

The Senior Star

News from Maynard Nursing Home

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Wishing you a rainbow
For sunlight after showers-
Miles and miles of Irish smiles
For golden happy hours-
Shamrocks at your doorway
For luck and laughter too,
And a host of friends that never ends
Each day your whole life through!



MAYNARD
Nursing Home

MAYNARD NURSING HOME 28 HALTON STREET TORONTO, ONTARIO

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<http://www.schlegelvillages.com/maynard-toronto>

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/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.



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)



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)





To the Following Residents:

Teresa Botelho - 22th

Horacio Xavier - 22th

Maria Lopes - 30th

Sending you smiles for every moment of your special day from all your neighbours at Maynard



Daylight saving time will begin on Sunday, Mar. 10, 2024 at 2 a.m. local time, when clocks will spring forward by one hour.



Poetry Corner



Festa de São José 19 Março

Velhinho trabalhador
Glorioso São José
Ensinou Nosso Senhor
Na oficina de Nazaré.

São José é carpinteiro
Trabalha com alegria
E teve por companheiro
O filho da Virgem Maria.

São José numa volta foi
A Virgem ficou ali
Quando São José chegou
Já Jesus tinha nascido.

Não nasceu em casa de ou-
ro

Nem em cama de luxaria
Nasceu numa manjedoura
Onde o boi bento comia

O boi bento bafejava
E a mula descobria
Oh mula, isso está errado
tão
Já ninguém em ti confia

São José com toda a fé
A virtude hei-de exaltar
Desde agora a toda a hora
Seus louvores hei-de cantar

Foi criado com muita fé
Para esposo de Maria
Desceu Deus do alto do céu
Para sua companhia

Foi querido escolhido
Para pai do redentor
Foi amado inspirando
Para ser seu condutor

São José, que amor tão belo
Te deu Deus meu Salvador
Esse amor é tão singelo
Com um gesto encantador

São José com alegria
Deu a Jesus sacramentado
Deu a Jesus uma Harmonia
Que é sempre do nosso agrado.



Oracao da Semana Santa 24 de Marco

Pecadores agora tempo profundo
De contricao e de temor
Serve a Deus despreza o mundo
Ja nao sejas pecador

Estamos em tempos santo
Em que o pecado faz horror
Serve a Deus e tanto tanto
Ja nao sejas pecador

Sejas sempre bem louvada
E paixao do redentor
E morte amargurada
So porque nos tem amor

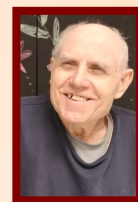
Na vossa cabeça sagrada
Coroa de espinhos cravaram
Ja ferida e massacrada
Imensas gotas de sangue
brotaram

Vossos cabelos divinos
Foram em sangue ensopados
Para nos dar bons ensinios
Aos nossos feios pecados

Tambem vos deram a beber
Vinagre e fel amargoso
Para o ser humano se arrepender

Do seu pecado horroso
Vossas maos abencoadas
Foram numa cruz pregadas

E os vosso pes tambem
Para nos dar ideias acertadas
De que vos sos o grande alem.



By Joao Engenheiro,
Maynard Nursing Home



Position	Ext	Name	Office Location
General Manager (GM)	231	Julie Music	Basement/Main Street, East
Director of Nursing Care (DNC)	232	Elise Howe	1 st floor, West
IPAC Lead/ADNC	241	Jessica Richert	2 nd floor, North
PERT/ ADNC	227, 404	Marlene Da Costa	1 st floor, South
Neighborhood Coord. (NC)	242, 405	Sandra Correia	2 nd floor, North
Director of Recreation (DR)	238	Kelly Almeida	Basement/Main Street, West
Volunteer Coordinator (VS)	402	Allison	Basement/Main Street, West
Kinesiologist (KIN)	401	Cesar Noriega	Basement/Main Street, West
Admin. Coordinator (AC)	222	Renju Johnson	Basement/Main Street, North
Admin. Assistant (AA)	221	Esther Samaroo/ Mildred	Basement/Main Street, North
Director Food Services (DFS)	225	Diana Kania	Basement/Main Street, East
Director of Quality and Innovation	403	Daniel Bedard	Basement/Main Street, North
Environmental Services Manager (ESM)	230	Evelyn Molina	Basement/Main Street, South
Resident Support Coordinator (Social Worker)	406	Samuel Leite	
1 st Floor Nursing Station	226		
2 nd Floor Nursing Station	228		
2 nd Floor Nursing Office	235		
Kitchen	223		Basement/Main Street, East
Bellwoods(1-floor) Cellphone	437-213-9616		
Trinity (2 nd floor) Cellphone	437-214-1977		
Fax No. Admin. Office	416-533-3531		
Fax No. – Nursing Office	416-533-3492		

2024 CALENDAR

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

8 Internacional Women`s Day

10 Ramadan (until April 8)

10 Daylight Saving Time begins

17 St Patrick`s Day

20 First day of spring

23-24 Purim

24 Palm Sunday

25 Holi

29 Good Friday

31 Easter

31 Internacional Transgender Day of Visibility



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.



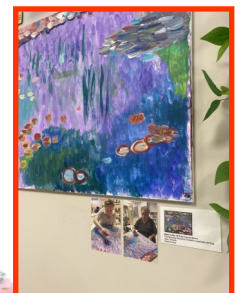
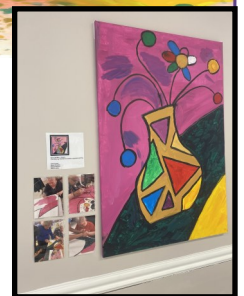
**Thank you
for your
nomination!**



CREATIVE EXPRESSIONS

CHECK IT OUT: RESIDENT ART!

Beautiful art is being displayed in the dining rooms on the Main floor and neighbourhoods. The artists are all **Maynard residents**. The Art Expression program will extend throughout the year. Every month we will showcase new art designed by the Residents.

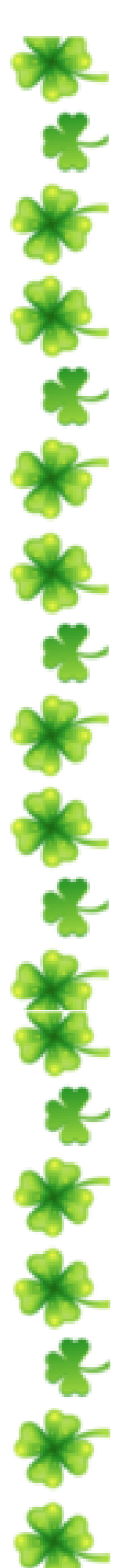
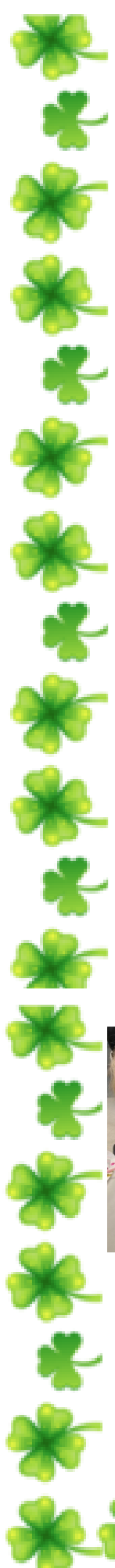
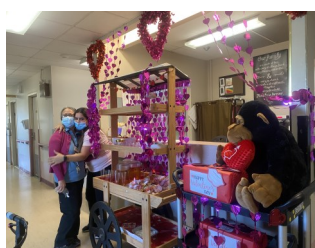
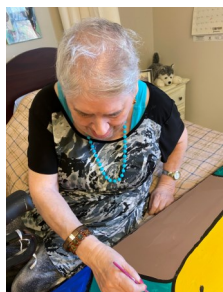




Album of the month



Photos of Residents having fun with recreational activities and programs: Creative Baking, Coloring, Music, Valentines Day, Chinese New Year, Games and You & Me.





Looking for a meaningful way to spend your time?

Volunteer with us and bring smiles to our seniors!

Call Allison, the volunteer coordinator
@416-533-5198
Or

Email: maynard.volunters@schlegelvillages.com



Family Council seeks to improve the overall quality of life and care for all residents by promoting an environment of unity and support amongst staff, friends, and residents families. Maynard's Family council is seeking a president and vice president representative.

All family members are welcome to attend or join the family Council.

For any interest or information in joining please e-mail
samuel.leite@schlegelvillages.com

IN MEMORIAM

The Board of Directors, Management and Team Members were saddened by the passing of

Jackman, St Clair

June 5, 1944 - February 13, 2024



*Jesus said, "I give you peace, the kind of peace that only I can give. Do not be troubled, and do not be afraid."
- John 14:27*

The Family Quality of Life Survey

interRAI has undertaken a program of research to develop a new Family Survey instrument to measure family member experiences and expectations. The new interRAI Family Quality of Life Survey is now available to be used with your LTC family members on the QoLPro platform. This instrument contains 25 items, half of which are core items that are also on the Resident Self-Report QoL Survey and half are new items that are unique to the family experience in LTC.

Family members play a critical role in resident's quality of life while living in Long Term Care. They provide vital information and collaboration in shared decision-making to support person-centred care planning. They support residents with their physical and psychosocial needs and can provide insight into the operation of the LTC home. Therefore, family members have unique perspectives that can inform approaches to improving quality of care and quality of life in long-term care.

