

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

September 2025

Contact Us:

The Village of Aspen Lake
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We had some fun remembering the 80s at our Awesome Eighties Party! Great music by Joe & Niko and lots of fun going back in time!



Welcome September

Facts of the Month...

As we say goodbye to the warmth of summer and welcome the crisp air of September, it's a perfect time to reflect on the memories we've made during the sunny months. From family visits to outdoor activities, we hope this summer has brought moments of joy and connection. Now, as the days start to cool and the leaves begin to change, we look forward to the peaceful beauty of fall. Welcome to September!

Flower of the Month



Asters, members of the daisy family, bloom in vibrant colors as summer transitions into fall. With over 250 species worldwide, these daisy-like flowers feature thin petals radiating from a central white or yellow disc. They come in shades of white, yellow, pink, purple, red, and blue.

The name "aster" comes from the Greek word for "star," reflecting their star-like appearance. Each color carries its own meaning: purple symbolizes wisdom, white represents innocence, red signifies devotion, and pink stands for love and kindness.

Birthstone of the Month

Famed for its rich blue color, sapphire has symbolized truth, sincerity, and nobility for centuries. Its hue comes from iron and titanium, with more iron creating a darker blue.

The name "sapphire" comes from the Greek *sappheiros*, meaning blue stone. Revered by royalty in Greece, it was believed to protect against harm, attract wealth, and even offer guidance from the gods. Ancient Persians thought Earth rested on a giant sapphire that made the sky blue, while in the Middle Ages clergy wore sapphires to represent heaven and invite divine blessings.





FOOD DRIVE

**September is
Hunger Action Month.**

To show our support, we will
be collecting donations for
local food banks across Ontario!

September 1-30

**Donations can be brought to the
Shopping Cart on Main Street.**

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.



Renuka from Walkerville received this note from a Family Member: “She is always helpful, gets what I need immediately. Each day has a friendly “Hi Mary” and an enthusiastic employee trying to accommodate everyone’s needs & requests.”



Mark from Maintenance received this note from a Family Member: “Thank you for locating a plastic blue cup for my husband at the coffee station.”



Emmanuel, Change Nurse received this note from a Family Member: “A big thanks to Nurse Emmanuel who always greets me with a friendly smile”



Alycia from Lasalle received this note: “Thanks for supporting your team!”



Tom from Maintenance received this note: “You do a great job!”

CONGRATULATIONS TO...

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





In the Spotlight



This month we are pleased to shine a spotlight on Landan Newman, one of our dedicated student volunteers.

Landan joined our long-term care team in March and has already contributed over 50 hours of his time. A Grade 11 student at St. Joseph's Catholic High School, Landan is known for his positive attitude and eagerness to help. He can often be found assisting in the General Store, where he enjoys greeting and chatting with residents.

Landan shared that what he enjoys most about volunteering is visiting with residents and hearing their stories. His warm and friendly manner makes him

a natural at building connections, and his presence is greatly appreciated by both residents and staff.

Outside of volunteering, Landan enjoys camping, fishing, and sports. Inspired by his cousin, he hopes to one day pursue a career as a police officer. We are very grateful for Landan's commitment, enthusiasm, and the joy he brings to our home. Volunteers like him truly make a difference.

The Next Volunteer Orientation Session is scheduled for:

**Sunday, September 28th
at 12 noon**

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

(519) 946-2062 ext. 8016

FOOD *for the Soul*

Lessons from a Sunflower

Towering and golden, sunflowers stand tall in the fields of late summer and early fall. They are bright, strong, and full of life. But what makes them truly remarkable is not only their beauty—it's their **habit of turning toward the light**. From sunrise to sunset, sunflowers lift their faces to follow the sun's path across the sky.

What a powerful lesson for us! Life brings its share of changes—new seasons, new routines, sometimes new challenges. Yet, like the sunflower, we too can choose to turn toward the Light. For us, that Light is Jesus Christ. In *John 8:12*, Jesus says: *"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

This is good news for every season, but especially as we grow older and life feels different than it once did. Change can sometimes feel bittersweet. We may look back on summers past, remembering family gatherings, vacations, or the busyness of younger years. But fall brings its own kind of beauty—a slower pace, a time of reflection, a season of gratitude.

And here's the encouragement: like the sunflower, we can keep our faces lifted toward God's light. Each morning, we can begin the day with a prayer: "Help me see Your light today." Even when clouds pass overhead, the sunflower still leans upward, waiting for the sun to return. In the same way, when life feels heavy, we can hold on to hope, knowing God's love never leaves us.

So, as September unfolds, let the sunflower remind you to stand tall, rooted in faith and to turn toward the Light each day, while trusting that every season has its own beauty and purpose.

May this fall be a season of encouragement for you—a time to reflect on God's goodness, to enjoy the simple gifts around you, and to keep your heart turned toward the One who shines brighter than the sun.

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

September 14th at 3:00pm

Roman Catholic Mass

September 16th at 2:00pm

Banwell Community Church Service

September 28th at 2:00pm

In Memory



We remember...

Peter M.

Marija M.

William M.

Celebration of Life Service is
planned for October.



Chapel Music Service

Sept 29th
at 10:00am

Schlegel Villages – CONNECTIONS



September 7

Grandparents Day

The **GRANDEST** **GRANDPARENT** Legacy quilt project

As part of the 2024 Grandparents' Day celebrations, Schlegel Villages invited grandchildren to participate in the "Grandest Grandparent Legacy Quilt Project." The goal was for each grandchild to create a personalized 6x6-inch quilt square that showcased why their grandparent is "the grandest."

Many Villages hosted special Grandparents' Day events around the second Sunday of September, where grandparents and their grandchildren could work on their quilt squares together, fostering intergenerational bonding, storytelling, and cherished memories. From there, all quilt squares were collected and skillfully pieced together by talented Village quilters into a beautiful, cohesive quilt that symbolizes community, love, and legacy.



Throughout the month of September, we'll share why people felt theirs is the greatest grandparent, and we look forward to the quilt visiting every Village in the coming months.

Schlegel Villages – CONNECTIONS

National Day for Truth and Reconciliation

At the age of six, Phyllis's grandmother gave her a bright orange shirt for her first day of school. When she arrived at residential school, it was taken away – along with her other clothes – and never returned. For Phyllis, the colour orange came to symbolize the profound loss, disregard, and pain experienced by children in the residential school system.

This day calls us to remember the countless First Nations, Inuit and Métis children taken from their families, and to acknowledge the lasting harm caused by colonial policies that suppressed and attempted to erase entire cultures.

On **September 30**, we join Canadians in honouring the National Day for Truth and Reconciliation and **Orange Shirt Day**, inspired by the story of Phyllis Jack Webstad.

At Schlegel Villages, our doors remain open as residents and team members come together in the spirit of learning, reflection, and conversation. Honouring diversity is one of our core values, and we believe that understanding the truth is essential to building an equitable future for all. We stand together and we remember that **Every Child Matters**.

Consider wearing an orange shirt on September 30, and understand the meaning behind it. You can purchase an official shirt through [orangeshirtday.org](https://www.orangeshirtday.org) to ensure a portion of the proceeds go to the Orange Shirt Society and other Indigenous-supporting organizations.

Schlegel Villages'

**FOOD
DRIVE**

September is Hunger Action Month.

To show our support, we will be collecting donations for local food banks across Ontario!

Please speak with one of your recreation team members in your Village to learn how you can get involved!

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,
Sept 2nd
2:00pm**



Food Committee

**Tuesday,
Sept 23rd
2:00pm**



FAMILY COUNCIL

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

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

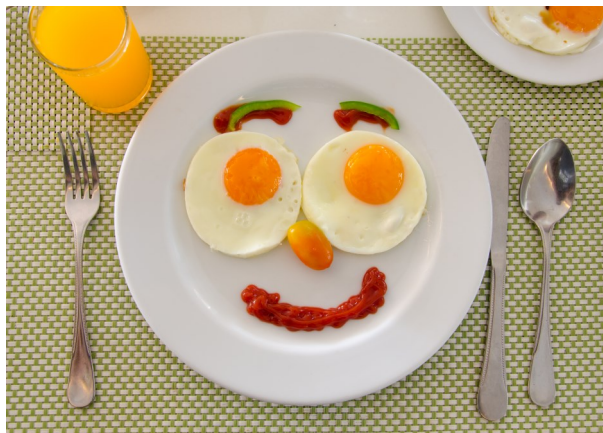
Meeting will be in the Chapel.

How can Family Council support you?

Dates to Remember



BREAKFAST BUNCH



**in the Community Centre
SEPTEMBER 16th**

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



**PUB
NIGHT**

**SEPT 10TH @ 6:30PM
(NORTH TOWER)
WITH RICHARD SENNEMA**

**SEPT 24TH @ 6:30PM
(SOUTH TOWER)
WITH MARK CRAMPSIE**



SEPTEMBER 15th - Ted Bachmeier
performs for Sandwich Towne at 2:00pm
& Riverside at 3:00pm

SEPTEMBER 19th - Ernie Miller
performs for Walkerville at 2pm
& Belle River at 3pm

SEPTEMBER 23rd - Bev Bechard
performs at 2pm in BR Family Room



GRATO GIFTS

MAIN STREET SALE



TUES, SEPT. 9TH
10AM - 2PM



Beautiful handbags, clothing items and more!



Main Street Sale!

Maria's
Lovely
Creations

Thurs., Sept 18th
10am - 2pm



OLD & CLASSIC
CAR SHOW



WEDNESDAY, SEPT 17

IN THE VISITOR PARKING LOT

CARS WILL BE DISPLAYED FROM

10AM - 1PM

BBQ LUNCH FROM 11:30AM-1PM
EVERYONE IS WELCOME!



HAPPY BIRTHDAY!

Wishing you all a happy day!

BELLE RIVER

September 2nd - Marlene B.

September 12th - Carole T.

RIVERSIDE

No Birthdays This Month!

WALKERVILLE

September 10th - Theresa H.

TECUMSEH

September 6th - Madeline M.

September 15th - Elizabeth M.

September 16th - Patricia P.

September 22nd - Aline G.

LASALLE

September 10th - John A.

September 12th - Karel P.

September 15th - George B.

September 16th - Dorina Z.

September 30th - Bill D.

SANDWICH TOWNE

September 6th - Diane C.

September 11th - Maureen C.

September 27th - Erwin B.



The Power of Creativity: How the Arts Can Support Healthy Aging

As we age, staying active — mentally, emotionally, and physically — becomes more important. One powerful way to support well-being across all of these areas is through the arts.

Why arts matter for aging well

According to Kate Dupuis, Schlegel Innovation Leader in Arts and Aging, the benefits of creative activities are wide-ranging:

“Studies have shown that participating in arts-based activities helps older adults in many different domains of well-being — physical, mental, emotional, social and spiritual,” said Dupuis. “You don’t have to be an artist to see these benefits. Simply watching a dance performance or listening to your favourite song can be just as powerful.”

During times of isolation, like COVID-19 outbreaks, the arts also serves as a lifeline, offering meaningful opportunities for connection.

Creativity comes in many forms

When people think of the arts, they often picture painting, dancing, or singing — but creativity takes many forms. Activities like baking, sewing, quilting, gardening, or even restoring an antique car can be just as impactful.



“We’ve seen people surprise themselves by trying something new,” said Dupuis. “Letting go of the idea of not being creative opens the door to joy, enrichment, and self-expression at any age.”

Some initiatives even bring generations together, such as programs where children and their parents join older adults in long-term care for music and movement activities, like Dupuis’ Intergenerational Jamboree program.

“When we think about aging, creativity and self-expression are so important for health and well-being, including brain health,” said Dupuis. “As the field of aging moves away from focusing solely on a medicalized model to a more holistic one, creativity demonstrates its power to connect, inspire, and support well-being.”

Whether it’s reading, painting, singing, dancing, gardening, or simply appreciating a performance, creativity can spark joy and connection at every age.

Subscribe to updates from the RIA at the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.



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



September can be hot

Keep cool and have fun!

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

INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

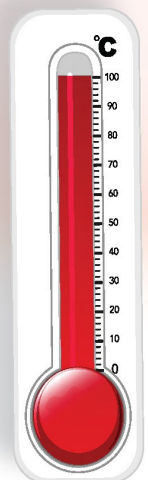
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER



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> Akavili Zhimo <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	Sharon Beaudoin <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
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!

The BBQ hamburgers we had in July for our Neighbourhood BBQs were great... but nothing beats BBQ Ribs slow-roasted on the grill by our awesome, Chef Dan! Thanks so much to everyone who had a hand in this fantastic meal!

