

The Village of

Sandalwood Park REVIEW

Vol. 23 Issue 10 October 2025

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Mission Statement

Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.



The Village of
SANDALWOOD PARK





Wishing you a
Happy Birthday!



To
Eunice S

Walter S

Our Residents

Jasbir K	Oct 2nd
Deo Linda D	Oct 6th
Harpreet G	Oct 12th
Bernice G	Oct 16th
Lloyd S	Oct 17th
Carmela F	Oct 27th
Angela G	Oct 27th
Joyce N	Oct 27th
Joseph E	Oct 28th
Mary F	Oct 28th
Teresa R	Oct 28th
Ram Singh	Oct 28th
Carrie S	Oct 31st

IN MEMORIAM

*The Board of Directors, Management and Staff
were saddened by the passing of:*

**Robert James
Franco Vivacqua**

Please join us for a

THANKS GIVING P A R T Y



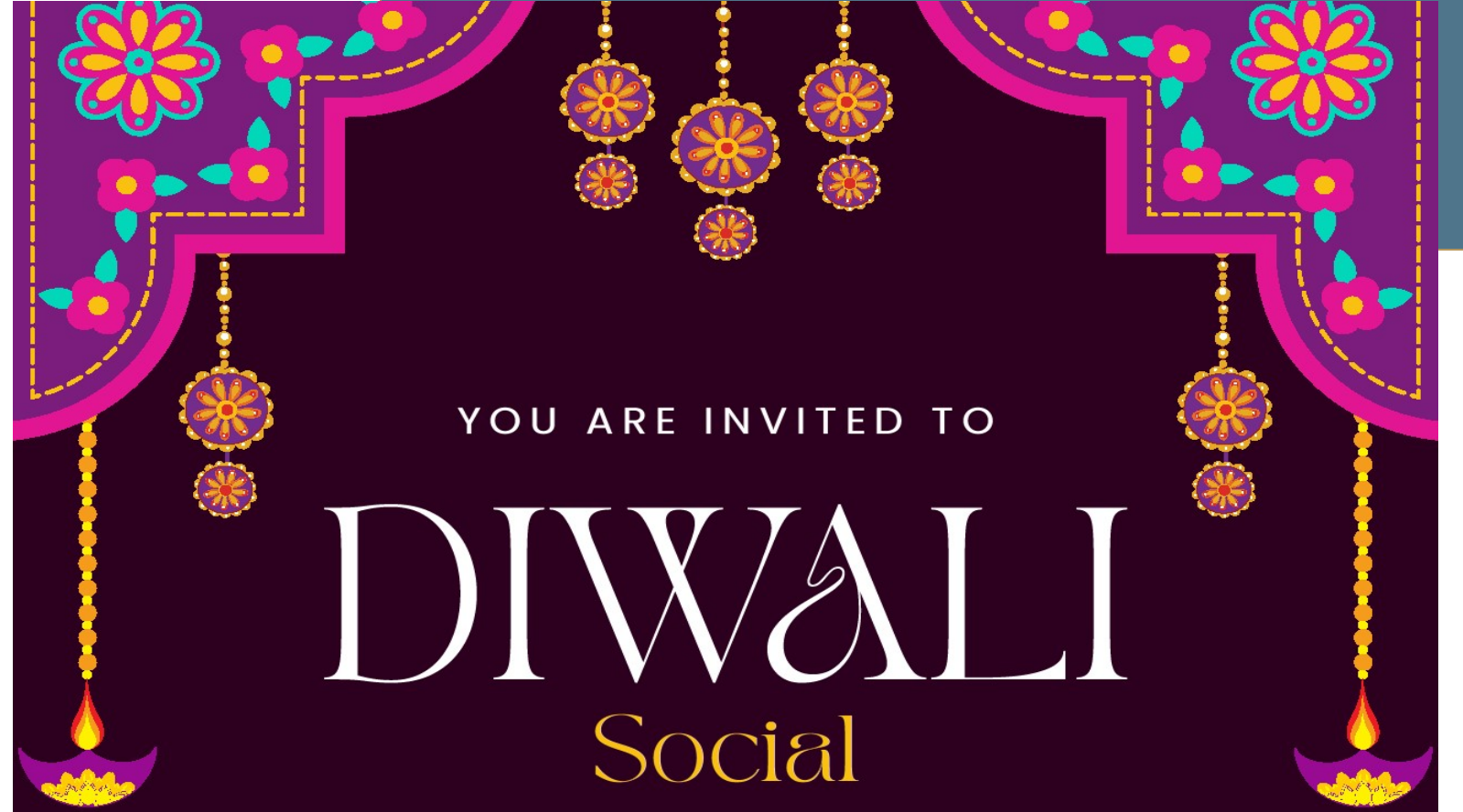
OCTOBER 13TH

2:30pm on Main Street

Music by: Prince

Enjoy fall treats

LET'S BE THANKFUL TOGETHER!



YOU ARE INVITED TO

DIWALI

Social

**Food for team member will be available at
1:30pm in the community centre**

OCTOBER

THURSDAY 23 2:30PM

**MAIN STREET
SNACKS AND ENTERTAINMENT**



RECREATION

Fall Leaf Outing

Join us to see the leaves

**Friday October 17th
1:00pm—4:00pm**

**Stop at Downies Farm
To pick Pumpkins**

review

**Monthly Birthday Parties!
With Marcus**

Wednesday October 15th

**Elliot and Sanders
2:00pm in S,OA**

**Johnston and Cumberland
3:00pm in J,OA**

**Come join us to celebrate
Everyone's Birthday**

Art Therapy

Friday, October 10th
&
Friday October 17th
&
Monday, October 27th
1:30pm in Community Centre



Zoo To You!

**October 8th @ 2:30
on Sanders**

**November 5th @ 2:30
on Cumberland**

Animal Therapy Program

Clips & Curls

As we have offered this position to a hopeful prospect and look to have her join the village within the month.

Wash & Set or Blow Dry - \$28.00

Wash, Set & Cut - \$38.00

Colour including Cut & Set - \$70.00

Men's Cut - \$18.00

Perm (includes Wash, Cut & Set) - \$85.00

Special Conditioning Treatment - \$5.00 & up

Highlights (only) - \$40.00 & up

Waxing – Upper Lip - \$6.00

Upper Lip & Brow - \$12.00

Full Face - \$15.00

New Services

Threading – Upper Lip & Brow - \$12.00

Threading – Full Face - \$20.00

Keratin Treatment - \$200.00

Scalp Massage (30 mins) - \$40.00

Please contact 905-458-9272 ext 807



VOLUNTEER VIEW

Family Council

**Next meeting will be
November 29th
Community center
Or Microsoft Teams**

Please email
Brendan.Cater@
schlegelvillages.com for
More information

Residents Council

This month we are celebrating Residents' Council Week! Join us from September 16th to 22nd to recognize and appreciate the importance of the Village's Residents' Council. Look out for more information to be posted around the Village!

Next Meeting will be
Wednesday October 15th
10:30am
In the Library

"Volunteers Enrich Peoples Lives"

If you are interested in volunteering, please contact
Coordinator of Volunteers
(905) 458-9272 X838 or sandalwood.volunteers@schlegelvillages.com

A Message From P.A.L

By: Marissa Iacchetta, Kin Student

National Physical Therapy Month

A time to recognize and thank
physiotherapists, PTA's, and kinesiology



Importance

Physical therapy is important because it helps fix the main problems that cause pain or make it hard to move, instead of just covering them up. It teaches people how to help their own bodies heal and stay healthy, so they can feel better throughout their life.

Benefits

- Relieves pain naturally
- Restores strength, balance, and flexibility
- Prevents future injuries and promotes healthy aging
- Enhances recovery after a surgery or illness
- Improves overall quality of life

<https://www.apta.org/article/2025/09/02/october-is-national-physical-therapy-month-see-how-apta-helps-you-celebrate>



Athlete of the Month

Elaine is our athlete of the month! She always pushes herself to her full potential and inspires those around her to do the same. Whether she's showing off her fitness skills or dance moves on the way to the fitness center, Elaine brings positivity and laughter wherever she goes.



Healthy Aging: Why Nutrition Matters as We Age

Malnutrition might not be the first thing you think of when you think about aging—but it's more common than you realize. A [recent study showed that one-third of Canadians aged 55 or older are nutritionally at risk](#), potentially leading to more hospital stays, emergency visits, and physician consultations.

Changes in our appetite, medications, or health conditions can all impact how and what we eat.

"As you age, your body changes, and so do the nutrients your body needs to stay healthy," said Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA). "Eating nutrient-dense meals can help you stay healthy and independent."

Below are five nutrient-dense foods you can add to recipes or enjoy on their own.

Almonds

Add them to salads, granola, trail mix, yogurt, cereal, or as a topping for desserts. They're a great source of vitamin E – a powerful antioxidant that is also important for the health of your brain and eyes.

Dark chocolate

Dark chocolate (at least 70 per cent) is loaded with magnesium and iron. Magnesium is important for your muscles, keeps your heart beating daily, and strengthens



your immune system. Iron helps preserve many essential functions in the body.

Wheat Germ

Add wheat germ to your diet—yogurt, oatmeal, meatballs or meatloaf, smoothies, muffins, granola, or parfait toppings. Wheat germ is an excellent source of omega-3, an essential nutrient for immune function, and bone, muscle, and heart health.

Flax seeds

Flax seeds can easily be added to baked goods such as muffins, breads, loaves, or topped on yogurt, salads, or cereal. They contain a lot of fibre, a nutrient crucial for digestion and regular bowel movements.

Lentils and beans

Add lentils and beans to salads, rice dishes, chili, and tacos, or puree them to make a dip. They are rich in protein, fibre, and iron. Protein is important for maintaining muscles, brain health, and much more.

For additional resources, visit the-ria.ca/nid.

To receive updates from the RIA, subscribe to our newsletter at the-ria.ca/subscribe.

Schlegel Villages – CONNECTIONS



there's always
SOMETHING
TO BE
thankful
FOR

As we move into October, we are filled with the spirit of gratitude that naturally emerges as the leaves turn colour and the autumn days grow cooler. At Schlegel Villages, we always have so much to be thankful for, and 2025 is no exception.

Day-to-day life in our Villages is filled with countless moments where team members and residents connect in meaningful ways. Each is worthy of gratitude, though they often pass without a second thought – this is simply Village life unfolding.

There are also moments and events that shine a brighter spotlight on the mission that drives us forward. These require planning, effort, commitment and dedication from residents, team members, volunteers, families and friends.

Our celebrations of the **Wisdom of the Elder Signature Program** this year were shining examples.

Continued on page 2.

Schlegel Villages – CONNECTIONS

In 2025, we marked the **10th Anniversary of our Green Bench #ElderWisdom campaign** with events in every city where our Villages are found. Hundreds of people had the opportunity to sit upon the Green Bench and be reminded of all that our Elders have to offer.

Beyond our own communities, the bench travelled to Elmira, to our nation's capital, to the edge of Canada on the coast of Newfoundland, and even overseas to England. With a documentary crew capturing each adventure, we look forward to sharing the final product with all of our Village communities.

As we look toward Thanksgiving this October, we are grateful for everyone who helps bring our passion for the Wisdom of the Elder to life. We know how much our oldest generations have to offer, and through our collective efforts, we are proud to share this wisdom with the world.

WISDOM *of the*
ELDER



Doug Robinson and Bob Harrison in Brighton Beach, England.



Tom Farr visiting his childhood home in Elmira, Ontario.





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For more information or to book an appointment at The Village of Sandalwood Park, please call

1-800-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

The Village of Sandalwood Park

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Director of Environmental Services

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B.S.O Lead—P.E.R.T Coordinator

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B.S.O Therapeutic Recreation Consultant

John Knox John.knox@SchlegelVillages.com	Ext.
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	Ext. 801
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You Got Mail!

Join Our Email list and receive our monthly newsletter and special event updates!
Forward your name and email address to Jennifer Gould : jennifer.gould@schlegelvillages.com
See our Newsletter and Monthly Activity Calendar online at www.schlegelvillages.com