

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

August 2025

Contact Us:

The Village of Aspen Lake
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(519) 946-2055

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Our Pursuit of Passions event in July was a wonderful treat! A few Residents shared their favourite recipes and we all got to taste! From this event, Schlegel Villages is creating a cookbook! Plan to pick up a copy this November!



Welcome August

Facts of the Month...

The lazy, hazy days of summer are here, and August invites us to soak up every sunny moment! Whether you're lounging in the shade with a good book, enjoying a cool drink on the patio, or savoring a late summer stroll, this month is all about slowing down and making the most of warm breezes and golden afternoons. As we embrace these final weeks of summer, let's celebrate the simple joys, vibrant blooms, and sun-soaked memories that make this season so special.

Flower of the Month



The gladiolus, also known as the "sword lily," symbolizes strength, love, and remembrance. Its name comes from the Latin word *gladius*, meaning sword, a nod to its long, blade-like leaves. Once worn by Roman gladiators for strength and protection, the flower has come to represent integrity, perseverance, and honor.

Gladiolus is often used in memorials as a tribute to lasting memories, and in the Victorian era, it was thought to pierce the heart with love at first sight. Today, it remains a symbol of admiration, deep emotion, and enduring beauty, making it a powerful bloom for the final full month of summer.

Birthstone of the Month

Peridot, known for its vibrant lime-green hue, is a symbol of prosperity, good fortune, and radiant energy. Ancient Egyptians believed it held the power of nature, using it in sacred rituals to connect with nature gods. Historically, it was also valued for its healing properties, thought to aid with ailments and enhance memory. Worn as beads or talismans, peridot was believed to offer protection while attracting love, happiness, and wealth. Its ability to shine brightly even in darkness linked it to the sun, seen as a beacon of light and hope for the future.





Notes from the General Manager's Desk

I hope you're enjoying the summer! Can you believe how quickly it's flying by? Soon, we will see the leaves changing color. It's been a busy summer with BBQs, entertainment, trips to Walmart, and much more planned for August.

In July, we were finally able to welcome Jenny back to the Village. As you may know, she slipped and fell in early February. After much medical treatment, rest, and physiotherapy, she is back, and we are so glad to have her; she has been missed.



On July 7th, we introduced a new summer menu featuring old favorites and some new recipes that have been a hit so far. The most noticeable change is on Sundays, where we've added an elevated option along with the second option from the "Also Available" menu. Did you know that omelets, ice cream, assorted sandwiches, applesauce, mashed potatoes, cheese, and rolls are all "Also Available" to you? If you find that neither menu option suits your taste, you are always welcome to order from the "Also Available" menu. We also heard your call to bring back the bacon! I want to confirm that crispy bacon will continue to be offered every Sunday morning for breakfast, especially for all you bacon lovers.

Starting this month, each neighborhood team will participate in a Community Give Back event, where all money raised will go to a specific charity to help our community. Our kick-off event is on July 30th, where team members can pay \$5 to dress down in pink, with all proceeds supporting breast cancer initiatives. Keep an eye on your Village calendar to see the different events happening!

I want to share some updates about our village leadership. We have said goodbye to two wonderful leaders, Jillian Studman and Dafina Pruvlovik, who have both contributed immensely as Director of Food Services and Assistant Director of Food Services. We wish them all the best in their new adventures! To ensure a smooth transition, Ajay Tanwar from a Schlegel Village in Toronto has stepped in while we search for new Dietary leaders.

(Notes from the General Manager - cont'd)

In our Program of Active Living (PAL) team, we're excited for Ryanne Stieler as she takes on her new role as Regional Director of PAL in our Support Office. We also welcome back Caitlyn Couloufis (formerly Douglas) as the Director of PAL. Caitlyn and Rachael, our PAL Coordinator, are eager to work together to support your fitness needs.

Kristen Baudoin has been doing fantastic work supporting other Schlegel Villages as they transition to PSW Medication Administration. Caitlyn filled in as Director of Quality and Innovation during her absence. Now that Caitlyn is back in PAL, Shannon Murr will transition from Neighbourhood Coordinator to Director of Quality and Innovation starting August 4, 2025. We will be actively searching for a new Neighbourhood Coordinator to join us!

A special thank you to Jackie Garant, who will temporarily take on the role of Team Experience Coordinator (TEC) until the end of the year. With her help, we hope to stabilize our teams and reduce our reliance on agency staff. Filling in for Jackie will be Jovanka Petrushevska, a familiar face as our Administrative Assistant. I'll keep you updated as we finalize the leadership changes.

Wishing you a fantastic second half of the summer!

Wishing you a wonderful month,

Melody Jackson
General Manager



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.



Taylor from Walkerville received this note from a Family Member: “Thank you for making my mom feel special by curling her hair.”



The Walkerville Team was appreciated by a Family Member: “We enjoyed the summer holiday clothes that the nurses & PSWs wore instead of uniforms. They looked so happy! We especially liked Steve’s bikini.”



Bree from Tecumseh was appreciated for helping: “Thank you for getting our Resident’s CD Player working.”



Stacy, Hairdresser was appreciated by a Family Member: “Thank you for taking the time to explain to me. I was able to talk to our doctor about it. Thanks for your input and professionalism.”



Tammy received this note of appreciation: “Thank you for always going above and beyond to help your team and Residents.”

CONGRATULATIONS TO...

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



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

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.



From Law to Medicine: Volunteer Ramneek Brar's Inspiring Journey at Aspen Lake

For the past year, Ramneek Brar has been a dedicated and vibrant presence at Aspen Lake, volunteering her time and energy to enrich the lives of residents through activities like bingo, manicures, crafts, and ceramics. Her warm demeanor and commitment to service have made her a valued member of the Aspen Lake community.



Ramneek's journey to volunteering began much earlier—she first applied to volunteer in 2020, just as the world was bracing for the COVID-19 pandemic. Scheduled to begin her first shift when restrictions hit, her plans were delayed. Still, she remained committed, and when the opportunity finally arrived, she stepped in with enthusiasm and purpose.

Currently entering her third year of Law and Politics at the University of Windsor, Ramneek is a driven and thoughtful student. In high school, she embraced leadership roles and spearheaded initiatives supporting African American inclusion, Indigenous student representation, and other equity-focused causes. Fluent in Punjabi, English, and Hindi, she brings a rich cultural perspective to everything she does.

(Continues on next page)

When she began volunteering at Aspen Lake, Ramneek was at a crossroads—unsure whether her future lay in law or medicine. Her experiences at the village have since shaped that decision. Inspired by the compassion and hands-on care she witnessed from team members, Ramneek has decided to pursue a career in medicine and will be applying to medical school for the 2026–27 cycle.

“I’ve realized how meaningful it is to provide care that is not only skilled but also deeply compassionate,” she shares. “Volunteering at Aspen Lake has solidified my passion for becoming a physician. I’m excited to bring what I’ve learned about advocacy and law into the healthcare space.”

Ramneek hopes to use her unique academic background to bridge the gap between law and medicine, and perhaps apply it to issues such as patient rights and equity in healthcare delivery.

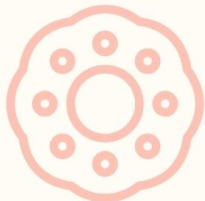
Aspen Lake is proud to have played a small part in her journey—and grateful for the kindness and energy she continues to share with residents and team members alike. Thanks for all you do Ramneek! We appreciate you!

The Next Volunteer Orientation Session is scheduled for:

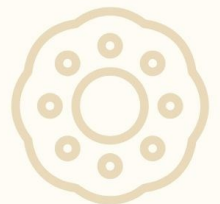
**Sunday, August 24th
at 12 noon**

If you are interested in attending, please call the village to register at:

(519) 946-2062 ext. 8016



*Roderick's
Bakery*



AUGUST 18TH 10AM - 2PM

Join us on Main Street

FOOD *for the Soul*

The Sunflower Turns to the Light

As August stretches its golden arms across the fields, sunflowers stand tall, reaching high into the sky, their bright faces following the sun. These cheerful blooms have long symbolized loyalty, hope, and joy—but perhaps their greatest lesson is how they instinctively turn toward the light.

In many ways, August is a season of in-between. Summer's warmth still lingers, but we feel the quiet hints of change—cooler mornings, shorter evenings, and a whisper of autumn in the breeze. Life, too, has these transitional moments, when we are called to move from one chapter to the next. It's not always easy. Change can feel uncertain or bittersweet. But like the sunflower, we are invited to lift our eyes and turn toward the Light, toward hope, growth, and God's steady presence.

Sunflowers don't worry about what's behind them. They stretch, they reach, they bloom. And when the sun begins to set earlier, they still stand tall, their roots deep in the soil, trusting the rhythm of the seasons.

As we move toward fall, may we do the same.
Let's embrace what's ahead with courage and faith.
Let's stand firm in what grounds us—God's love, His promises, and His purpose for our lives.

Whether you are facing a new school year, a season of change, or simply reflecting on how quickly summer is passing, remember the sunflower. Lift your face to the light. Let God lead you forward with grace.

And trust: just as He paints every sunset and turns every leaf to gold, He is faithfully at work in the changing seasons of your soul.

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

August 10th at 3:00pm

Roman Catholic Mass

August 19th at 2:00pm

Banwell Community Church Service

August 24th at 2:00pm

In Memory



We remember...

Julia B.

John I.

Emile M.

Celebration of Life Service is
planned for August 12th.



Chapel Music Service

August 18th
at 10:00am

Participant of the month

Natalia C. is this month's Participant of the Month! She has been on the Program of Active Living since she became a resident in 2021.

Natalia started on the program with upper body strengthening exercises before she began using the stationary bike for about 20 minutes per session. Last year, she began using the NuStep bike and has improved her endurance very quickly. She started with 20 minutes on the NuStep bike, and now Natalia often completes more than

50 minutes of biking. Natalia has made coming down to the Fitness Club part of her morning routine. She is one of the most consistent athletes in the Fitness Club, as she participated in her program 22 times in the month of July. She is also a frequent participant in weekly group exercise classes on the Belle River neighborhood.

Natalia was very active growing up, with soccer being her favourite sport to play with friends and family. She says that exercising gives her a good challenge and makes her legs feel great. Her favourite part of coming down to the Fitness Club is having a good laugh and enjoying the company of everyone. She also loves to compete with other Residents on the NuStep bike to see who can bike for the longest amount of time.

When she isn't on the NuStep bike, she enjoys doing crossword puzzles, ceramics and playing bingo. Natalia also likes to spend time outdoors and feed the birds around the building.

Congratulations on being named "Participant of the Month", Natalia!

Rahul Seehra,
Program for Active Living Student



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



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 Meeting

Tuesday,
August 5th
2:00pm



Food Committee

Tuesday,
August 26
2:00pm



FAMILY COUNCIL

*Thursday, September 18th
11:30am - 12:30pm*

*Please check the “Family & Friends” bulletin board
on Main Street for updates.*

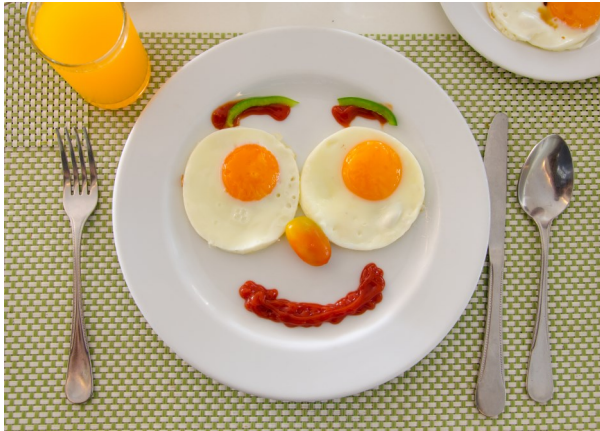
Meeting will be in the Chapel.

How can Family Council support you?

Dates to Remember



BREAKFAST BUNCH



**in the Community Centre
AUGUST 13th**

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



**PUB
NIGHT**

**AUGUST 6TH @ 6:30PM
(NORTH TOWER)
WITH TIM LUKAS**

**AUG. 27TH @ 6:30PM
(SOUTH TOWER)
WITH TED BACHMEIER**



AUGUST 7th - Dave Wilson

performs for Sandwich Towne at 2:00pm
& Riverside at 3:00pm

AUGUST 11th - Ernie Miller

performs for Walkerville at 2pm
& Belle River at 3pm

AUG 13th - Belle River Fun Band

performs at 2pm in BR Family Room

AUGUST 25th - Brent Meidinger

performs for Tecumseh at 10am
& Lasalle at 11am

AUGUST 27th - Bill Poisson

performs for Walkerville at 2pm
& Riverside at 3pm

BBQ FUND-RAISER

you're invited to join us
on the Front Patio



Proceeds support the Residents' participation in
Operation Christmas Child (Shoebbox Gifts)

Thursday, Aug 14th

11:30am - 1pm

\$8.00

Hamburger Meal
(Veggie Burgers also available)

PLEASE JOIN US FOR A

Family BBQ

SATURDAY,
SEPT 6TH



11:30AM
-1:00PM

TICKETS ARE \$10.00
PURCHASE BY SEPT 2ND



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.

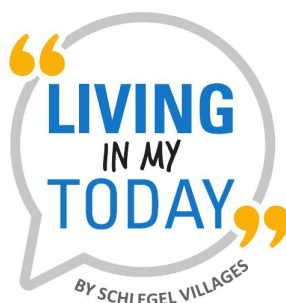
Future webinar
November 25



Hosted by

Heather Luth

Director of Dementia Services
and Knowledge Integration
Schlegel Villages





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!**



HAPPY BIRTHDAY!

Wishing you all a happy day!

BELLE RIVER

August 8th - Stephanie D.

August 11th - Kelly L.

August 12th - Ida B.

RIVERSIDE

August 20th - Miroslav V.

August 25th - Bernice G.

WALKERVILLE

August 23rd - Doreen D.

August 25th - Donna S.

August 31st - Daisy J.

TECUMSEH

No Birthdays this Month!

LASALLE

No Birthdays this Month!

SANDWICH TOWNE

August 1st - Christine B.

August 20th - George B.

August 24th - Donald D.

August 26th - Theresa C.



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.



In 2025, our Village is focusing on the aspiration to create opportunities for meaningful & shared activities.

“Life in our Villages is filled with meaning, purpose and shared moments. We recognize that the most natural activity can provide fulfillment and growth, and we support residents in defining experiences that bring them meaning. “Live life to the fullest.”

Village Advisory Team

The Village Advisory Team is looking for Family Members & Residents to join our TEAM!
Please contact Jenny Brown at x8007 for more information.





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

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



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	<i>Neighbourhood Coordinator</i> <i>Supporting Walkerville & Sandwich</i>	8024
Debbie Durocher <i>Volunteer Services Coordinator &</i> <i>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
Shannon Murr <i>Director of Quality & Innovation</i>	8051	Caitlyn Douglas <i>Director of Program for Active Living</i> Rachel Durocher <i>PAL Coordinator</i>	8008
Jovanka Petrushevska <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!

Is it true that the way to a man's heart is through his stomach?

These guys look pretty happy to be enjoying a BBQ hamburger cooked on the grill outside! (Of course, we all enjoyed it - not just the men!)

Rumour is.... There are ribs for the BBQ dinner in August! YUM!

