

The Village of

Sandalwood Park REVIEW

Vol. 22 Issue 03 March 2024

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Easter Bunny Extravaganza

Saturday, March 30th, 2024

11:00am Easter Bunny Brunch
and Egg Hunt

\$20 per adult
\$10 Children under 12

All must sign up in advance
by March 24th

Jennifer.gould@schlegelvillages.com



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



Barb Schlegel
Volunteer Award



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

March 1–15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.

**Thank you
for your
nomination!**




SCHLEGEL VILLAGES

RECREATION



Sunday March 17th

@2:30pm
On Main Street
With Ryan

Enjoy music and treats
Dress in green

review

Beach Party



Wednesday March 6th

2:30pm
On Main Street
With John Pebble



Volleyball and
Sand fun
In the morning

Art Therapy

Monday March 11th
&
Month March 25th

1:30pm in Community Centre



Starting
March
10th

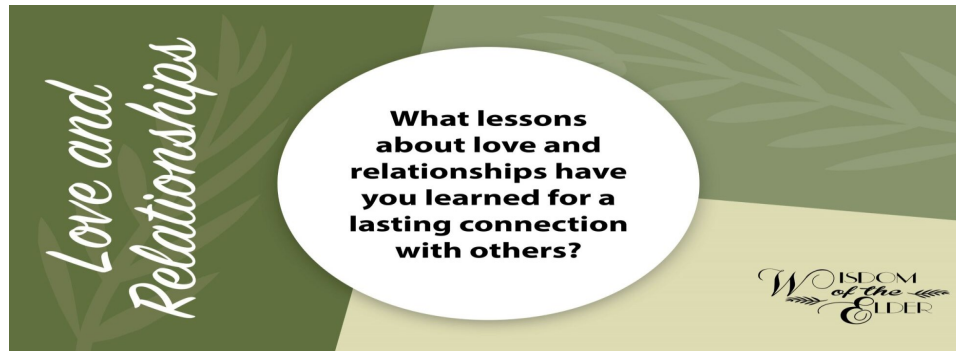
March
25th



#ElderWisdom

We will be sharing each months Wisdom of the Elder Reflections.

Reflections from February!



Always Listen to each other
J.T

Always Listen to each other
J.T

Always uplift each other, and be
each others biggest Supporter.
D.H

Do fun things together. Don't
get to stressed

Never go to bed Mad
L.G

Resilience

**What practices or
attitudes helped
you navigate
difficult times and
build resilience?**

March

WISDOM
of the
ELDER

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 Including 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

Please contact Debbie 905-458-9272 ext 807



Family Council

**Next meeting will be
Sunday, May 5th
3:00pm
Community center**

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

Residents Council

Next Meeting will be
Wednesday March 20th
10:30am
In the Community Centre

Please see neighbourhood
Calendars for neighbourhood
mini council meetings

“Volunteers Enrich Peoples Lives”

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

A Message From P.A.L

Benefits of Deep Breathing

Deep breathing can release stress, and provide other noticeable health benefits. You will likely feel calmer after performing deep breathing exercises, and may trade feelings of anger or fear for a focused, relaxed state of mind.



The Natural Painkiller

Deep breathing releases endorphins throughout the body. Endorphins are feel-good, natural painkillers created by our own bodies. When practicing deep breathing, the upward and downward movement of the diaphragm helps remove toxins from the organs, promoting better blood flow. Oxygen provides energy, which means that we are creating an increase in our energy level by breathing deeply. Learning a few techniques and taking just a few moments each day to practice some deep breathing exercises can decrease stress, relax your mind and body and help you sleep better.

The Technique

Sit in a comfortable position with your hands on your knees and your shoulders relaxed. Breathing begins with exhaling, as you cannot fully inhale until you empty your lungs completely. Breathe in through your nose. Exhale slowly through your nose while you count to five. Tighten or tense your abdominal muscles. At the end of your breath, pause for two counts, then inhale slowly while you count to five. Expand your belly as you breathe in. Close your eyes and repeat five to 10 times.

If your mind wanders during this exercise, don't worry. Refocus on your counting. You will become more aware of your breathing and will find that it becomes easier to breathe deeply without overthinking it.

The Benefits

The many benefits of deep breathing include a reduction in stress and blood pressure, strengthening of abdominal and intestinal muscles and relief of general body aches and pains. Deep breathing also promotes better blood flow, releases toxins from the body and, aids in healthy sleep. These benefits result in an increased energy level. The secret is simply to breathe, deeply and often. In addition, focusing on your breathing during physical activities, such as exercise, can help you become more mindful of your body, improving self-awareness.

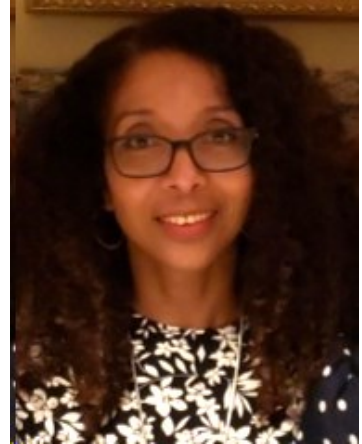
Getting to know us!

For 2024 we thrive to build and grow Authentic Relationships
Each month we will be feature a Team member.

Cordell Edwards is our Nurse Practitioner.

She can be reached at extension 845,
Monday to Friday from 8:00 a.m. – 4:00 p.m.

The Nurse Practitioner is part of the interdisciplinary team. She delivers comprehensive care to residents including health assessments, diagnoses, management, evaluation of care outcomes, performing procedures and counseling. The nurse practitioner identifies and addresses the care needs of residents and families and will identify and lead the advancement of knowledge and skills among other team members.



Using the My Experience (ME) Form similar to the one we use at move in for assessment of getting to know our residents please read and get to know a little about Cordell's Life Story.

Identity: Cordell has completed her master and this was a large life changing event for her. She is described by others as good at helping others. She is thorough, caring and smart.

Connectedness: Family including her husband, children and siblings are very important to her. When she is with others she is known to be friendly, quiet, reserved. When with others she likes to have coffee/drinks, attend special events and entertainments. She enjoys being in small groups. She best communicates with others through text, email, and face to face. English is her preferred language for communication.

Meaning: Traditions that are important to Cordell are Summer time BBQ's, she is very passionate about her family, god and work.

Joy: Three things that make Cordell happy are completing task, making others feel good and having a good lunch break. If she is having a bad day she will then take time to Pray to feel better. Three of the her favourite things to do are read, watch tv and spend time with her family.

Autonomy: In her daily routine she starts her day with a shower and ends her day with brushing her teeth.

Security: Cordell gets stressed at times when she is not able to complete the task she has. When she feels that way she will relax and feel safe by watching tv.

Growth: Cordell likes to be recognized for her efforts and contributions, in private, with words, in writing, with a gift or token of appreciation by her peers and her leaders.

Schlegel Villages – CONNECTIONS

INTERNATIONAL WOMEN'S DAY

March is an exciting time of year with the renewal of Spring just around the corner, and it's also a time to reflect on the important contributions the women in our lives make every day to enhance our communities.

International Women's Day is Friday, March 8, and within our Schlegel Villages Community, we think of the countless inspiring women who bring our mission and vision to life and model our values in all they do.

Indeed, the Schlegel Family's quest to build strong communities has always been guided by the stalwart influence of strong women. Max Becker and Wilfred Schlegel, grandfathers to the three brothers who now operate Schlegel Villages,

were hardworking, entrepreneurial community builders whose partners in life, Florence and Emma respectively, were the guiding beacon that helped foster success. Schlegel Villages founder, Ron, also relied on his wife Barb to ensure his path forward would help their vision become reality.

In our current Schlegel Villages landscape, we're proud that more than 2/3 of the team members and leaders within our Villages and our Support Office team are women helping move our mission forward.

Whether it's our residents or team members, we are surrounded by dedicated, compassionate women who make our Villages better through their example. We honour them all on International Women's Day.

Women in our organization

67%

are senior
leaders

66%

are
leadership

68%

are from
Support Office (SO)

74%

are GM/AGM's

86%

Overall
(not including SO)



Schlegel Villages – CONNECTIONS



SCHLEGEL OLYMPICS *Summer* 2024

There's a competitive edge in all of us, no matter our age, and the Schlegel Olympics taps into this spirit among our residents. As part of our Wisdom of the Elder Signature Program, the Schlegel Olympics is a vibrant opportunity to celebrate the passion of our residents.

We're thrilled to announce plans for these exciting events to take place again this summer, so save the dates and keep in touch with your recreation teams for more information to come.

Tuesday, July 30

The Village of Glendale Crossing
(West Villages)

Thursday, August 1

The Village of Taunton Mills
(East Villages)

WISDOM
of the
ELDER



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



Quality Improvements 2023

JANUARY

- Johnston flooring replaced
- Living in My Today education training sessions started.

FEBRUARY

- Received new credenzas for neighborhood lounge areas
- Received 10 bariatric beds with ceiling lifts and transfer poles

MARCH

- Removed dining room doorways and widened entryways
- Resident welcoming committee for new residents moving into the village.
- Submitted 2023-24 QIP

MAY

- Skin and Wound lead presented Skin Health Day as Innovation Catalyst

JUNE

- Widened Elliot neighborhood entrance doorway.
- 4 new ceiling lifts installed, lifts can adjust to both residents in a room
- New chaplain started, Dorothy Thiagarajan
- Submitted 2023-24 CQI Initiative Report

JULY

- Parker tub on sanders replaced

APRIL

- Sub-committee resident council
- Reviewed quarter 1 of QoL resident survey results with councils

DECEMBER

- Replaced automatic transfer switch for generator
- New wall art work on Sanders and Cumberland neighborhoods
- Dedicated Support, Meaningful and Active Engagement and staffing increase of 5 PSWs - Johnston and Cumberland
- Received Aspiration (Supporting culture change journey) t-shirts to be implemented to team members starting in 2024.

OCTOBER

- Install walkway at gazebo and Upgraded garden
- Integrated Notify with bed and chair alarms
- Dedicated Support, Meaningful and Active Engagement and staffing increase of 5 PSWs – Sanders
 - PAL awareness week – smoothie social and spa afternoon
- InterRAI Family Survey sent out to families
- DQI, GM, DRS and team members attend 2-day Innovation Summit

SEPTEMBER

- Removed swinging doors at nurse's stations
- New call bell system, Notify on all neighborhoods.
- Dedicated Support, Meaningful and Active Engagement and staffing increase of 5 PSWs – Elliot
- 6th recreation team member hired to further support programming for 7 days per week on weekends and evenings.
- Installation of Top 10 frames on Elliot and Express Yourself and Family Galleries installed on Elliot, Cumberland and Johnston

AUGUST

- Hand sanitizer pumps installed in all resident's rooms.
- Music therapist, Daiva Zematis

NOVEMBER

- Elevator floors replaced
- New chaplain, Andrea Saul
- New role of Nurse Practitioner implemented in-village, Cordell Edwards



**ON-SITE
SPECIALISTS**

**service is often covered by healthcare insurance*



WHO WE ARE

On-Site Specialists is a comprehensive health care organization that work with independent health care providers to provide services to clients living in long term care and retirement homes.

We are a team of dedicated administrators who arrange consent intake, scheduling, billing, and invoicing of appointments.

MASSAGE THERAPY

**THE VILLAGE OF
SANDALWOOD
PARK**

CONTACT

US NOW



(905) 326-9900
1-800-556-1762



consult@onsitespecialists.com



www.onsitespecialists.com

TARGETING DISEASES

- Gout
- Arthritis
- Bursitis
- Depression
- Parkinson's
- Sciatica
- Diabetes
- Asthma
- Emphysema
- Multiple sclerosis

BENEFITS

- Simulates weak muscles
- Provides mental relaxation
- Relieves muscle tension
- Increases blood circulation

www.onsitespecialists.com

PROFESSIONAL HEALTH CARE SERVICES

Bringing culture to the table

The food we eat is often tied to our culture or where we come from. If our meals don't match the smells and tastes we know and love, we might not eat or drink enough. This can affect quality of life and overall health. As the population of older adults grows and becomes more diverse, it's important for long-term care homes to offer a variety of foods that everyone can enjoy.

That's why Safura Syed, registered dietician and University of Waterloo PhD student, is leading a study focused on culturally inclusive food in long-term care homes.

"Not serving food that aligns with an older adults' cultural background can make them feel left out," explains Syed, a member of Heather Keller's Nutrition and Aging Lab. **"Food is important because it's part of who we are and where we come from."**

In her study, Syed is researching the challenges and supports food service managers and dietitians face in creating diverse menus.

Syed is also talking to residents and their families about how being served food from their culture affects their sense of belonging and makes them feel more at home. She's



using what she learns to help figure out the best way for LTC homes to include foods from all cultures in their meals.

Syed has found that personalized menus, acknowledging various holidays and religious days, and giving residents a chance to share their input, all help meet residents' cultural preferences.

"Eating food that tastes like home can make people eat better and stay healthier," says Syed. "By making sure everyone has food they enjoy and are familiar with, we can help everyone feel better and respected."

Subscribe to updates from the RIA at www.the-ria.ca/eneews to find out how you can help researchers like Syed and to stay up-to-date on the latest news, events, and helpful resources.

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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Kinesiologist/Physiotherapy

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

Indra Persaud Indra.persauda@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

Andrea Saul	Ext. 828
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Director Of Nursing Care

Adwoa Pomaah Adwoa.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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Administrative Assistant

Zeena Amin Zeena.Amin@SchlegelVillages.com	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