

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

July 2025

Contact Us:

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Another lovely Canada Day celebration!

We had a blast listening to the best Canadian songs - from folksongs to Canadian singer-songwriters!



Welcome July

Facts of the Month...

Ah, July—how sweet it is to see you again. You bring back memories of fireflies at dusk, juicy watermelon slices on the porch, and the smoky smell of burgers on the grill. July fills our hearts with warmth. Whether it's a neighborhood BBQ, a cool glass of lemonade with friends, or just sitting in the shade with a good book, this month reminds us to savour each golden moment. Here's to sunshine, good company, and the timeless joy of summer!

Flower of the Month



Named for its resemblance to a meadowlark's claw, larkspur—also known as Lark's Claw or Knight's Spur—represents positivity, dedication, and strong emotional bonds. It's also associated with youth and lightheartedness.

Each color holds a unique meaning: **Blue**, which is hard to find in the world of flowers, means dignity and grace, **pink** symbolizes fickleness; **white** represents happiness and joy; and **purple** is a sign of first love.

Historically, larkspur was used for protection against magic in England, and Native Americans used it for dye and insect repellent. Native to the Mediterranean, Africa, and Europe, it now grows wild and in gardens across the world.

Birthstone of the Month

Derived from the Latin *ruber* (red) and the Sanskrit *ratnaraj* (ruler of jewels), the ruby has long been treasured. Associated with passion, protection, and vitality, rubies are believed to energize the spirit and connect the wearer to their purpose and love for life. Found around the world in shades ranging from pink to deep red, the most prized rubies display a purplish hue known as "pigeon blood." Some believe rubies can warn of danger, becoming dull before a disaster and regaining their brilliance when safety returns.



Schlegel Villages – CONNECTIONS



Schlegel family's pride in **CANADA**

"The beauty and vastness of the country and its countless different landscapes is a great point of pride," says Brad Schlegel, reflecting on the celebration of Canada Day this year. "Mirroring that it is the beauty of our people, with our multitude of cultures, and the bounty of their generosity and kindness."

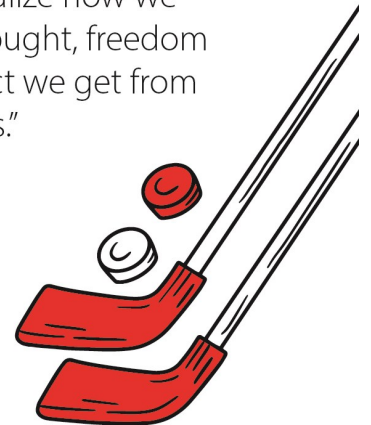
This year has been one of great reflection for many Canadians, for there have been new challenges borne out of changing perspectives among our global neighbours. There has been a rise in Canadian patriotism as a result, and across our Villages we see it in full force as our residents and team members celebrate the ties that bind us together across our nation on July 1.

As Jamie Schlegel considers this, he echoes much of what his brother says, with an added flare for a stalwart Canadian Passion. "I'm proud of the vast and rugged natural beauty of our land," Jamie says, "the humility and kindness of our people and the fact we dominate the game that really counts – hockey!"

For their father, Ron, who founded Schlegel Villages and in doing so, furthered his father's passion for community building, Canada finds its strength in its diversity. He notes he was born in a tiny Hamlet west of Kitchener, Punkeydoodles Corners, and as a boy moved to the village of Ailsa Craig. Influences came from Germany and Scotland respectively in these areas, and these blend together to make Canada strong. "In my opinion, Canada is the best country in the world," Ron says, reflecting on the diversity of language and geography that helps define the nation.

His oldest son, Rob, while travelling in Europe, expands on that reflection. "I am proud to be Canadian as we travel around the world and realize how we enjoy our freedom of thought, freedom of speech and the respect we get from people in other countries."

Happy
Canada
Day!



Credo Awards



Jamie Schlegel, Credo Success Award Recipients: Michelle Ho, April Grainger, Rebbie Cumberbatch, Alycia Murr and Melody Jackson.



Our 2025 Team Appreciation Event was held on May 23rd! The event was held at the Serbian Centre and we had lots of fun with the theme, "Let's Make a Deal"! There were costumes and games - and it was a great time together recognizing the work of all our Team Members!

During the event, the Credo Success Awards were distributed to recognize Team Members for living up to the Customer Service values outlined in the Connect the Dots program. The program trains all Team Members in the key values which include: Know Me, Follow Through, Be Present, Earn Trust and Walk in My Shoes.

Congratulations to those that received awards and to those deserving Team Members who were also nominated!



Credo Awards



KNOW ME

CONGRATULATIONS!

April Grainger



EARN TRUST

CONGRATULATIONS!

Alicia Murr



WALK IN MY SHOES

CONGRATULATIONS!

Michelle Ho



BE PRESENT

CONGRATULATIONS!

Anna Jarnevic



FOLLOW THROUGH

CONGRATULATIONS!

Rebbie Cumberbatch

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.



Sandra from Walkerville received this note from a Family Member: “Thank you, Sandra! Bruce really appreciated your special attention this week when you trimmed his nails. His feet felt SO good, he said.”



Ari, Volunteer was recognized by a Family Member: “We would like to acknowledge the great volunteer work that Ari does. She takes time to speak to everyone on Main Street.



Tom from Maintenance was appreciated for his work: “For staying to prepare a new Resident’s room for Move-In. We couldn’t have done it without you!



Alicia Muh. was appreciated by the Lasalle Team: “Thank you for all you do, your help makes the day brighter and the Team and the Residents are so grateful for all you do!



Steve, Courtney & Kelly from Walkerville received this note from a Family Member: “Thank you for the extra effort so we could sit together on the couch. BIG THANK-YOUs!

CONGRATULATIONS TO...

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



FROM PSW TO NURSE PRACTITIONER: VALERIYA'S PATH THROUGH THE VILLAGE OF ASPEN LAKE

Posted June 16th, 2025

By Kristian Partington

When Valeriya Charlopov began her journey with Schlegel Villages as a casual Personal Support Worker (PSW) at The Village of Aspen Lake, while attending nursing school, she quickly found comfort in the sense of community within the Village. After graduating as a Registered Nurse (RN) in 2013, there were unfortunately few opportunities for nurses within the Village.

“Here, you’re just surrounded by a team. I felt extremely supported by the leadership team.”

-Valeriya Charlopovs

“It was a different time,” she says, and as much as she would have liked to have transitioned into a nursing role at Aspen Lake, she found a separate



Valeriya sits outside alongside one of the many residents from The Village of Aspen Lake she has developed meaningful relationships with over the years.

RN job in the community before returning to school to become a Nurse Practitioner. Once she achieved her certification, she started working in a busy community-based primary care setting that reminded her at times of how much she appreciated the team environment at Aspen Lake.

It was during her maternity leave that Valeriya noticed postings for full-time NP roles in long-term care settings, specifically with Schlegel Villages. Motivated by fond memories and a

strong connection to the Village culture, she returned surprised and reassured to see familiar faces among the residents and long-standing team members who had grown into new leadership roles.

“I just have really fond memories and good experiences from working as a PSW here,” she says; “it just always felt like a place I could go back to. It was nice to see familiar faces from back in the day and seeing how everyone’s moved on and grown over the years, but also the retention—it really speaks

to the organization.”

She now thrives at Aspen Lake as a Nurse Practitioner, where she values the collaborative environment, the long-term relationships with residents and team members, and the supportive leadership.

“In primary care, I was largely autonomous,” she says. “Here, you’re just surrounded by a team. I felt extremely supported by the leadership team. Everyone’s just so welcoming and always open door.”

For Valeriya, working in the Village has not only been professionally fulfilling, but has also allowed for a much healthier work-life balance compared to primary or acute care. She is surrounded by deep relationships in the Village that first welcomed her as she started her path to becoming a nurse practitioner.

“It’s funny how things work out,” she says. “I never obviously knew I would end up back here... but it feels like the perfect fit.”

To share your story, please contact Kristian at PWRTINGSTUDIOS@GMAIL.COM, or call 705-772-5182.

Bringing Joy: Volunteering in Long-Term Care

THE HEART OF GIVING

Volunteering at a long-term care facility is more than just an act of kindness—it's a bridge between generations, a source of comfort for those who need it the most, and a deeply rewarding experience for those who give their time. In a world that often moves too fast, long-term care homes offer a unique opportunity to slow down, listen, and connect.

THE ROLE OF VOLUNTEERS

Long-term care residents often face physical limitations, health challenges, and emotional isolation. Volunteers play a crucial role in enriching their daily lives. Whether it's through friendly conversation, helping with activities, or simply offering a listening ear, the presence of a volunteer can transform a resident's day. From reading aloud to someone with vision loss to guiding a group craft session, volunteers help maintain a sense of dignity, joy, and purpose for residents. Many also assist during special events, celebrations, or outings—moments that can break the routine and spark lasting memories.

HUMAN CONNECTION MATTERS

One of the greatest gifts volunteers bring is *connection*. For many Residents, especially those without frequent visitors, a volunteer might be the highlight of their day. Sharing stories, laughter, or even comfortable silence can remind Residents that they are seen, heard, and valued. Volunteers, in turn, often discover a treasure trove of wisdom and resilience in the people they serve. The bonds that form can be unexpectedly deep, and many volunteers find themselves profoundly changed by the experience.



Schlegel Villages'
volunteers

(Continues on next page)

WHO CAN VOLUNTEER

Anyone with a caring heart can make a difference. Students, retirees, professionals, or families—there's room for all kinds of people to get involved. Some come with specific skills like music, art, or therapy animals, while others bring nothing more than their time and compassion—and that's more than enough. Volunteering can also be a powerful learning experience, especially for young people. It fosters empathy, patience and communication skills that can serve them throughout their lives.

THE RIPPLE EFFECT

The beauty of volunteering is that its impact extends far beyond the moment. A shared smile can lift a spirit. A familiar voice can ease anxiety. A short visit can make a long day feel lighter. In giving your time, you receive something just as valuable: perspective, gratitude, and a renewed sense of purpose.

In the words of a longtime volunteer "I went in hoping to help, but I ended up getting more than I gave."

Whether you're seeking connection, a way to give back, or simply a meaningful way to spend your time, volunteering at a long-term care facility offers all that—and so much more!



The Next Volunteer Orientation Session is scheduled for:

**Sunday, July 20th
at 12 noon**

If you are interested in attending, please call the village to register at:
(519) 946-2062 ext. 8016



Enjoy the Sun Safely!

As we enter the month of July, it is a good time to talk about staying safe in the sun. It is important to protect yourself from the heat as the temperature continues to rise. The summer is a great time to enjoy the nice weather outdoors, but there are some steps you can take to safely enjoy the season.

Since the sun is its strongest from 10:00am to 4:00 pm, you may want to consider spending time outdoors earlier in the morning or later in the day. If you choose to be outside for a longer period of time during the warmer hours, consider sitting in shaded areas and bringing a drink with you. Drinking water regularly is especially important in the summer to avoid dehydration, and it should be done before you feel thirsty. One way to make drinking water as easy as possible is to keep a reusable bottle with you throughout the day. Clothing is another way that you can control your body temperature. Since darker clothes absorb the heat from the sun, clothes of lighter colours will keep you cooler. Lightweight clothes that are looser fitting are a good choice to wear during the warmer months. You can also wear a hat and sunglasses for shade and protection of your face. One more tip is to remember to apply sunscreen before you go outside to areas of your skin that will be exposed to the sun.



Tim enjoys spending outside!

Now that we know some ways to stay safe in the sun, it is important to recognize the signs of heat exhaustion. Dizziness, nausea, vomiting, headaches and rapid breathing are some of the most common symptoms of heat related illness. Being aware of these signs allows us to respond as quickly as possible. With the correct preparation, we can avoid the risks of the heat and enjoy the summer safely!



Rahul Seehra,
Program for Active Living Student

Participant of the month



Diane Calibaba is this month's Participant of the Month! She has been a Resident since 2015 and has always been one of the most consistent athletes in our village. She comes down to the Fitness Club to complete her NuStep biking program and has recently started a balancing

Signs and symptoms of heat illness



Heat exhaustion

If you or someone you are with experience any of these symptoms, immediately move to a cool place and drink fluids; water is best. Alert a registered team member as soon as possible.



Skin rash



Muscle cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination

Heat stroke



High body temperature



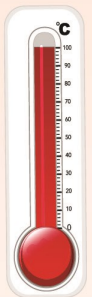
Confusion and lack of coordination



Dizziness or fainting



No sweating, but very hot, red skin



Heat stroke is a medical emergency – immediately report to a registered team member or call 911 if away from the Village. While waiting for help-cool the person right away by:

- Moving them to a cool place, if you can;
- Remove excess clothing (layers);
- Applying cold water to large areas of the skin; and
- Fanning the person as much as possible.



FOOD *for the Soul*

July: Fireworks, Freedom and Fresh Starts

July is a month that bursts with the energy of a firecracker. It's a time of sunshine, celebration, and the unmistakable smell of summer—BBQ'd food, cut grass, and sunscreen. Across parks, porches, and parade routes, we gather to celebrate Canada Day and our freedom. We are fortunate to have our Canadian culture and freedom. But amid our flags and fireworks, July offers us something even more personal and powerful: the invitation to reflect on the freedoms we hold in our everyday lives—and how we can use them to live with more purpose, passion, and peace.



We honour those that has made it possible for us to be free and shape their own destiny. But freedom isn't just something to take for granted—it's something to live every day. This kind of freedom often starts not with a revolution, but with a resolution: a quiet, determined choice to live a little more truthfully, a little more boldly, and a little more in alignment with who we really are.

What is freedom for you?

It might be the decision to finally set boundaries and protect your time. It could be letting go of fear, saying “yes” to opportunities that excite your heart. Freedom might mean releasing guilt, perfectionism, or the pressure to have it all figured out. Or it might simply be giving yourself permission to rest, recharge, and just be.

(Food for the Soul - cont'd)

This July to celebrate Canada's birthday, write your thoughts, habits, obligations that you have or need to outgrow. Reflect on what passions you are ready to pursue. What small but powerful shift can you make that brings you closer to the life you truly want?

It doesn't have to be dramatic. Personal growth rarely looks like fireworks—it looks like consistency, small choices, daily courage. It's in the way you speak to yourself, how you show up for others, and how you honour the goals that matter most to you. July--it's never too late to begin again.

This is a season of light—long days, warm nights, and glowing reminders that our world is wide open. Use that energy. Let it inspire you to take a step, however small, toward your own fresh start. Here's to a July filled with clarity, courage, and a spark that sets your soul on fire.

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

July 13th at 2:30pm

Roman Catholic Mass

July 15th at 2:00pm

Banwell Community Church Service

July 20th at 2:00pm

In Memory



We remember...

Jean A.
Frank C.
Mary F.
Kathleen H.
Samira M.
Ruth N.
Teresa P.
Joyce R.
William S.

Celebration of Life Service will be
planned for August.



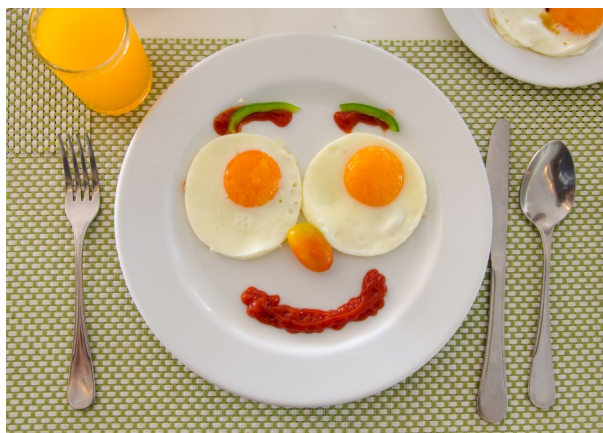
Chapel Music Service

July 14th
at 10:00am

Dates to Remember



BREAKFAST BUNCH



**in the Community Centre
JULY 8th**

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



**PUB
NIGHT**

**JULY 9TH @ 6:30PM
(NORTH TOWER)
WITH CRAZY RAIZY**

**JULY 23RD @ 6:30PM
(SOUTH TOWER)
WITH GARY MACDONALD**



JULY 2nd - Belle River Fun Band
performs at 2pm on Main Street

JULY 16th - Bill Poisson
performs for Riverside at 2:00pm
& Belle River at 3:00pm

JULY 17th - Richard Senema
performs for Tecumseh at 1:30pm
& Lasalle at 2:45pm

JULY 28th - Lee Wall
performs for Belle River at 2:00pm
& Walkerville at 3:00pm

JULY 30th - Bill Poisson
performs for Lasalle at 2:00pm
& Tecumseh at 3:00pm

JULY 31st - Richard Senema
performs for Sandwich Towne at 1:30pm
& Riverside at 2:45pm

BBQ

SUMMER BBQ'S on Your Neighbourhood



Neighbourhood BBQs in July

July 10th

Walkerville & Tecumseh

July 17th

Riverside &
Sandwich Towne

July 24th

Lasalle & Belle River

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



Schlegel Villages – CONNECTIONS



Throughout Senior's Month in June, we saw many great events to celebrate **#Elderwisdom** across the province, and we thank everyone who participated and helped remind our communities how much our oldest generations have to teach us. We are looking forward to the month of July as our Wisdom of the Elder signature program continues with our **Pursuit of Passions** tradition.

In years past, Villages have showcased the artistic talents of residents through art shows, large and small, but we've also found that a celebration of cuisine and the culinary passions of residents is always well received.

Throughout July, we know there are many events planned; some Villages are hosting cook-offs to showcase favourite recipes

where fellow residents and team members will have opportunities to vote on their favourites. In others, space is being created for residents and team members to cook together and break bread in the neighbourhoods with their neighbours.

Throughout the **"Timeless Recipes, Endless Stories"** events, the memories shared and the explanation of the meaning behind the recipes will be the greatest points of pride.

No matter how your Village and neighbourhood is focusing on the passion we all share for good food and company, we hope everyone can take a bit of time to share some of their culture and personal history through conversations about the foods we love.



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.

Tuesday, July 22nd

2 p.m. - 3 p.m.

Main Street



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, July 8th

Meeting in the Chapel

FAMILY COUNCIL

Thursday, September 3rd

11:30am - 12:30pm

*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

July 29th - Gus D.

July 31st - Gloria S.

RIVERSIDE

July 2nd - Maria J.

July 2nd - Janet P.

WALKERVILLE

July 12th - Pavel S.

July 22nd - Edmond G.

TECUMSEH

No Birthdays this Month!

LASALLE

July 1st - Imelda L.

July 2nd - Terry L.

July 4th - Zdzislaw B.

July 17th - Filomena M.

SANDWICH TOWNE

July 1st - Fahmiya H.

July 2nd - Elizabeth M.

July 5th - Tommy J.

July 6th - Rose E.

July 17th - Lenka J.

July 25th - Nicole S.



Boosting Brain Health: Small Habits, Big Impact

Brain Health Day (July 22) is a reminder that how we care for our brains today can shape how we live tomorrow.

Our brains change over time, but the choices we make every day can help keep them strong.

How we live, move, eat and connect with others can shape our brain health. Even small lifestyle changes can help support memory, thinking skills and overall brain function.

The Brain-Body Connection

Our brains and bodies are deeply connected. Lifestyle behaviours such as regular physical activity and a balanced diet not only support general health, they also have a positive effect on memory and thinking abilities.

What can you do?

- Take a brisk walk most days of the week
- Eat more vegetables, fish, and whole grains
- Limit processed foods and added sugars
- Stay hydrated

Exercise Your Mind, Too

Keeping the brain active is just as important as staying physically active. There's growing evidence that challenging your brain helps keep your thinking sharp.



Try these brain-boosting activities:

- Do a daily crossword or Sudoku puzzle
- Play matching games
- Use both hands equally for tasks like brushing your teeth or making breakfast
- Try a new form of movement like yoga, tai chi, or dancing – bonus if it involves remembering sequences
- Memorize short lists of items in your home, then test yourself after a short break
- Read aloud to yourself or others
- Use a journal to track emotions and memory progress
- Socialize regularly – join a game night, walking group, or volunteer activity

Take One Small Step Today

Whether it's going for a walk, trying a crossword puzzle, or adding more leafy greens to your plate, each step matters. The RIA offers tools, resources, and research-based programs to help older adults live their best lives—and that includes supporting better brain health.

Want more? Check out the Memory Workout By Us For Us Guide (the-ria.ca/bufu).



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.

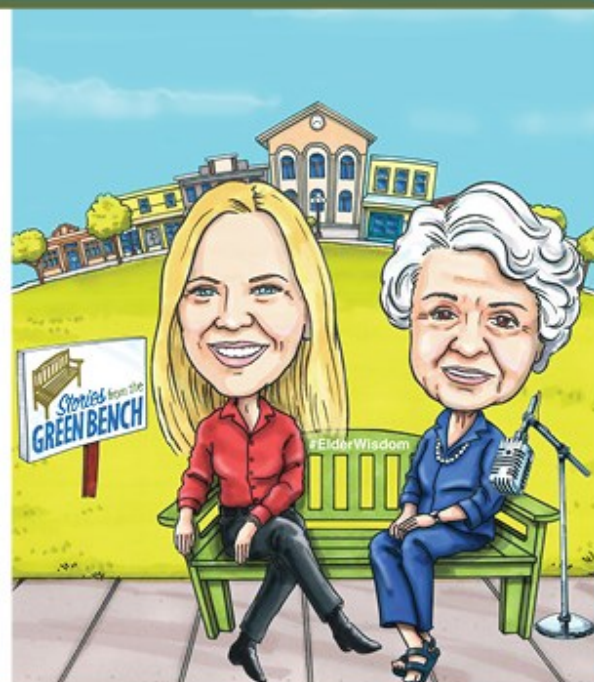


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ElderWisdom.ca

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> <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	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!



Celebrating Seniors Month at our Green Bench Event! On June 21st, Cecile & Ann represented the Village at the #ElderWisdom event at the Tecumseh Cada Library and provided members of the community an opportunity for conversations.

We were pleased to visit with Andrew Dowie, MPP and loved the hugs from the children! Thank you to all who stopped by!

