

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

June 2025

Contact Us:

The Village of Aspen Lake
9855 McHugh Street,
Windsor, ON N8P 0A6
(519) 946-2055

Inside this issue:

Welcome May!	2
SV Connections	3
Volunteer View	6
Chapel News & Events	8
PAL Participant of the Month	10
Dates to Remember	12
Connection Corner	15
June Birthdays	16
Research Matters	17
Spot the Dot	18
Village Directory	21
A Thousand Words	22

Join us on the Green Bench!

Residents gathered early in June to celebrate the start of a year-long celebration of the Green Bench. For 10 years, we have been highlighting the Wisdom of the Elder and the value of simple conversations with seniors.

Read more about how you can get involved and take a seat on the Green Bench!



Welcome June

Facts of the Month...

Is June your favourite month of the year? I think it most certainly was Canadian author, L.M. Montgomery's favourite time of year! She gave us these lovely quotes about the month - "June is the pearl of summer, shining with warmth and joy." and "I wonder what it would be like to live in a world where it was always June."

Lovely weather is a wonderful feature of this time of year, but it is also the time of celebrations... last day of school, graduations, weddings and Father's Day!

Flower of the Month



June babies can proudly claim one of the most iconic and beloved flowers of all time as their birth flower—the rose! Known for its timeless beauty and wide array of colours, each with its own unique symbolism, the rose is perfect for nearly any occasion.

Roses have been cherished for centuries. The Ancient Egyptians offered them to the gods, while the Greeks and Romans associated them with love and passion.

While the meaning of a rose can change with its colour, roses overall symbolize beauty, love, honour, and devotion. With such a rich history and deep significance, it's easy to see why June-born individuals should be proud to share their birth month with this flower.

Birthstone of the Month

The pearl, June's birthstone, is a symbol of sweetness, innocence, and purity. Unlike other gemstones formed deep within the Earth, pearls are created by living mollusks, making them truly unique.

More than just a timeless accessory, pearls are also believed to bring love, luck, and wisdom to those who wear them. With such rich meaning and natural beauty, it's no wonder June-born individuals treasure this one-of-a-kind gem.



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.

Continued on page 2

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**





Hosted by:



Join the CELEBRATION

**Saturday,
June 21**

10:00 a.m. - 2:00 p.m.

Tecumseh - Cada Branch
Essex County Library

13675 St Gregory's Rd, Tecumseh

Be a part of our community event!

elderwisdom.ca

Join the CELEBRATION

**Tuesday,
June 24**

2:00 p.m. – 4:00 p.m.

Reaume Park

4714 Riverside Drive East, Windsor



Hosted by:



Be a part of our community event!

elderwisdom.ca

SHSM... Specialist High Skills Major

Rather than a specific volunteer, this month's spotlight shines on a very successful event that recently took place at The Village of Aspen Lake.

On Thursday, May 8, our village hosted it's first SHSM Event. For those that are not aware of what SHSM is, it stands for Specialist High Skills Major. It is a specialized high school program that allows Grade 11 and 12 students to earn their Secondary School diploma and focus their learning on a specific economic sector at the same time such as Business, Environment, Construction, Manufacturing, Arts and Culture, Leadership (Non-Profit), Transportation, and Health & Wellness. In attendance were 25 students from Riverside Secondary School, Catherine Oake, Business Dept. Head and Justin St. Pierre, Teacher Consultant SHSM at The Greater Essex County District School Board. The event was run by Christine Bruder, People Opportunities Partner for Schlegel Villages, and Volunteer and Student Services Coordinators from both Aspen Lake and Village at St Clair.

The event began with a warm welcome to students and an information gathering: Who is Schlegel Villages & their Residents, as well as our mission, vision & values. They learned about our residents and life choices. Next was the Creative Challenge & Research Gathering where the students gained an understanding of what Schlegel Villages has to



offer both team and residents. They then broke into groups of 5 or 6 students and 3 or 4 residents, and a moderator (SV team member). They were told to think about things such as whether they see any gaps in what we offer, what could we be doing better, do the residents see any gaps in their experiences? How could we make the transition into retirement and LTC better for our residents? After the interview students were given a tour of Aspen Lake by their moderator. Next was a short presentation about volunteering at one of the Schlegel Villages.

(Continues on next page)

(Volunteer View - cont'd)

After lunch came the Research/Idea Planning portion of the day where the student groups got together again and discussed what they learned? What could be improved? Next came the student presentation outlining their ideas about what they saw as a gap, and what could be done to support the gap? Each group then did a 2 to 3-minute presentation.



The students did a wonderful job presenting their ideas such as: more tv's on the neighbourhoods, music in the hallways outside resident rooms, a cart going to each neighbourhood with items for sale at General Store, and having special activities such as spa/makeover day, scavenger hunt, and lake day/picnic. Another group suggested more wheelchair accessible pathways, more garden areas and a couple small ponds, and hosting youth activities on site to attract teens. Having a cultural dress up day, chair yoga, meditation, and a thrift store on site were other ideas that were expressed by the students.



The students were fully engaged and stated how much they enjoyed their day, and a few asked for volunteer applications. The residents seemed to thoroughly enjoy the interview portion and expressed how much they liked talking to the students and asked when they could be involved in something like that again. It was truly an enjoyable and successful day for all involved, and yet another great example of Schlegel Villages commitment to community involvement.

The Next Volunteer Orientation Session is scheduled for:

**Sunday, June 22nd
at 12 noon**

If you are interested in attending, please call the village to register at:

(519) 946-2062 ext. 8016

FOOD *for the Soul*

Growing into the Summer Season

As we step into June, we're reminded that summer is a season of growth, both in nature and in our own lives. The days are longer, the sun shines brighter, and the world around us seems to come alive with possibility. It's the perfect time to pause and reflect: *How are we growing?*

Just as plants need sunlight, water, and good soil to thrive, we also need the right conditions to grow spiritually, emotionally, and personally. Summer invites us to slow down just enough to notice the beauty around us, and perhaps even to acknowledge the areas in our own lives that need attention.



This month, challenge yourself to stay present. Spend time in nature.

Reconnect with God through quiet moments, prayer, or scripture. Reach out to someone who inspires you—or better yet, be the one who inspires others.

June is also a season of transitions, marked by graduations, moves, and new beginnings. These shifts can bring both excitement and uncertainty. But remember, growth often happens when we step outside our comfort zones. As Philippians 1:6 reminds us, *“He who began a good work in you will carry it on to completion.”*

Let June be a month of intentional growth. Water the seeds of your faith, nourish your relationships, and embrace the sunlight of new opportunities. The harvest ahead may surprise you.

Wishing you a joyful, growing, and grace-filled June.

Bruce Jackson,
Spiritual Care Lead
(519) 946-2062 x8043
bruce.jackson@schlegelvillages.com

Chapel News & EVENTS

UPCOMING Chapel Events

Chapel Services will be held on each neighbourhood as follows:

WEDNESDAYS

10:00am - **Lasalle** Neighbourhood

11:00am - **Belle River** Neighbourhood

THURSDAYS

10:00am - **Walkerville** Neighbourhood

11:00am - **Riverside** Neighbourhood

FRIDAYS

10:00am - **Sandwich Towne**
Neighbourhood

11:00am - **Tecumseh** Neighbourhood

Parkwood Gospel Church Service
June 8th at 2:30pm

Roman Catholic Mass
June 17th at 2:00pm

Banwell Community Church Service
June 22nd at 2:00pm

In Memory



We remember...

Gaston N.

Maria R.

Dikranouhi "Dina" A.

Celebration of Life Service is
planned for June 25th at 2pm.



Chapel Music Service

June 30th
at 10:30am

Participant of the month

Donald La Pensee is this month's Participant of the Month! He has been a resident since 2022 and has been on the Program of Active Living ever since.

Donald was very active growing up, as he played many sports including hockey, baseball and rugby. Last month, it was Donald's 90th birthday! He has become one of our most consistent athletes in the Fitness Club, making exercise part of his daily routine. He started on the program completing upper and lower body strengthening exercises. Last year, he began using the NuStep bike and started with about 20 minutes of exercise. He quickly improved his endurance and now regularly does 50 minutes of biking, often completing over 4,000 steps in a session. In the month of May, Donald came down to the Fitness Club 19 times to exercise, making him one of the most active residents on the program. He also participates in weekly group exercise classes on the Riverside neighborhood and always enjoys balloon toss.

Donald says that exercising has helped him walk better and become stronger. Exercising makes his body feel good and the Fitness Club has become one of his favourite places to be. When he's not in the Fitness Club exercising, Donald likes to go to ceramics and play bingo. He also enjoys playing cards, watching hockey, and spending time outside around the building.

Congratulations on being named Participant of the Month, Donald!



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).



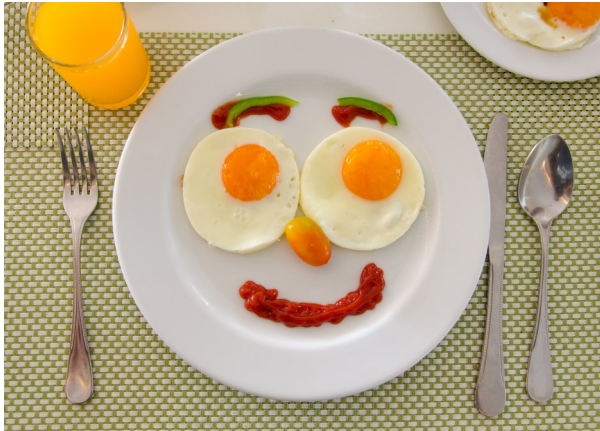
DISEASES

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

Dates to Remember



BREAKFAST BUNCH



**in the Community Centre
JUNE 24th**

**(Please sign-up with your Recreation
Team Member to participate)**



JUNE 2nd - Martin Lacasse
performs for the 10th Anniversary
Celebration at 2pm on Main Street

JUNE 9th - Ernie Miller
performs for Walkerville at 2:00pm
& Belle River at 3:00pm

JUNE 11th - Bill Poisson
performs for Belle River at 2:00pm
& Lasalle at 3:00pm

JUNE 12th - Bev Bechard
performs for Tecumseh at 2:00pm
& Riverside at 3:00pm

JUNE 25th - Bill Poisson
performs for Walkerville at 10:00am
& Tecumseh at 11:00am

JUNE 26th - Ted Bachmeier
performs for Sandwich Towne at 2:00pm
& Lasalle at 3:00pm



**PUB
NIGHT**

**JUNE 4TH @ 6:30PM
(NORTH TOWER)
WITH GARY MACDONALD**

**JUNE 18TH @ 6:30PM
(SOUTH TOWER)
WITH TIM LUKAS**



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.

Each neighbourhood will host a
Kitchen program in June.
Please see the June Calendar for details.
Join us in **JULY** for our Pursuit of
Passions Celebration event!



Pride Day

@ Schlegel Villages

Wednesday, June 11

We celebrate Pride Day across Schlegel Villages as part of Pride Month with the goal to 'Honour Diversity in Village Life'

SHOW YOUR SUPPORT by wearing as many colours of the rainbow as you can on our Rainbow Dress Down Day! LEARN from history at the display on Main Street! ENJOY a yummy rainbow treat!



Guest meal pricing

Tickets are available for purchase at the Village Office.

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

	Long-term Care
Breakfast	\$10.50
Lunch	\$13.65
Dinner	\$16.80



Read the latest
Village Voice article on
our web-site:

schlegelvillages.com

*“Good News” stories about Long-
Term Care at Schlegel Villages*

Join us on Social Media!



“Like” us on FACEBOOK
The Village of Aspen Lake



“Follow” us on INSTAGRAM
aspen_lake

CONNECTION

corner

**RESIDENT
COUNCIL**

**FOOD
COMMITTEE**

Tuesday, June 3rd

Meeting in the Chapel

FAMILY COUNCIL

Thursday, June 26th

11:00 am

*Please check the “Family & Friends” bulletin board
on Main Street for updates.*

Meeting will be in the Chapel.

How can Family Council support you?



HAPPY BIRTHDAY!

Wishing you all a happy day!

BELLE RIVER

June 8th - Delia W.
June 11th - Kathryn D.
June 15th - James S.
June 19th - Leona S.
June 20th - Janis F.
June 28th - Pauline G.

RIVERSIDE

June 14th - Silvana Z.
June 21st - Lila B.
June 27th - Ione L.

WALKERVILLE

June 5th - King S.
June 17th - Elaine L.
June 20th - Josefina V.
June 21st - Jo-Ann E.

TECUMSEH

June 6th - Rosemarie T.
June 9th - Frank L.
June 20th - Helene S.

LASALLE

June 2nd - Catherine D.
June 3rd - Gordon M.
June 6th - Joyce R.

SANDWICH TOWNE

June 9th - Julianna N.
June 17th - Dolores B.
June 21st - Dearl M.
June 25th - Margaret R.



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.

SPOT the dot!

Tell us who you feel is connecting the dots and delivering an extraordinary experience.



Our “Spot the Dot” program supports “Connect the Dots” Customer Service training and has a goal to recognize our Team Members for providing the best Customer Experience by going above and beyond. All Village Members (Residents, Family Members and fellow Team Members) are invited to write down when they observe or experience a wonderful moment in our Village. The notes can be posted on the Spot the Dot board located on Main Street near the Clinic or can be handed to your Neighbourhood Coordinator.



Audrey from Walkerville received this note from a Family Member: “A big thank you to Audrey for her quick assistance when we needed paperwork from the doctor.... Always with a smile.”



Sara from the Walkerville Team was recognized by a Family Member: “for making “The Diners Club” Chinese dinner our 53rd Anniversary. We had a beautiful restaurant dinner and we didn't have to leave the building!”



Sukhjeet was recognized by the Tecumseh Team: “Thank you for helping us! You stepped up without us having to ask. We very much appreciated your help!”



Kumari from Housekeeping was appreciated: “Always having a bright and encouraging attitude.”



Ivana from the Lasalle Team was thanked: “Thank you for helping the Lasalle Team with a Resident’s Spa Experience to be ready on Mother’s Day!”

CONGRATULATIONS TO...

Kumari.... who was randomly selected to receive 10 Success Spot points!





Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Aspen Lake, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Hairdressing Services at Aspen Lake

Styles by Stacy

Stylist

519-946-2062 ext. 8042

Owner and operator

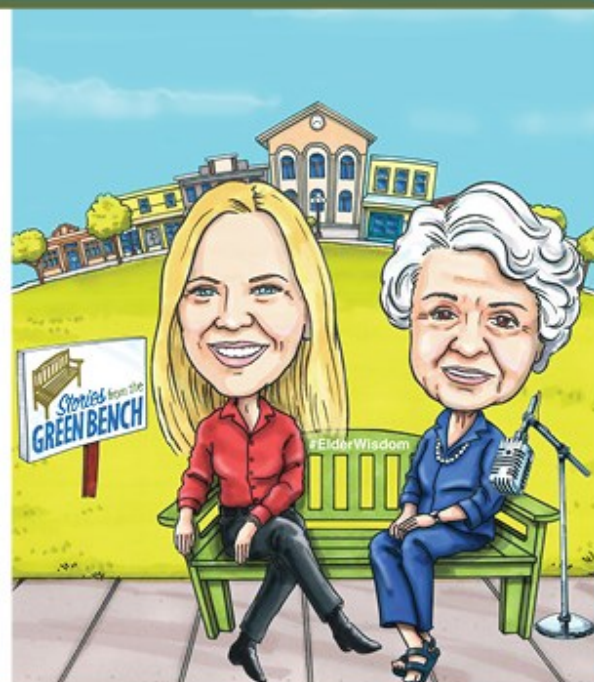
Inside Schlegel Villages Windsor
Ontario



Your seat on the green
bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca

Village Directory

The Village of Aspen Lake

Automated Answer Line

(519) 946-2062



Melody Jackson <i>General Manager</i>	8003	Belle River Neighbourhood	8013
Katie Zucco, RN <i>Director of Nursing Care</i>	8005	Riverside Neighbourhood	8033
Mai Abdelmagid, RN Joy Lombardo, RPN Amanda Bondy, RN <i>Assistant Directors of Nursing Care</i>	8037	Walkerville Neighbourhood	8035
		Tecumseh Neighbourhood	8025
Ajay Tanwar <i>Director of Food Services (Interim)</i> Dafina Prvulovik <i>Assistant Director of Food Services</i>	8004	Lasalle Neighbourhood	8027
		Sandwich Towne Neighbourhood	8029
Ken Parish <i>Director of Environmental Services</i>	8006	Brenden St. Aubin <i>Neighbourhood Coordinator</i> <i>Supporting Belle River & Riverside</i>	8012
Jenny Brown <i>Director of Recreation Services</i>	8007	Barbara Masse <i>Neighbourhood Coordinator</i> <i>Supporting Tecumseh & Lasalle</i>	8020
Bruce Jackson <i>Spiritual Care Lead</i>	8043	Shannon Murr <i>Neighbourhood Coordinator</i> <i>Supporting Walkerville & Sandwich</i>	8024
Debbie Durocher <i>Volunteer Services Coordinator & Student Service Coordinator (Interim)</i>	8016	Alex Hrynyk <i>RAI-QI Nurse (North Tower)</i>	8023
		Maja Poposka <i>RAI-QI Nurse (South Tower)</i>	8019
Caitlyn Douglas <i>Director of Quality & Innovation</i>	8051	Ryanne Stieler <i>Director of Program for Active Living</i> Rachel Durocher <i>PAL Coordinator</i>	8008
Jackie Garant <i>Administrative Coordinator</i>	8002		
Lauren Markovic <i>Resident Support Services</i>	8050	Hair Salon	8042

A Thousand Words...

Because a Picture is worth a Thousand Words!

Things that made us smile last month....

Puppies and flowers! The simple pleasures are the best and it's a great reminder that it doesn't take much to make someone's day!

