

The Village of

Sandalwood Park REVIEW

Vol. 23 Issue 07 August 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

PROM NIGHT

a night to remember

The Village of Sandalwood Park

Special Guest | DJ Prince

August 21st
6:00 pm to 7:30 pm

Main street



Wishing you a
Happy Birthday!



To
Randell W

Our Residents

Maria O	August 1st
Pelagia G	August 4th
Janice M	August 6th
Gwen D	August 7th
Gurmel A	August 10th
Jasset L	August 13th
Tammy T	August 17th
Jusztina L	August 20th
John M	August 20th
Lucinda A	August 26th
Anthony H	August 28th
Robert S	August 29th
Paul G	August 31st

IN MEMORIAM

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

Ajit Kaur



WILFRED SCHLEGEL *Day*

Monday, August 5

Wilfred Schlegel Day marks the start of a month-long celebration of how our Villages consistently give back to their communities.

From random acts of kindness and sponsoring local events to organizing fundraising drives, our Village finds countless ways to come together and make a difference.



How our Village is giving back



Donate School Supplies

This year the residents have decided they would like to collect back to school supplies for students in need, in our local community. we will be collecting for local high school and elementary schools in Brampton.

Items of interest: you are welcome to fill a backpack and bring it in or donate suggested items. Backpacks , binders, lined paper, pens, pencils, erasers, dividers, pencil crayons, pencil sharpeners, calculators, pencil cases,

collection will kick off August 4th on Main street by the community center until August 25th 2025



September 16–17

DoubleTree by Hilton
30 Fairway Road South, Kitchener

**Schlegel Villages and the
Research Institute for
Aging (RIA) are excited to
be hosting our 10th annual
Innovation Summit!**

Join us as we celebrate 10 years of
innovation, improvement and research
and help us envision the next decade!

Team members, residents and family
are welcome to attend this event!
If you are interested in attending, speak
with your General Manager or Assistant
General Manager at your Village as there
is a limit to the number of attendees
from each Village.

Sessions will include:

- Highlights of innovations over the past decade
- Co-creating future research with the RIA
- 2025 Innovation Catalyst and Innovation Challenge presentations
- The evolution and future of technology and AI
- Envisioning the future using Appreciative Inquiry

**We look forward to
seeing you there!**

RECREATION

**Sandalwood Park
Prom Night**



Please donate and help us collect
any formal Dresses, Suits, Dress
Shirts for residents Prom Night.
Thank you

August 21st, 2025

review

**Monthly Birthday Parties!
With Prince**

Wednesday August 13th

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

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

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

Art Therapy

**Monday August 11th
&
Monday August 25th**

1:30pm in Community Centre



Zoo To You!

**August 20th @ 2:30 on Elliot
Sept 10th @ 2:30 on Johnston
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, Sept 2025
Community center
Or Microsoft Teams**

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

Residents Council

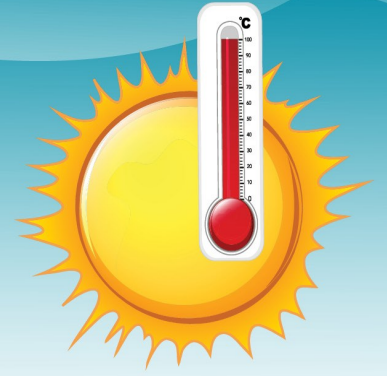
This month we are celebrating Residents' Council Week! Join us from September 16th to 22nd to recognize and appreciate the importance of the Village's Residents' Council. Look out for more information to be posted around the Village!

Next Meeting will be
Wednesday August 20th
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

Stay hydrated!



FACTS



With the weather finally getting warmer, proper hydration is of increased importance for everyone but especially our residents



Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration



Evidence tells us that our residents need to drink at least 6-8 cups or 1500-2000 ml of water per day



Water in beverages (e.g. milk, coffee or tea) and foods counts!

TIPS



Drink water throughout the day



Eat foods with high water content such as fruit and vegetables



Drink together – when you consume water with others you are likely to drink more



Remind others to drink water regularly



Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking

LIVE QUARTERLY WEBINAR



Care Partners Connection



Tuesday, August 26

6–7:30 p.m.

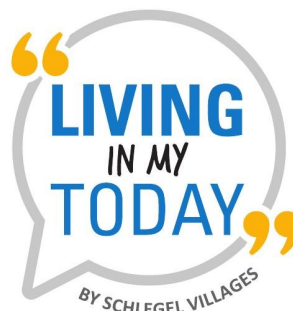
REGISTER NOW

*Do you know someone
living with dementia?*

You're not alone! Join us as we share
**tips to engage your loved one
living with dementia.**

Register to attend and submit questions
for expert panelists. Each webinar
includes education, guest speakers,
resources, and a Q&A panel.

Future webinar
November 25



Hosted by

Heather Luth

Director of Dementia Services
and Knowledge Integration

Schlegel Villages



Schlegel Villages – CONNECTIONS



WILFRED
SCHLEGEL

Monday, August 4

Day

The **Civic Holiday in Canada** on the first Monday of August is intended to be more than just a welcome summer long weekend. Its purpose is to encourage a spirit of community and to inspire Canadians to reflect on how they can contribute to the well-being of those around them. This makes it a meaningful occasion for Schlegel Villages to celebrate Wilfred Schlegel Day—a tribute to the man whose values continue to shape the organization.

In 1953, Wilfred purchased the Schlegel family's first home dedicated to supporting older adults, setting in motion a legacy of care. His example inspired his son Ron and grandsons Rob, Brad, and Jamie to carry that commitment forward, strengthening their dedication to community through Schlegel Villages and their wider work in business and philanthropy.

This year as the Civic Holiday approaches, we encourage Villages take a moment to reflect on the many ways we see residents and team members supporting others and giving back to their community. There are knitting circles that continually use their skills to create warm booties and hats for newborns at local hospitals; we've seen residents raise funds for local shelters, food banks, and supportive housing organizations; others volunteer their time to support neighbours within the Village.

It is a beautiful gift we offer when we give of ourselves for the betterment of our community, and we're grateful for the many ways our Schlegel Villages family does this throughout the year.

Schlegel Villages – CONNECTIONS



As the July sun shone over a hazy Toronto skyline, residents and team members from several Schlegel Villages set sail for the annual Boat 4 Hope fundraiser in support of the **Wilfred Schlegel Hope Fund**.

Led by the team at The Village of Riverside Glen, the event has raised over \$120,000 since launching in 2019. It's more than just a day on the water—it's a celebration of community spirit and a reminder of the impact of collective generosity in times of crisis.

May Lui, representing presenting sponsor SGP Group Purchasing, spoke about the deep sense of connection this cause inspires. She was especially moved by the story of Tami Gunn, a team member from Coleman Care Centre who received support last fall after an explosion destroyed her home and injured her partner.

"There are not many programs that support employees like this during emergencies," May said. "It's quite special—and to be part of it, we feel like family."



Created in 2018, the Hope Fund is supported through voluntary payroll donations matched by the Schlegel family. **To date, it has provided more than \$1.3 million in aid to over 400 team members facing unexpected hardships**—thanks to the generosity of team members, residents, families, and community partners who continue to support events like Boat 4 Hope.

WILFRED SCHLEGEL
Hope Fund

Sip Smart: Tips to Stay Hydrated

As we age, drinking enough fluids becomes increasingly important yet more difficult. Some people only drink water when they feel thirsty, but staying hydrated is essential for helping us digest food, control our body temperature, heal wounds, improve sleep quality, mood, and energy levels, and more.

Not drinking enough water can leave us feeling weak, tired, dizzy, constipated, confused, and even cranky.

Did you know that dehydration is estimated to affect half of long-term care (LTC) residents, as many do not consume the recommended 6 to 8 cups of fluid daily. This can happen for several reasons, such as limited access to fluids, ignoring dry mouth or other thirst signals, difficulty drinking due to challenges swallowing or holding a cup, and even drinking less to avoid going to the washroom.

Tips to stay hydrated

Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA), shares some ways you can avoid dehydration and sip smarter:



Make it a habit. Try drinking water:

- When you wake up
- After brushing your teeth
- During and after activities
- With medications
- Between meals and snacks
- With friends!
- Choose beverages that you enjoy
- Eat foods with high fluid content, such as cucumbers, berries, tomatoes, and soups
- Carry a reusable water bottle or your favourite cup to drink from on the go
- Plan for washroom access

To learn more about Heather's research on improving hydration among residents, visit the-ria.ca/resources/promote-hydration.



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- ✓ Repairs, molds, tubing, receivers

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

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Director Of Nursing Care

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B.S.O Therapeutic Recreation Consultant

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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