

# Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

December 2024

Contact Us:

The Village of Aspen Lake  
 9855 McHugh Street,  
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 (519) 946-2055

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Our Christmas Marketplace kicked off our Christmas season! Bake Sale goodies, Lunch Table, Raffles and shopping opportunities... there was something for everyone!





# Notes from the General Manager's Desk



Christmastime & the Holiday Season is here!

It is wonderful to feel the excitement and joy in the Residents as the signs of Christmas are showing everywhere! We are looking forward to many happy times together with music and good food and lots of extra special treats! We will be sharing some of these wonderful moments on our social media channels (Facebook & Instagram). Be sure to follow our pages so you won't miss a moment!

Families are reminded that the rooms for Family Gatherings always book up quickly, so please be sure to contact the Village if you are planning a small event. We have the Community Centre & Chapel rooms available on Main Street and on your individual neighbourhoods, the Country Kitchens can be booked as well. Please contact Jenny Brown to discuss the details at x8007.

Through the holidays and every day, we are so grateful for the dedication of our Team Members who go above & beyond for our Residents. Your enthusiasm and kindness make such a difference in the lives of our Residents and their families.

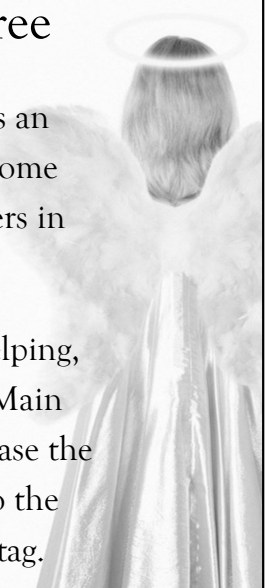
Wishing everyone in our community Happy Holidays and Happy New Year! May 2025 be our best year yet!

**Melody Jackson,**  
General Manager

## The ANGEL Tree

This Christmas, there is an opportunity to spread some Christmas Cheer to others in our community.

If you are interested in helping, find the Angel Tree on Main Street, choose a tag, purchase the gift item and return it to the Chapel along with the tag.





# 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.



Kendra from Tecumseh was appreciated: “Thank you for the amazing meal service. The Residents loved it.”



Jaimie from Belle River was recognized: “Thanks for always being so understanding and compassionate with all the Residents on Belle River. Taking the time to listen and know each Resident.”



Abril from Tecumseh received this note: “To my best preceptor ever: Thank you for the wonderful work you do and thanks to adding new skills to my skills. I appreciate your effort. Thank you!



Naomi from Lasalle was thanked: “... for listening to a Resident who mentioned she “loved ham” and brought her some from home.”



Nicole was recognized: “... for earning trust by taking Annette’s dad comfort bear blanket home to wash it and get 100% of the stain out!”

CONGRATULATIONS TO...  
Nicole....who was randomly selected to receive a \$10 Tim Card!



# FOOD *for the Soul*

## Do Something Every Day that Scares You

Recently in reading I discovered a quote that has me thinking.

**“Do Something Everyday that Scares You.” Eleanor Roosevelt**

Eagle parents build an eyrie, a nest together, mother eagle primarily constructing the nest in a high location top of a tree or on the edge of a cliff. Looking inside the eagle’s nest it is quite interesting to note that the nest is made of thorns, broken branches, sharp rocks, and other items that seem wrong for a nest project. She will line the nest with a thick padding of wool, feathers, moss and fur from animals/food she has killed, making the nest softer and more comfortable for the baby eaglets as they hatch. Up to three eggs can hatch, usually one to two baby eaglets are raised.

As the growing birds reach flying age, they enjoy being month feed and staying comfortable in the soft nest. So the mother eagle begins pulling the soft padding which exposes, the sharp rocks and branches. As the babies grow and more of sharp edges are exposed, the nest becomes more uncomfortable encouraging the young eagles to leave their home and move on to more mature behaviour.

In order for the young eagles to move on and grow they must be made uncomfortable.

And likewise in order for us to move forward and to continue to grow we will often experience uncomfortableness. We get pulled out of our comfort zone and put into a place where we have to jump out and trust in our preparation.

Wherever we are being pushed to do, whatever we choose to do that--might be uncomfortable, this is a chance to develop a deeper growth.



*But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. - Isaiah 40:31*

*(Continues on next page)*



(Food for the Soul - cont'd)

What does our comfort zone look like? Eat the same breakfast. Only a cup of coffee. Travel the same route to your destination? Wake up at the same time each morning?

There is nothing wrong with routine and familiarity in our lives, and it is highly recommended. However, if doing the same thing over and over again can lead to the blahs... and in life we coast into auto pilot. Then comfort zones are they really comfortable? Comfort zones can be a way of avoiding new, different ways of doing things. New goals, new dreams, new passions can be found with trying something new.

Are our comfort zones preventing us from a change we need to embrace?

I am available to one and all to discuss when you have been pushed out of your comfort zone and how it gave you growth. Also available to discuss the next steps into your new challenge.

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



## Christmas Eve Service

Please join us for our  
Christmas Eve Service

DECEMBER 24th at  
10:00am in the Chapel

# 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

December 17th at 2pm

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**Bible Study** - Mondays at 6:30pm  
in the Chapel



## In Memory

### We remember...

**Sylvia G.**

**Richard R.**

**Maria S.**

**Louise W.**

Our next Celebration of Life  
is planned for January.

*Chapel Music Services will  
resume in January.*

*NEW in January - Protestant  
Communion Service  
watch for more details.*



In the  
**Spotlight**



Thank you, Brianna! We appreciate all that you do!

We are excited to welcome Brianna Tremblay to our Village! Brianna is a Grade 11 Co-op Student from Riverside Secondary School. She is assisting on Lasalle & Riverside Neighbourhoods.

Brianna is a very caring young woman, and she enjoys helping people both older and younger than herself. Her career goal is to become a registered nurse.

She likes to keep busy, and sometimes goes back to school at the end of the day, after her co-op placement, to help the teacher. Her favourite classes are math and French. Brianna enjoys playing baseball, and has been doing so since the

age of three. She plays for a school team and a community team, and has won many awards in the past.

Brianna said she is really enjoying her co-op placement because it's different every day and she gets to meet a lot of new people and engage in interesting conversations.

We are glad to hear you are enjoying your co-op placement Brianna! You are doing a great job and we are very grateful to have you with us at Aspen Lake. Keep up the good work!

The Next Volunteer Orientation Session is scheduled for:

**Saturday, December 7th  
at 12 noon**

If you are interested in attending, please call the village to register at:

**(519) 946-2062 ext. 8016**

# Dates to Remember



## GRATO GIFTS

*A Shopping Opportunity!*

Tuesday,  
December 18th  
10am - 3pm

*Join us on Main Street for  
some shopping!*



**DEC 4th - Belle River Fun Band**  
performs for the Village at 2pm

### **DECEMBER 10th**

Family Christmas Parties  
Belle River - Bev Bechard  
Riverside - Crystal St Denis  
Walkerville - Levon Wall

### **DECEMBER 12th**

Family Christmas Parties  
Tecumseh - Ernie Miller  
Lasalle - Levon Wall  
Sandwich Towne - Bev Bechard

### **DECEMBER 18th - Bill Poisson**

performs for Lasalle at 10:00am  
& Riverside at 11:00am

### **DECEMBER 23rd - Brent Meidinger**

performs for the Village at 2pm





# Family Holiday Party

A Celebration with Family & Friends

December 10th

6:30pm-8pm

North Tower: Belle River,  
Riverside & Walkerville

December 12th

6:30pm-8pm

South Tower: Tecumseh,  
Lasalle & Sandwich Towne

Please join us at the Village for an evening gathering of family and friends, hors d'oeuvres, drinks, and holiday music!

For tickets, stop into the Village Office or call 519-946-2055 ext. 8007

Tickets: **\$20 each**

Children (12 and under) are free  
No charge for Residents.





Join us for our New Year's Parties on Main Street  
**December 31st at 2pm (North Tower)**  
**January 1st at 2pm (South Tower)**  
Featuring... Gary MacDonald



Read the latest  
Village Voice article on  
our web-site:

**schlegelvillages.com**

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

Join us on Social Media!



“Like” us on FACEBOOK  
The Village of Aspen Lake



“Follow” us on TWITTER  
@aspen\_lake



“Follow” us on INSTAGRAM  
aspen\_lake

CONNECTION

*corner*

**RESIDENT COUNCIL**

*December 3rd at 2pm*

**FOOD COMMITTEE**

*Next meeting is  
in January.*

*Meetings in the Chapel*

**FAMILY COUNCIL**

*Wed., Dec 18th - 1pm-2pm*

*Please check the “Family & Friends” bulletin board  
on Main Street for updates.*

*Meetings take place in Council Chambers.*

How can Family Council support you?  
Please reach out to Chaplain Bruce Jackson to share your thoughts.

*\*\* Family Council meets the first Monday of each month. \*\**



## Helping Hands in the Village: *Operation Christmas Child*

Our Packing Party for Operation Christmas Child was so much fun! Choosing little gifts and surprises for a child and picturing how happy they would be to receive made everyone's day!

This year, we packed 80 gifts to be sent through the Samaritan's Purses' program to be delivered all over the world!

Lots of happy faces here and around the world!





## Using Nutrition to Improve Bone Health

Did you know that over 80 per cent of all fractures in people over the age of 50 are caused by osteoporosis?

It's important to consume enough calcium and vitamin D each day to maintain bone health, and to include protein at every meal to build and repair muscles and bones.

Check out these easy tips to improve your bone health from Lora Giangregorio, PhD, Schlegel Research Chair in Mobility and Aging, and Heather Keller, RD, PhD, Schlegel Research Chair in Nutrition and Aging, that you can incorporate into your life.

### Protein at every meal and snack

Aim for ~20-30 grams at breakfast, lunch, and dinner. Or, eat small amounts of protein more often. 20 grams of protein are equivalent to three eggs, or half a cup of peanuts.

### Get calcium through foods

It is better to get calcium through your diet - only take a supplement if you cannot get enough. Cow, almond, or soy milk, yogurt, cheese, white beans and almonds are high in calcium.

### Ask your healthcare provider about Vitamin D

Adults over the age of 50 should take a daily supplement containing 400 IU (10 µg) of vitamin D



because there are few food sources that contain enough of this essential vitamin. Some people may need more – talk to your doctor or nurse practitioner about how much vitamin D you need.

### Manage your weight

Avoid unintended weight loss. When you lose weight, you can lose muscle and bone. Weigh yourself at least monthly to monitor your weight.

If you are losing weight, or don't have much of an appetite, there are several evidence-based tips that can help: You can eat small amounts and more frequent meals or snacks; instead of water or tea, drink fluids with protein and calories like milk or high-protein drinks; eat foods higher in nutrients and calories like avocado, nuts or nut butter, or cheese.

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Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews) to stay up-to-date on the latest news, events, and helpful resources.



# Schlegel Villages – CONNECTIONS



With the wintry days of December descending upon us, we celebrate the diversity of life within our Villages and the meaningful traditions that unite us in peace and joy during the festive season.

Whether it's the warmth of Christmas, the dedication of Hanukkah, the reflection of Kwanzaa, the triumph of light during Diwali that has already been celebrated, or the spiritual journeys of other traditions, this season offers us a time to come together in gratitude, kindness, and hope.

As we consider our diversity, we reflect on the evolution of faith within the Villages, recognizing that the concept of Chaplaincy in our Villages has grown into a more encompassing notion of Spiritual Care, led now by our Spiritual Care Leads.

May this festive season bring you light, love, and harmony, wherever you are, and may the shared values of compassion and goodwill inspire a bright and hopeful year ahead as we learn more about our neighbours and the traditions that guide them.



## Interested in more?

Sign up for our monthly newsletter where we share stories and news about Village Life!





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## Mission-driven GROWTH

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Since The Village of Winston Park first opened 30+ years ago in Kitchener, Schlegel Villages has carefully considered its pattern of growth in order to bring its social model of living to more communities across the province. After an extremely busy 2024, our family of 18 Villages on its way through another exciting period of growth.



After extensive renovations, Winston Park's grand reopening in the fall of 2024 was a time to celebrate the culmination of efforts that led to a state-of-the-art, 288-bed Long-Term Care (LTC) community on the footprint of the Village that launched the Schlegel Villages organization as it is known to this day.



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### The Village of Ridgeview Court, Milton

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Construction is moving along nicely at four new Villages, and though timelines with projects like these can be affected by many variables, we are excited to welcome new residents to:

- **The Village of Ridgeview Court, Milton** (end of 2025)
- **The Village of Millers Creek, Ajax** (spring of 2026)
- **The Village of Riverbank Terrace, Ottawa** (late 2026)
- **The Village of Stouffer Mills, Stouffville**

We also have exciting plans announced in Hamilton, with a new 512-bed LTC Village to be partnered with Mohawk College and Supportive Housing provider, Indwell, rounding out an exciting new community there.

In early 2026, we expect to break ground in Barrie, Oakville and Richmond Hill as well, marking the beginning of what we know will be a busy and exciting New Year!

# December Birthdays



**Happy Birthday!**

**TO OUR RESIDENTS!**

**BELLE RIVER**

Dec 5th - Joseph D.  
Dec 25th - Natalia C.  
Dec 30th - Jean V.

**RIVERSIDE**

Dec 9th - Denise D.  
Dec 20th - Stipan K.

**TECUMSEH**

Dec 30th - Julia B.

**WALKERVILLE**

Dec 2nd - Krista C.

**LASALLE**

Dec 3rd - Teresa F.  
Dec 13th - Kathleen H.  
Dec 27th - Judith D.

**SANDWICH TOWNE**

Dec 29th - Micki S.

**Happy Birthday!**

**TO OUR TEAM MEMBERS**

**BELLE RIVER TEAM**

Dec 7th - Irtela M.  
Dec 13th - Brent D.  
Dec 31st - Jeanette M.

**RIVERSIDE TEAM**

Dec 4th - Trusha P.  
Dec 7th - Harpreet K.

**WALKERVILLE TEAM**

Dec 1st - Gerti D.  
Dec 1st - Muntaha M.  
Dec 3rd - Purna S.  
Dec 10th - Kelly M.  
Dec 20th - Motunrayo A.  
Dec 20th - Michael P.  
Dec 29th - Jennefer W.

**TECUMSEH TEAM**

Dec 1 - Sarah K.  
Dec 4th - Dan S.  
Dec 10th - Madison B.  
Dec 10th - Rodica O.  
Dec 12th - Sally C.  
Dec 20th - Samantha M.  
Dec 24th - Kaitlyn M.  
Dec 26th - Kendra B.  
Dec 31st - Lana T.

**LASALLE TEAM**

Dec 1st - Emily M.  
Dec 14th - Ivana I.  
Dec 19th - Jason R.  
Dec 29th - Selvarani D.

**SANDWICH TOWNE TEAM**

Dec 30th - Michelle H.







## 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 Aspen Lake, please call

**1-888-745-5550**

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



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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

# Hairdressing Services at Aspen Lake



## Styles by Stacy

**Stylist**  
519-946-2062 ext. 8042

Owner and operator  
Inside Schlegel Villages Windsor  
Ontario

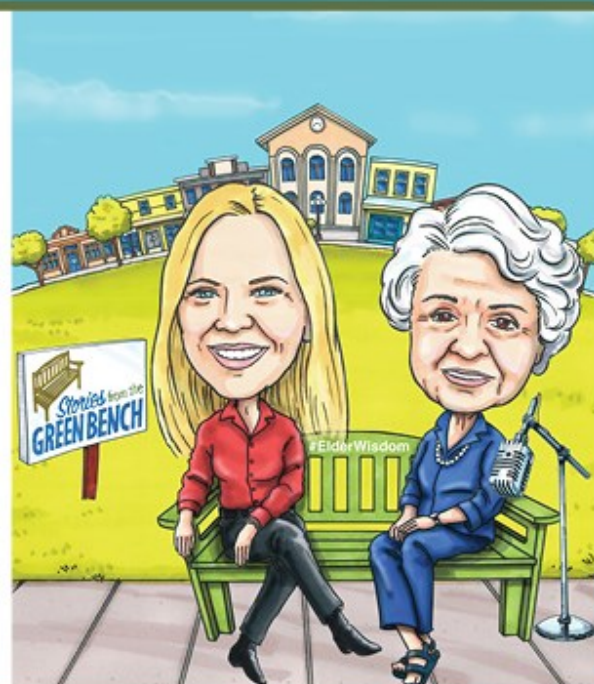


### Stories from the **GREEN BENCH** Podcast

Your seat on the green  
bench is ready and waiting.



**SUBSCRIBE**



ElderWisdom.ca



# 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</i>	<b>8005</b>	<b>Riverside Neighbourhood</b>	<b>8033</b>
<b>Olivia Parsons, RPN</b> <b>Nada Horvat, RN</b> <b>Amanda Bondy, 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>	<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>Spiritual Care Lead</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>Maja Poposka</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!

We were so thrilled to invite Kingsport Falconry back to visit! We learned about the different hawks and owls, some from our area and others that would normally live in South America or Europe.

Residents were amazed at seeing the birds up-close, having the change to touch their tail feathers and hold them for a short time. What a great experience!

