

# Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

March 2024

Contact Us:

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

## Celebrating Love

Valentine's Day is always a special time at the Village and this year, the return of the Sweetheart Luncheons made the week extra-

special. This was a very special event for our couples, who enjoyed a restaurant-style meal in the comfort of our home. Many thanks to everyone who pitched in to make the events run smoothly and the days so special!

Inside this issue:

Notes from the General Manager's	2
Wisdom of the Elder	3
Spot the Dot & Success Awards	4
Chapel News & Events	6
Volunteer View	8
Program for Active Living	10
Dates to Remember	12
Connection Corner	13
SV Connections	14
Research Matters	16
March Birthdays	17
Village Directory	19
A Thousand Words	20





# Notes from the General Manager's Desk

Hot off the press at the time of this update, the Ministry of Long-Term Care has lifted the Enhanced Masking Mandate for Long-Term Care. This means that Team Members, Volunteers and Students are able to work without their masks most of the time (based on Point of Care Risk Assessment). The Ministry of Long-Term Care notes that masks are recommended for visitors but not required. Masks will continue to be available at the Front Entrance for anyone who wishes to continue to wear a mask based on their personal preference. Please continue to monitor your own health and only visit when you are well.

On February 27th, Villages across Ontario celebrated our aspiration to Foster Authentic Relationships. We created a display with people's thoughts about Authentic Relationships (who they have relationships with and what makes a relationship authentic) and we enjoyed coffee and treats on Main Street! This year, our Operational Plan includes goals to build & strengthen relationships for Residents, Team Members and other through Shared & Meaningful Activity opportunities. Our lives are richer when we share them with others!

A Committee Fair was held at the end of the month to highlight opportunities for people to become more involved. The work of our Palliative Care Team, Falls Committee, Village Advisory Team, Resident & Family Councils and others were highlighted. If you have interest in being involved in any of these groups, we encourage you to reach out to the Village Office and they can give you information on next steps.

We are preparing for the season of appreciation with Volunteer Appreciation Week coming up in April and our Team Appreciation Banquet coming up in May. We need YOUR help. There are nomination ballots for a volunteer who you feel is deserving of the Barb Schlegel Award. (There are details on page....) In addition, we have nomination ballots for our Credo Success Awards which recognize five deserving Team Members. (There are details on page.... ) The ballot boxes for these nominations are located at the front entrance. We would greatly appreciate your input on these awards.

With thanks for your support,

Melody Jackson,  
General Manager



# Wisdom of the Elder - February Reflections

**What lessons  
about love and  
relationships have  
you learned for a  
lasting connection  
with others?**

Here are a sampling of the responses to our Wisdom of the Elder question for February.

The question for March is about Resilience... "What practices or attitudes helped you navigate difficult times and build resilience?"

We invite everyone to share their wisdom and ideas. The question is posted near the Green Bench on Main Street and we hope to add your thoughtful answers.



Sue... "Be Kind. Be Honest. Be True to Yourself."



Gus... "Just be two people who enjoy each other's company and doing things together."

Doris... "Accept people for who they are and try bring out the best in them."



Shirley... "Take it easy. Get to know the person."



Syliva... "Be nice to someone. Treat someone the way that you want to be treated." "Smile & say hello... you may make someone's day!"

# 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.



Melissa M from Belle River was appreciated by her team... “For always assisting us with the residents... putting on jackets, helping them into their PJs and tucking them into bed”.



Rodica from Tecumseh was recognized by her neighbourhood team... “Thank you for working so hard to provide meaningful activities and ideas that include all the residents.”

*Did you know....*

*When a Family Member writes a quick note of appreciation that names a Team Member individually, that Team Member receives 5 points on their Success Spot account. The Team Members can then redeem those points for appreciation items such as gift cards, jackets and more!*

CONGRATULATIONS TO...

Melissa M. who was randomly selected to receive a \$10 Tim Card!





# Success Awards

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioned from our Success Awards to the newly designed **CONNECT the Dots Success Awards**.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

## Credo values – award categories



### Know Me means to...

- Understand and anticipate my needs
- Support my WELL-BEING
- EXCEED my expectations
- Make me feel SPECIAL



### Earn Trust means to...

- Demonstrate YOU care
- Take Responsibility for those we serve
- Create a sense of SAFETY AND COMFORT
- DELIVER on your/our promises



### Be Present means to...

- Be PATIENT and practice LISTENING
- Let ME guide the conversation
- ASK me my expectations and needs
- Focus on Me in the moment



### Follow Through means to...

- Show me my concerns are IMPORTANT
- Confirm that I am VALUED as a customer
- Let me know I will be TAKEN CARE OF
- Create MEMORABLE MOMENTS



### Walk in My Shoes means to...

- Hear what I HEAR
- See what I SEE
- Feel what I FEEL
- CONNECT with me

Look for additional information posted around the Village and remember to nominate a deserving team member who continuously demonstrates the values of the credo!

# 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

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Roman Catholic Mass  
Tuesday, March 26th at 2pm  
in the Chapel

## In Memory



### We remember...

**Douglas C.**

**Omer G.**

**Marilyn H.**

**Lillian L.**

**Jeanette L.**

**Suk May L.**

**Agnes Mc.**

**Marilyn S.**

**John W.**

Celebration of Life Services to honour these individuals is planned for March 21st at 2pm



### Chapel Music Service

March 18th at 10:30am

# FOOD *for the Soul*

## Trial to Triumph!

### **Proverbs 3: 5 “Trust in the LORD with all your heart”**

We are often faced with making tough decisions. Are you faced with a tough decision? Sometimes there is no easy answer. People share their difficulties with me all the time. Problems as they face aging, loss, family difficulties, unappreciated, undervalued, and what is going on in the world out of their control. I am asked to pray as people seek wisdom and direction.

It's one thing for life to be complex, and it appears perplexing. We seek direction.

This might describe you today--know that God has a Word for you, “TRUST”. When we are faced with tough decisions or difficult problems--look to God for His direction. This is easier said than done.

We probably have found ourselves in situations at the mercy of other people.

Some of the greatest decisions we might face are in someone else's control. What makes these trials so difficult is the feeling of helplessness and no control. If we feel helpless and out of control—we can, by choice, TRUST in God. We might be challenged by life's situations, and things out of control. When we feel powerless to affect the outcome, TRUST God and know that He has our best interest at heart. Trust in God. We will have a security net to help us with fear, doubt, worry, and anxiety. Trust and begin to have rest in the outcome.

Don't let helplessness isolate you this Lent from the power of God; His power can turn trials into triumphs!

Always a pleasure serving with you!

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

In the  
**Spotlight**



This is a "throw-back" picture from one of Bonnie's signature assignments... she loves supporting our Canada Day events as our Living Flag!

This month's volunteer spotlight is none other than our amazing volunteer Bonnie Rawson! I'm sure most of you will recognize her since she has been a friendly face around the Village of Aspen Lake for a long time.

Bonnie taught ceramics to residents for many years before becoming a volunteer in Nov. 2016. Many residents came down to the Community Centre on a regular basis to join Bonnie's class. They would leave filled with joy and happiness, as well as a real sense of pride and accomplishment thanks to Bonnie's excellent teaching skills and the fun, friendly atmosphere she created. A lot of

us remember the 'Christmas Tree' classes, and how beautiful and unique each one was. While it was a very sad day when Bonnie announced she was retiring from ceramics, we were overjoyed when she announced that she would be coming back as a Recreation Volunteer.

Since then, Bonnie has helped with numerous activities and events. Most recently she is assisting with Greenhouse Club and on Wednesday afternoons you will find her working in the General Store.

Thank you, Bonnie, for everything you have done for the residents of Aspen Lake over the years. We are so grateful to have you as a volunteer, and appreciate all you do for us.

The Next Volunteer Orientation Session is scheduled for:

**Saturday, March 9th  
at 12 noon**

If you are interested in attending, please call the village to register at:  
**(519) 946-2062 ext. 8016**





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**



## Let's Play Ball!

This month is the beginning of the baseball season! When we imagine baseball players, we often think about the bright uniforms and baseball caps. What they also have are strong and healthy bones! While we may not all be baseball players, we can all take steps to keep our bones strong and healthy during this season.

When considering bone health, it is important to think about the foods that we eat. To make sure our bones stay strong, it is important to eat foods with high amounts of calcium. This mineral strengthens the bones and helps the muscles contract, making it easier for the body to move. We can get more calcium by incorporating cheese, yogurt and milk into our diet.

Vitamin D also plays a crucial role in building strong bones. This vitamin works by allowing the body to easily absorb calcium. Calcium and vitamin D work together, so it is important that we get enough of this vitamin as well. Vitamin D is found in egg yolks, mushrooms, and fish, so we can improve our bone health by eating these foods as well. Another way to increase your Vitamin D is by enjoying some time in the sun.

Another way to improve our bone health is through physical activity. Exercise works to strengthen the bones, which in turn, prevents falls and injuries from occurring. Exercise can also improve balance and coordination; two important factors in preventing falls. It is recommended that we exercise for at least 150 minutes per week. By doing this, there is a lessened rate of bone loss. Exercises that involve strength training are encouraged, but all exercise can be beneficial for the bones. Exercise also decreases the risk of fractures, ensuring that our bones stay strong.



Get outside and enjoy the sunshine... we all need more Vitamin D!

When considering bone health, it is also important to consider ways to prevent falls from occurring. It is much easier to prevent injuries rather than to treat them, so it is best to work to prevent them from happening in the first place! If we are given hip protectors to wear, it is important to wear them on a regular basis. Hip protectors work by providing extra padding for the hips. In the event of a fall, these protectors prevent hip fractures and keep the bones intact and strong.

If we have a walker, it is important to always use it when walking. Walkers provide us with extra balance, making it less likely to slip or fall. By using the protective equipment we're given, we can ensure that we are taking the steps needed for healthy bones.

Regardless of what protective equipment we have, we should always make sure to wear proper footwear when walking or exercising. It is also important to make sure that there is nothing on the ground or anything in the way before walking. By doing this, we can maximize our safety to prevent bone injury.

By following these tips, we can strengthen our bodies, prevent bone injuries, and stay happy and healthy!

Kayla Bethune  
PAL Student



Congratulations to Carole! Carole received a Certificate of Achievement for having the most steps in the February Nu-Step Challenge for Heart Health Month! Way to go, Carole!

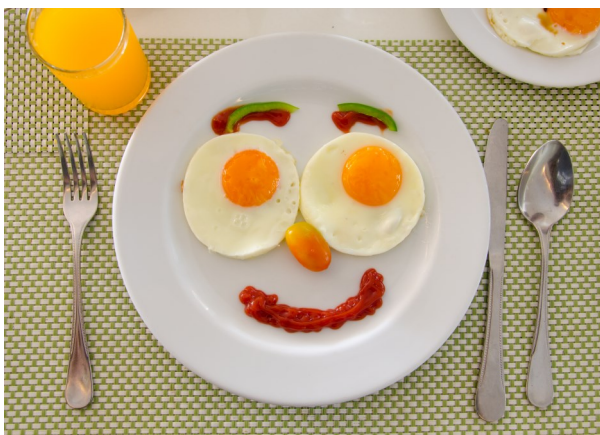
# Dates to Remember



**MARCH 21st at 6:30pm**

Join us for a new program and a chance to work on your favourite craft projects with friends. Bring your colouring, painting, knitting or other craft and meet-up with others who enjoy being creative!

## **BREAKFAST BUNCH**



**in the Community Centre**  
**MARCH 26th at 8:30am**



**MARCH 6th - Crystal St Denis**

performs for Walkerville at 1:30pm  
& Belle River at 2:30pm

**MARCH 12th - Ted Bachmeier**

performs for Lasalle at 1:30pm  
& Sandwich Towne at 2:30pm

**MARCH 19th - Bev Bechard**

performs for Riverside at 1:30pm  
& Tecumseh at 2:30pm

**MARCH 27th - Windsor Symphony**

performs on Main Street at 2pm

## RESIDENT COUNCIL

*March 5th at 2pm*

## FOOD COMMITTEE

*March 19th at 2pm*

*Meetings in the Chapel*

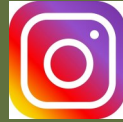
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The Village of Aspen Lake



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# CONNECTION

# corner

Read the latest Village Voice article on our web-site:  
**[schlegelvillages.com](http://schlegelvillages.com)**

*“Good News” stories about Long-Term Care at Schlegel Villages*

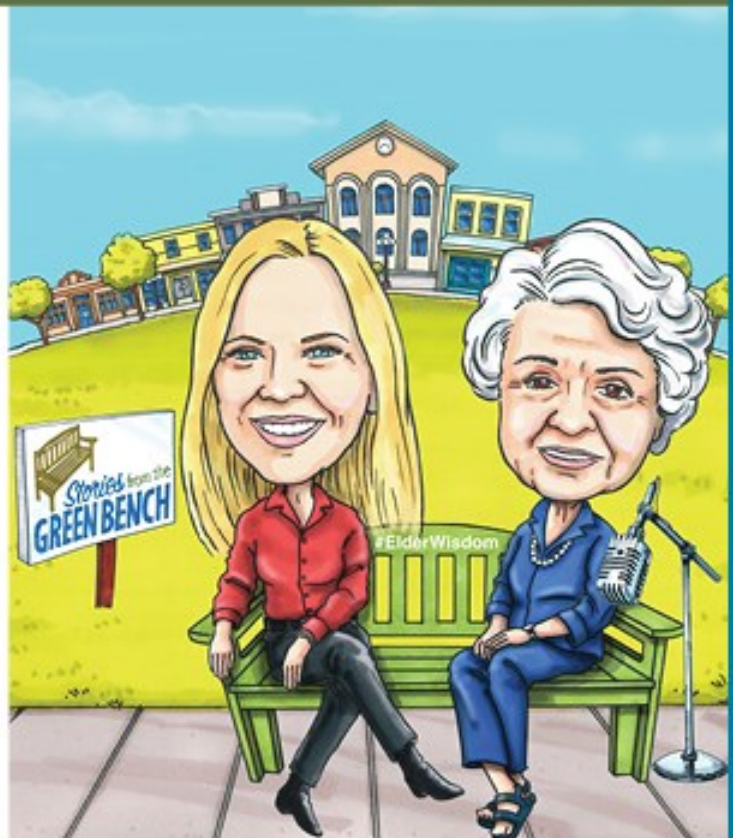


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# Schlegel Villages – CONNECTIONS

## 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)



## 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."

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



# March Birthdays



**Happy Birthday!**

**TO OUR RESIDENTS!**

**BELLE RIVER**

March 6th - Cecile W.

**RIVERSIDE**

March 2nd - Barbara M.

March 4th - Beverley N.

**WALKERVILLE**

March 1st - Mary Louise S.

March 15th - Patricia P.

**TECUMSEH**

March 8th - Joyce D.

March 20th - Ingeborg S.

March 25th - Jean A.

**LASALLE**

March 4th - Clifford L.

**SANDWICH TOWNE**

March 8th - Robert B.

March 14th - Pauline M.

March 24th - William S.

**Happy Birthday!**

**TO OUR TEAM MEMBERS**

**BELLE RIVER TEAM**

March 8th - Skylar L.

March 19th - MaRhoda D.

March 22nd - Samantha P.

March 28th - Jennifer R.

March 29th - Josie C.

March 30th - Amber M.

**RIVERSIDE TEAM**

March 6th - Donna E.

March 18th - Jennifer G.

March 30th - Jessica I.

**WALKERVILLE TEAM**

March 14th - Lena M.

March 23rd - Nicole B.

March 23rd - Brittany Y.

**TECUMSEH TEAM**

March 15th - Joy L.

March 20th - Bradley R.

March 24th - Neelam S.

March 31st - Nada K.

**LASALLE TEAM**

March 13th - Louise T.

March 14th - Sasa P.

March 22nd - Joanna A.

March 26th - Eldo K.

March 27th - Crystal P.

**SANDWICH TOWNE TEAM**

March 20th - Shelby P.

**VILLAGE TEAM**

March 9th - Jenny B.

March 29th - Jillian S.





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# Village Directory

The Village of Aspen Lake

Automated Answer Line

(519) 946-2062



<b>Melody Jackson</b> <i>General Manager</i>	<b>8003</b>	<b>Belle River Neighbourhood</b>	<b>8013</b>
<b>Katie Zucco, RN</b> <i>Director of Nursing Care (Interim)</i>	<b>8005</b>	<b>Riverside Neighbourhood</b>	<b>8033</b>
<b>Olivia Parsons, RPN</b> <b>Nada Horvat, RN</b> <i>Assistant Directors of Nursing Care</i>	<b>8037</b>	<b>Walkerville Neighbourhood</b>	<b>8035</b>
		<b>Tecumseh Neighbourhood</b>	<b>8025</b>
<b>Jillian Studman</b> <i>Director of Food Services</i> <b>Dafina Prvulovik</b> <i>Assistant Director of Food Services</i>	<b>8004</b>	<b>Lasalle Neighbourhood</b>	<b>8027</b>
		<b>Sandwich Towne Neighbourhood</b>	<b>8029</b>
<b>Ken Parish</b> <i>Director of Environmental Services</i>	<b>8006</b>	<b>Brenden St. Aubin</b> <i>Neighbourhood Coordinator</i> <i>Supporting Belle River &amp; Riverside</i>	<b>8012</b>
<b>Jenny Brown</b> <i>Director of Recreation Services</i> <i>(Interim General Manager)</i>	<b>8007</b>	<b>Barbara Masse</b> <i>Neighbourhood Coordinator</i> <i>Supporting Tecumseh &amp; Lasalle</i>	<b>8020</b>
<b>Bruce Jackson</b> <i>Chaplain/Counselor</i>	<b>8043</b>	<b>Shannon Murr</b> <i>Neighbourhood Coordinator</i> <i>Supporting Walkerville &amp; Sandwich</i>	<b>8024</b>
<b>Debbie Durocher</b> <i>Volunteer Services Coordinator</i> <b>Sue MacTaggart</b> <i>Student Service Coordinator</i>	<b>8016</b>	<b>Alex Hrynyk</b> <i>RAI-QI Nurse (North Tower)</i>	<b>8023</b>
		<b>Amanda Bondy</b> <i>RAI-QI Nurse (South Tower)</i>	<b>8019</b>
<b>Kristen Beaudoin</b> <i>Director of Quality &amp; Innovation</i>	<b>8051</b>	<b>Ryanne Stieler</b> <i>Director of Program for Active Living</i> <b>Caitlyn Douglas</b> <i>PAL Coordinator</i>	<b>8008</b>
<b>Jackie Garant</b> <i>Administrative Coordinator</i>	<b>8002</b>		
<b>Lauren Markovic</b> <i>Resident Support Services</i>	<b>8050</b>	<b>Hair Salon</b>	<b>8042</b>

# A Thousand Words...

Because a Picture is worth a Thousand Words!

Across Schlegel Villages, we have selected to work on our aspiration to Foster Authentic Relationships in 2024. "At our Villages, authentic relationships begin by knowing & connecting with each other. They flourish when we honour and respect the unique personalities & life stories of everyone in the Village." #KnowMeRespectMe

