

The Village of

Sandalwood Park REVIEW

Vol. 24 Issue 10 October 2026

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Mission Statement

Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.



The Village of
SANDALWOOD PARK

Please join us for a

THANKS GIVING SOCIAL



OCTOBER 12TH
2:30pm on Main Street
With Entertainment & Snacks
LET'S BE THANKFUL TOGETHER!



Wishing you a
Happy Birthday!



To
Doug S
Charan B
Kata B

Our Residents

Jasbir K	Oct 2nd
Deolinda D	Oct 6th
Harpreet G	Oct 12th
Bernice G	Oct 16th
Lloyd S	Oct 17th
Angela G	Oct 27th
Teresa R	Oct 28th
Ram S	Oct 28th
Carrie S	Oct 31st

IN MEMORIAM

*The Board of Directors, Management and Staff
were saddened by the passing of:*

Gurdeb Kaur

John Ryan

RECREATION



review



Art Therapy

Monday, October 26th
1:30pm
Community Centre



Birthday Party

With Marcus
October 14th

2:00 - Sanders
3:00 Johnston

★ **HAPPY
BIRTHDAY**

Clips & Curls

Wash & Set or Blow Dry - \$28.00
Wash, Set & Cut - \$38.00
Colour including Cut & Set - \$70.00
Men's Cut - \$18.00
Perm (includes Wash, Cut & Set) - \$85.00
Special Conditioning Treatment - \$5.00 & up
Highlights (only) - \$40.00 & up
Waxing – Upper Lip - \$6.00
Upper Lip & Brow - \$12.00
Full Face - \$15.00

New Services

Threading – Upper Lip & Brow - \$12.00
Threading – Full Face - \$20.00
Keratin Treatment - \$200.00
Scalp Massage (30 mins) - \$40.00

Please contact 905-458-9272 ext 807



VOLUNTEER VIEW

Family Council

**Next meeting will be
1:00pm
Community center
Or Microsoft Teams**

Please email
Brendan.Cater@
schlegelvillages.com for
More information

Residents Council

This month we are celebrating Residents' Council Week! Join us from September 16th to 22nd to recognize and appreciate the importance of the Village's Residents' Council. Look out for more information to be posted around the Village!

Next Meeting will be
Wednesday October 21st
10:30am
In the Library

"Volunteers Enrich Peoples Lives"

If you are interested in volunteering, please contact
Coordinator of Volunteers
(905) 458-9272 X838 or sandalwood.volunteers@schlegelvillages.com

Schlegel Villages – CONNECTIONS



REMEMBERING RON

— *Our father, our founder, our friend.* —

With October upon us, our minds shift to the season of gratitude and the spirit of Thanksgiving. We're especially touched as we reflect on the passing of Ron Schlegel, the man who inspired the Villages we call home today.

When news hit that Ron had passed, the outpouring of support from across the Villages was keenly felt by the entire Schlegel family, and the memories being shared across the Villages have been wonderful to hear. Team members spoke of how he loved to sit with everyone at Team Member appreciation events, and he always wanted to take photos with everyone. Others reflect on the days when he and his lovely wife, Barb, would travel from Village to Village after church on Sundays. Barb would be making new friends with residents, while Ron would be asking team members about their passions outside of the Village, or what they felt could be done to improve life within. Perhaps the biggest wave of gratitude rises when one considers the values that drive Schlegel Villages forward in all we do.

Hard-working and Hands-On was how Ron lived every day, from his time in his youth working on the farms outside of Ailsa Craig, to his many entrepreneurial ventures later in life.

There is no better example of **Genuine and Humble** than the way Ron carried himself in all he did. No matter if he was speaking with the Governor General of Canada or the cashier at his local Sobeys, he genuinely cared for others, and the conversation was never about him.

The **Caring Relationships** at the heart of Village Life are a testament to the vision Ron had for the Villages, and the outpouring of love we've heard after his passing shows how much he was cared for.

Persistence and Passion are at the root of any success, and one cannot find success in life without overcoming great challenges and staying true to one's passion. Ron's true passion was community building.

The last of the Schlegel Villages values is **Creative and Innovative**, and when we consider the world-renowned Research Institute for Aging that Ron and his family founded, and the Village model we thrive in, there are few better words to describe him.

This October, we lean into gratitude, and we are thankful to carry Ron's values forward, always in the pursuit of building strong, inclusive communities for all.

Mental Health Matters at Every Age: Recognizing the Signs This World Mental Health Day

While conversations around mental health and wellness have grown significantly in recent years, older adults are often [left out of the conversation](#). Generational stigma and the belief that profound sadness, hopelessness, loneliness, or fatigue are “a normal part of aging” often prevent people from seeking the support they need and deserve. Coexisting medical conditions can further complicate this, making mental health issues harder to detect, treat and manage.

This October 10, [World Mental Health Day](#) offers an opportunity to challenge those assumptions, raise awareness and break the silence. The reality is, depression is not a natural part of aging. Yet, according to the [Canadian Coalition for Seniors Mental Health](#), up to 20 per cent of older adults experience symptoms of depression, with that number doubling for people in hospitals or long-term care (LTC) homes. As we age, [several risk factors can impact our mental health](#), such as losing a loved one or friend, cognitive challenges, or a life-changing diagnosis.

Recognizing the Symptoms

We all have bad days and times when we feel down. But clinical depression is a serious, persistent condition where you may feel sad all the time and lack interest in activities that used to bring joy. Symptoms can range from mild to severe. For care partners, family members, and older adults, recognizing the signs is the first step in providing support.



Watch for these common symptoms:

- Significant sleep issues, such as sleeping too much or struggling with insomnia.
- Noticeable changes in eating habits, including a sudden loss of appetite or excessive eating.
- Lingered, intense feelings of guilt or worthlessness.
- Finding absolutely no joy in activities, hobbies, or routines you once loved.
- A noticeable decline in personal hygiene and daily self-care.
- Trouble concentrating, focusing, or finishing simple, everyday tasks.

Taking Action and Finding Support

Starting a conversation about mental health can feel scary, especially if you feel ashamed to open up or ask questions. Normalizing conversations around mental health will shift societal perceptions and reduce stigma, ensuring older adults feel more comfortable addressing their concerns without fear or judgment.

By checking in on our family, friends, and neighbours, we can reduce the social isolation and loneliness that can fuel depression and impact mental health. Check out the [social isolation community conversation guide](#) for helpful tips on supporting those around you.

For more detailed guidance, explore the Schlegel-UW Research Institute for Aging’s (RIA) expert insights on [demystifying depression in older adults](#).



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 Sandalwood Park, please call

1-800-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

The Village of Sandalwood Park

Phone: 905-458-9272 Fax: 905-458-1312

General Manager

Zoie Mohammed zoie.mohammed@schlegelvillages.com	Ext. 803
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Director of Food Services

Kanico Wright kanico.wright@schlegelvillages.com	Ext. 810
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Program for Active Living

Anjalee Singh anjalee.singh@schlegelvillages.com	Ext. 812
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Neighbourhood Coordinator

Preetha.Sasidharan preetha.sasidharan@schlegelvillages.com	Ext. 801
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ADNC/Infections Control Coordinator

Jaspreet Kaur Jaspreet.kaur@schlegelvillages.com	Ext. 821
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Resident Support Coordinator

Brendan Cater Brendan.cater@schlegelvillages.com	Ext. 886
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Spiritual Care Coordinator

Philip Gearing SandalwoodPark.SpiritualCare@schlegelvillages.com	Ext. 828
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Director of Quality

Samantha Mckoy Samantha.mckoy@SchlegelVillages.com	Ext.
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Director Of Nursing Care

Adwoa Pomaah Adowoa.pomaah@schlegelvillages.com	Ext. 805
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Director of Recreation/Volunteer Services

Jennifer Gould jennifer.gould@schlegelvillages.com	Ext. 814
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Administrative Coordinator

Zeena Amin Zeena.Amin@SchlegelVillages.com	Ext.802
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Neighbourhood Coordinator

Faustina Andrews Faustina.andrews@schlegelvillages.com	Ext. 881
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Director of Environmental Services

Shari Farrugia Shari.farrugia@schlegelvillages.com	Ext. 806
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B.S.O Lead—P.E.R.T Coordinator

Pawan Sandhu Pawan.sandhu@schlegelvillages.com	Ext. 885
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B.S.O Therapeutic Recreation Consultant

John Knox John.knox@SchlegelVillages.com	Ext.
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	Ext. 801
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You Got Mail!

Join Our Email list and receive our monthly newsletter and special event updates!
Forward your name and email address to Jennifer Gould : jennifer.gould@schlegelvillages.com
See our Newsletter and Monthly Activity Calendar online at www.schlegelvillages.com