

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

October 2025

Contact Us:

The Village of Aspen Lake
9855 McHugh Street,
Windsor, ON N8P 0A6
(519) 946-2055

We had a great day
for our Car Show!

Sunshine and smiles!

Many thanks to our
drivers who took the
time to show us their
awesome vehicles...
it brought back lots of
memories!



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Welcome October!

Facts of the Month

The crisp autumn air has arrived, and with it comes a season full of cozy traditions and colorful delights. Pumpkins are popping up on porches, the leaves are showing off their brilliant shades of red and gold, and there's plenty to look forward to this month. From the joy of Thanksgiving gatherings with family and friends to the fun and festive spirit of Halloween, October is a time to celebrate community, gratitude, and a little bit of whimsy. Let's embrace the season together and enjoy all the treats (and maybe a few tricks!) it has to offer.

FLOWER OF THE MONTH



Marigolds are cherished for their vibrant colors and unique fragrance. Their name comes from "Mary's gold," honoring the Virgin Mary. Once believed poisonous because of their strong smell, marigolds have instead become symbols of cheer, love, and prosperity. In India, a marigold lei represents friendship, while in Hindu and Buddhist traditions, the flowers are used in worship and wedding celebrations. Folklore even claimed marigolds could protect travelers from lightning or danger while crossing rivers.

BIRTHSTONE OF THE MONTH

Opals are treasured for their dazzling play of colors, created by tiny spheres inside the gem that bend light into rainbow hues. The name may come from the Sanskrit *upala* ("precious stone") or the Greek *opallios* ("to see a change in color"). Admired since Roman times as symbols of love and passion, opals were once thought to hold the powers of all colored gems. They've also long stood for hope, purity, and truth—often likened to fireworks, galaxies, or even volcanoes in their brilliance.



SPOT the dot!

Tell us who you feel is connecting the dots and delivering an extraordinary experience.



Our “Spot the Dot” program supports “Connect the Dots” Customer Service training and has a goal to recognize our Team Members for providing the best Customer Experience by going above and beyond. All Village Members (Residents, Family Members and fellow Team Members) are invited to write down when they observe or experience a wonderful moment in our Village. The notes can be posted on the Spot the Dot board located on Main Street near the Clinic or can be handed to your Neighbourhood Coordinator.



Katrina from Walkerville received this note from a Family Member: “I love how you have a friendly, teasing, joking relationship with my husband.” You bring out a smile on his face.



Joanna from Lasalle received this note from a Family Member: “Thank you so much! You took the extra time to help my Mum with the air cushion on her wheelchair.”



Katie from Recreation received this note from a Family Member: “Great work for the wonderful Sunday morning Balloon Toss. So many smiles on all the participating Residents. None of them wanted to end the fun!”



Lena from Walkerville received this note: “Thank you for keeping the lines of communication open. I appreciated the call.”



Taylor from Walkerville received this note from a Co-Worker: “Thank you for always showing up and making the days easier for your partner.”

CONGRATULATIONS TO...
Manpreet.... who was randomly selected to receive 10 Success Spot points!



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.





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.

In the Spotlight



We are so thankful to have Ben as part of our volunteer team at The Village of Aspen Lake. Ben helps out with bingo, gardening club, sunshine strolls, and works in the General Store. He is a kind and respectful young man with a positive spirit that brightens the day for everyone around him.

In his free time, Ben enjoys playing guitar, exercising, and reading storybooks on his iPad. He also loves traveling with his parents to visit family in Montreal and to enjoy outdoor activities in Collingwood. He said he is an excellent skater.

According to Ben his volunteer experience has been 'very good so far,' and what he likes best is helping residents with anything they might need.

Thank you, Ben, for all you do—you make a wonderful difference at Aspen Lake!

The Next Volunteer Orientation Session is scheduled for:

**Sunday, October 26th
at 12 noon**

If you are interested in attending, please call the village to register at:

(519) 946-2062 ext. 8016

Help Us Celebrate Your Loved One's Story

What is the TOP 10?

A one-page snapshot featuring TEN non-care related personal facts your loved one is comfortable sharing. This will be framed and displayed in their room.

These snapshots help turn care moments into connection moments, giving team members opportunities to talk about shared interests and what matters most to the resident. This helps us to build meaningful connections and trust.



Elizabeth

1. I was born in Austria and living there during the war was difficult. I came to Canada with my husband Klaus, the love of my life for 60 years.
2. I was a grade 4 teacher and loved my job. The kids called me Mrs. Hemming and that is still what I prefer to be called.
3. My daughter Judy means the world to me, along with my grandchildren Sophia and Connor.
4. I am Roman Catholic and start my day saying the rosary, and keep my rosary beads in my pocket. I enjoy Catholic hymns and go to Mass on Sundays.
5. I love music and used to sing in a choir. The Sound of Music is one of my favourites, and I also like Frank Sinatra and concerts by Andre Rieu.
6. I'm not a big morning person, and only have a small breakfast and then keep to myself. I eat a larger lunch and then usually just a sandwich for dinner.
7. I've always been a night owl and stay up till midnight. I often get up again around 2am and make a peanut butter toast & read a bit before I go back to bed.
8. I've been a wife, a Mom, a teacher, a good cook and a cross stitcher. I like to do things myself and don't like to be told what to do.
9. I don't like it when people startle me. Knock before you enter my room, and tell me who you are. Strangers make me nervous.
10. I liked to travel with Klaus and when we retired we took a long trip to Europe. We visited many countries and went back to Austria as well to see the mountains and rivers. I loved all the cathedrals and I'm always interested in hearing about other places and cultures.

Elizabeth H.

How can you get involved?

At move-in, residents and families complete a multi-page ME Form to share their story and help us build a person-centred care plan.

The TOP 10 is a one-page "cheat sheet" version, giving team members, students, or agency staff a quick way to get to know the resident meaningfully.

If you haven't filled out a ME Form, please ask for one!

The Top 10 is more than a poster, it's a celebration of your loved one's life story, shared with people who support them each day.

FOOD *for the Soul*

Falling Leaves, Gratitude Rises

The trees around us are teaching a beautiful lesson this time of year. As the air grows crisp and the days shorten, the leaves burst into vibrant shades of red, orange, and gold. Soon they fall, gently drifting to the ground, leaving the branches bare. Nature reminds us that every season has its purpose, its blessings, and its changes.

Thanksgiving is an invitation to look at our own lives with the same perspective. Just as the leaves are never wasted—they enrich the soil and prepare the ground for new growth. Our blessings, challenges, and even the things we release all serve a purpose. Gratitude helps us recognize that every part of the journey is valuable.

We often think of blessings as the big, shining moments: family gathered at the table, health, a job, or a special answered prayer. Yet blessings are also tucked into the small and ordinary: the smile of a child, the warmth of a blanket, a quiet morning cup of coffee, or the laughter of a friend. Gratitude opens our eyes to see that the ordinary is actually extraordinary when viewed with a thankful heart.

When we cultivate gratitude, something remarkable happens. It shifts our focus from what we lack to what we have. It lightens our spirit, strengthens relationships, and draws us closer to God. Like autumn leaves scattered in abundance, blessings surround us more than we realize.

This Thanksgiving, may we take time to count those blessings—both the radiant and the ordinary. May we let go of worries as the trees let go of their leaves. And may our gratitude fall freely, touching the lives of those around us.

“Give thanks to the Lord, for He is good; His love endures forever.” – Psalm 107:1

Happy Thanksgiving! May your homes be filled with joy, your hearts with peace, and your lives with the beauty of gratitude.

Bruce Jackson,
Spiritual Care Lead
(519) 946-2062 x8043
bruce.jackson@schlegelvillages.com

Chapel News & EVENTS

UPCOMING Chapel Events

Chapel Services will be held on each neighbourhood as follows:

WEDNESDAYS

10:00am - **Lasalle** Neighbourhood

11:00am - **Belle River** Neighbourhood

THURSDAYS

10:00am - **Walkerville** Neighbourhood

11:00am - **Riverside** Neighbourhood

FRIDAYS

10:00am - **Sandwich Towne**
Neighbourhood

11:00am - **Tecumseh** Neighbourhood

Parkwood Gospel Church Service

October 12th at 2:30pm

Roman Catholic Mass

October 28th at 2:00pm

Banwell Community Church Service

October 26th at 2:00pm

In Memory



We remember...

None at this time.

Celebration of Life Service is
planned for October 30th at 2pm.



Chapel Music Service

October 14
at 10:00am

Connection Corner

Resident Council Meeting

**Tuesday,
Oct 7th
2:00pm**



Food Committee

**Friday,
Oct 24th
2:00pm**



Family Council Meeting

**Monday,
Oct 27th
11:00am**



Dates to Remember



Join the PAL Team and the Recreation Team Members for some fun events to celebrate Active Aging Week from Oct 6th-Oct 12th!

Oct 7th - ZUMBA Class

**Oct 8th - Active Games on
YOUR Neighbourhood**

Oct 9th - Curling Event

**Oct 10th - Walking BINGO
on Main Street**

**ALL WEEK - Turkey Trot on
the Nu-Step**



OCTOBER 9th - Dave Wilson

performs for Tecumseh at 2:00pm
& Sandwich Towne at 3:00pm

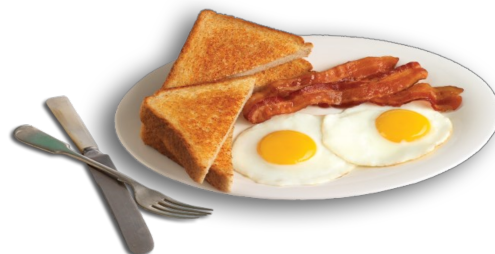
OCTOBER 17th - Crazy Raisey

performs for Lasle at 2pm
& Belle River at 3pm

OCTOBER 29th - Brent Meidinger

performs for Walkerville at 10:00am
& Riverside at 11:00am

BREAKFAST BUNCH



**in the Community Centre
October 28th**

**(Please sign-up with your Recreation
Team Member to participate)**



PUB NIGHT

OCT 8TH @ 6:30PM
(NORTH TOWER)
WITH TIM LUKAS

OCT 29TH @ 6:30PM
(SOUTH TOWER)
WITH RICHARD SENNEMA





HAPPY BIRTHDAY!

Wishing you all a happy day!

BELLE RIVER

October 10th - Frank P.
October 29th - Agnes L.
October 30th - Charles D.
October 30th - Bob T.

RIVERSIDE

October 5th - Elizabeth F.
October 11th - Denis H.
October 14th - Rosa R.
October 24th - Agnes G.

WALKERVILLE

October 12th - Zivka J.
October 17th - Jeffery B.
October 25th - William M.

TECUMSEH

October 10th - Barbara P.
October 14th - Henry M.
October 30th - Marie T.

LASALLE

October 13th - Joan M.
October 19th - Lorraine D.
October 23rd - David C.

SANDWICH TOWNE

October 11th - Danica M.



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.



Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Aspen Lake, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Hairdressing Services at Aspen Lake

Styles by Stacy

Stylist

519-946-2062 ext. 8042

Owner and operator
Inside Schlegel Villages Windsor
Ontario

Guest meal pricing

Tickets are available for purchase at the Village Office.

While we request 24 hours' notice for guest meals, when possible, we will make every effort to accommodate last-minute requests.

	Long-term Care
Breakfast	\$10.50
Lunch	\$13.65
Dinner	\$16.80



Village Directory

The Village of Aspen Lake

Automated Answer Line

(519) 946-2062



Melody Jackson <i>General Manager</i>	8003	Belle River Neighbourhood	8013
Katie Zucco, RN <i>Director of Nursing Care</i>	8005	Riverside Neighbourhood	8033
Mai Abdelmagid, RN Joy Lombardo, RPN Amanda Bondy, RN <i>Assistant Directors of Nursing Care</i>	8037	Walkerville Neighbourhood	8035
		Tecumseh Neighbourhood	8025
Ajay Tanwar <i>Director of Food Services (Interim)</i> Akavili Zhimo <i>Assistant Director of Food Services</i>	8004	Lasalle Neighbourhood	8027
		Sandwich Towne Neighbourhood	8029
Ken Parish <i>Director of Environmental Services</i>	8006	Brenden St. Aubin <i>Neighbourhood Coordinator</i> <i>Supporting Belle River & Riverside</i>	8012
Jenny Brown <i>Director of Recreation Services</i>	8007	Barbara Masse <i>Neighbourhood Coordinator</i> <i>Supporting Tecumseh & Lasalle</i>	8020
Bruce Jackson <i>Spiritual Care Lead</i>	8043	Sharon Beaudoin <i>Neighbourhood Coordinator</i> <i>Supporting Walkerville & Sandwich</i>	8024
Debbie Durocher <i>Volunteer Services Coordinator & Student Service Coordinator (Interim)</i>	8016	Alex Hrynyk <i>RAI-QI Nurse (North Tower)</i>	8023
		Maja Poposka <i>RAI-QI Nurse (South Tower)</i>	8019
Shannon Murr <i>Director of Quality & Innovation</i>	8051	Caitlyn Douglas <i>Director of Program for Active Living</i> Rachel Durocher <i>PAL Coordinator</i>	8008
Jovanka Petrushevska <i>Administrative Coordinator</i>	8002		
Lauren Markovic <i>Resident Support Services</i>	8050	Hair Salon	8042

A Thousand Words...

Because a Picture is worth a Thousand Words!

The Family BBQ was a great success!

We had lovely weather... tasty BBQ meal... and the BEST company!

Spending time with family and friends is the best way to spend an afternoon. Thanks to everyone who came out for the event and to everyone who helped!

Let's do it again next year!

