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**The Village at St. Clair**

**Follow us on Twitter:**

**@villagestclair**

**View Calendars at:**

**www.schlegelvillages.com**

**A Note from the Editor's Desk:**

There's an Isle, a green Isle, set in the sea,  
 Here's to the Saint that blessed it!  
 And here's to the billows wild and free  
 That for centuries have caressed it!  
 Here's to the day when the men that roam  
 Send longing eyes o'er the water!  
 Here's to the land that still spells home  
 To each loyal son and daughter!  
 Here's to old Ireland—fair, I ween,  
 With the blue skies stretched above her!  
 Here's to her shamrock warm and green,  
 And here's to the hearts that love her!





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.



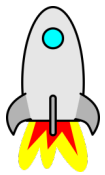
**Thank you  
for your  
nomination!**



# Marvelous March Facts!

*March was actually named for the Latin Martius—aka Mars, the Roman god of war and a mythical ancestor of the Roman people.*

The American Gaming Association estimates that more than 100 million fans worldwide will place a bet on March Madness brackets for the 2021 tournament. Each of those brackets has a one in 2.4 trillion (that's 24 followed by 11 zeroes) chance of predicting the correct winners of every game.



*NASA astronaut Scott Kelly returned to Earth after nearly one full year on the International Space Station, setting a new record for the longest uninterrupted trip to space.*

On March 20th, the sun shines on the equator for the Vernal Equinox, giving us a near 50-50 split of day and night.

*If you were born in March, your birth flower is a daffodil!*



March is the time of year when animals start waking up from hibernation.

*The “Ides of March” was a day in the Roman calendar equivalent to March 15<sup>th</sup>. It was considered a deadline for settling debts.*

On March 10, 1876, Alexander Graham Bell made the first-ever phone call. It was to his assistant and he said “Mr. Watson, come here. I want to see you.”

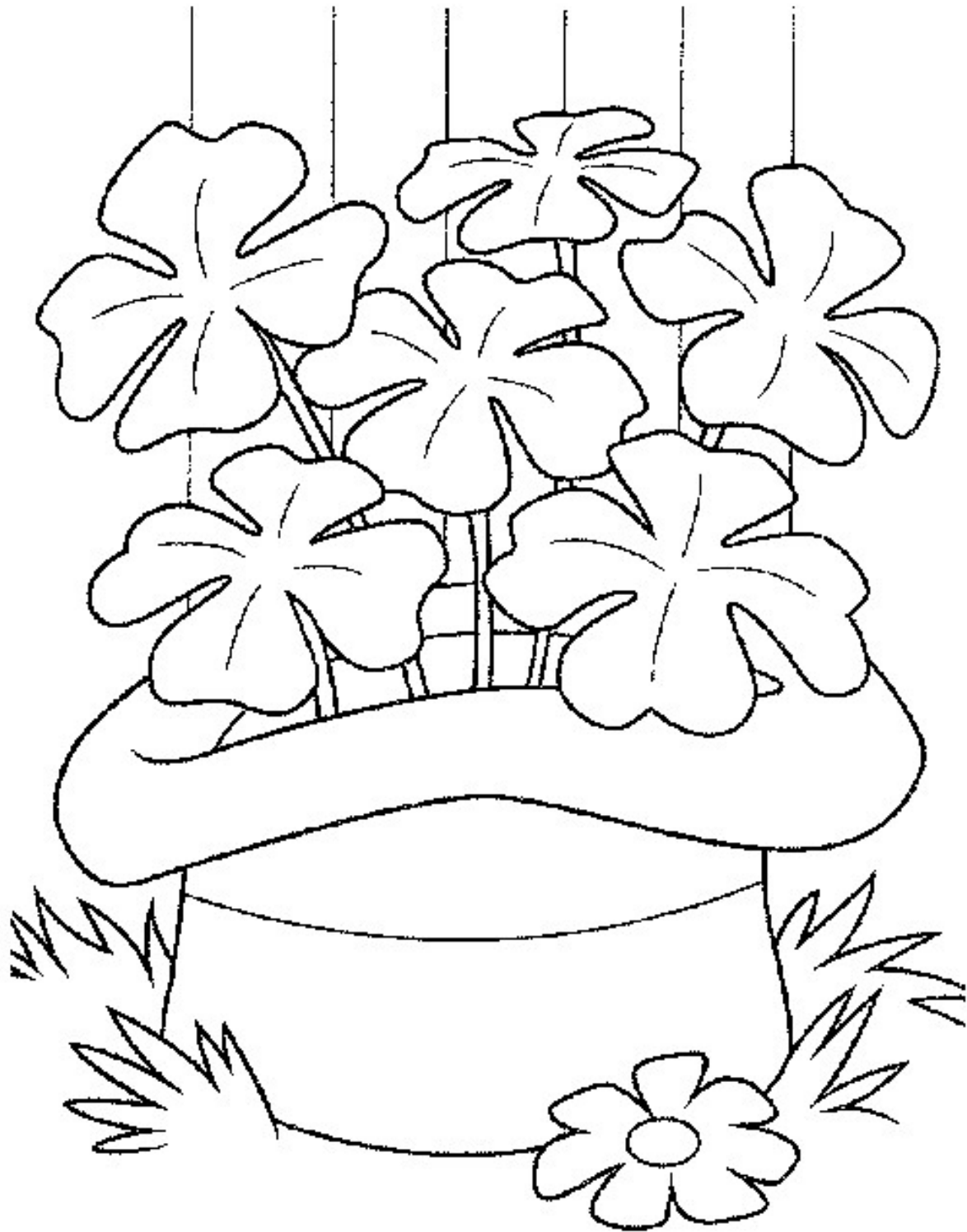


No one knows where St. Patrick was born. It's a widely accepted fact that St. Patrick is not an Irish native and is probably from Wales, but his specific birthplace is unclear. In his own works he says he's from a place called Bannavem Taburniae, but this location is otherwise unknown.



**DO YOU HAVE A LUCKY OBJECT?**

**COLOUR ME BEAUTIFUL!**



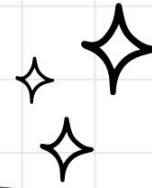
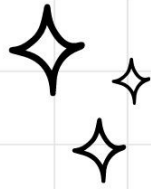
# The Team Member Spotlight

ALL ABOUT

**ME**

*hello*

*llll*



MY NAME IS  
JANELLE WAY

MY ROLE IS  
DIRECTOR OF THE PROGRAM  
FOR ACTIVE LIVING

I HAVE BEEN AT THE  
VILLAGE SINCE  
2015

I LIKE TO WORK AT THE  
VILLAGE AT ST CLAIR  
BECAUSE...

I ENJOY MAKING A  
DIFFERENCE IN THE  
NEIGHBOUR'S LIVES

## THINGS I DO AT THE VILLAGE:

- FALLS PREVENTION
- ASSESS NEIGHBOURS FOR TRANSFERS AND MOBILITY
- ASSIST NEIGHBOURS DURING EXERCISE PROGRAMS
- FALLS COMMITTEE
- TRAIN STAFF WITH LIFTS AND TRANSFERS

## FUN FACTS ABOUT ME

MY FAVOURITE ACTIVITY AT  
THE VILLAGE AT ST CLAIR  
IS...

VILLAGE OLYMPICS

01. I LOVE TO  
KAYAK

I HAVE A  
02. GRANDDAUGHTER  
AND A GRANDSON

03. I AM A CAT MOM  
OF THREE  
FURBABIES

# The Team Member Spotlight

## ALL ABOUT **ME**

*hello*

*llll*



MY NAME IS  
JOCELYN

MY ROLE IS  
ASSISTANT COORDINATOR FOR  
THE PROGRAM OF ACTIVE LIVING

I HAVE BEEN AT THE  
VILLAGE SINCE  
2023

I LIKE TO WORK AT THE VILLAGE AT  
ST CLAIR BECAUSE...

I LOVE THAT I AM ABLE TO COME IN  
TO A WELCOMING ENVIRONMENT  
KNOWING THAT I AM ABLE TO HELP  
EVERYONE AND IMPROVE THEIR  
QUALITY OF LIFE EVERY SINGLE DAY

- THINGS I DO AT THE  
VILLAGE:
- TRANSFER ASSESSMENTS
  - LIFT AND TRANSFER  
EDUCATION
  - MANAGE FITNESS  
CLASSES
  - FALLS INTERVENTIONS
  - TRANSFER + MOBILITY  
EQUIPMENT MAINTENANCE

MY FAVOURITE ACTIVITY AT  
THE VILLAGE OF ST CLAIR  
IS...

MANAGING FITNESS  
CLASSES

### FUN FACTS ABOUT ME

01. MY FAMILY OWNS 4  
GOLDEN RETRIEVERS
02. I AM 27
03. I HAVE ONLY BEEN  
WORKING IN LTC  
FOR 1 YEAR



## 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 at St.Clair, call

**1-800-745-5550**

[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)



*introduction*

# **Finding Peace in a Troubled World**

**W**here are we to find peace in this turbulent world? Some say that violence must be met with greater violence. Others say, “Live and let live.” Still others say, “Love is the answer.” Yet it seems that those with power too often wield it for their own benefit. When the strong rule the weak, does meaningful peace have a chance?



Our problem is that turmoil resides inside each of us. Our hearts churn with fear and apprehension. Peace seems impossible.

Author and speaker Bill Crowder writes about our elusive quest for peace by looking at a frame from the life of Jesus. Even as He faced His own death, Jesus comforted others. “Peace I leave with you,” He said. “My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful” (JOHN 14:27 NASB).

We invite you to read more about the transcendent peace that Jesus offers us.

*Our Daily Bread Ministries*

## Dance crazes - Word Search

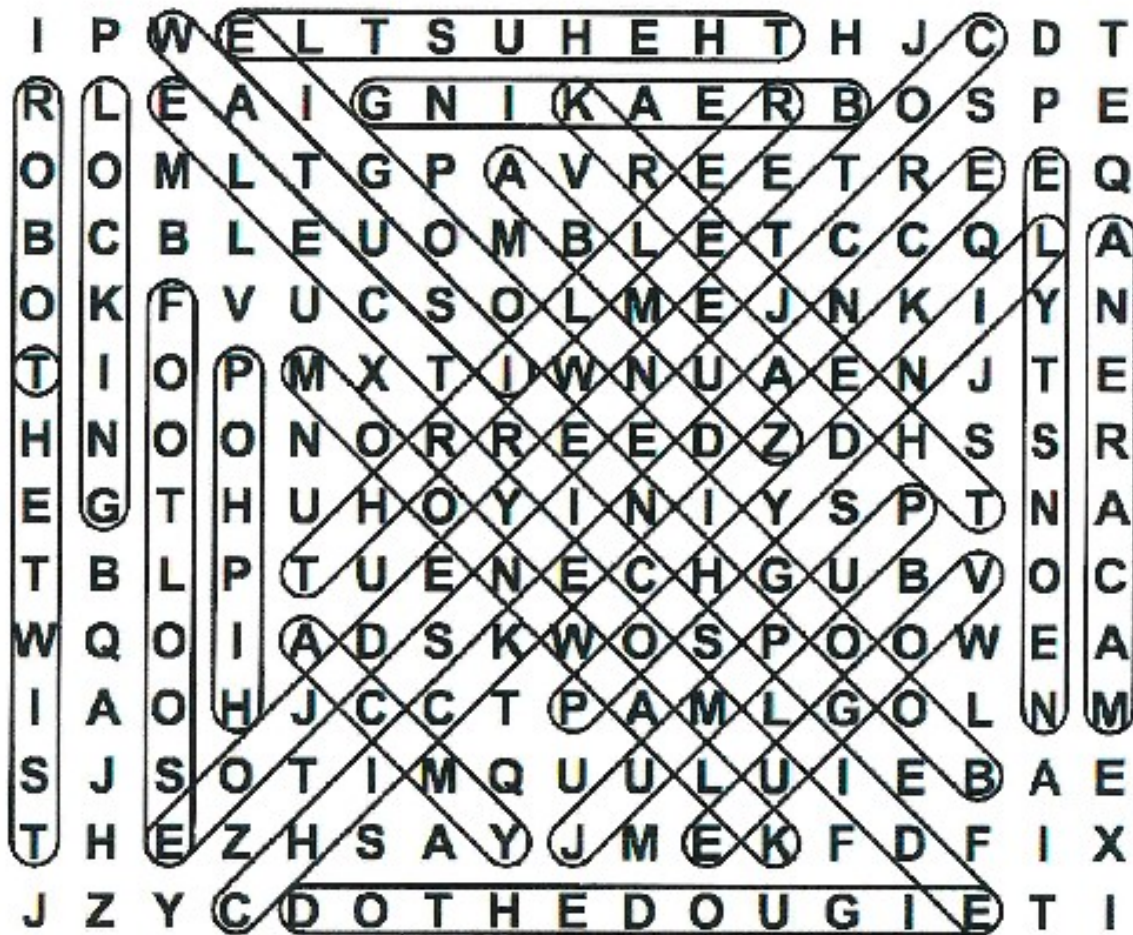
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B C B L E U O M B L E T C C Q L A  
O K F V U C S O L M E J N K I Y N  
T I O P M X T I W N U A E N J T E  
H N O O N O R R E E D Z D H S S R  
E G T H U H O Y I N I Y S P T N A  
T B L P T U E N E C H G U B V O C  
W Q O I A D S K W O S P O O W E A  
I A O H J C C T P A M L G O L N M  
S J S O T I M Q U U L U I E B A E  
T H E Z H S A Y J M E K F D F I X  
J Z Y C D O T H E D O U G I E T I

BOOGIE WOOGIE  
BREAKING  
CHICKEN DANCE  
COTTEN EYED JOE  
DO THE DOUGIE  
ELECTRIC SLIDE  
FOOTLOOSE  
HIP HOP

JUMP UP  
LINDY HOP  
LOCKING  
MACARENA  
MOONWALK  
NEON STYLE  
ROBOT  
THE HUSTLE

THE JERK  
THE TWIST  
THRILLER  
VOGUE  
WATUSI  
YMCA  
ZUMBA

## Dance crazes - Solution



**BOOGIE WOOGIE**  
**BREAKING**  
**CHICKEN DANCE**  
**COTTEN EYED JOE**  
**DO THE DOUGIE**  
**ELECTRIC SLIDE**  
**FOOTLOOSE**  
**HIP HOP**

**JUMP UP**  
**LINDY HOP**  
**LOCKING**  
**MACARENA**  
**MOONWALK**  
**NEON STYLE**  
**ROBOT**  
**THE HUSTLE**

**THE JERK**  
**THE TWIST**  
**THRILLER**  
**VOGUE**  
**WATUSI**  
**YMCA**  
**ZUMBA**



What's Growing On?

With Karyn O'Neil  
~ Horticulture Therapist~

**March 2nd ~ Horticulture Seed  
Exchange from 9:30 -11:30 am.**

Join us in the Greenhouse on  
Tuesdays at 6 for  
Horticulture Club!

Crochet Club is on Thursday  
afternoons in the Library. 1:30

Pancake Wednesday Mar 6 10-11



## Strategies to boost fluid intake and avoid dehydration

It's important to drink enough fluids for more reasons than you might realize. Water is needed for many things in your body, including digesting food, controlling body temperature, and healing wounds. When you don't drink enough water, it can cause you to feel weak, tired, dizzy, constipated, confused and cranky.

Yet one in five long-term care residents become dehydrated every year. This can happen for different reasons, like limited access to fluids, ignoring dry mouth and other thirst signals, having a hard time drinking because of physical challenges, and drinking less to avoid going to the bathroom often.

To help older adults avoid dehydration, Heather Keller (Schlegel Research Chair in Nutrition and Aging) and her [Nutrition and Aging Lab](#) have been exploring solutions to avoid dehydration. Some successful methods include carrying a water bottle, offering preferred cups and drinks, learning thirst signals to know when you're thirsty, planning for washroom access, eating foods with high fluid content, drinking with others, drinking in between meals, and making fluid intake a part of your daily routines.

The lab's current project, called "PROMOTE," is working with Schlegel Villages to test the practicality



of seven strategies to promote hydration in older adults.

### Tips for improving hydration

To determine how much water you need, Keller suggests thinking about your body size, how active you are, the temperature outside, and the food you've eaten. Interestingly, 20-40 per cent of the water we get comes from the food we eat. As a general rule, at least six to eight cups of fluid per day is recommended.

As you get older, you may find that you don't feel as thirsty as you used to. However, monitoring how often you need the bathroom and how much you are urinating can help you figure out how hydrated you are, to ultimately improve your overall health.

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Want more information on hydration? Watch Keller's webinar recording, Strategies to Improve Hydration in Older Adults: <http://bit.ly/3Kh0jUV>

Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews) to find out how residents, care partners and team members can get involved in projects like this one.

# 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)



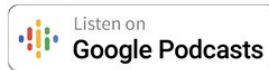




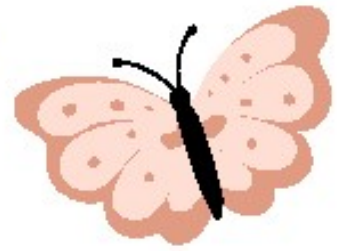
*Stories* from the  
**GREEN BENCH**  
Podcast



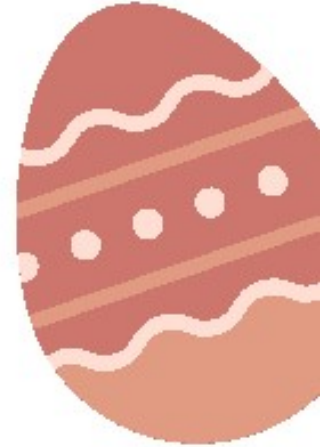
**SUBSCRIBE**



**ElderWisdom.ca**



PLEASE JOIN US FOR THE  
VILLAGE AT ST CLAIR  
**FAMILY  
COUNCIL  
MEETING**



**In the Chapel  
Tuesday, March 26th,  
2024, @ 10:30 AM**

FOR MORE INFORMATION, PLEASE CONTACT  
THE FAMILY COUNCIL ASSISTANT LINDSEY  
BELANGER  
519-960-1050 EXT 8009  
[LINDSEY.BELANGER@SCHLEGELVILLAGES.COM](mailto:LINDSEY.BELANGER@SCHLEGELVILLAGES.COM)



*The Village at*  
**ST. CLAIR**



## Hello Spring

Saying goodbye may be  
Painful. But just like the sun  
Rises and lights pour  
Into your window, all  
Nights must end for a  
Greater day to start

OurMindfulLife.com

## VILLAGE AT ST. CLAIR DIRECTORY ~ Main Line ~ 519-960-1050

### Neighbourhood Coordinators

Noel Erum	Neighbourhood Coordinator Gosfield & Kingsville	x 8020
Jeff Studman	Neighbourhood Coordinator Amherstburg & Colchester	x 8038
Stacey McDonald Price	Neighbourhood Coordinator Essex & Harrow	x 8032
Mark Mitchell	Neighbourhood Coordinator Talbot & Oldcastle	x 8026

### Ancillary Support

Lindsay Belanger	Resident Support Coordinator	x8009
Bishop Paul Riley	Chaplain	x 8052
Tammy Zimmerman	Volunteer and Student Coordinator	x 8016
Jacqueline Reinhardt	Dietician	x 8014
Kari Lappan	Administrative Coordinator	x 8002

### Directors

Kristin Frye	Director of Environmental Services	x 8006
Hannah Renaud	Director of Recreation Services	x 8007
Candace Bennett	Director of Quality and Innovation	x 8013
Janelle Way	Director of Program for Active Living	x 8008
Jamie Melton	Director of Food Services	x 8004
Kelsey Derbowka	Asst. Director of Food Services	x 8004
<b>Dana Houle</b>	<b>General Manager</b>	<b>x 8003</b>

## ~ VILLAGE AT ST. CLAIR CLINICAL DIRECTORY ~

### Clinical Team

#### Assistant Directors of Nursing

Cherie Drouillard	Essex & Harrow	x 8069
Milijana Radic	Gosfield & Kingsville	x 8068
Danielle Harris	Oldcastle & Talbot	x 8067
MaRhoda Dhaz	Amherstburg & Colchester	x 8010
Amanpreet Kaur	Infection Control Lead	x 8042

#### RAI / QI Team

Roderick Balinio	Oldcastle, Harrow	x 8035
Jamie Santillan	Gosfield, Kingsville, Essex	x 8041
Jodie Lee	Amherstburg, Colchester, Talbot	x 8029

#### Nurse Practitioner

Sukhvir Locham		x 8133
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#### Director of Nursing Care

Elvira Gacias		x 8005
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