



HAVE A LOOK:

- Pg. 2: Wilfred Schlegel Day**
- Pg. 3: August Facts**
- Pg. 4: Colouring Page**
- Pg. 5: Volunteer Vibe**
- Pg. 6: Crossword Puzzle**
- Pg. 7: What's Growing On?**
- Pg. 8: Crossword Answers**
- Pg. 9: Hot Weather Info**
- Pg. 10: Research Matters**
- Pg.11: Innovation Summit**
- Pg. 12: Dementia Series**
- Pg. 13 & 14: Village Directory**

"Like" us on Facebook:

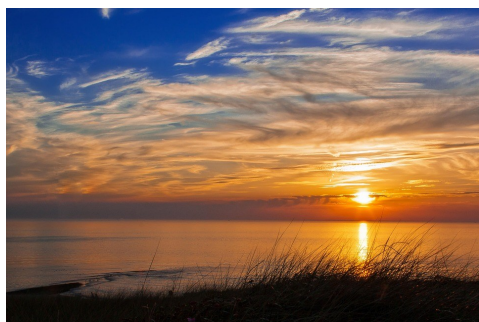
The Village at St. Clair

Follow us on Twitter:

@villagestclair

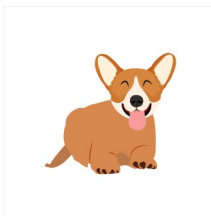
View Calendars at:

www.schlegelvillages.com



Welcome to August!

"The first week of August hangs at the very top of summer... like the highest seat of a Ferris wheel when it pauses in its turning." ~ Natalie Babbitt



Well, we are entering the final days of the "Dog Days of Summer!"

It's time to enjoy this last stretch of Summer before Fall will be upon us. It won't be long before the youngsters are back to school and our families are back to the familiar Fall routine.

We have lots of great programs for you to enjoy this month. Check your calendars for your favorite entertainer or programs! See you there!



Schlegel Villages – CONNECTIONS



WILFRED SCHLEGEL *Day*

Monday, August 4

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.

AWESOME AUGUST FACTS

On August 6, 1762, the first-ever sandwich was created, at least with such a name. It was named after the Earl of Sandwich when he requested a dish involving meat between two pieces of bread.



Those born in August are brought into this world under one of two star signs. If you were born before August 22nd, you're considered to be a Leo. If you're born on the 23rd or later, you're a Virgo.



August was a big month for the U.S. Civil Rights Movement. It was on August 28, 1963, that Martin Luther King Jr gave his famous "I have a dream" speech to 250,000 people on the steps of the Lincoln Memorial in Washington D.C. Considered to be one of the most iconic speeches in the history of the US, King's speech called for the end of racial discrimination and for equal rights to all.



August also has two birth flowers ~ the vibrant multicolored gladiolus and the deep crimson poppy. The gladiolus flower is said to represent generosity, strength of character, and deep sincerity. The poppy flower couldn't be more different though, as it is a sign of imagination, eternal sleep, and oblivion!

Unlike most other months, August has just one birthstone – peridot. One of the lesser-known gems, peridots come in shades from grass-green to a more earthy olive hue.

Rock music lost a living legend on August 16, 1977, when Elvis Presley left the world behind. The King of Rock's health had been going downhill for some time, but his death was a shock to the world.





Colour Me Beautiful!

The Volunteer Vibe

She is 78 years young; she is outgoing, involved, considerate, and she volunteers for our General Store. She is this month's Volunteer Spotlight. Ready to meet our mystery resident? It is none other than Kingsville's very own Janet Edwards!



Settling in for a conversation, Janet shares that she worked in a variety of different industries. She did everything from working in the kitchen of the old Victoria Tavern to being employed in the insurance industry for 29 years! Janet also had plenty of hobbies, which included jam making and baking.

Like so many of our residents, her life has been sprinkled with moments of pride and joy. She fondly recalls a time in her life when she volunteered for "Tiny Tots", a group that encourages little ones to swim. Volunteering has given Janet the opportunity to meet new people and has taught her patience and the ability look at things from a different perspective. Curious as to what or who inspired her love of volunteering, she tells us, "Mum. I always remember her volunteering and giving back to the community."

If Janet were to sit on our Green Bench what would her words of wisdom be

"Have a smile on your face, stay positive and enjoy life!"

What does Janet want our readers to know about her?

"My door is always open and I'm ready to meet new people!"

Janet, we are so thrilled to have you join our Volunteer Family. Your dedication to our General Store is so appreciated!



Golf - Word Search

Z	Q	U	M	F	O	R	E	Z	A	R	D	G	C	K	R	C
P	H	V	S	N	Z	F	M	L	Z	P	R	V	D	R	R	H
R	T	P	W	Y	O	D	S	A	G	N	I	W	B	E	Q	I
R	G	O	H	T	S	R	L	G	K	A	V	V	K	T	M	P
Y	O	E	Y	A	W	R	I	A	F	R	E	O	Q	T	L	Z
D	O	U	J	G	N	Q	C	J	S	K	R	E	F	U	G	W
B	X	J	G	E	G	D	E	W	V	T	D	V	T	P	N	A
O	A	E	A	H	B	R	I	D	S	O	L	I	L	E	I	A
F	O	L	S	U	A	O	D	C	C	H	U	S	B	L	W	E
L	S	R	L	R	N	E	A	H	A	S	U	O	F	T	S	P
T	Y	C	S	E	U	D	W	A	E	P	G	I	D	D	M	B
R	T	X	E	V	D	O	W	K	U	E	Y	W	Y	A	Y	P
B	I	R	D	I	E	F	C	S	Y	D	I	V	O	T	M	H
F	G	P	E	F	J	Z	G	H	G	A	E	C	Y	C	Y	K

BALL
BIRDIE
BOGEY
CADDIE
CHIP
CLUB
COURSE
DIVOT

EAGLE
FAIRWAY
FORE
GREEN
HANDICAP
IRON
PUTTER
ROUGH

SLICE
STROKE
SWING
WEDGE
WOOD





What's Growing On?

With Karyn O'Neil
~ Horticulture Therapist ~

Join us in the Greenhouse on Tuesdays at 6
for Horticulture Club!

Pancake Social ~ August 13th, 10-11.

Crochet Club is on Thursday afternoons in the Library.

Farmer's Market ~ Aug 20th, 11 am to 3 pm.

~ All are Welcome ~



Golf - Solution



BALL
BIRDIE
BOGEY
CADDIE
CHIP
CLUB
COURSE
DIVOT

EAGLE
FAIRWAY
FORE
GREEN
HANDICAP
IRON
PUTTER
ROUGH

SLICE
STROKE
SWING
WEDGE
WOOD



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



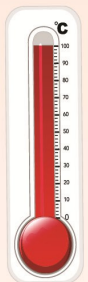
Confusion and lack of coordination



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.



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.



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!**



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

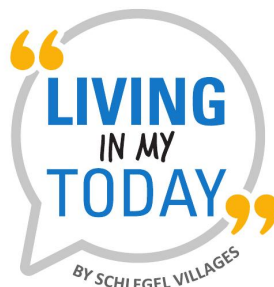


Hosted by

Heather Luth

Director of Dementia Services
and Knowledge Integration

Schlegel Villages



VILLAGE AT ST. CLAIR DIRECTORY ~ Main Line ~ 519-960-1050

Neighbourhood Coordinators

Noel Erum	Neighbourhood Coordinator Gosfield & Kingsville	x 8020
Jeff Studman	Neighbourhood Coordinator Amherstburg & Colchester	x 8038
Stacey McDonald Price	Neighbourhood Coordinator Essex & Harrow	x 8032
Mark Mitchell	Neighbourhood Coordinator Talbot & Oldcastle	x 8026

Ancillary Support

Stephanie Perry	Resident Support Coordinator	x8009
Elise Chambers	Spiritual Care Coordinator	x 8052
Tammy Zimmerman	Volunteer and Student Coordinator	x 8016
Jacqueline Reinhardt	Dietician	x 8014
Kari Lappan	Administrative Coordinator	x 8002

Directors

Vacant	Director of Environmental Services	x 8006
Hannah Renaud	Director of Recreation Services	x 8007
Candace Irvine	Director of Quality and Innovation	x 8013
Kristin Frye	Director of Program for Active Living	x 8008
Jamie Melton	Director of Food Services	x 8004
Kelsey Derbowka	Asst. Director of Food Services	x 8004
Dana Houle	General Manager	x 8003

~ VILLAGE AT ST. CLAIR CLINICAL DIRECTORY ~

Clinical Team

Assistant Directors of Nursing

Cherie Drouillard	Essex & Harrow	x 8069
Grace Kearn Reaume	Gosfield & Kingsville	x 8068
Vacant	Oldcastle & Talbot	x 8067
MaRhoda Dhaz	Amherstburg & Colchester	x 8010
Amanpreet Kaur	Infection Control Lead	x 8042

RAI / QI Team

Roderick Balinio	Oldcastle, Harrow	x 8035
Jamie Santillan	Gosfield, Kingsville, Essex	x 8041
Vacant	Amherstburg, Colchester, Talbot	x 8029

Nurse Practitioner

Vacant	x 8133
--------	--------

Director of Nursing Care

Stephanie June	x 8005
----------------	--------

