

# VOLUNTEER NEEDED



**Looking for meaningful way to spend your time?**  
Volunteer with us and bring smiles to our seniors!

Call Allison, the Volunteer coordinator  
@416-533-5198– Ext 303  
or  
Email:  
maynard.volunteers@schlegelvillages.com



## Maynard Family Council

A family council is a group of family members and friends of the residents of a long-term care home (LTC) who gather together for peer support, education, and to improve the experiences of all people in long-term care.

We are happy to announce that Maynard once again has an active Family Council who are exercising their council rights to move away from the traditional model of in-person meetings. We look forward to working with the new council members towards the shared goal of improving our residents' quality of life.

Issue 7 JULY 2025



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# The Senior Star

News from Maynard Nursing Home



## GET YOUR TICKETS!!

### Maynard's 21st Annual RESIDENT/FAMILY BBQ

**Takes place on**

**Saturday, August 16th @11:00am-3:00pm**

**Tickets are \$15.00 per person**

**\*\* RESIDENT'S & CHILDREN UNDER FIVE ARE FREE\*\***

**Last day to purchase ticket's is August 6th**

**PLEASE VISIT THE REC TEAM FOR TICKET SALES!**

**To all the family members and friends who are new to our village — welcome! The Family Fun Fair is our annual BBQ celebration, where residents and their loved ones gather for a day filled with delicious food, fun activities, exciting games, and lively entertainment. It's a wonderful way to create joyful memories together! We hope to see you there!**



## New Residents



BETTY MATHESON



HERMINIA DA COSTA



GLORIA REYES

**WE'RE SO GLAD YOU'RE HERE WITH US.  
WELCOME TO YOUR NEW HOME!**

### GET SOCIAL

TELL YOUR STORY SHARE OUR VISION.



Like us on Facebook  
[facebook.com/maynardnursinghome](https://facebook.com/maynardnursinghome)



Like us on Instagram  
[@maynardnursinghome](https://www.instagram.com/maynardnursinghome)

Follow Us on Social Media!  
Stay connected with us on social media to see our latest activities, events, and updates from Maynard. Don't miss out on what's happening in our community!



SCHLEGEL VILLAGES

MAYNARD NURSING HOME 28 HALTON STREET TORONTO, ONTARIO M6J 1R3  
PHONE: 416-533-5198 FAX: 416-533-3531  
<http://www.schlegelvillages.com/maynard-toronto>



# RESEARCH MATTERS

RIA FEATURE

## 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.

July 2025



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](http://the-ria.ca/bufu)).



## MAYNARD NURSING HOME - QUALITY IMPROVEMENT COMMUNICATION, 2024-25

Dear Friends and Families of Maynard,

As part of our ongoing focus on continuous quality improvement, we would like to highlight some achievements and initiatives the Village undertook last year to continue to achieve our mission of providing the highest possible standard of resident care. With the guidance of our Resident Council and the support and hard work of our team members, here are some of the things we accomplished last year:

- Continued to provide CONNECT the Dots training to team members. This is a one-day training seminar designed by Schlegel Villages to help leadership and team members identify how to work together to create exceptional customer experience for residents, families, team members, and anyone who enters our Village.
- Dedicated time at resident care conferences to discuss the importance and advantages of advanced directives, with a focus on the services the Village can provide for palliative care and ensuring residents and their families/POAs are aware of services available to meet their care needs at various stages.
- Neighbourhood Coordinator reviewed bathing preferences with residents in order to document and support their preferences (e.g. time of day, bath or shower). Additional training was provided to team members on safe transferring to and from tubs. Spa rooms were improved with music and decorative plants to promote a relaxing environment.
- ME (My Experience) Forms were completed for all participating residents. These forms include biographical information residents wish to share with the Village, and allow care teams to provide more personalized care and engagement.
- Leadership team members participated in Walk-A-Mile, shadowing team members in departments other than their own to gain insight and identify barriers or areas requiring support. The leadership team also increased their presence on overnight shifts, establishing a set routine to identify opportunities for team member education and to acquire better perspective on residents' needs on a 24-hour basis.
- Improved our linen supply management and distribution, monitoring linens for signs of wear and ensuring neighbourhoods have appropriate supplies to meet residents' changing care needs.
- Completed extensive renovations to our kitchen.


In 2025, we aim to share improvements more regularly as we achieve them. Please don't hesitate to reach out to us with any questions, concerns, or feedback at any time.


Daniel Bedard  
Director of Quality and Innovation



# What's New at Maynard – July Updates

 **New Seasonal Menu Launch – Starting July 7th!**  
We are excited to announce the launch of our new seasonal menu, beginning July 7th! This refreshed selection has been thoughtfully crafted to be delicious, nutritious, and most importantly reflective of our residents' cultural preferences, dietary needs, and feedback.  
 For more information, please contact:  
Diana Kania, Food Services Director  
diana.kania@schlegelvillages.com

 **Measles Update**  
The risk of measles for residents is considered extremely low, especially for those born before 1970, as they are likely immune due to past exposure. However, the current concern lies with unvaccinated staff, family members, and visitors.  
We kindly ask everyone to review their vaccination status and to refrain from visiting the home if feeling unwell.  
— Jessica Richert, Assistant Director of Nursing Care, Maynard LTC

 **Great News from the Nursing Department**  
We are pleased to share that we have recently hired two new RPNs to fill our part-time lines. As a result, we now have no open nursing positions – a significant step toward providing more consistent and continuous care for our residents.  
— Elise Howe, Director of Care, Maynard Nursing Home

 **A Growing Volunteer Family at Maynard**  
we're happy to welcome over 20 new volunteer applicants who are eager to support our residents and bring joy to our village.  
Their kindness and energy make a real difference in our community.  
We're always looking for more caring individuals to join our team.  
Interested? Contact Allison at:  
 maynard.volunteers@schlegelvillages.com  
— Allison Kurysko, Volunteer Coordinator












# 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             |  Headache                           |
|  Muscle cramps         |  Rapid breathing and heartbeat      |
|  Dizziness or fainting |  Extreme thirst                     |
|  Nausea or vomiting    |  Dark urine and decreased urination |
|  Heavy sweating       |  |

## Heat stroke

- |  |   |
|--|---|
|  High body temperature              |  Dizziness or fainting               |
|  Confusion and lack of coordination |  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.







# A Poem of Faith



**Dia 22 de Julho**  
**Oração de Santa Maria Madalena**

Quem por amor se perdeu  
Não chore, não tenha pena  
A maior santa do céu  
Foi Maria Madalena.

Esse amor que nos encanta  
Até Cristo padeceu  
Para poder tornar Santa  
Quem por amor se perdeu.

Jesus só nos quis mostrar  
Que o amor não se condena  
Por isso, quem sabe amar  
Não chore, não tenha pena.

A Virgem, Nossa Senhora  
Quando o amor conheceu  
Fez da maior pecadora  
A maior santa do céu.

E de tanta que pecou  
Da maior à mais pequena  
Aquele que mais amou  
Foi Maria Madalena.

Foi a primeira que viu Jesus  
Quando ele ressuscitou  
Essa rica graça e luz  
No seu coração penetrou.

**Dia 4 julho**  
**Oração de Santa Isabel**

O nosso Deus bom Jesus  
O nosso Deus e Senhor  
Dai nos a sua bondade e luz  
Como o pao do seu amor  
Este pao celestial  
Ganho com o amor profundo  
E o alimento principal  
De que temos nesse mundo  
Este pao e como o mel  
Sustento dos trabalhadores  
Como faz lembrar Santa Isabel  
No milagre das flores  
Com seu amor verdadeiro  
Esta santa das bondosa  
Ate no mes de janeiro  
Transformou o pao em rosas  
Tanto dos pobres gostou  
E dos pobres do mundo inteiro  
Foi por isso que realizou  
Este milagre em Janeiro  
E a rainha de Aragao  
Foi sempre a melhor rainha  
Roubava ao marido o pao  
Para o dar a quem nao tinha  
A nossa porta abriremos  
Aos velhos que pedem pao  
Por que nos nunca sabemos  
Esse velhinhos quem sao  
Pode ser o mais pobrezinho  
Pedindo migalhas de pao  
Percorrendo tanto caminho

A nossa porta abriremos  
Aos velhos que pedem pao  
Por que nos nunca sabemos  
Esse velhinhos quem sao  
Pode ser o mais pobrezinho  
Pedindo migalhas de pao  
Percorrendo tanto caminho  
Para sua alimentacao  
O meu lar e pobrezinho  
Meu lar e com meu Conforto  
Mas dou sempre dinheirinho  
A quem bate a minha porta  
Poem se o dinheiro na maos  
Ao pobre o que e necessario  
E tambem vou dar do pao  
Que tenho dentro do armario  
Mas o dar e um de ver  
Aquele que faz o bem  
Nao pudemos esquecer  
A pobreza que o mundo tem  
Mas a nossa obrigacao  
Quem e Cristao na verdade  
E da agua e da pao  
A quem tem necessidade.



By Joao Engenheiro,  
Maynard Nursing Home Resident

## TOP 3 SCORES

100	"Enjoy Mealtimes", "I can eat when I want", "I decide how to spend my time", "I am treated with respect by the staff"
96%	"Safe when I am alone", "I decide when to get up", "Staff respect what I like and dislike"
91%	"I get the health services I need", "The care and support I get help me live my life the way I want", "Staff know what they are doing"

## 3 AREAS FOR IMPROVEMENT

22%	"People ask for my help or advice", "I have a special relationship with a staff member"
26%	"Some of the staff know the story of my life"
30%	"Another resident here is my close friend"

## Action plan

AREAS OF FOCUS	PLAN
1 Meaningful and Active Engagement - Consultation with Resident Council	<ul style="list-style-type: none"><li>The Village's General Manager, Director of Recreational Services and/or Neighbourhood Coordinator will seek input from Council on what kinds of activities have meaning for them, and in what ways more meaningful activities can be offered.</li></ul>
2 Meaningful and Active Engagement - "Top 10" Boards	<ul style="list-style-type: none"><li>"Top 10" boards highlight information shared by residents and family members can be used to prompt or guide team members on subjects or activities that may be especially meaningful to resident.</li></ul>
3 Meaningful and Active Engagement - Engagement Champions	<ul style="list-style-type: none"><li>On a rotating basis, one PSW on both neighbourhoods will be an "Engagement Champion" who will spend 30 minutes per shift engaging socially with residents through activities they have identified as being enjoyable or meaningful.</li></ul>

Maria Andrade – July 1sh

Maria Cordeiro – July 6th

Gloria Reyes – July 6th

# Happy Birthday!

Sending smiles for every moment of your special day!

Happy Birthday from everyone at Maynard!



# 2024 Resident Quality of Life survey

## results and action plan

We are pleased to share a summary of scale results against available benchmarking for the 2024 resident quality of life survey.

International benchmarking is from 2018 and includes comparisons to results in Belgium, North America and Europe.



**Schlegel Villages**

**3018**  
participants

**Maynard**

**23**  
participants

### AVERAGE RESPONSES

#### STAFF RESPONSIVENESS

This scale combines responses from eight questions and reflect how residents feel about promptness and attentiveness of team members.

**78%**

77%  
international median

**86%**

#### PERSONAL CONTROL

This scale combines responses from eight questions and reflects how residents feel about their autonomy and choice.

**66%**

72%  
international median

**88%**

#### FOOD AND MEALS

This scale combines responses from three questions and reflects resident's satisfaction with the dining experience.

**61%**

67%  
international median

**81%**

#### CARING STAFF

This scale combines responses from five questions and reflects resident's emotional connection with team members.

**56%**

45%  
international median

**68%**

#### SOCIAL LIFE

This scale combines responses from ten questions and reflects the social connectivity of residents.

**48%**

37%  
international median

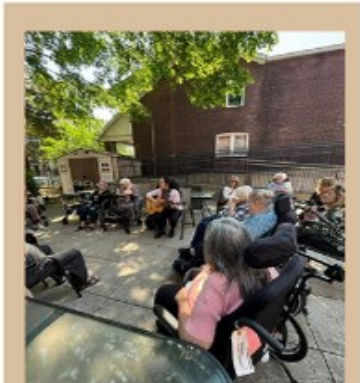
**58%**



*31<sup>st</sup> wedding anniversary*



*Team Members Celebration 31 years of love*



*Music Therapy*



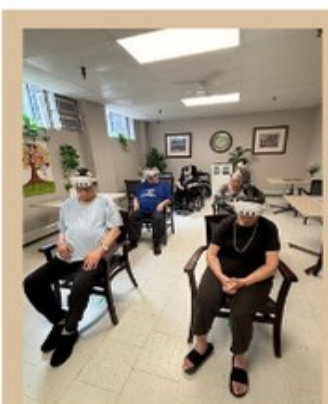
*Fathers Day*

## PHOTOS OF THE MONTH

June was a joyful month filled with celebrations, wedding anniversary, Fathers Day, Pride and recreation activities. Team Members, volunteers, residents, and families shared beautiful moments together!



*Celebrating Mr. Melo's 100<sup>th</sup> Birthday.*



*VR Game*



*100<sup>th</sup> Birthday*



*Pride Day*



*Fishing*



*Karaoke*



*Sound Therapy*



# Schlegel Villages – CONNECTIONS



**TIMELESS RECIPES,**  
*endless stories*  
PURSUIT OF PASSIONS 2025

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.

# 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!

