



—Village at—
ST. CLAIR

THE ST. CLAIR SUN

OCTOBER 2026

HAVE A LOOK:

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Ron Schlegel**

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The Village at St. Clair**



*“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 31st, from 9:45-11:30 am.
The kids will Trick or Treat in the
Neighbourhoods.



Enjoy the
month!

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.

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.





Colour Me Fall!



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	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



The Volunteer Vibe



Backpacks, Bright smiles and New Beginnings:
Students join the Village at St Clair!

September welcomed students back to school and brought a fresh wave of students to begin their placements at the Village at St Clair.

School and learning are not just for our students. The Village at St Clair is also looking at rolling out a training program for those individuals who will be taking on students and their programmes.

Investing in our mentors is good sense. It is important that those who take on the responsibility of a student and their learning are committed and invested. For student mentorship is a supportive relationship in which a mentor helps a student develop academically, personally, and professionally.

Kristy Thibert, a recreation team member is excited when she is asked to mentor new students and welcomes the opportunity to develop her leadership skill through additional training. Currently, she is supporting a student from our local high school co op program. Co op is the opportunity for young students in Grade 11 to explore careers options and build confidence in their chosen field of study.

By rolling out this program we hope that we are providing the tools our mentors will need when supporting students.

By being a mentor a team member is given the opportunity to learn a new perspective from the students they support.

As well, mentoring others helps to Improve their own leadership skills-they learn how to guide, communicate with, and support others



When I asked Kristy what do you love most about mentoring our students? She had this to say.

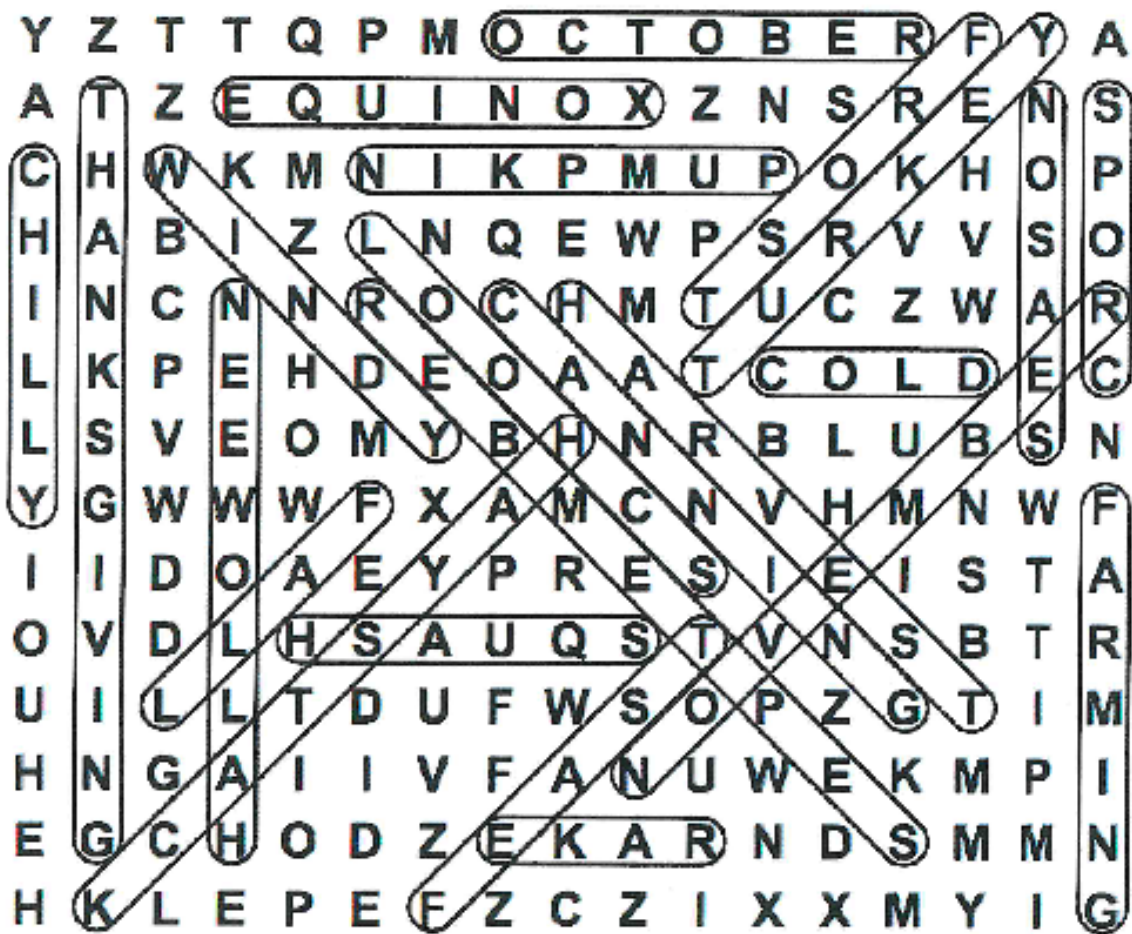
“I love seeing the eyes of the students light up when they make a connection. I love when they come to me with ideas and questions. I love seeing the transformation that takes place turning placement. It is best feeling to know that you have helped someone be a better version of themselves.



Most importantly, I love showing our students that recreation is not just about games. It is about building that connection. Engaging them to live the best chapter of their life and showing that all ages have a story.”

To Kristy, thank you for your continued mentorship of our students. Your time and encouragement make such a meaningful difference!!

Autumn - Solution



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The Village at St Clair's



Wellness Moment

Wellness is taking care of your whole person.

Taking care of our mental health is just as important as taking care of our physical health.

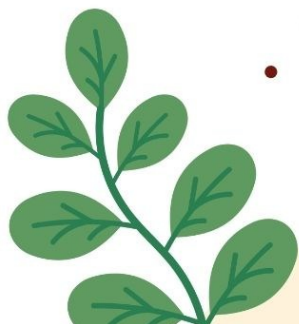
There are many ways to take care of your mental health.

Each month the Wellness Moment will highlight simple ways you can support your mental wellbeing.

Did you know that reading has mental health benefits?

Reading can:

- increase empathy
- support cognition
- provide an opportunity for connection and conversation
- impact longevity



The Village at St Clair's



Wellness Moment

Gratitude Corner

Practicing gratitude can help one feel satisfied with their life and improve mood.

Write down five pieces of literature you're grateful to have read.

1. _____

2. _____

3. _____

4. _____

5. _____



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.
- Lingering, 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](#).

THE VILLAGE AT ST CLAIR RESIDENT COUNCIL

OCTOBER 27, 2026

01:30 - 02:30 PM



IN THE CHAPEL

The Village at St Clair
Food Committee
Meeting

October 28th, 2026

1:30PM

Chapel





Always Available Menu

Assorted Cold Cereal
Instant Oatmeal
Yogurt
Cottage Cheese
Hard Boiled Eggs
Chicken Broth
Cheese Slices
Peanut Butter & Jam Sandwiches
Sliced Turkey Meat
Tomato Juice
Chocolate Syrup
Bananas
Peach Applesauce
Chocolate Pudding Cups
Jell-O Cups
Vanilla Ice Cream
Mashed Potatoes – Instant Powder
Tossed Salad
Assorted Salad Dressings
Mayo

VILLAGE AT ST. CLAIR DIRECTORY

~ Main Line ~ 519-960-1050

NEIGHBOURHOOD SUPPORTS

GOSFIELD & KINGSVILLE NEIGHBOURS: PLEASE CONTACT

Noel Erum	Neighbourhood Coordinator	x 8020
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General Neighbourhood Support

Vacant	Assistant Director of Nursing	x8068
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Clinical Neighbourhood Support

AMHERSTBURG & COLCHESTER NEIGHBOURS: PLEASE CONTACT

Jeff Studman	Neighbourhood Coordinator	x 8038
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General Neighbourhood Support

MaRhoda Dauz	Assistant Director of Nursing	x8010
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Clinical Neighbourhood Support

ESSEX & HARROW NEIGHBOURS: PLEASE CONTACT

Stacey McDonald Price	Neighbourhood Coordinator	x 8032
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General Neighbourhood Support

Kristin Beaudoin	Assistant Director of Nursing	x8069
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Clinical Neighbourhood Support

TALBOT & OLDCASTLE NEIGHBOURS: PLEASE CONTACT

Mark Mitchell	Neighbourhood Coordinator	x 8026
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General Neighbourhood Support

Norveen Dhindsa	Assistant Director of Nursing	x 8067
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Clinical Neighbourhood Support

OPERATIONAL SUPPORT:

Lindsey Belanger	Resident Support Coordinator Community and Emotional Support, Resident Council	x8009
Anna Beneteau	PAL Coordinator Personalized exercise, mobility, and falls prevention.	x 8008
Amanpreet Kaur	Infection Control Lead Vaccinations, Infection Control	x 8042
Chad Heaton	Spiritual Care Lead	x 8052
Kari Lappan	Administrative Coordinator Billing	x 8002
Jacqueline Reinhardt	Dietician Meal & Food Preferences, Diet Types and Textures	x 8014
Tammy Zimmerman	Volunteer and Student Coordinator	x 8016

LEADERSHIP SUPPORT:

Candace Bennett	Director of Quality and Innovation	x 8013
Kelsey Derbowka	Asst. Director of Food Services Meal Questions, Table Seating, Assistive Devices	x 8004
Kristin Frye	Director of Program for Active Living Personalized exercise, mobility, and falls prevention.	x 8008
Dana Houle	General Manager Any Village Life Information	x 8003
Stephanie June	Director of Nursing Care Clinical Information	x 8005
Jamie Melton	Director of Food Services	x 8004
Hannah Renaud	Director of Recreation Services Programming, Music Therapy, Horticulture	x 8007
Joe Scalia	Director of Environmental Services Maintenance, Laundry & Housekeeping	x 8006