



HAMILTON CONTINUING CARE CHRONICLES

The Village Newsletter

125 Wentworth Street South, Hamilton, ON. L8N 2Z1
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HELLO MARCH

www.HAZEAPELLA.COM



March 2024 Issue



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

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.

WISDOM
of the
ELDER

Tuesday, July 30

The Village of Glendale Crossing
(West Villages)

Thursday, August 1

The Village of Taunton Mills
(East Villages)

Happy BIRTHDAY

Terry	March 06
William	March 15
Lorna	March 21
Ellen	March 24
Donna	March 30



Welcome
Christina
Marion

Village Councils

Resident Council

To our Residents,
We wanted to inform you that Resident Council Meetings will be held on the Second Tuesday 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 Neighbourhood Representative know or the Resident Council President 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.

Resident Bill of Right #28

- Every resident has the right to participate in the Residents Council.

Resident Bill of Right #29

Every resident has the right to raise concerns or recommend changes in policies and services on behalf of themselves or others to the following persons and organizations without interference and without fear of coercion, discrimination or reprisal, whether directed at the resident or anyone else:

- i. the Resident Council
- ii. the Family Council
- iii. the licensee, and, if the licensee is a corporation, the directors and officers of the corporation, and, in the case of a home approved under part IX, a member of the committee of management for the home under section 135 or of the board of management for the home under section 128 or 132
- iv. staff members
- v. government officials
- vi. any other person inside or outside the long-term care home

Family Council

HCC is sending a warm welcome to our Family Council!

Family Council Members thus far:

- ⇒ Daniel Gaisin
- ⇒ Beatrice Ntamagiro

Our next Family Council Meeting will be held on April 2, 2024 @ 6:30pm, Resident Family or Friends are more than welcome to attend, and are encouraged to attend!



Spiritual Corner

Spiritual Calendar for December

Legion of Mary

March 05 @ 2:00

March 19 @ 2:00

Bible Study with Connie

March 12 @ 10:30

March 26 @ 10:30

Sunday Church Service

March 10 @ 1:30

If you have any questions
please do not hesitate to
speak to
Alexandra Amey-Director
of Recreation

Thank-you!

In Loving Memory

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

Jackie Macdonald



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.

In the Neighbourhood...

Hello residents and team!

I personally would like to thank our housekeeping team for receiving multiple accolades and recognition for going above and beyond expectations. Please let's continue to share in the optimism amongst ourselves, as it is infectious and it will keep those nasty bugs out!

Welcome Heather B to the JHSC and Kely A to committing to running our code drills.

Knock on wood, we haven't displaced laundry for some time. If you see any articles of clothing that the label is worn, please let our team members know and we provide a new legible label.

We are always looking at ways to boosting our well being for both residents and team and as curators of exceptional experiences I feel I'm the fulcrum of change. So please don't hesitate to bring your ideas to life by having open dialogue with me or any of our leadership team.

Neighborhood Team meetings will start again in February for each neighborhood. This is pivotal time for us to establish strategies for change and share exceptional service moments. We welcome an interdisciplinary approach, all our welcome.

Heather

Heather Livingstone
Neighbourhood Coordinator



Recreation Station

Hello everyone! I can't believe it is March already!
Here is what we have in store for March!

Village Special Events

International Women's Day

Friday March 08

Wearing a pink shirt to empower and support women everywhere!

St. Patrick's Day

Sunday March 17

Residents will be able to enjoy a performance at 2:00 by Jennifer Lin and some sweet tasty treat, Oh and we cannot forget the GREEN BEER!

Village Outings

Please note that outings are subject to change based on availability of transportation, and weather, Neighbourhoods will be notified of any changes.

Jackson Square

March 07 @ 2:00

The Art Gallery of Hamilton

March 21 @ 3:00

Other Information

March is Music Therapy Awareness Month! We wanted to take a moment to highlight Jennifer who always brings joy to our residents when they are in the Village! Thank-you for all you do Jenn!

We also wanted to take a moment to thank the hard work of our current Recreation Therapy Students; Millie, Evan, and Gurneel! They each bring something new to our Village and they make our residents day x10 brighter!

Thank-you for all of your hard work and dedication to our residents!

Alexandra Amey
Director of Recreation



Hey! What's Cookin'?

March is Nutrition Month! The theme for 2024 is “We are Dietitians”.

The Registered Dietitian for the village is Monica Henderson. Her hours are determined by the Ministry of Health and Long-Term Care. In Ontario, Registered Dietitians are funded to work 33 minutes x the number of residents in the home/per month. HCC has 51 long term care beds; therefore, the Dietitian is allocated 28.05 hours per month, equaling 3.5, 8-hour days per month.

The Registered Dietitian and the Food Service Manager work together to assess and manage each resident's nutrition and hydration care. Each resident receives a full nutritional review quarterly assessing their weight, intake, skin integrity, bowel pattern, chewing/swallowing ability, self feeding ability, need for special eating utensils/cups, lab data. Each resident is allocated to be at High, Moderate or Low nutritional risk. A unique care plan is developed and monitored for each resident explaining their nutrition and hydration needs and interventions for care. This is reviewed quarterly and as needed for change. The Registered Dietitian also completes received 'referrals' for residents at each visit.

Upcoming Holiday & Theme Day Meals:

- March 6: Oreo Cookie Day (PM Snack)
- March 17: St. Patrick's Day (Lunch)
- March 18: Sloppy Joe's Day (Lunch)
- March 31: Easter (Dinner)

Ontario Fruits & Vegetables in Season:

Fruits: Rhubarb, Strawberries (greenhouse)

Vegetables: Beets, Cabbage, Parsnips, Squash & Lots More!

Amy Hasson
Interim Food Service Manager



Let's get Active!

Resident Spotlight!

We want to highlight our Resident of the Month **Linda** for her tremendous improvement and participation in the PAL Program. Linda has been on an up and down roller coaster but was determined and willing to put in the work to get herself back to a being a strong powerhouse. I can verify that today Linda has improved in her overall strength and mood around the Village. Linda brings a bright sense of humor to our PAL program, sharing about her past life experiences and sometimes throws in a sneaky remark (joke) during our exercise times. I even remarked that she chose the right shirt for picture day and she gave me this bright smile that lit the room up. I am proud of the hard work Linda has put in and look forward to seeing her continued growth in the village.



Jonathan Manning
PAL Coordinator





Hamilton Continuing Care: The Heart of Hamilton



Schlegel Villages'
Volunteers

VOLUNTEER WITH US!

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

or contact

Alexandra Amey
(Director of Recreation)
alexandra.amey@schlegelvillages.com

We  our
volunteers

Follow Us on Social Media!



@HCC_LTC



facebook.com/HamiltonContinuingCare

March Fun!

Zodiac Signs: Pisces ♋ & Aries ♈

February Flower: Daffodil 🌼

February Birthstone: Aquamarine 💎

- ⇒ March is named after Mars, the Roman god of war
- ⇒ March is the first month of Spring in the Northern Hemisphere and the first month of Fall in the Southern Hemisphere
- ⇒ The first telephone was patented by Alexander Graham Bell on March 7th, 1876.

Q: Which type of bow can't be tied in March?
A: A rainbow!

Village Team Directory



Happy St. Patrick's Day

Name	Role	EXT	Email
Julie Maidment	General Manager	224	julie.maidment@schlegelvillages.com
Kaitlyn Wynnyk	Director of Nursing Care	227	kaitlyn.wynnyk@schlegelvillages.com
Beverly Agravante	Asst. Director of Nursing Care	236	beberly.agravante@schlegelvillages.com
Alexandra Amey	Director of Recreation	233	alexandra.amey@schlegelvillages.com
Heather Livingstone	Neighbourhood Coordinator	223	heather.bell.livingstone@schlegelvillages.com
Amy Hasson	Interim-Food Service Manager	234	amy.hasson@schlegelvillages.com
Cheryl Uncles	Interim-Administrative Coordinator	229	cheryl.uncles@schlegelvillages.com
Jonathan Manning	Exercise Therapist	503	jonathan.manning@schlegelvillages.com
Registered Nurse	Charge Nurse	506	hcc.chargenurse@schlegelvillages.com
Recreation	Recreation Team		hcc.recreation@schlegelvillages.com
Randy Montour	Maintenance	237	randy.montour@schlegelvillages.com
Anna Cleaver	RAI-MDS Coordinator/PERT	228	anna.cleaver@schlegelVillages.com
Crystal Beaudoin	Social Service Worker	508	crystal.beaudoin@schlegelvillages.com

