

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

September 2026

Contact Us:

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

The last Saturday of August, is Play Music on the Porch Day... and on the patio, courtyard & balconies, we did such that! What a great day of music on a perfect summer day. The organizers of this international event hope that by spreading music in our communities - we are spreading peace. #PlayforPeace and make this world a better place!

Inside this issue:

Notes from the GM	2
Welcome September!	3
SV Connections	4
Spot the Dot	5
Volunteer View	6
Connection Corner	7
Chapel News & Events	8
Program for Active Living	10
Research Matters	13
Dates to Remember	14
September Birthdays	17
Village Directory	19
A Thousand Words	20



Play
Music
on the
Porch
Day





Notes from the General Manager's Desk

Residents, families, and team members,

As we welcome September, there is a noticeable change in the air as summer begins to give way to the beauty of autumn. The cooler mornings, colourful displays in nature, and return to familiar routines make this a wonderful time to reflect on the many memories created over the summer months while looking ahead to an exciting season of community events and celebrations. We hope everyone enjoyed the opportunities to connect, relax, and make the most of the warm weather throughout August.

One of the highlights of the month will be our annual Family BBQ on September 12th. We look forward to seeing families gather and create lasting memories while enjoying the final days of summer.

We are also excited to celebrate Resident Council Week from September 14th to 18th. Throughout the week, residents will have opportunities to participate in a variety of fun, engaging, and informative events that recognize the important role Resident Council plays in helping shape life in our Village. The week will conclude with our Car Show & BBQ on September 18th. We encourage everyone to join us in celebrating resident voice, leadership, and engagement.

Finally, I am pleased to share a Leadership Team update. Please join me in welcoming Jocelyn Snowdon to our Village as our new Director of Quality and Innovation. Jocelyn joins us from The Village at St. Clair, where she served as Director of PAL, bringing with her a wealth of experience, leadership, and passion for enhancing the resident experience. We are excited to have Jocelyn as part of our team and look forward to the knowledge, creativity, and dedication she will bring to our community.

As we embrace the changing season, thank you to our residents, families, volunteers, and team members for your continued support and partnership. We wish everyone a wonderful September filled with connection, celebration, and all the beauty that autumn has to offer.

Warm regards,

Melody Jackson,
General Manager

Welcome September

FACTS OF THE MONTH

August invites us to savour the simple pleasures of summer while the days are still long and the evenings are warm. It's the perfect time for a backyard BBQ, a scoop of ice cream, or simply sitting outside and enjoying good conversation with friends and neighbours. There is something special about this time of year—the gardens are at their fullest, the sunshine is plentiful, and summer memories are being made. We hope you'll take every opportunity to enjoy the season. Let's make the most of these

FLOWER OF THE MONTH



Asters, members of the daisy family, bloom in vibrant colors as summer transitions into fall. With over 250 species worldwide, these daisy-like flowers feature thin petals radiating from a central white or yellow disc. They come in shades of white, yellow, pink, purple, red, and blue.

The name "aster" comes from the Greek word for "star," reflecting their star-like appearance. Each color carries its own meaning: purple symbolizes wisdom, white represents innocence, red signifies devotion, and pink stands for love and kindness.

BIRTHSTONE OF THE MONTH

Famed for its rich blue color, sapphire has symbolized truth, sincerity, and nobility for centuries. Its hue comes from iron and titanium, with more iron creating a darker blue.

The name "sapphire" comes from the Greek *sappheiros*, meaning blue stone. Revered by royalty in Greece, it was believed to protect against harm, attract wealth, and even offer guidance from the gods. Ancient Persians thought Earth rested on a giant sapphire that made the sky blue, while in the Middle Ages clergy wore sapphires to represent heaven and invite divine blessings.

Schlegel Villages – CONNECTIONS

A place for everyone in Village Life

The pillars of our LIVING in My Today philosophy shine every day in all corners of Schlegel Villages.

It is through these pillars that we support people living with Alzheimer's disease and the many other forms of dementia.

No matter a person's needs or abilities, we are committed to creating places where everyone feels safe, seen, valued and free from the stigma that so often follows a diagnosis of dementia. Too often, people living with dementia become marginalized because of that stigma, but we believe it should never define a person or limit their opportunity to live a meaningful life.

On **World Alzheimer's Day, September 21**, we reaffirm our commitment to advocating for people living with dementia and to creating Village communities where there is a place for everyone. No matter where a person is on their journey, they remain an important part of Village Life, with every opportunity to belong, participate and thrive.

“**LIVING
IN MY
TODAY**”
BY SCHLEGEL VILLAGES



National Day for Truth and Reconciliation

This day calls us to remember the countless First Nations, Inuit and Métis children taken from their families, and to acknowledge the lasting harm caused by colonial policies that suppressed and attempted to erase entire cultures.

**Education and conversation are
how we come to understanding.**

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.



Purna from Walkerville received this note: “Purna has an excellent relationship with my husband. He may not know her name, but he recognizes her voice!”



Courtney from Walkerville was appreciated: “She has been a great professional help and advisor. She has put my mind at ease.”



Katrina from Walkerville was appreciated for taking care of labelling a Resident’s new comforter right away! The family reports, “I was so happy and pleased.”



Divya from Walkerville received this note: “She has a very positive attitude and a warm and friendly smile daily.”



Mark from Maintenance received this note from a family member: “Wow! I called about a frustration with a dining room table, and he was upstairs within 10 minutes.”

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



Volunteer Spotlight



Welcome to our Volunteer Team, Jasmeen!

We are delighted to welcome Jasmeen as the newest member of our volunteer team at the Village of Aspen Lake!

Jasmeen has called the Windsor area home since 2016. She is married and the proud mother of two children—a son and daughter. Before becoming a Tarion-registered home builder, Jasmeen spent several years renovating and flipping houses, helping to improve neighbourhoods and create welcoming places for families to live. Today, she continues that passion through new home construction. In her spare time, she enjoys painting, a hobby that allows her creativity to flourish.

Jasmeen chose to volunteer at Aspen Lake because she believes it is important to support those who are more vulnerable in our community. She lives by the inspiring words, “We make a living by what we get, but we make a life by what we give.” This philosophy is what motivated her to give back through volunteering. One of the things Jasmeen admires most about Schlegel Villages is its unique village concept. Rather than one large building with rows of rooms, she appreciates the warm, home-like neighbourhoods that make Residents feel comfortable, valued and truly at home.

Although Jasmeen isn’t looking for recognition or appreciation, she hopes her time at Aspen Lake will make a positive difference in the lives of our Residents. She also hopes her example will inspire others to volunteer and discover the joy that comes from giving back to the community.

Please join us in giving Jasmeen a warm Aspen Lake welcome. We are grateful she has chosen to share her time, kindness, and compassion with our Village family.

Connection Corner

Resident Council Meeting

**Tuesday,
Sept 8th
2:00pm**



Food Committee

**Tuesday,
Sept 29th
2:00pm**



Family Council Meeting

**Monday,
Sept 14th
10:30am**



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

September 13th at 2:30pm

Roman Catholic Mass

September 15th at 2pm

Banwell Community Church Service

September 27th at 2pm

In Memory



We remember...

Jerzy B.

Arthur J.

Leo L.

Elaine L.

Filomena M.

Boris R.

Kyriacos S.

Celebration of Life Service is
planned for September 17th.



Chapel Music Service

Sept 21st
at 10:00am

FOOD *for the Soul*

A September Season for Connection

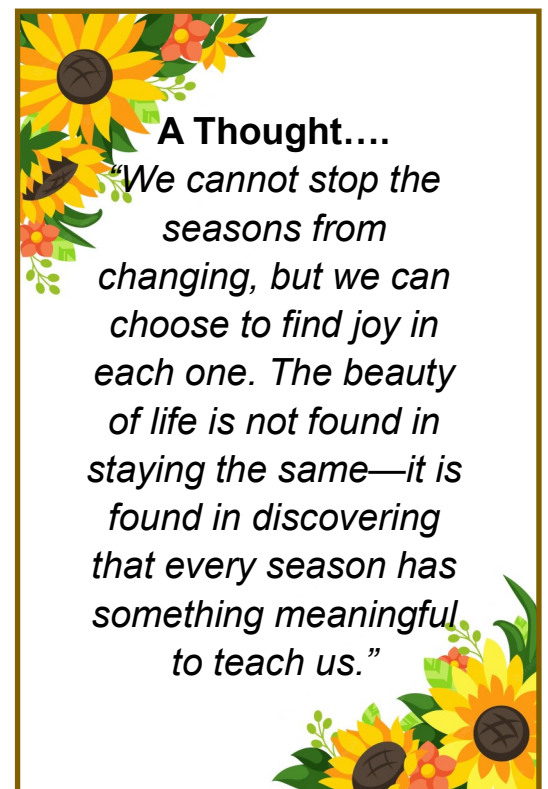
OK, everyone—Let's not rush things. September has a funny way of sneaking up on us. One day we are enjoying the summer sunshine, and the next, someone is talking about pumpkins, sweaters, Thanksgiving and Christmas is somehow "just around the corner." Let's not rush things! For now, let's simply enjoy September—a beautiful month that reminds us that change can be a wonderful thing.

As the leaves begin to change, we are reminded that every season has its own beauty. Life is much the same. We move through seasons of celebration, challenge, growth, and reflection. Some seasons are busy, while others invite us to slow down. Wherever you find yourself today, remember that you are not walking through the season alone. September also gives us a wonderful opportunity to celebrate Grandparents. Grandparents have a special way of making memories, telling stories, offering wisdom—and occasionally guiding us in the right path. Their lives carry stories of love, perseverance, family, and faith. Whether you are a grandparent, have grandparents, or simply know someone who has been a grandparent-like presence in your life, take a moment to celebrate them.

As September unfolds, may we remember that change does not always mean something is ending. Sometimes, it means something new is beginning.

May your September be filled with laughter, cherished memories, meaningful connections, and perhaps just enough sunshine to keep the sweaters in the closet a little longer!

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





The Benefits of Strength Training

Strength training is an important part of healthy aging. Regular strength exercises can help individuals of all ages maintain muscle, improve mobility, and continue performing everyday activities safely and independently.

Key Benefits

- Maintains muscle strength —
Helps slow muscle loss.
- Improves mobility and balance —
Supports walking, standing, and transfers.
- Promotes independence —
Makes daily activities such as getting out of a chair easier.
- Supports fall prevention —
Stronger muscles and improved balance can help reduce fall risk.
- Improves confidence and well-being —
Staying active can help you feel stronger and more capable.

Strength training doesn't need to require heavy weights or a gym. Exercises can be adapted to anyone and may include sit-to-stands, resistance bands, light weights, seated exercises, and other equipment.

Small amounts of strength training can make a big difference in maintaining mobility, independence, and quality of life.

Andreas Paralis,
Program for Active Living Student



Peter, our Participant of the Month for August, uses weights as part of his fitness program.

Participant of the month

Frank embodies what it means to stay active, engaged, and committed. He always shows up, not only when he feels great, but especially on the days where it would be easier to stay home and rest. His consistency sets the tone for everyone around him. Whether he's putting in work on the NuStep bike or joining group fitness class, Frank brings positive energy that lifts the entire room up. Frank's progress is a reminder that small, consistent efforts lead to meaningful improvements over time.

He always wins the day with a smile on his face!



Main Street Sale!

Maria's
Lovely
Creations

Thurs., Sept 18th
10am - 2pm

September can be hot

Keep cool and have fun!

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

INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

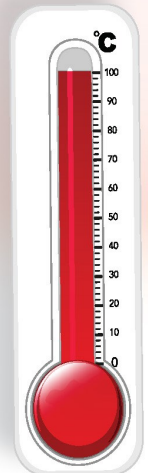
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER



The Earlier You Know: A Dementia Diagnosis Matters

After being diagnosed with dementia, Myrna Norman was told to go home and get her affairs in order. For her and so many others, diagnosis is incorrectly painted as “the beginning of the end”. In reality, an early dementia diagnosis can empower people and care partners to find a new way forward for living well with cognitive changes.

That message of early awareness is the focus of September’s [World Alzheimer’s Month](#). With early diagnosis comes the opportunity to access support that can transform the dementia journey.

Dementia describes a set of symptoms that can be caused by various disorders. About 50 to 70 per cent of all people living with dementia have Alzheimer’s disease, a diagnosis characterized by problems with short-term memory, concentration, problem solving and thinking.

The time leading up to and after a dementia diagnosis can be confusing and stressful. Some people dismiss cognitive changes as a normal part of aging and delay seeking help. Others may avoid sharing their experiences for fear of rejection, isolation or cultural stigma.

As difficult as it can be, reaching out to healthcare professionals and trusted family and friends as early as possible may positively impact long-term well-being.

While dementia is progressive, meaning symptoms will continue to develop over time, medication and a healthy lifestyle may slow the progression of symptoms. When these tools are combined with strategies for daily living



and support from care partners, people living with dementia can lead full and meaningful lives.

After her diagnosis, Myrna found that joy, community involvement, and even brand-new hobbies were all possible. As an advocate for living well with dementia, she shared her story through [Forward with Dementia](#), an online resource that helps people find hope, answer questions, and learn from others on the dementia journey.

For Myrna, it was [helpful to acknowledge](#) that “things can be better. We can actually take steps to make them better. We know that there are certain tools that we can use, from going for a walk in nature to listening to music, that can actually improve our life.”

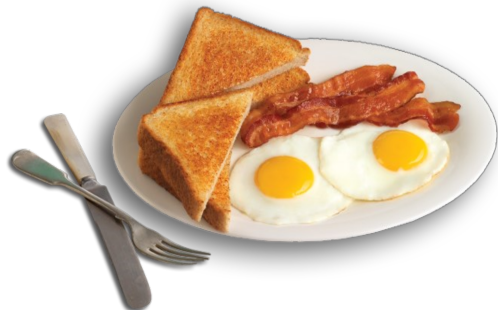
To learn more about navigating a dementia diagnosis, visit forwardwithdementia.ca

The Canadian arm of Forward with Dementia has been hosted at the Schlegel-UW Research Institute for Aging since 2023. The program’s development was led by Carrie McAiney, Schlegel Research Chair in Dementia, and co-designed with people living with dementia, care partners, and health and social care providers.

Dates to Remember



BREAKFAST BUNCH



**in the Community Centre
September 15th**

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



Music this Month

September 9th - Belle River

Fun Band

performs in the Chapel at 2pm

September 12th - Crystal St Denis

performs at the Family BBQ



PUB NIGHT

**SEPT 16 @ 6:30PM
(NORTH TOWER)
WITH MARK CRAMPSIE**

**SEPT 23 @ 6:30PM
(SOUTH TOWER)
WITH RICHARD SENNEMA**

Salsa Class

By
Amir



**Saturdays at
10:30am**

**Sept 5th
Sept 19th**

**Join us for this "seated" dance
party on Main Street!**



September 13

Wisdom Grandparents Day

Why is **YOURS** the
GRANDEST?

Pick a postcard.
Share your story.

Let's celebrate the special people
who make life a little sweeter.

**Fill out a postcard at the table, or scan the
QR code to share your answer online.**

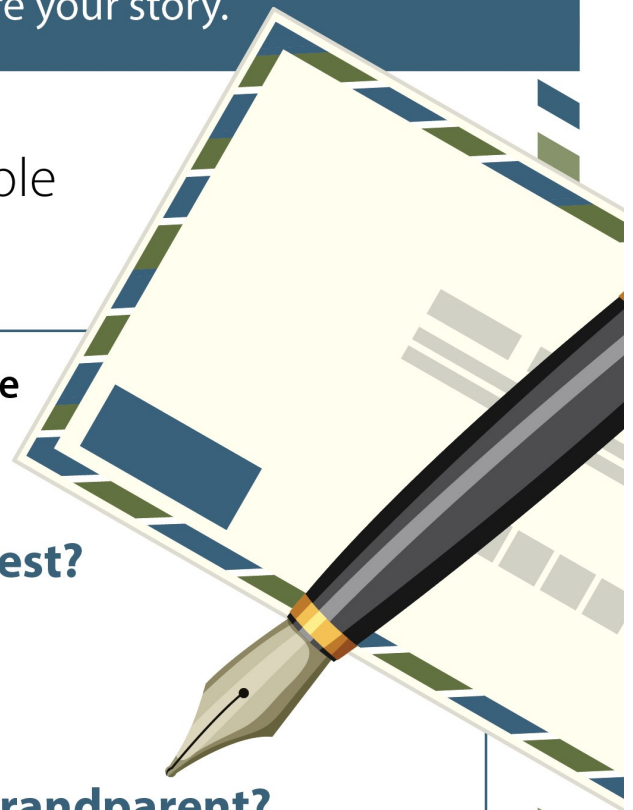
Why is my grandparent the grandest?

Tell us what makes your grandparent so special.
Share a favourite memory, a little thing they do,
or simply why they mean so much to you.

What do you love about being a grandparent?

Share what makes being a grandparent so wonderful.
The laughter, the cuddles, the stories, the little
moments and everything in between.

Your story, your way!



PLEASE JOIN US FOR A

Family BBQ

SATURDAY,
SEPT 12TH



11:30AM
-1:00PM

TICKETS ARE \$15.00
PURCHASE BY SEPT 9TH

AVAILABLE IN THE
VILLAGE OFFICE





HAPPY BIRTHDAY!

Wishing you all a happy day!

BELLE RIVER

September 2nd - Marlene B.

September 12th - Carole T.

RIVERSIDE

No Birthdays this Month!

WALKERVILLE

September 10th - Theresa H.

TECUMSEH

September 16th - Patricia P.

September 20th - Robert G.

September 28th - Daniele R.

LASALLE

September 10th - John A.

September 10th - Randy R.

September 12th - Karel P.

September 15th - George B.

September 16th - Dorina Z.

September 30th - Bill D.

SANDWICH TOWNE

September 6th - Diane C.

September 11th - Maureen C.

September 27th - Erwin B.



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</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 & Lasalle</i>	8012
Jenny Brown <i>Director of Recreation Services</i>	8007	Shannon Murr <i>Neighbourhood Coordinator</i> <i>Supporting Sandwich & Riverside</i>	8024
Bruce Jackson <i>Spiritual Care Lead</i>	8043	Sharon Beaudoin <i>Neighbourhood Coordinator</i> <i>Supporting Walkerville & Tecumseh</i>	8020
Debbie Durocher <i>Volunteer Services Coordinator</i> Heather King <i>Student Service Coordinator</i>	8016	Alex Hrynyk <i>RAI-QI Nurse (North Tower)</i>	8023
		Maja Poposka <i>RAI-QI Nurse (South Tower)</i>	8019
Jocelyn Snowdon <i>Director of Quality & Innovation</i>	8051	Caitlyn Douglas <i>Director of Program for Active Living</i> Rachael 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!

What an amazing and fun time we had at the Multicultural Fair! We enjoyed celebrating the wonderful sights, customs and food of five countries ... India, the Philippines, Jamaica, British Isles (Scotland, Ireland & UK) and, of course, our Canadian Heritage!

We can't wait to do it again!

