



# HAMILTON CONTINUING CARE CHRONICLES

**125 Wentworth Street South, Hamilton, ON. L8N 2Z1  
(905) 527-1482**



**June 2025 Issue**



# Resident Council

To our Residents,  
We wanted to inform you that Resident Council Meetings will be held on the Second Tuesday of every month.

All residents are welcomed to participate in Resident Council. Please feel free to bring up any issues or concerns related to your Neighbourhood to the meetings. If you do not wish to attend a Council Meeting, please let your Resident Council President know and they can bring forth your concerns during the meeting.

Meeting Minutes are located on each Neighbourhood in a binder if you wish to review what was discussed and the responses that were given.

## **This Month's Bill of Rights**

### **Resident Bill of Right #28**

Every resident has the right to participate in Residents' Council.

# Happy BIRTHDAY

Alec

June 16

Ben

June 24

Sheila

June 26

Paul

June 29



Helen

# Spiritual Corner

## Spiritual Calendar for June

### Legion of Mary

June 03 @ 2:00

June 17 @ 2:00

### Bible Study with Connie

June 10 @ 10:30

June 24 @ 10:30

### Sunday Church Service

June 01 @ 1:30

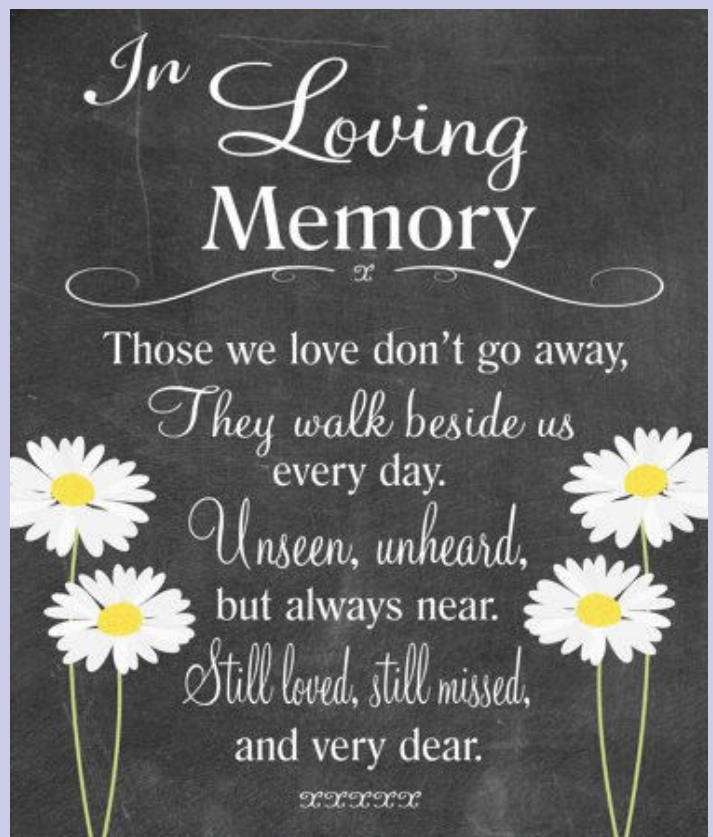
If you have any questions  
please do not hesitate to speak  
to Alexandra Amey-Director of  
Recreation

Thank-you!

## In Loving Memory

With great sadness, we  
remember our friends who  
are no longer with us:

**Inge**



# Recreation Station

## June Happenings at Hamilton Continuing Care!

As the sunshine returns and summer draws near, we're thrilled to bring you a month full of joy, connection, and celebration! Mark your calendars for these exciting events and gatherings happening throughout June:

### **Elder Wisdom Launch Party**

**Tuesday, June 2 at 2:00 PM**

*First Floor Neighbourhood*

Join us as we kick off the Elder Wisdom event! This heartwarming event celebrates the voices, stories, and experiences of our elders. Come share in the wisdom and enjoy meaningful conversations.

### **Elder Wisdom Green Bench at Myrtle Park**

**Wednesday, June 10 at 1:00 PM**

*Meet us at Myrtle Park*

Look for the iconic green bench! We'll be out in the community sharing stories and connecting across generations. This is a wonderful chance to celebrate the power of listening and learning.

### **Father's Day Brew Bash**

**Sunday, June 15 at 2:00 PM**

*Community Room*

Let's raise a glass to all the amazing dads and father figures! Join us for cold brews, snacks, and good company as we toast to Father's Day in style.

### **Triple C Farm Visit**

**Wednesday, June 18 at 2:00 PM**

*Outdoors*

The animals are coming to us! Triple C Farm will be bringing their furry friends for an interactive outdoor visit.

### **First Floor Neighbourhood BBQ**

**Wednesday, June 25 at 5:00 PM**

*Outdoors*

Summer wouldn't be complete without a classic BBQ! Come out for grilled favorite's, music, and mingling as we enjoy a warm evening together.

### **Don't Forget!**

A full list of our **Entertainers and Outings** is available on the boards located in each neighbourhood. Please check regularly for updates.

If you have any questions about events or activities, feel free to reach out to me directly — I'm always happy to help!

**Alexandra Amey**  
**Director of Recreation**



# Hamilton Continuing Care: The Heart of Hamilton



## **VOLUNTEER WITH US!**

If you are interested in supporting our village and would like to Volunteer, please visit our website [www.schlegelvillages.com/volunteer](http://www.schlegelvillages.com/volunteer)

To fill out an application!

We  our  
**volunteers**

## **Follow Us on Social Media!**



@HCC\_LTC



[facebook.com/HamiltonContinuingCare](https://facebook.com/HamiltonContinuingCare)

## **June Fun!**

Zodiac Signs: Gemini & Cancer

June Flower: Rose

June Birthstone: Pearl

- ⇒ June is named after Juno, the Roman goddess of marriage and childbirth, and the wife of Jupiter.
- ⇒ The summer solstice, the longest day of the year in the Northern Hemisphere, usually occurs on June 20th or 21st.

**Q. How many seconds are there in June?**  
A. One: June 2nd



# 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.

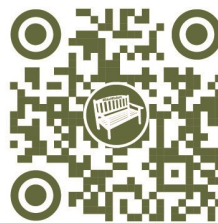
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# Schlegel Villages – CONNECTIONS

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**



# PRIDE MONTH

We stand with our 2SLGBTQIA+ team and family.

SPREAD LOVE  
NOT HATE





We are honouring ten years of **#ElderWisdom**, a program dedicated to challenging the stigma and ageism that older adults often face in our society.

# Join the CELEBRATION

Be a part of our community event!  
Have a seat on the bench and enjoy  
insightful conversation with a senior!

**Tuesday  
June 10**

1:00 p.m. – 2:30 p.m.

Myrtle Park

13 Delaware Ave  
Hamilton



Hosted by:



Share online    

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

# 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).



# 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](mailto:retirement@earandhearingclinic.com)**

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





# Village Team Directory

Name	Role	EXT	Email
Julie Maidment	General Manager	224	julie.maidment@schlegelvillages.com
Kaitlyn Wynnyk	Director of Nursing Care	227	kaitlyn.wynnyk@schlegelvillages.com
Beverly Agravante	Asst. Director of Nursing Care	236	beberly.agravante@schlegelvillages.com
Alexandra Amey	Director of Recreation	233	alexandra.amey@schlegelvillages.com
Cheryl Uncles	Neighbourhood Coordinator	223	cheryl.uncles@schlegelvillages.com
Shaman Kaur	Food Service Manager	234	shamanpreet.kaur@schlegelvillages.com
Nelia Rodrigues	Administrative Coordinator/ Team Experience Coordinator	229	nelia.rodrigues@schlegelvillages.com
Jonathan Manning	PAL Coordinator	503	jonathan.manning@schlegelvillages.com
Registered Nurse	Charge Nurse	506	hcc.chargenurse@schlegelvillages.com
Traci Isbester	Social Service Worker	508	traci.isbester@schlegelvillages.com

