



HAMILTON CONTINUING CARE CHRONICLES

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

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.





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 #1

Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the residents inherent dignity, worth, and individuality, regardless of their race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability.

Resident Bill of Right #2

Every resident has the right to have their lifestyle and choices respected.

Happy BIRTHDAY

Mary Lou

October 03

Frank

October 04

Joanne

October 13

Charles P

October 17

Hamide

October 20

Patty

October 26

Spiritual Corner

Spiritual Calendar for September

Legion of Mary

October 07 @ 2:00

October 21 @ 2:00

Bible Study with Connie

October 14 @ 10:30

October 28 @ 10:30

Sunday Church Service

October 12 @ 1:30

Storytelling with Traci

October 11 @ 1:30

October 25 @ 1:30

GATHER Group with Traci

October 13 @ 1:00



"Our greatest glory
is not in never falling, but
in rising every time we fall."

- Confucius



Each day,
may we let
the noise of the world
drop away for long enough
to hear the voice of
love, peace and
compassion.

mary davis

Recreation Station

Hello October!

October is here—a month full of gratitude, giving, and a little bit of spooky fun! We've got some great events lined up for you this month (and yes, a delicious Thanksgiving Dinner is on the way too—stay tuned!).

Yoga Class

Wednesday, October 8 at 1:30 PM

Community Room

Join us for a relaxing afternoon of gentle movement and mindfulness. All levels welcome!

Halloween Party

Friday, October 31 at 2:00 PM

Community Room

Get ready for costumes, treats, games, and spooky surprises! Don't miss the fun!



Alexandra Amey
Director of Recreation

Program for Active Living

5 Easy Ways to Keep Your Brain Healthy

As we age, staying mentally sharp is just as important as physical health. Here are five simple tips to support brain function:

1. Eat for Brain Power

Choose foods that fuel your brain: leafy greens, berries, fatty fish, nuts, and whole grains. A Mediterranean-style diet is especially helpful!

2. Stay Physically Active

Daily movement boosts brain circulation and memory. Walk, swim, dance — even gentle yoga or chair exercises count!

3. Keep Your Mind Engaged

Challenge your brain with puzzles, books, games, or creative hobbies like music or painting. Learning something new keeps your mind sharp.

4. Sleep Well

Your brain needs quality rest. Aim for 7–8 hours nightly. Keep a consistent bedtime and avoid caffeine late in the day.

5. Stay Social

Regular connection helps reduce memory loss. Call friends, join a club, or attend community events around the village.

Quick Tips:

Drink water

Limit alcohol

Meditate or do breathing exercises

Keep learning!

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!



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facebook.com/HamiltonContinuingCare

October Fun!

Zodiac Signs: Libra & Scorpio

This month's Flower: Marigold

This month's Birthstone: Opal

- ⇒ On October 1, 1908, Henry Ford introduced the Model T automobile, revolutionizing transportation.
- ⇒ The vibrant colors of autumn leaves are due to the breakdown of chlorophyll, revealing other pigments present in the leaves

Q: Why is it so easy to trick a in October?
A: They fall for anything.

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.



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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