



HAMILTON CONTINUING CARE CHRONICLES

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



July 2025 Issue

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."

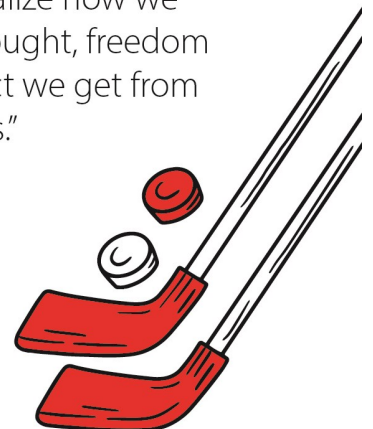
This year has been one of great reflection for many Canadians, for there have been new challenges borne out of changing perspectives among our global neighbours. There has been a rise in Canadian patriotism as a result, and across our Villages we see it in full force as our residents and team members 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!



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.



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 #29

Every resident has the right to raise concerns or recommend changes in policies and services on behalf of themselves or others without interference and without fear of coercion, discrimination or reprisal, whether directed at the resident or anyone else:

- i. the Residents Council
- ii. the Family Council

Happy BIRTHDAY

Edna

July 04

Jutta

July 26

Walter

July 27

Michael

July 29



Cho-Yum “Charles”

Yun-Yee Lo “Y.Y”

Spiritual Corner

Spiritual Calendar for July

Legion of Mary

July 01 @ 2:00

July 15 @ 2:00

Bible Study with Connie

July 08 @ 10:30

July 22 @ 10:30

Sunday Church Service

July 13 @ 1:30

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

Thank-you!



Recreation Station

Hello Everyone & Happy July!

We hope you're enjoying the start of summer! First and foremost, a heartfelt **thank you** to everyone who joined us for our **Wisdom of the Elder event** at Myrtle Park on **June 10th**. Your support made it such a meaningful day!

We were especially thrilled to welcome guests from the **Hamilton Police Station** and **Simoni Lawrence** from the **Hamilton Tiger-Cats**—what a treat to have them join in the fun and show their support!

This year's event marked a special milestone for HCC, as it was our **first time hosting independently**. In previous years, we've partnered with our friends at Wentworth Heights, and while we've cherished those collaborations, we're excited to see this new tradition grow in the years ahead!

Here's What's Happening This July:

Canada Day Celebration
Tuesday, July 1 @ 2:00 PM
Outdoor event (weather permitting)

Second Floor Neighbourhood BBQ
Wednesday, July 16 @ 5:00 PM
Outdoor event (weather permitting)

HCC Carnival
Wednesday, July 23 | 11:00 AM – 2:00 PM
HCC Parking lot – fun for all ages!

Pursuit of Passion: Special Event
Tuesday, July 29 @ 2:00 PM
In the Community Room

Alexandra Amey
Director of Recreation

Program for Active Living

Walking with Confidence: Tips for Using Your Walker Safely

As we age, maintaining mobility and independence is key to a fulfilling lifestyle. Walkers are fantastic tools to support stability and prevent falls, but it's important to use them correctly. Here's a guide to make sure you're using your walker safely and effectively:

1. Keep Your Walker Close

- **Why It Matters:** Reaching too far ahead of you with your walker can cause imbalance.
- **Tip:** Always push your walker slightly ahead of you as you move. Keep the walker close to your body and make sure the base is stable before you move forward. Avoid leaning too far into the walker.

2. Walk with Confidence: Take Small Steps

- **Why It Matters:** Big strides can cause you to lose balance.
- **Tip:** Take small, controlled steps. Move one foot at a time and make sure the walker is secure before lifting your feet. Don't rush—take your time, especially when navigating uneven surfaces.

3. Ensure Clear Pathways

- **Why It Matters:** Clutter or obstacles can trip you up, even with a walker.
- **Tip:** Always make sure the path in front of you is clear of rugs, cords, or other obstacles. This will help you walk with confidence and avoid tripping.

4. Practice Safe Walking Surfaces

- **Why It Matters:** Uneven surfaces, like curbs or gravel, can be harder to navigate with a walker.
- **Tip:** If you need to go outside, try to stick to flat, paved surfaces. If you encounter steps or curbs, take extra care or ask for assistance when necessary.

Jonathan Manning
PAL Coordinator



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

To fill out an application!

We  our
volunteers

Follow Us on Social Media!



@HCC_LTC



facebook.com/HamiltonContinuingCare

July Fun!

Zodiac Signs: Cancer & Leo

June Flower: Waterlily

June Birthstone: Ruby

- ⇒ July was named in honor of the Roman general Julius Caesar, as it was the month of his birth.
- ⇒ Originally, July was called Quintilis, meaning "fifth month" in Latin, before the Julian calendar reform

Q. What did one flag say to the other in July?
A. Nothing, they just waved!

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



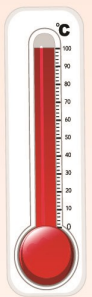
Confusion and lack of coordination



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.

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).



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

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

