreation Consultant

John Knox John.knox@SchlegelVillages.com	Ext.
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	Ext. 801
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You Got Mail!

Join Our Email list and receive our monthly newsletter and special event updates!
Forward your name and email address to Jennifer Gould : jennifer.gould@schlegelvillages.com
See our Newsletter and Monthly Activity Calendar online at www.schlegelvillages.com