



HAMILTON CONTINUING CARE CHRONICLES

**125 Wentworth Street South, Hamilton, ON. L8N 2Z1
(905) 527-1482**



Roxy – Bev (ADOC)

October 2026 Issue

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.



Resident Council

To our Residents,
We wanted to inform you that Resident Council Meetings will be held on the **First Thursday** of every month.

All residents are welcomed to participate in Resident Council. Please feel free to bring up any issues or concerns related to your Neighbourhood to the meetings. If you do not wish to attend a Council Meeting, please let your Resident Council President know and they can bring forth your concerns during the meeting.

Meeting Minutes are located on each Neighbourhood in a binder if you wish to review what was discussed and the responses that were given.

This Month's Bill of Rights

Resident Right #22

Every resident has the right to designate a person to receive information concerning any transfer or any hospitalization of the resident and to have that person receive that information immediately.

Resident Right #23

Every resident has the right to receive care and assistance towards independence based on a restorative care philosophy to maximize independence to the greatest extent possible.



Mary Lou

October 03

Frank

October 04

Antonietta

October 07

Donna L

October 12

Patty

October 26

Paola

October 28

WELCOME
 **HOME**

Antoinetta

Corrie

Lenora

Spiritual Corner

Spiritual Calendar for October

Legion of Mary

October 06 @ 2:00

October 20 @ 2:00

Sunday Church Service

October 11 @ 1:30

Bible Study

October 13 @ 1:00

October 27 @ 1:00

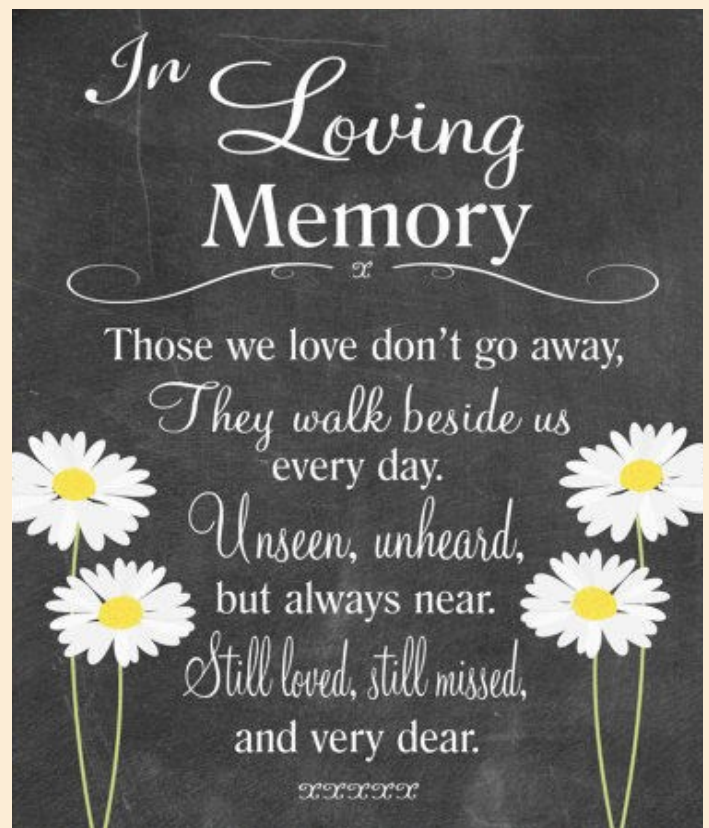
Monthly Mass

October 22 @ 2:00

In Loving Memory

With great sadness,
we remember our friends who
are no longer with us:

**Joanne
Loretta**



Recreation Station

FALLING INTO FUN!

The leaves are changing, there's a little chill in the air, and Halloween is just around the corner! We're celebrating the season with festive activities, special events, and exciting outings for everyone to enjoy. Grab your favourite sweater, put on your best costume, and come join us for a spooktacular October!

HAPPY THANKSGIVING!

Monday, October 12 | All Day | Throughout the Village

Let's celebrate Thanksgiving together! Enjoy a day filled with friendship, gratitude, and all the wonderful things that make our Village feel like home. Be sure to keep an eye out for Thanksgiving festivities happening throughout the Village!

CASINO ROYALE

Thursday, October 29 | 2:00 PM

Feeling lucky? Join us for an afternoon of games, fun, and a little friendly competition at **Casino Royale!** Come try your luck, enjoy the excitement, and see if you can hit the jackpot! ♠♥♣♦

HALLOWEEN CELEBRATION!

Saturday, October 31 | 2:00 PM

It's time to get spooky! Dress up in your favourite costume and join us for a Halloween celebration filled with fun, laughter, and festive surprises. Whether you're a witch, a superhero, a pumpkin, or

OCTOBER OUTINGS

Value Village

Tuesday, October 6 | 1:30 PM

Ready for a little fall shopping? Come along for a trip to Value Village and see what treasures you can find!

Dollarama

Thursday, October 15 | 1:30 PM

Join us for a shopping trip to Dollarama! Whether you're looking for seasonal decorations, a little something for yourself, or just want to browse, there's always something fun to discover.

Lunch at Hutch's

Wednesday, October 28 | 11:30 AM

Let's head out for a delicious lunch at Hutch's! Enjoy good food, great company, and a chance to get out and enjoy the fall season together.

We can't wait to celebrate the season with you!

Alexandra Amey
Director of Recreation

Hey! What's Cooking?

JOIN US FOR A MEAL!

Hello everyone, and happy OOctober!

Did you know that **meal tickets are available for purchase at the Village?** We'd love to welcome you to join your loved one for breakfast, lunch, or dinner and enjoy a meal together!

Whether you're stopping in for a quick visit or making a special outing of it, sharing a meal is a wonderful way to spend time together.

Check out the meal ticket price breakdown below.

Please note: We require a minimum of 24 hours' notice when requesting meal tickets.

If you would like to purchase meal tickets, please email **me** at **stavan.christian@schlegelvillages.com**.

We look forward to welcoming you to the Village for a meal!

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



Stavan Christian
Food Service Manager



Hamilton Continuing Care: The Heart of Hamilton



VOLUNTEER WITH US!

If you are interested in supporting our village and would like to Volunteer, please visit our website
www.schlegelvillages.com/volunteer

To fill out an application!

We  our
volunteers

Follow Us on Social Media!



@HCC_LTC



facebook.com/HamiltonContinuingCare

October Fun!

Zodiac Signs: Libra & Scorpio

This month's Flower: Calendula

This month's Birthstone: Opal

- ⇒ In Old England, October was called *Winmonath* ("wine month") and *Winterfylleth* ("winter full moon")
- ⇒ October's famous **Hunter's Moon** follows the Harvest Moon and signals traditional hunting season.

Q: What do you call two spiders who get married in October?
A: Newly-Webs!

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](#).



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

It is our pleasure to offer full Audiology services to all Schlegel Village residents.



These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

Our services are located at your Retirement Village, and appointments are required.

For more information or to book an **appointment please call**

1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com



Village Team Directory

Name	Contact
Julie Maidment General Manager	julie.maidment@schlegelvillages.com EXT 224
Kaitlyn Wynnyk Director of Nursing Care	kaitlyn.wynnyk@schlegelvillages.com EXT 227
Beverly Agravante Asst. Director of Nursing Care	beberly.agravante@schlegelvillages.com EXT 236
Alexandra Amey Director of Recreation	alexandra.amey@schlegelvillages.com EXT 233
Heather Livingstone Neighbourhood Coordinator & Director of Environmental Services	heather.bell.livingstone@schlegelvillages.com EXT 223
Stavan Christian Food Service Manager	stavan.christian@schlegelvillages.com EXT 234
Zara Haq Program for Active Living Coordinator	zara.haq@schlegelvillages.com EXT 503
Cheryl Uncles Administrative & Team Experience Coordinator	cheryl.uncles@schlegelvillages.com EXT 229
Registered Nurse Charge Nurse	hcc.chargenurse@schlegelvillages.com EXT 506
Anne Stewart Social Service Worker	anne.stewart@schlegelvillages.com EXT 508

