



—Village at—
ST. CLAIR

THE ST. CLAIR SUN

OCTOBER 2025

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The Village at St. Clair

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@villagestclair

View Calendars at:

www.schlegelvillages.com



“Since you went away the days grow long, and soon I’ll hear old winter’s song. But I miss you most of all my darling when autumn leaves start to fall.” ~ Nat King Cole ~

Join us for the many great programs that we have planned for the month of October. You won’t want to miss our Annual Kid’s Halloween Costume Parade. It will be on Sunday October 26th, from 1:30—3:30 pm. The kids will Trick or Treat in the Neighbourhoods.



Enjoy the month!

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.

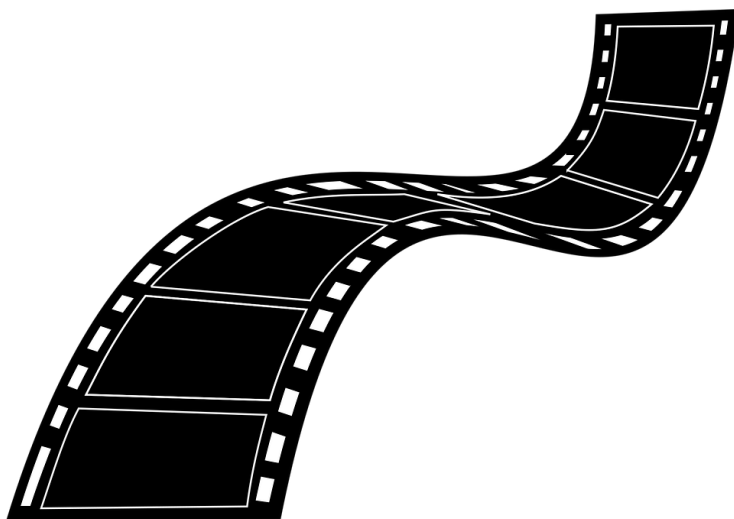
OUTDOOR

Movie Night!!

**Saturday, October 4th
at 8 pm**

**The Movie will be:
“ICE AGE”**

**Invite your families to join you.
Bring chairs, blankets and snacks.**



**Location:
Front Lawn**



OUTSTANDING OCTOBER FACTS



October, the tenth month of the current Gregorian calendar derives its name from *octo*, the Latin word meaning *eight*, as October was the eighth month of the old Roman calendar.

1955 – The Honeymooners premiered on CBS

Hawaii has a special October event called “the Aloha Festival,” sometimes described as the “Mardi Gras of the Pacific.”

1950 – Peanuts by Charles M. Schulz was first published



Daylight Savings Time ends every year at 2:00 A.M. local time on the last Sunday of October



1956 – New York Yankees’ Don Larsen pitched the only perfect game in a World Series, against the Brooklyn Dodgers.

October is shared by the astrological signs of Libra the Scales (or Balance) and Scorpio the Scorpion

October’s Gemstone is Opal

1880 – John Philip Sousa, the first recorded popular music star, became the leader of the United States Marine Band.



REMINDER TO USE OUR ACCUSHIELD SYSTEM WHEN VISITING



WHY WE USE ACCUSHIELD: KEEPING YOUR LOVED ONE SAFE AND SECURE

AT OUR VILLAGE, YOUR LOVED ONE'S SAFETY, HEALTH, AND WELL-BEING ARE OUR TOP PRIORITIES. THAT'S WHY WE USE ACCUSHIELD, A SIGN-IN AND VISITOR MANAGEMENT SYSTEM DESIGNED SPECIFICALLY FOR SENIOR CARE SETTINGS.

ACCUSHIELD REPLACES TRADITIONAL PAPER SIGN-IN SHEETS WITH A SECURE DIGITAL KIOSK AT OUR ENTRANCE TO YOUR RIGHT OF THE FRONT DOORS.

- ☒ **ACCURATE VISITOR TRACKING:** WE ALWAYS KNOW WHO IS IN THE BUILDING AND WHEN. THIS IS ESSENTIAL FOR EMERGENCY PREPAREDNESS IF NEEDED.
- ☒ **PEACE OF MIND:** YOU CAN REST ASSURED KNOWING THAT WE HAVE A MODERN, TRANSPARENT SYSTEM THAT PRIORITIZES THE SAFETY OF NEIGHBOURS, TEAM, AND FAMILIES.
- ☒ **SECURE & PRIVATE:** ALL VISITOR INFORMATION IS STORED SECURELY AND IS ONLY USED TO SUPPORT SAFETY AND EMERGENCY RESPONSE.

WE BELIEVE THAT KEEPING OUR COMMUNITY SAFE DOESN'T HAVE TO FEEL RESTRICTIVE – IT JUST MEANS USING THE RIGHT TOOLS. ACCUSHIELD HELPS US CREATE A SAFER, MORE SECURE ENVIRONMENT WHERE YOUR LOVED ONE CAN CONTINUE TO THRIVE. **IF YOU EVER HAVE QUESTIONS ABOUT THE SYSTEM OR HOW IT WORKS, WE'RE HAPPY TO WALK YOU**

The Volunteer Vibe

Do you know what an epilepsy influencer is?

It wasn't until Dave Marton joined our circle of volunteers that I had even heard of the term. Curious, I wanted to know more about our new volunteer. As his story unfolded, and he shared what it means to be an epilepsy influencer, I felt he was deserving to be in this month's volunteer spotlight for our October newsletter.



What is an epilepsy influencer? An epilepsy influencer is someone who shares personal stories about their diagnosis and the challenges they face. They are advocates. They raise awareness in the community and combat the stigma that may be connected to being diagnosed with epilepsy. My favourite thing about an epilepsy influencer is they inspire resilience, serving as role models by demonstrating how to accept one condition and live a fulfilling life despite its challenges.

Dave certainly does just that. He also works at Zehrs on Malden Road and has his own Christian DJ service on the side. Despite being what others would say is a fairly busy life...

Dave wanted more. He had always wanted to be a compassion companion for the elderly. It was not until he ran into Hannah Renaud that he realized that this was an option. Joy and a little bit of uncertainty followed that conversation. That fear is all behind him.

Dave talks about the joy he feels when he comes to visits and how the neighbours he visits have become like a second family.

He feels his visits make a difference. The love he feels when he is able to take someone out for a walk or bring a smile to their face or listening to their story humbles him. He is genuinely happy to be able to make an impact in someone's life.

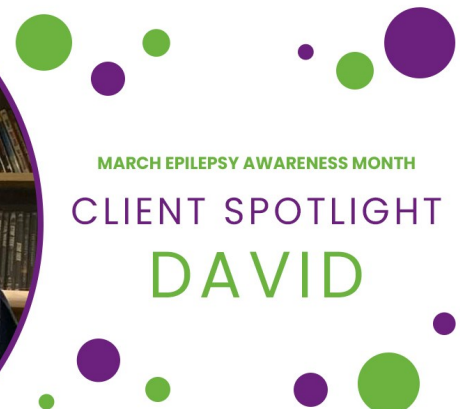
Our elderly, our most vulnerable population is a gift he feels. He is so thrilled to be a volunteer here at the Village at St Clair. In the coming weeks, he looks forward to sharing his love of music by bringing in his guitar and playing for our residents.

Is there anything else that Dave wants us to know?

"Thank you to the team at St Clair for taking me under your wings and making me feel so welcome. I am so humbled to be a part of this family. |"

To Dave, it is the Village at St Clair who is full of gratitude. You truly are a bright light in our residents' lives.

May you always continue to "Seize the Day"



Autumn - Word Search

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

CANNING
 CHILLY
 COLD
 CROPS
 EQUINOX
 FALL
 FARMING
 FEAST

FROST
 HALLOWEEN
 HARVEST
 HAYSTACK
 NOVEMBER
 OCTOBER
 PUMPKIN
 RAKE

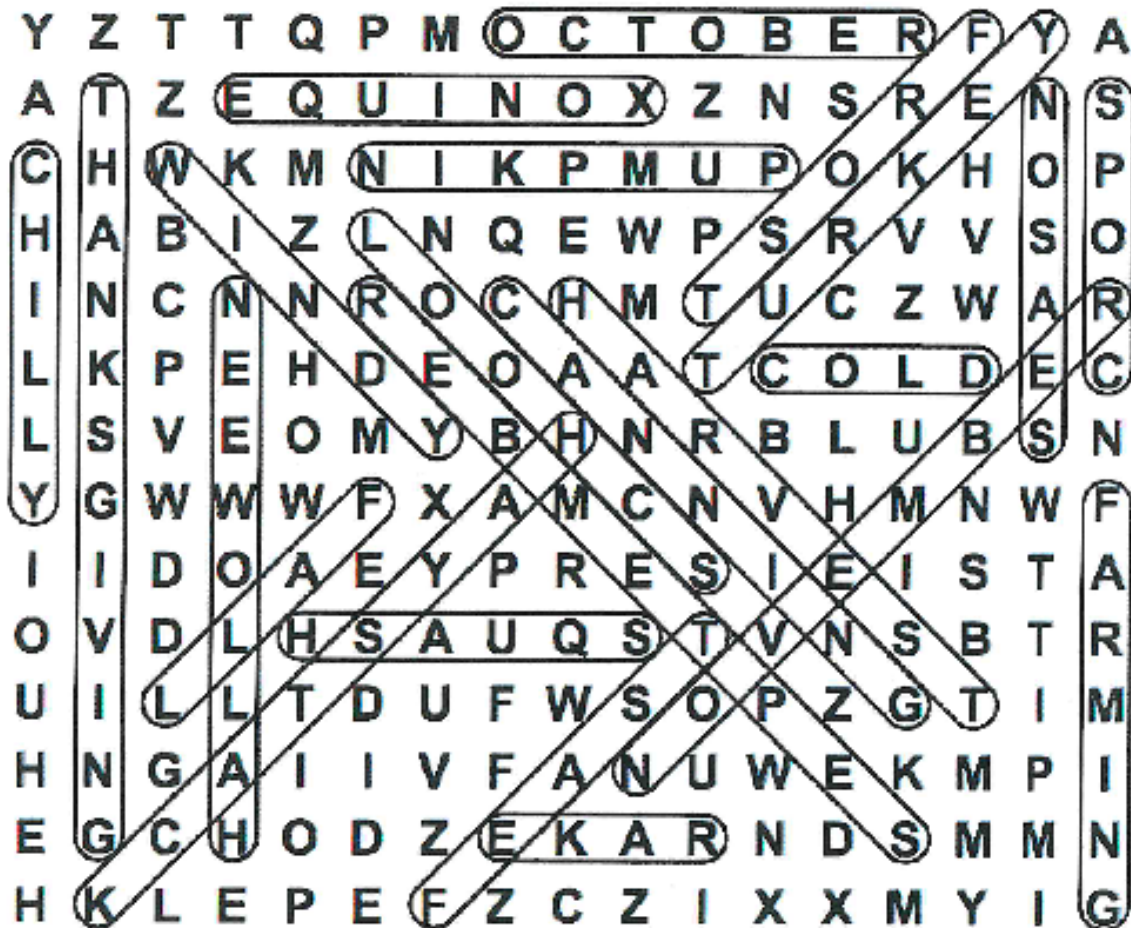
SCHOOL
 SEASON
 SEPTEMBER
 SQUASH
 THANKSGIVING
 TURKEY
 WINDY



COLOUR ME BEAUTIFUL!



Autumn - Solution



CANNING
CHILLY
COLD
CROPS
EQUINOX
FALL
FARMING
FEAST

FROST
HALLOWEEN
HARVEST
HAYSTACK
NOVEMBER
OCTOBER
PUMPKIN
RAKE

SCHOOL
SEASON
SEPTEMBER
SQUASH
THANKSGIVING
TURKEY
WINDY



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.

VILLAGE AT ST. CLAIR DIRECTORY ~ Main Line ~ 519-960-1050

Neighbourhood Coordinators

Noel Erum	Neighbourhood Coordinator Gosfield & Kingsville	x 8020
Jeff Studman	Neighbourhood Coordinator Amherstburg & Colchester	x 8038
Stacey McDonald Price	Neighbourhood Coordinator Essex & Harrow	x 8032
Mark Mitchell	Neighbourhood Coordinator Talbot & Oldcastle	x 8026

Ancillary Support

Stephanie Perry	Resident Support Coordinator	x8009
Elise Chambers	Spiritual Care Coordinator	x 8052
Tammy Zimmerman	Volunteer and Student Coordinator	x 8016
Jacqueline Reinhardt	Dietician	x 8014
Kari Lappan	Administrative Coordinator	x 8002

Directors

Joe Scalia	Director of Environmental Services	x 8006
Hannah Renaud	Director of Recreation Services	x 8007
Candace Irvine	Director of Quality and Innovation	x 8013
Kristin Frye	Director of Program for Active Living	x 8008
Jamie Melton	Director of Food Services	x 8004
Kelsey Derbowka	Asst. Director of Food Services	x 8004
Dana Houle	General Manager	x 8003

~ VILLAGE AT ST. CLAIR CLINICAL DIRECTORY ~

Clinical Team

Assistant Directors of Nursing

Kristin Beaudouin	Essex & Harrow	x 8069
Grace Kearn Reaume	Gosfield & Kingsville	x 8068
Norveen Dhindsa	Oldcastle & Talbot	x 8067
MaRhoda Dhaz	Amherstburg & Colchester	x 8010
Amanpreet Kaur	Infection Control Lead	x 8042

RAI / QI Team

Roderick Balinio	Oldcastle, Harrow	x 8035
Jamie Santillan	Gosfield, Kingsville, Essex	x 8041
Vacant	Amherstburg, Colchester, Talbot	x 8029

Nurse Practitioner

Vacant	x 8133
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Director of Nursing Care

Stephanie June	x 8005
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