

ISSUE : 9
OCTOBER
2025

The Senior Star

...News from Maynard Nursing Home

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happy
THANKSGIVING

Thanksgiving Day is a day to celebrate family, If we sit back and reflect on what is truly important in our lives, we would come to the realization that the most important things in life are not those of material value; rather, our health, and the love and respect of loved ones that help to carry us through each day.

Please remember that our with the cooler weather comes the flu season. Our world has changed and we are all being asked to do our part so that we may keep one another safe and healthy.

To all Resident's, Family Members, and Friends we wish you a very happy Thanksgiving Day filled with health, love, and laughter.

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.

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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.



Nossa Senhora da Saúde

Dia 13 de Outubro



*Numa eterna harmonia
Havia a procissão
Da Senhora da Saúde
Até a Rosa Maria
Com a alma e o coração
Tem uma grande virtude*

*Colchas ricas nas janelas
Pétalas brancas no chão
Almas crentes, povo rude
Anda a pé pelas vielas
É dia de procissão
Da Senhora da Saúde*

*Após um curto rumor
Profundo silêncio pesa
Lá para os lados da Guia
Passa a Virgem no Andor
Tudo se ajoelha
Até a Rosa Maria*

*Com a sua alma inundada
De profunda oração
Numa fé que não ilude
A rosa já desfolhada
Com uma grande razão
Tem uma grande virtude*

*Do Rosário, Virgem Pura
Mãe de Fátima, Mãe querida
Tu serás por toda a vida
Nossa Paz, nossa Ventura*

*Penitência e oração
Se fizesse, lhes pedia
Do Rosário que trazia
Fosse a Nossa Devoção*

*Quedesceste lá dos céus
A falar aos pastorinhos
Inocentes, pobrezinhos
Mãe dos homens, mãe de Deus*

Festa de Nossa Senhora Aparecida

Dia 14 de Outubro



*Deus de eterna bondade
So vos me podeis valer
Dai a força e vontade
Para esta eu fazer*

*Seu nome Domingos Garcia
Nome de Grande Valor
Tinha imensa simpatia
Pela mae de Deus Salvador*

*Joao Aluiz e Felipe Pedroso
Com a sua amizade de amor
Fizeram um ato tao Famoso
Pela mae de Jesus redentor*

*Tres Pescadores valentes
Trabalhando com amor
Encontraram tao contentes
Alguma coisa de valor
Lancando as redes ao mar
Com sua rica miragem
Encontraram derrepente
A cabeça de image
Esta assim concluida
Esta imagem de perdão
Nossa senhora Aparecida
Mae do rei da salvacao
Vos saiste la do ceu
Pousaste no Rio Brasileiro
Nos vos pedimos com fe
Dai a paz ao mundo inteiro
Quem nisto acreditar
Com alma e coracao
De certo vai encontrar
O caminho de Salvacao
O Brasil foi descoberto
Por Pedro Alvares Cabral
Um portugues tao perto
No mundo nao ha igual
Nossa Senhora Aparecida
Sois do Brasil Padroeira
Mae de paz e mae querida
E dessa nacao inteira*

Poem by Joao Engenheiro



September was packed with activities!



Throughout the month, our residents took part in a wide variety of activities that brought the community closer together. From cheerful birthday celebrations and the Strawberry Social to lively afternoons of bingo, music, and other engaging programs, each week offered opportunities to connect, celebrate, and create lasting memories.



RESEARCH MATTERS

RIA FEATURE

OCTOBER 2025

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.

Success Awards

WINNERS

Congratulations!



Joelyn Relleve - Walk in My Shoes
Lydia Gilbson - Earn Trust
Helena Sinopoli— Know Me
Sofia Al - Gubani - Follow Through
Janet Rodriguez - Be Present



Know Me

This **team member** demonstrates the meaning of true connection and takes the time to know each person's unique life story. The natural, memorable moments these connections create make the Village a more vibrant place to live, work and visit.



Be Present

In every interaction, this **team member** gives others their full attention and understands what it means to be present in that moment making every connection meaningful.



Walk in My Shoes

This **team member** practices true empathy through connection; they listen with an open heart and has capacity to understand what another person is thinking or feeling.



Earn Trust

This **team member** creates a sense of safety and comfort by delivering on our promises and taking that responsibility seriously, earning the trust of others and making them feel valued.



Follow Through

This **team member** follows through all the way, earning a deep sense of gratitude, respect and loyalty from a happy and engaging community.

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioned from our Success Awards to the newly designed **CONNECT the Dots Success Awards**.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

VOLUNTEER NEEDED



**Looking for meaningful way to spend
your time?**

Volunteer with us and bring smiles to
our seniors!

Call Allison, the Volunteer coordinator
@416-533-5198– Ext 303

or

Email:

maynard.volunteers@schlegelvillages.com



Maynard Family Council

A family council is a group of family members and friends of the residents of a long-term care home (LTC) who gather together for peer support, education, and to improve the experiences of all people in long-term care.

We are happy to announce that Maynard once again has an active Family Council who are exercising their council rights to move away from the traditional model of in-person meetings. We look forward to working with the new council members towards the shared goal of improving our residents' quality of life.

Happy Birthday!

Maria De Melo – Oct 4th
Karoline Huber – Oct 6th
Agostinho Coroa – Oct 15th
Van Cam Nguyen – Oct 15th
Vitalina Bettencourt – Oct 17th

It's your special day,
wishing all the best for you

The Family Quality of Life Survey

interRAI has undertaken a program of research to develop a new Family Survey instrument to measure family member experiences and expectations. The new interRAI Family Quality of Life Survey is now available to be used with your LTC family members on the QoLPro platform. This instrument contains 25 items, half of which are core items that are also on the Resident Self-Report QoL Survey and half are new items that are unique to the family experience in LTC.

Family members play a critical role in resident's quality of life while living in Long Term Care. They provide vital information and collaboration in shared decision-making to support person-centred care planning. They support residents with their physical and psychosocial needs and can provide insight into the operation of the LTC home. Therefore, family members have unique perspectives that can inform approaches to improving quality of care and quality of life in long-term care.

