



HAMILTON CONTINUING CARE CHRONICLES

125 Wentworth Street South, Hamilton, ON. L8N 2Z1
(905) 527-1482



December 2024 Issue



NEIGHBOURHOOD

Christmas Parties

December 16 First Floor Neighbourhood @ 5:00-7:00

December 17 Second Floor Neighbourhood @ 5:00-7:00

December 20 Third Floor Neighbourhood @ 5:00 - 7:00





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.

This Month's Bill of Rights

Resident Bill of Right #19

- i) Every resident has the right to participate fully in the development, implementation, review and revision of their plan of care.
- ii) Every resident has the right to give or refuse consent to any treatment, care or services for which their consent is required by law and to be informed of the consequences of giving or refusing consent.

Happy
BIRTHDAY

Noreen

December 15

Richard

December 22

Spiritual Corner

Spiritual Calendar for December

Legion of Mary

December 03 @ 2:00

December 17 @ 2:00

Bible Study with Connie

December 10 @ 10:30

December 24 @ 10:30

Sunday Church Service

December 08 @ 1:30

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

Thank-you!

What is Christmas?
It is tenderness for the past,
courage for the present,
hope for the future. It
is a fervent wish that every
cup may overflow with
blessings rich and eternal,
and that every path may
lead to peace.”

AGNES M. PHARO



“The brightest Christmas
ever was lit by a single star
and swaddled in the most
drab colors, but offered
mankind the greatest gift
of all...true and lasting love.”

TONI SORENSON

Recreation Station

Hello December! 'Tis the season to be jolly fa la la la la!
Time to get out your snow boots, hats and gloves because the snow is right around the corner!

Here is what we have in store this month!

Village Events

Neighbourhood Christmas Parties

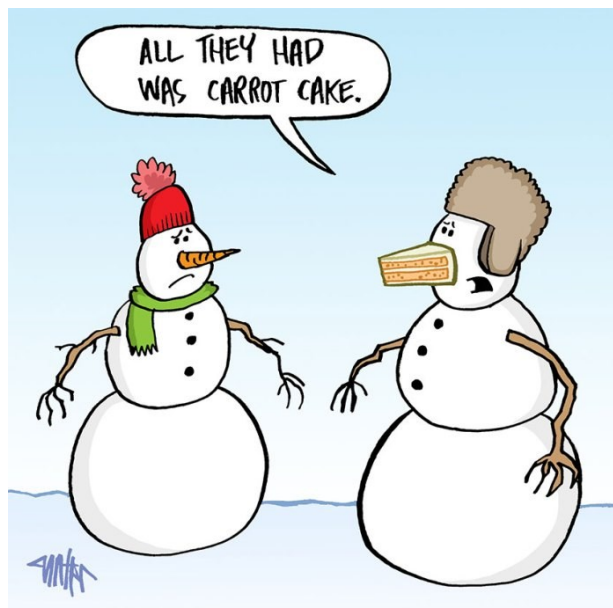
Monday December 16: First Floor Neighbourhood
Tuesday December 17: Second Floor Neighbourhood
Wednesday December 20: Third Floor Neighbourhood
All parties are from 5:00-7:00

Christmas Day

Wednesday December 25
9:00-12:00
Christmas Deliveries

Village Outings

Binbrook Santa Claus Parade - Saturday December 14



Alexandra Amey
Director of Recreation

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!



Schlegel Villages – CONNECTIONS

Mission-driven GROWTH

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.



The Village of Ridgeview Court, Milton

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!



Hamilton Continuing Care: The Heart of Hamilton



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

December Fun!

Zodiac Signs: Sagittarius & Capricorn

December Flower: Narcissus

December Birthstone: Turquoise

- ⇒ Saint Nicholas, who would eventually be called Santa Claus, was originally the patron saint of children, thieves, and pawnbrokers.
- ⇒ December was one of the original months in the ancient Roman calendar

Q. Did you hear about the snowmen who fell in love in December?

A. It was love at frost sight!

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.

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



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

It is our pleasure to offer full Audiology services to all Schlegel Village residents.



These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

Our services are located at your Retirement Village, and appointments are required.

For more information or to book an **appointment please call**

1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com



Village Team Directory

Name	Role	EXT	Email
Julie Maidment	General Manager	224	julie.maidment@schlegelvillages.com
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Alexandra Amey	Director of Recreation	233	alexandra.amey@schlegelvillages.com
Cheryl Uncles	Neighbourhood Coordinator	223	cheryl.uncles@schlegelvillages.com
Shaman Kaur	Food Service Manager	234	shamanpreet.kaur@schlegelvillages.com
Nelia Rodrigues	Administrative Coordinator	229	nelia.rodrigues@schlegelvillages.com
Jonathan Manning	Exercise Therapist	503	jonathan.manning@schlegelvillages.com
Registered Nurse	Charge Nurse	506	hcc.chargenurse@schlegelvillages.com
Crystal Beaudoin	Social Service Worker	508	crystal.beaudoin@schlegelvillages.com