

The Gates Gazette



HAPPY MOTHER'S DAY

CALLING ALL MATERNAL FIGURES

As we celebrate the incredible journey of motherhood, let's pool our wisdom and share advice

We welcome you to complete a ballot form on Mainstreet from May 1st to 10th with your thoughts on Motherhood.

Your ballots will be displayed for our Mother's Day Event on May 12th





How Can You Help?



Schlegel Villages'
Volunteer

**Interested in Volunteering at
the Village of University
Gates?**

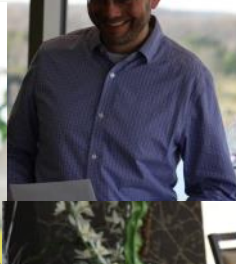
Contact Noreen Blount,
Volunteer Coordinator, at:

[universitygates.volunteers
@schlegelvillages.com](mailto:universitygates.volunteers@schlegelvillages.com)

(519) 904-0650 Ext. 8010



Volunteer Appreciation 2024



JOIN US ON MONDAY MAY 13TH AT 2:30 IN THE TOWN HALL for
“LIVING with Dementia: Walk a Mile in My Shoes”

Walking a mile in someone else’s shoes is an old saying encouraging us to understand each other, and practice empathy instead of judgement.

Living with dementia is hard, and it changes how someone experiences the world around them.

Learn more about dementia and some simple things you can do to ensure people living with this disease, or their caregivers, feel supported and accepted within our village community.



Thank you to Heather Luth, from Schlegel Villages Support Office for leading us!



Please join us for
“GATHER”
group

General Support Group

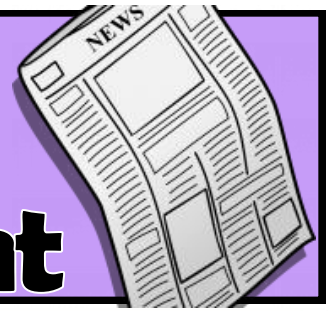
Tues, May 21st
3:45 PM
RH Town Hall



For anyone who could use a place to share with other residents.



Village News Retirement



Keep your walkways safe and clean!

If you need assistance or are concerned about reaching down, please let us know

Gardening Club Meeting on May 2nd at 10:30am. Come join us in the Hobby Shop as we go over our gardening Plans



Tim Hortons®

Keep your eyes open on May 22nd as the Tim Hortons drive through comes through your neighbourhood

Pollinator Garden Presentation



Join us in Town Hall on May 1st at 2:30pm to learn more about our garden from Adriaan Sizoo

Village Town Hall will be on May 10th at 3:00pm

*Neighbourhood Reps Meeting
May 8th at 3:00pm
In Council Chambers*

*Food Committee Meeting
May 9th at 10am
In Council Chambers*

May Birthdays!

Stuart B.
Margaret B.
Donald Dal B.
Jose De A.
Gerald F.
Margaret G.
Jacqueline H.
Doris H.

Joan K.
Celesta K.
Reginald K.
Ursula L.
Emily L.
Eileen M.
Joyce M.
Betty M.

Elva Kae M.
Mary O.
Warren O.
Virginia Q.
Chandrika R.
Reta R.
James R.
Paul R.
John W.

Village News

Long-Term Care



Join us on May 23rd at
10:30am Long Term
Care Chapel
As we hear...
Fireside Voices Choir

Family Council
Saturday May 25th
10:30am—Virtual

Resident's Council
Thursday May 23rd
2:00pm—Chapel

Food Committee Meeting
Wednesday May 22nd
2pm—Chapel



Outing to Kitchener
Panthers Baseball
Game
Sunday May 12th
See Recreation to Sign-Up

Baby Ducks Are Back!

Wednesday May 29th
See your Neighbourhood Calendar
for times.



Happy Birthday!

Margaret S.
Erica S.
Ron W.
Lan T.
Florence S.
Stuart S.
Ron G.
Franz S.
Duskco G.



Carol H.
Jo. S.
A-Miron K.
Nelya S.
John E.
Sofia G.
Arthur D.
Michael W.
Nada V.

Our Chaplain



Chaplain Rev Mike Zenker

Mike.zenker@schlegelvillages.com

519-904-0650 Ext. 8011

HOURS

Tuesday - Thursday Mornings

(*times may vary depending of events in the village)

Special & Religious Holidays This Month

12 Mother's Day

12-18 Caregivers Week

21 World Day for Cultural Diversity

30 Celebration Of Life -
(remembering those who
passed away between February
1st and April 30th)



Long Term Care Chaplain's Corner



Spiritual Life Gatherings

- Tuesdays 9:30am Rosary Service
- Thursdays 9:30am 'Hymns' Chapel Service.

Roman Catholic Communion & Prayers:

- See Retirement Chaplain's Page for monthly services
- **In Long Term Care, Catholic Communion & Prayers of Blessing:** We have a team of volunteers who come into the Long Term Care home and visit one-on-one with residents and administer Communion, pray a prayer of Blessing etc. If you would like them to visit you (or your loved one), please send me an email and we will add them to the visitation list.



Spiritual Conversations 2x A Month

Would you like to learn about the faith practices and beliefs of others around you? Would you like to understand spiritual practices different that what you may have grown up with? This 'small group gathering' will provide an opportunity to expand your understanding.



Join us in the Chapel at 3:30pm

Wednesday May 8

Wednesday May 22

Celebration Of Life

Thursday May 30th at 10:00am

Join us in the chapel for an IN PERSON 'Celebration of Life' service to remember those who have passed away over the past number of months.

We had been hosting these 'live' online only but in May, we will be having an **In Person** celebration remembering through music and readings. —Hope you will join us.



We Remember

Elisabeth A. (LTC)

Edmund B. (LTC)

Gregory H. (LTC)

Sukesh G. (LTC)

Doris R. (LTC)



*Thank you for sharing
your time with us*

**Retirement Home
Spiritual Care
Team**



Spiritual Life

Facilitator:

Jane Kuepfer

Usual Hours:

Tuesday afternoons
Thursday mornings



Spiritual Care

Student:

Rachel Urquhart

CONTACT us to

arrange for a visit:

jane.kuepfer@uwaterloo.ca

519-904-0650 x 8249

Our Spiritual Life Together

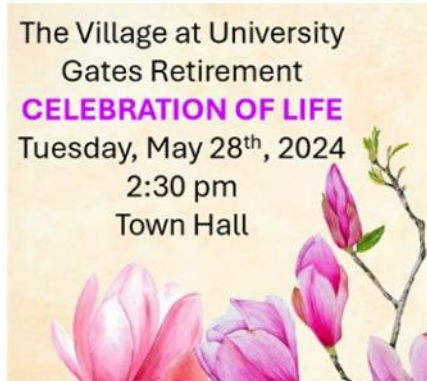
This month, in the retirement home, you are invited to join us for:

Our Weekly Spiritual Life Gatherings:

The Village at University
Gates Retirement

CELEBRATION OF LIFE

Tuesday, May 28th, 2024
2:30 pm
Town Hall



Tuesdays at 2:30 in the Town Hall.

Watch for posters for topics throughout May.

Tuesdays at 1:00 in Emmas

Thursdays at 10:15 in Egerton

Thursdays at 11 'Good morning God!'
group in the library (devotion & prayer)

Sunday evening Hymn Sings 7:30
in the Town Hall

Roman Catholic Communion and Prayers (Town Hall, then Egerton):

Sunday May 5th at 10:45, Sunday May 19th at 10:30

Communion and Rosary: Thursday May 9th at 2:00 pm

Mass: Friday May 24th 11am with Father Jamroz (confession available before and after)

Welcome to our new student, Rachel Urquhart! See her note below:

Hi! I'm Rachel, and I'm very excited to begin my experience at The Villages at University Gates.

I am in my third year of studies at Martin Luther University College having returned to school as a mature student at the end of the pandemic. I have lived in Kitchener-Waterloo for almost twenty years and grew up in Owen Sound. I am a proud Auntie to my niece and nephew in Toronto, and I have a 19 year-old cat named Boots!

I am studying to be a pastor and a psychotherapist. Once upon a time, when I had a life outside of my studies, I loved to read, watch old movies, and go for bike rides. I am hoping to do some of that this summer along with spending time with friends and family all over Ontario. I enjoy playing Trivia Pursuit, Boggle, and Euchre. I hope someday to take piano lessons and learn how to paint in watercolour. My favourite time of year is Springtime and I am most looking forward to those precious few weeks when lilac trees are in bloom!

I am hoping to meet and journey with many of you at the Villages - I will be picking up where Keirann and Orsolya left off with a poetry group and a music singalong (dates and times still to be determined) and along the way I'll find a way to bring something of my own to this wonderful opportunity. I hope you'll join me!

RIA Highlights - May 2024

What's New in the Building:

Have you noticed the new glass door at the end of the Main Street hallway? This leads to the Schlegel-UW Research Institute for Aging (RIA). The RIA is a charitable, non-profit organization that enhances the quality of life and care for older adults through research, education, and practice. We connect research to the real world and tackle the biggest issues facing an aging population.

Come and check out the bulletin board (on the first floor, on the wall outside the RIA office) for opportunities to get involved.

There is also a bookshelf in the Ideas Cafe on the first floor with free resources.

Get involved in Research!

Would you like to help drive innovation? We update opportunities to get involved with research on the bulletin board outside the RIA office, on our website (www.the-ria.ca) and through our monthly emailed newsletter.

Learn more about becoming a research partner.

Caregivers' Week: May 12-18



We are

CAREGIVERS



Schlegel Villages – CONNECTIONS



Our Exceptional Customer Experience Training Program that equips our team members with an understanding and service skills to create meaningful and memorable moments with those we serve.

SPOT the dot!

A fun way to keep our credo alive day to day in our Villages! Recognize team members with a “Dot” for the amazing and impactful work they do every day.

We are launching Spot the dot during Caregivers’ Week, May 12–18.

How it works

- Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- Take the matching sticker, find the team member and present it to them.

Let’s fill up the board with messages of gratitude for our team members and show them we recognize how hard they work to bring our mission and vision to life.



Connect the dots – credo values



Draw on what you know about me to make things personally meaningful. Make me feel special, recognize what makes me unique.



Please give me your undivided attention. Practice patience, listen empathetically and with an open mind. Show respect, genuine interest and sincerity.



Ask questions to gain a deeper understanding, acknowledge and empathize with my experience and feelings. See through my eyes, feel what I feel, connect with me.



Be clear, genuine, and transparent in all communications. Take responsibility and confirm a shared understanding of action plans and commitments. Deliver on our promises.



Pay close attention to detail, going the extra mile. Show me how I will be taken care of and follow up throughout the process.



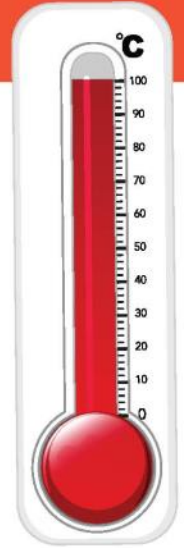
Heat-related illness

Prevention and management

As warmer weather approaches, we want to provide a safe and comfortable environment for all residents.

Heat-related illnesses are a group of serious and escalating medical conditions which include heat rash, heat cramps, heat exhaustion and heat stroke, and can have a significant impact on the health of our residents.

Our heat related illness prevention and management plan will be implemented annually, beginning May 1st to September 30th, as well as any other time when the temperature is forecasted externally, or reaches internally 26 degrees.



Hot weather tips

The signs and symptoms of heat related illness can occur quite quickly with little to no warning. Residents are assessed for heat risk annually and strategies developed. The following tips are general in nature.



Staying cool

- With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather.
- Keep cool cloths handy to apply to the face, neck, and arms.
- Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.



Clothing

- Wear loose, lightweight, light-coloured clothing.
- A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.



Skin protection

- Stay out of direct sunlight by using shade trees, covered awnings or patio umbrellas.
- Sunscreen should always be applied, even in the shade. Remember to reapply as needed.



Nourishment

- Frequent, smaller meals may be more easily tolerated during hot weather.
- Avoid dehydration by consuming fluids before, during and after meals, as appropriate.
- Hydrate with water and other cooling choices such as Popsicles and watermelon between meals.
- Alcohol may cause dehydration and should be avoided.



Physical activity

- Keep outdoor physical activity to a minimum and take frequent rest periods.
- Attempt to stay indoors during the warmest part of the day.

• Resident Right 22

Every resident has the right to designate a person to receive information concerning any transfer or any hospitalization of the resident and to have that person receive that information immediately



Late-life depression

Depression is not a natural part of aging, yet it affects up to 40 per cent of older adults. Recognizing and managing depression is important for improving quality of life.

What is depression?

Clinical depression, or major depression, is not just about feeling sad. It's a serious condition where one may feel sad all the time and lack interest in activities that used to bring joy. Changes in sleep patterns or appetite, low energy, difficulty focusing, not maintaining personal hygiene, and feelings of guilt or worthlessness are other signs of depression.

Risk factors for developing depression

There are some risk factors that increase the risk of depression as one ages:

- The loss of a friend or loved one
- Loneliness, which may happen more frequently as one ages
- Ongoing medical problems
- Struggles with thinking, focusing and memory
- Long-term hospital stays or diagnoses like strokes or Parkinson's disease

Common myths

Common misconceptions about depression can prevent older adults from seeking help. Some of them include:



"It's a normal part of aging." Depression is *not* an inevitable part of aging and should be treated with the same concern as any health problem.

"There are no effective treatments." There *are* many effective treatments for depression, including medications, therapy, and lifestyle adjustments.

"It's just grief" or "I'm just tired." While grief and fatigue are common, persistent symptoms shouldn't be ignored.

Seeking help

If you or someone you know might be experiencing depression, the first step is to talk to your family doctor. They can assess your symptoms, provide a diagnosis, and come up with a treatment plan specific to your needs. This may include therapy, medication, and/or lifestyle changes.

With the right support and treatments, a fulfilling life is not out of reach.

Watch the full "Demystifying Depression in Older Adults" video [here](#) featuring Schlegel Chair in Mental Health and Aging, Sophiya Bejamin.

THE GATES GAZETTE

WHO TO CONTACT WITH QUESTIONS OR CONCERNS
VILLAGE PHONE NUMBER: 519-904-0650



When calling an LTC resident directly please use the Resident Line 519-904-0653

RH Residents each have private phone numbers



LONG TERM CARE

Role/Name	Extension
General Manager: Chris-Anne Preston	8203
Asst General Manager (LTC): Kelly Younger	8003
Asst General Manager (RH): Ion Zdrengha	8204
Administrative Coordinator: Elena Oprea	8202
Admin Assistant: Joan & Mithra (LTC)	8001
Neighbourhood Coordinators	
Hagey & Johnston (LTC): Brandy Douey	8031
Wright & Matthews (LTC): Kim Boyes	8025
Downey & Pollock (LTC): Lee-Ann Air	8037
Department Directors	
Director of Nursing Care (LTC): Wendy Miller	8005
Assistant DNCs(LTC): Ruhab Muzaffar / Patricia Solik	8054 / 8059
Assistant DNCs(LTC): Vidhi Goyal	8060
Director of Environmental Services: Dilan Ganegoda	8006
Director of Recreation: Meghan Connelly	8007
Director of Hospitality: Lisa Price	8004
Food Services (LTC): Becky Golbeck/ Liz Barre	8008
Director of Program for Active Living (PAL): Liam Stiles	8126
Exercise Therapist: Karen (LTC)	8013
Nursing	
Charge Nurse LTC	8055
Psychosocial and Spiritual Well-being	
Janessa: Resident Support Coordinator (LTC)	8057
Mike Zenker: Chaplain (LTC)	8011
Noreen Blount (LTC): Volunteer & Student Services	8010
The Ruby Dining Room	8224 (bar)
Riverstone Spa and Salon	8227

THE GATES GAZETTE

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RETIREMENT

Role/Name	Extension
General Manager: Chris-Anne Preston	8203
Asst General Manager (LTC): Kelly Younger	8003
Asst General Manager (RH): Ion Zdrengeha	8204
Administrative Coordinator: Elena Oprea	8202
Admin Assistant: Clare / Arsha / Revathy	8201
Neighbourhood Coordinators	
Williamsburg Jennifer Allen	8208
Emma's/Egerton: Sandy Taylor	8205
Becker: Victoria Leger	8239
Department Directors	
Director of Wellness (RH): Trish Baird	8209
Director of Environmental Services: Dilan Ganegoda	8006
Assistant Director of Environmental Service: Jessica England (RH)	8250 8234
Maintenance Services: Brad/ Will (RH)	
Director of Recreation: Meghan Connelly	8007
Recreation Supervisor: Noah Bester (RH)	8207
Director of Hospitality: Lisa Price	8004
Director of Program for Active Living (PAL): Liam Stiles	8126
Exercise Therapist: Emily Port (RH)	8216
Nursing	
Lead Nurse (RH)	8255
Psychosocial and Spiritual Well-being	
Jane Kuepfer: Chaplain (RH)	8249
Noreen Blount (LTC): Volunteer & Student Services	8010
Marketing	
Dirs. of Lifestyle Options: Sahar/Sophia	8041/8248
Village Experience Coordinator: Alex Hamley	8048
The Ruby Dining Room	
	8224 (bar)
Riverstone Spa and Salon	
	8227