



The Senior Star

...News from Maynard Nursing Home

In Spring's Embrace

In the embrace of spring, the world
awakens.

As winter's slumber gently breaks.

The earth adorned in robes of green, a symphony
of life, unseen.

The blossoms bloom, the butterflies take flight,
A dance of joy, pure and bright.

With fragrant breezes, soft and mild, Spring
whispers secrets to the wild.

Oh, Springtime, bring your magic near,
Banish doubt, and all fear.

In your embrace, we find our worth,
Renewed by nature's boundless mirth.

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Schlegel Villages – CONNECTIONS

National Volunteer Week

April 14-20



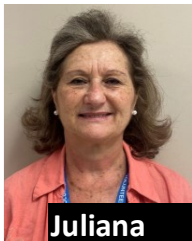
April is a time of such excitement with the promise of spring unfolding, and it's also a time when we celebrate the countless gifts and contributions of the many volunteers who help make our Villages such wonderful places to live and work.

National Volunteer Week is April 14-20 this year, and the theme "Every Moment Matters" certainly resonates within our Village communities. We see every day how a quiet moment between volunteer and resident can have a resounding impact. It is something Barb Schlegel, who helped found our organization, lived and breathed every day.

This will be the second year that Villages across the province will offer the Barb Schlegel Volunteer Award in Barb's memory, and we look forward to sharing all of the recipients at the end of that special week. In the meantime, please take a moment to revisit the award page on our website with our 2023 recipients, and be sure to thank all of the volunteers who make your visit special!

schlegelvillages.com/volunteer

We  our
volunteers #NVW2024



Juliana



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

Nominate a volunteer

Congratulations Juliana Affonso who is nominated for the Barb Schlegel Volunteer Award! Juliana has been a volunteer for the past year at Maynard. The way she understands the uniqueness and needs of each Resident and creates bonds so naturally is a talent that is not always seen and deserves recognition. Given that our location is popular among the Portuguese community, there is a language challenge at times for the team. However, Juliana, being fluent in Portuguese and English, can welcome and connect with each of our residents, understand their requests and translate as needed. We are extremely grateful for Juliana's continued commitment and look forward to the positive impact she will continue's to have on the lives of our Residents.

Schlegel Villages – CONNECTIONS



Thank our **CAREGIVERS**

Caregivers week is a special time in May dedicated to recognizing and thanking our remarkable team members for their unwavering dedication and care!

This year, we invite everyone to express their gratitude by submitting a short video (under 2 minutes) to honor and appreciate the hard work and compassion of our Caregivers across all the Villages.

These heartfelt messages will be compiled and shared with our team members throughout the week of May 12-18, creating a powerful reminder of the impact they make every day.

Let's come together to celebrate the incredible difference our caregivers make in the lives of so many!



Scan the QR code or visit the link below to upload your video.

schlegelvillages.com/thank-caregivers

The deadline for submissions is Tuesday, April 30.





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)	303	Allison Kurysko	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 st 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		

April 2024

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				

April 7th - Good Friday

April 9th - Eid al-Fitr

April 11th - Pet Day

April 14th—20th Volunteer Appreciation

April 22th—30th Passover

April 22th—Earth Day

Album of the month

Photos of Residents having fun with recreational activities programs: Baking, Coloring, International Women's Day, St Patrick's Day, Easter Celebration, Dog Therapy, Community Outings and Friendly visits.



RESEARCH MATTERS

RIA FEATURE

Empowered aging: A guide to advance care planning

Making future health-care decisions can be challenging, but with the right information and guidance, it can lead to care that honours your wishes and safeguards your dignity. [Dr. George Heckman](#), Schlegel Research Chair in Geriatric Medicine, shares important and helpful advice about advance care planning to empower you to make informed health-care decisions, ensuring your voice is heard and respected.

Understanding advance care planning

Advance care planning is about sharing your values and wishes about health care if you become unable to speak for yourself. It includes conversations with your doctor, family, friends and care partners to help you think about, talk about, and write down how you wish to be cared for. Sharing your wishes can help guide your care partner and doctor to respect your choices, so your care aligns with your desires at times where you are unable to communicate.

Choosing a substitute decision maker

A substitute decision maker is someone who will share your medical wishes to your doctor, and not their own wishes for you. It's important to choose someone who understands and respects your desires.

Questions to ask your doctor

Advance care planning involves sharing your choices around specific health conditions that you are likely

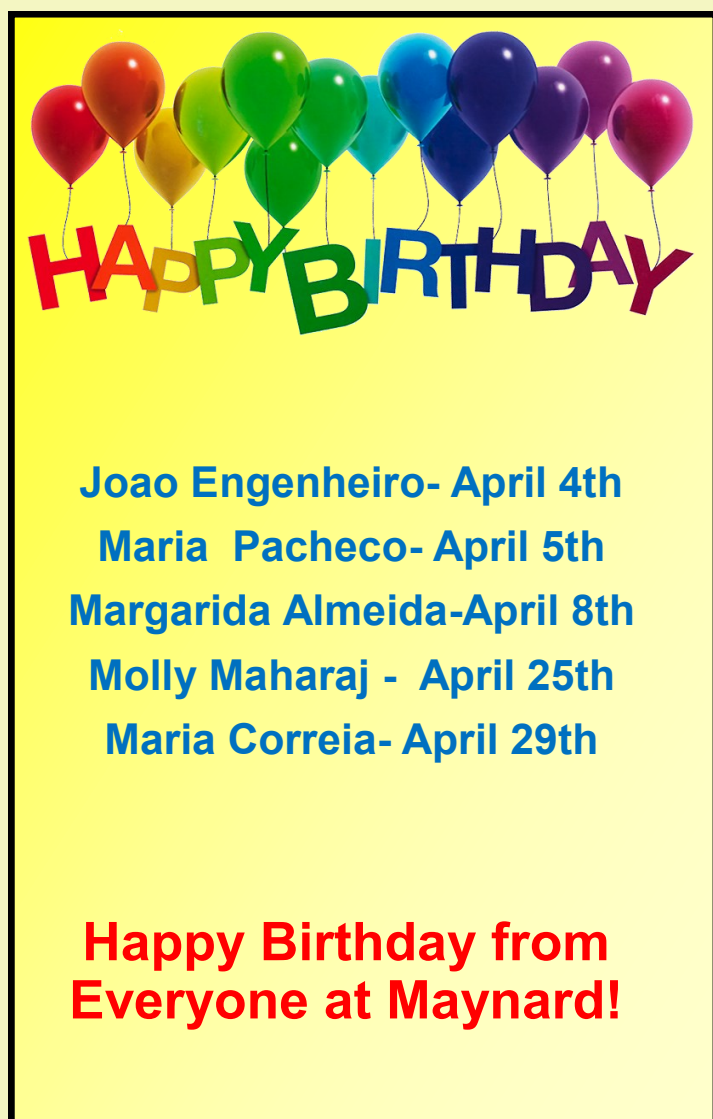


to have. In order to make these choices, it's important to understand your health, your health care options, and what to expect. Some questions you may want to ask your doctor include:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- How can I prepare for these anticipated problems?
- What types of treatments and/or procedures are available?
- What are the benefits, risks and side effects of these treatments and/or procedures?
- What can I realistically anticipate after these treatments and/or procedures, especially as it regards my quality of life?
- What will happen if I decide to not have the treatment and/or procedure?

By talking about future health-care wishes early and making sure those who care for you understand your desires, you can face this journey with confidence and dignity.

To get more tips about advance care planning, explore the BABEL resources at www.the-ria.ca/resources/babel



Festa do Senhor Santo Cristo

26 de Abril

O Domingo do Senhor

Lembras-me aves de crianca em
que a vida era uma flor a crescer
cheio de esperanca

Festa de mais emocao

Que se ve perfeitamente

Sangrados joelhos no chao de
tanta ser penitencia

E aquela nuvem de veus

Anluces preces sentidas

Vao agradecendo a Deus

Tantas Gracias qrecebidas

E aquela fila de cirios

Que a vista encanta e interessa

Sao alivios de martirios

De quem cumpre uma promessa

E a fachada da Igreja

Nunca vi beleza igual

Ate parece que seja obra
sobrenatural

Cheia de encanto a luzir

Com brilho resplandecente

Parece um ser sempre a rir

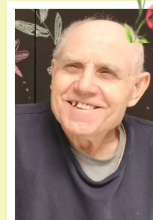
E abrir portas a toda gente

O meu Senhor santo Cristo

O rei dos bens e da Palmas

Permetir que tudo

isto seja para salvacao das
nossas almas.



**By Joao Engenheiro,
Maynard Nursing**



Looking for meaningful way to spend your time??

Volunteer with us and bring smiles to our seniors!

Call Allison the volunteer coordinator @416-533-5198 x 303

Or

Email:

maynard.volunters@schlegelvillages.com

You may contribute and enjoy the following activities with our seniors; or create your own!



ART & CRAFT



KARAOKE



HAND MASSAGE



GARDENING



BEFRIENDING



... AND MUCH MORE!



A Family Council is a group of family members and friends of the residents of a long-term care home (LTC) who gather together for peer support, education, and to improve the experiences of all people in long-term care. The Council is an organized, self-led, self-determining, democratic group to help each other as caregivers, work to improve their loved one's long-term care home, learn about the issues affecting residents, and seek to create positive changes in the long-term care system.

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For more information please email Alex- President of Family Council alexcorr99@gmail.com.

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

IN MEMORIAM

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

Maximina Simoes
September 10, 1934 - March 5, 2024



get social
tell your story. share our vision.



Maynardnursinghome



@schelegelvillage



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SCHLEGEL VILLAGES



MAYNARD

Nursing Home