

# THE ST. CLAIR SUN

JUNE 2025

## **HAVE A LOOK:**

Pg. 2: 10 Years of ElderWisdom

Pg. 3: Father's Day Sentiment

Pg. 4: June Facts

Pg. 5: Whistleblowing Information

Pg. 6 & 7: Pride Month

Pg. 8: Colouring Page

Pg. 9: Volunteer Vibe

Pg. 10: Crossword Puzzle

Pg. 11: What's Growing On?

Pg. 12: Crossword Answers

Pg. 13: ElderWisdom

Pg. 14: Heat Related Info

Pg. 15: Research Matters

Pg. 16 & 17: Village Directory

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**"Like" us on Facebook:**

The Village at St. Clair

**Follow us on Twitter:**

@villagestclair

**View Calendars at:**

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



*"Everything Good, Everything Magical happens between the months of June and August." Jenny Han*

Welcome to June everyone! We have lots of great programs planned for this month so keep your calendars close!

We will be kicking off the 10th Anniversary of our ElderWisdom program on June 2nd with a Live Stream and entertainment with snacks at 2 pm. We will also be celebrating Pride Day in the Village on June 11th.

Join us for a morning parade around the Village! On June 24th and 26th, we will be taking our #ElderWisdom Green Bench into the community to promote conversations with Elders in our Community!

Have a great June everyone!

# 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**

# **Dad (Noun)**

**1. A Father, Guardian, Protector,  
Provider & Friend**

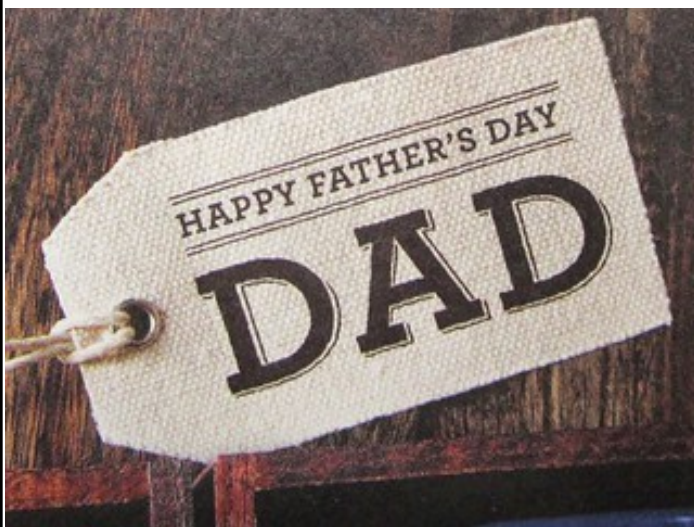
**2. Teacher, Mentor, Inspiration, Listener  
& Best Hug Giver**

**3. Sports Fanatic, Fixer Upper, Handy Man,  
Mower Man, Taxi, Chef & Bank**

**4. Tough on the Outside, Soft in the Middle**

**5. Best Dad you could ask for**

**Happy Father's Day to all  
of our Uncles, Dads,  
Grandpa's, Grandad's,  
and Great—Grandpa's**



**and Grandad's! We  
love you and hope that  
you have a Great Day  
celebrating you!**



# Joyous June Facts



- *The Birthstone for the month of June is the Pearl.*

- The Zodiac signs for June are Gemini and Cancer

- *The Birth flower for the month of June is the Rose.*



- June is derived from Juno ~ The Goddess of Marriage.



- *June has the Summer Solstice ~ The day with the longest daylight of the year.*

- June is Pride Month.

- *On June 2nd 1835, P.T. Barnum and his Circus started touring the U.S.*



- In June of 1956, Elvis Presley debuted his new song, “Hound Dog” on the Milton Berle Show.



# Summary of Whistle Blowing Policy

**Purpose:** To create a safe environment where anyone can report concerns without fear of retaliation in line with the Fixing Long Term Care Act.

**Key Protections:**

Whistle-blowers (Neighbours, Families and Team) are protected from retaliation (ie. Intimidation, discrimination etc. ) Retaliation includes punishment, threats or unfair treatment for reporting or cooperation in investigations.

**What to report:**

Improper care or treatment, abuse or neglect, misuse of a neighbour's property or finances, legal or policy breaches, concerns about care or operations and any retaliation for whistle-blowing.

**How to Report:**

Speak with any leader in the Village, including the General Manager, Directors, Neighbourhood Coordinators etc. Abuse / neglect and concern reports must follow the pertinent policy.

**Investigation and Confidentiality:**

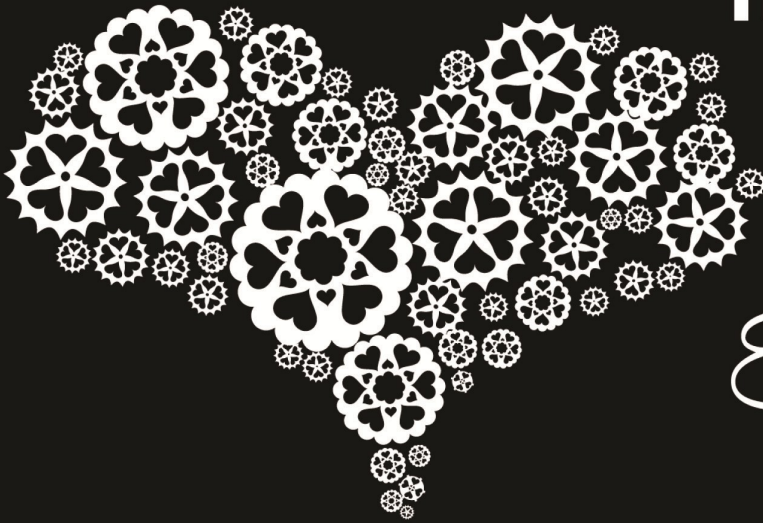
Reports will be reviewed and investigated confidentially. The reporter will be informed of the outcome, when appropriate.

**Important Notes:**

Reports must be made in good faith ~ malicious or bad faith reports may lead to discipline.

# Schlegel Villages – **CONNECTIONS**

## Honour diversity in Village Life



*Embraced,*  
just as **I am.**

Just as we strive to be sure older adults truly feel included in our communities, we recognize Pride Month in June and look ahead to National Indigenous Peoples Day, where we recognize and celebrate the cultures and contributions of the First Nations, Inuit, and Métis Indigenous peoples of Canada.

We will continue to strive to be sure our Villages are inclusive of everyone, no matter their heritage, age, nor whom they choose to love. We remain committed to doing all we can to honour our diversity, inclusive of all, and this month we are reminded just how important each of these conversations is.

The more we seek to learn, the more  
accepting we will become as a  
collective force for good in the world.

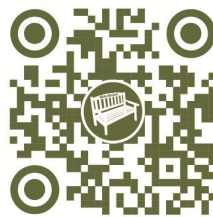


# Schlegel Villages – CONNECTIONS

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](http://elderwisdom.ca)**



## PRIDE MONTH

We stand with our 2SLGBTQIA+ team and family.





HAPPY FATHER'S DAY

~ Memories of Fishing with Dad ~



## The Volunteer Vibe

She loves a good bum rub and will nudge your hand if you do not give her head a pet quick enough. She has the softest brown eyes and golden-brown curls. Have you guessed this month's volunteer spotlight?



You got it! It is none other than our golden doodle Maddie and Fur Mum, Sandra Pare!

I recall the day of Sandra's orientation. As we went over the volunteer opportunities available to her, she seemed to sit up a bit straighter in her chair when I mentioned pet visits. As I chatted about our other dogs in the Village, I could see the excitement building in her and she disclosed she had a golden doodle that she would love to bring in.

Eager to share Maddie's story, Sandra began with telling us about the decision to enrol Maddie in training school. As a proud parent should, Sandra beamed as she recalled that Maddie had been an excellent student. Maddie loved to be rewarded for doing what was asked of her. In fact, she did so well that it was the trainer who suggested that that she would be an excellent candidate for visits with seniors. As I listened, my excitement matched her, and we both knew pet visits would be the perfect Volunteer assignment!

Sandra and Maddie have now been coming to the Village for about a year. Look for these beautiful ladies on Tuesday mornings around 11:00 am. You will be ensured to get a smile, and a lick!

To Sandra and Maddie thank you making our Tuesday mornings brighter!



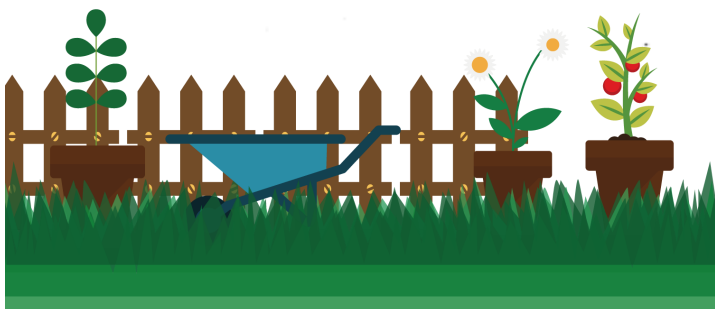
## Home Sweet Home - Word Search

X	K	F	D	A	F	W	I	G	R	W	K	T	L	P	C	C
F	D	I	N	I	N	G	R	O	O	M	N	R	O	N	H	B
O	J	I	M	O	K	C	C	S	T	E	S	N	V	Y	I	Y
O	C	O	M	F	O	R	T	E	M	S	L	Z	E	K	M	T
R	I	H	T	M	R	A	W	E	O	E	T	S	S	Q	N	F
F	Y	N	M	A	I	E	S	R	O	F	X	E	D	T	E	O
W	I	X	E	R	T	A	P	T	R	B	A	O	S	J	Y	G
T	M	R	W	H	B	T	I	V	G	E	P	M	N	O	A	I
P	R	A	E	I	C	E	I	Z	N	D	N	R	I	R	L	A
L	Y	X	V	P	G	T	P	C	I	R	H	W	D	L	S	C
B	A	T	Q	A	L	A	I	L	V	O	P	E	A	D	Y	P
M	O	O	R	H	T	A	B	K	I	O	N	S	E	L	V	Q
U	W	A	V	I	V	E	C	Y	L	M	C	B	N	Q	B	H
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ATTIC  
 BASEMENT  
 BATHROOM  
 BEDROOMS  
 BEDS  
 CHIMNEY  
 CLOSETS  
 COMFORT

DININGROOM  
 FAMILY  
 FENCE  
 FIREPLACE  
 GARAGE  
 GARDEN  
 KITCHEN  
 LAWN

LIVINGROOM  
 LOVE  
 PATIO  
 PETS  
 ROOF  
 STAIRWAY  
 TREES  
 WARMTH





# What's Growing On?

With Karyn O'Neil  
~ Horticulture Therapist~

Join us in the Greenhouse on  
Tuesdays at 6 for Horticulture Club!

June Pancake Breakfast is on  
Wednesday June 4th

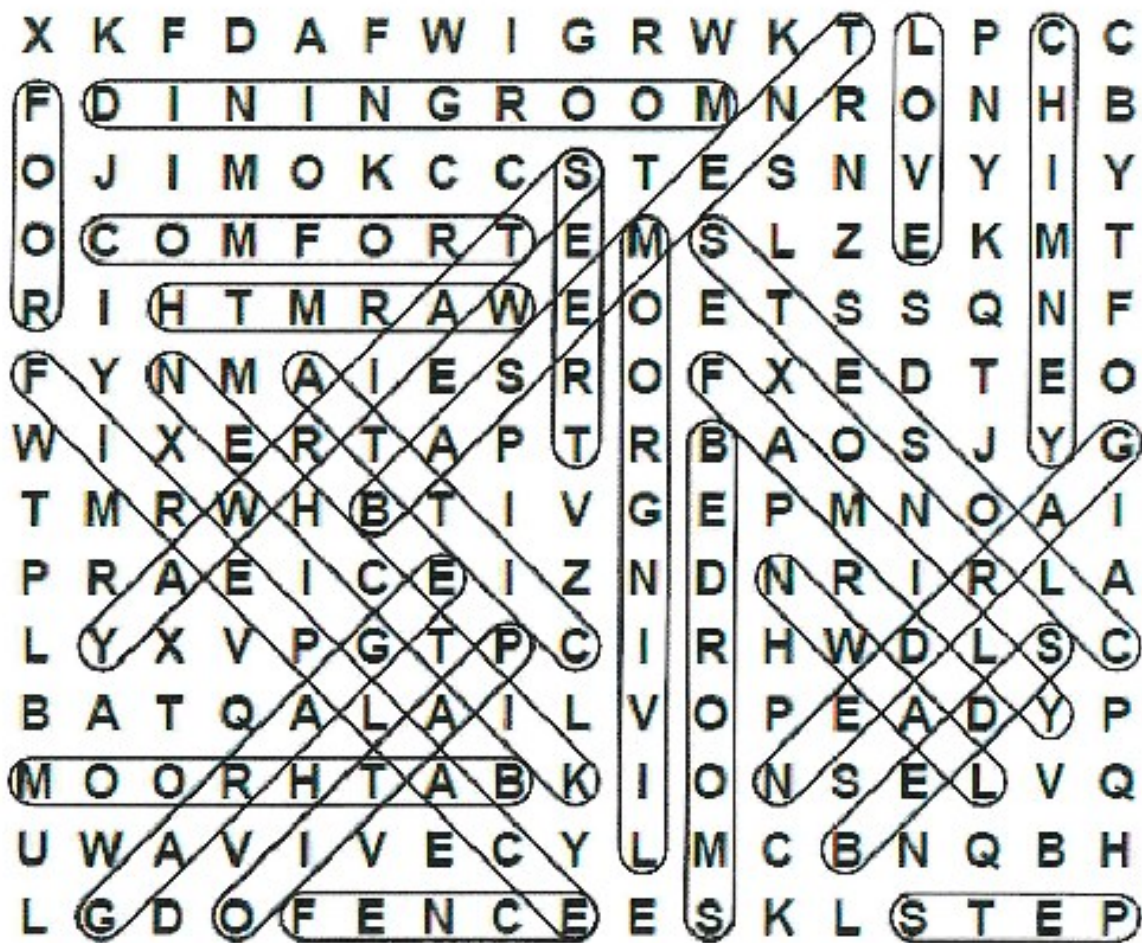
Crochet Club is on Thursday  
afternoons in the Library.

~ All are Welcome ~





## Home Sweet Home - Solution



ATTIC  
BASEMENT  
BATHROOM  
BEDROOMS  
BEDS  
CHIMNEY  
CLOSETS  
COMFORT

DININGROOM  
FAMILY  
FENCE  
FIREPLACE  
GARAGE  
GARDEN  
KITCHEN  
LAWN

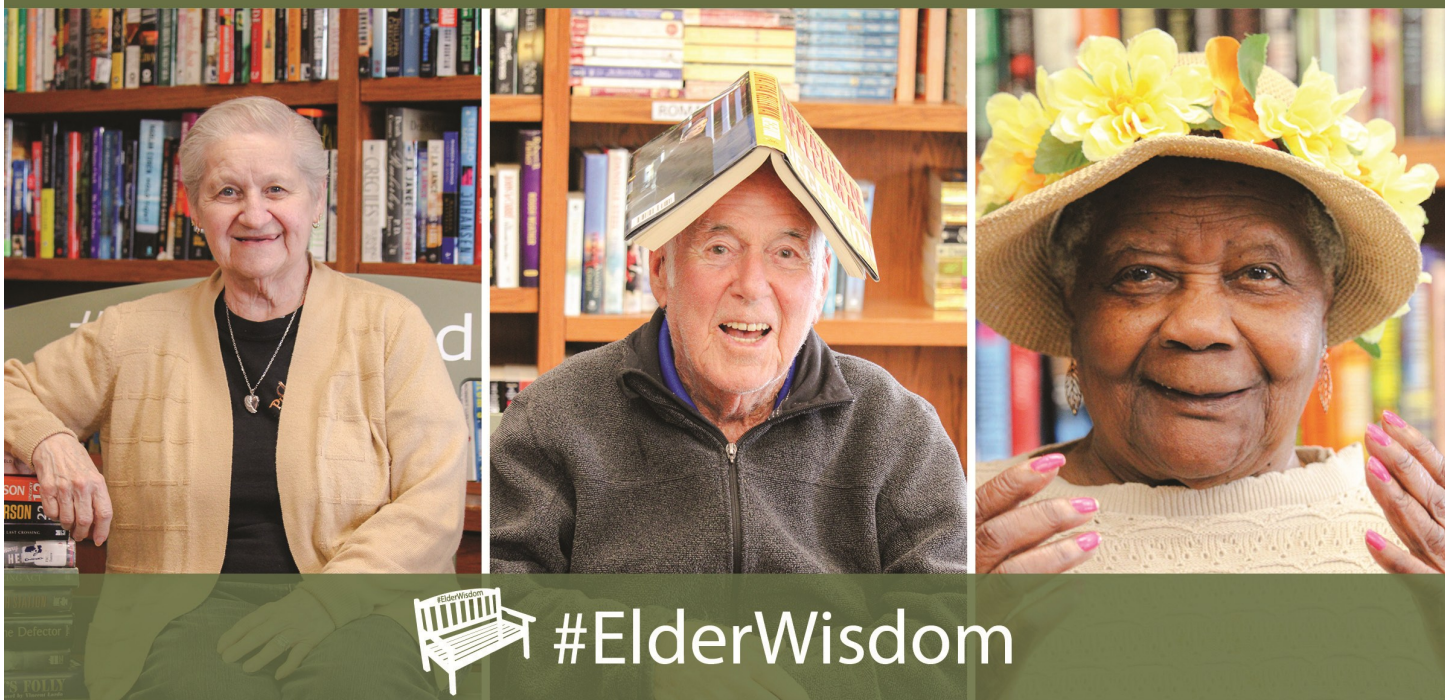
LIVINGROOM  
LOVE  
PATIO  
PETS  
ROOF  
STAIRWAY  
TREES  
WARMTH

Home  
Sweet Home





# Schlegel Villages – CONNECTIONS



Our residents inspire us every day; they share their lives and life stories with us, and in their spirit, we are reminded that time offers the gift of wisdom and experience.

Across the province throughout June, residents and team members will bring the #ElderWisdom Green Benches into their local communities to spend a day in conversation with their neighbours.

In doing so, we hope our communities cherish the gifts older adults offer and with each conversation, we help push past the sense of ageism that still permeates many aspects of our society.

## *Join the* **CONVERSATION**

Foster intergenerational connections and celebrate the wisdom of the elder in your community during Senior's Month this June.

### **Our participating cities!**

<b>Windsor</b>	<b>Guelph</b>	<b>Brampton</b>
<b>London</b>	<b>Hamilton</b>	<b>Etobicoke</b>
<b>Kitchener</b>	<b>Burlington</b>	<b>Whitby</b>
<b>Waterloo</b>	<b>Mississauga</b>	<b>Barrie</b>

For dates, times, locations and more information visit [elderwisdom.ca](http://elderwisdom.ca)

*"Stories are the* **BRIDGES** *between* **GENERATIONS"**

# 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.





## 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](https://the-ria.ca).

## **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**

Lindsay Belanger	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
Jocelyn 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
<b>Dana Houle</b>	<b>General Manager</b>	<b>x 8003</b>

## **~ VILLAGE AT ST. CLAIR CLINICAL DIRECTORY ~**

### **Clinical Team**

#### **Assistant Directors of Nursing**

Cherie Drouillard	Essex & Harrow	x 8069
Grace Kearn Reaume	Gosfield & Kingsville	x 8068
Danielle Harris	Oldcastle & Talbot	x 8067
MaRhoda Dhaz	Amherstburg & Colchester	x 8010
Amanpreet Kaur	Interim Infection Control Lead	x 8042

#### **RAI / QI Team**

Roderick Balinio	Oldcastle, Harrow	x 8035
Jamie Santillan	Gosfield, Kingsville, Essex	x 8041
Ramil Santilian	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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