



HAMILTON CONTINUING CARE CHRONICLES

**125 Wentworth Street South, Hamilton, ON. L8N 2Z1
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September 2025 Issue

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!





Resident Council

To our Residents,

We wanted to inform you that Resident Council Meetings will be held on the **Second Thursday** 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:

v. Government Officials

vi. Any other person inside or outside the long-term care home.

Happy BIRTHDAY

Lou Ann

September 13

Barry R

September 17



Cindy

Spiritual Corner

Spiritual Calendar for September

Legion of Mary

September 02 @ 2:00

September 16 @ 2:00

Bible Study with Connie

September 09 @ 10:30

September 23 @ 10:30

Sunday Church Service

September 07 @ 1:30

Storytelling with Traci

September 13 @ 1:30

September 27 @ 1:30

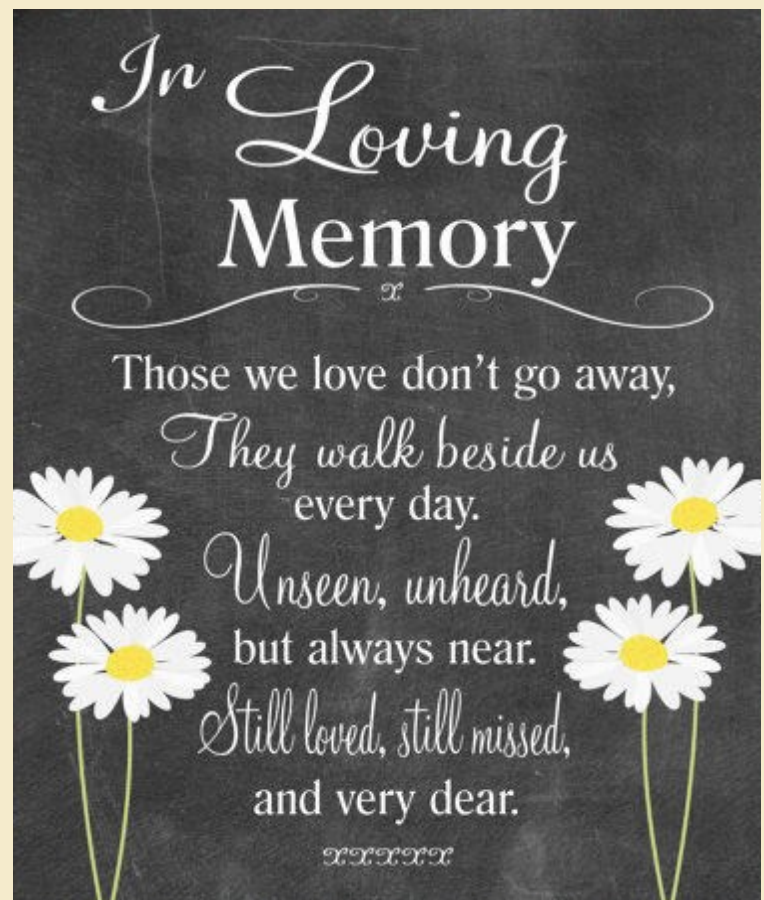
GATHER Group with Traci

September 15 @ 1:00

In Loving Memory

With great sadness,
we remember our friends
who are no longer with us:

Galiya



Recreation Station

Hello Everyone & Happy September!

Can you believe fall is just around the corner? Soon the leaves will be turning, the air will get crisp, and sweater weather will be here to stay!

We've got a fantastic lineup of events to help you kick off the new season in style — check out what's happening this month at the Village:

Grandparent's Day Celebration

Sunday, September 7 @ 2:00 PM | Community Room

Let's celebrate all the wonderful grandparents in our lives with an afternoon full of smiles, stories, and special moments. Don't miss it!

Midweek Zen: Yoga Class

Wednesday, September 10 @ 1:30 PM | Community Room

Stretch, breathe, and unwind! Join us for a relaxing yoga session that's perfect for all skill levels. A great midweek pick-me-up!

Take a Trip Without Leaving the Room!

Virtual Reality Experience

Thursday, September 25 @ 10:30 AM | Community Room

Put on a headset and step into a whole new world! From ocean adventures to global travels, the possibilities are endless.

Space is limited, so be sure to sign up early!

Village-Wide Food Drive – All Month Long!

Let's come together and give back! We're collecting non-perishable food items throughout the month. Just drop your donations in the box at the front entrance — every item helps make a difference!

Here's to a cozy, connected, and colorful September!

Alexandra Amey
Director of Recreation

Program for Active Living

Health & Fitness Tips After Meals

As we welcome the cooler September weather, it's the perfect time to think about how we take care of ourselves after meals. What we do right after eating can have a big impact on how we feel—helping with digestion, boosting energy, and keeping us feeling good overall. Here are some simple tips to help you feel your best after every meal!

1. Go for a Light Walk/ Marching on the Spot

A short 10–15 minute walk after meals helps stimulate digestion, reduce bloating, and boost energy. Avoid intense exercise, but a gentle stroll around the block can do wonders!

2. Skip Lying Down Right Away

Lying down immediately after eating can cause acid reflux and slow digestion. Wait 30 minutes before reclining to allow your body to properly digest.

3. Hydrate, but Don't Overdo It

Drinking small sips of water after meals aids digestion, but avoid large quantities. Too much liquid can dilute stomach acid, making digestion less efficient.

4. Do Gentle Stretches

Light stretching helps improve digestion and circulation. Try seated side stretches or neck rolls to relieve tension and promote better digestion.

5. Practice Mindful Breathing

A few minutes of deep breathing after meals can reduce stress and aid digestion. Try breathing in for 4 counts and out for 4 counts to relax your body.

6. Avoid Heavy Activity

It's best to wait at least 1 hour after eating before engaging in intense physical activity. Focus on light movement like walking or stretching instead.

7. Listen to Your Body

Eat mindfully and stop when you're full. Paying attention to your body's hunger cues prevents overeating and helps with better digestion.

By incorporating these simple habits after meals, you'll feel more energized and support your digestive health. Here's to a healthy, active September!

Jonathan Manning
PAL Coordinator



Hamilton Continuing Care: The Heart of Hamilton



Schlegel Villages'
Volunteers

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

September Fun!

Zodiac Signs: Virgo & Libra

This month's Flower: Aster

This month's Birthstone: Sapphire

- ⇒ In ancient Rome, September was dedicated to the god of fire, Vulcan
- ⇒ Derived from the Latin term septem, which signifies the number seven, September was originally the seventh month in the ancient Roman calendar

Q: Why did the scarecrow win an award in September?

A: It was outstanding in its field!

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
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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

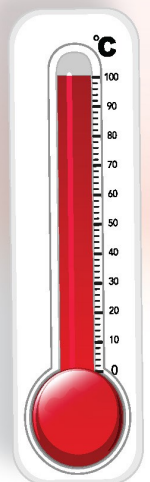
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER



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.



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
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Beverly Agravante	Asst. Director of Nursing Care	236	beberly.agravante@schlegelvillages.com
Alexandra Amey	Director of Recreation	233	alexandra.amey@schlegelvillages.com
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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		jonathan.manning@schlegelvillages.com
Registered Nurse	Charge Nurse	506	hcc.chargenurse@schlegelvillages.com
Traci Isbester	Social Service Worker	508	traci.isbester@schlegelvillages.com

