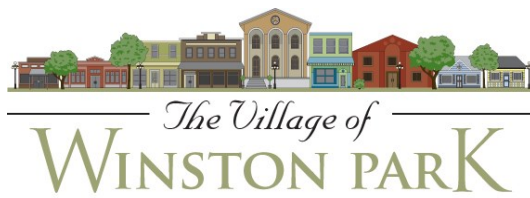


The Winston Word

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MAY 2024

Chickie Love



EAR & HEARING CLINIC

at Winston Park

For an appointment with an
Audiologist please call

1-888-745-5550

Hearing Tests, Hearing Aids,
and Repairs.

Juliane Shantz
Doctor of Audiology

Happy Birthday
to our residents
and staff who are
celebrating May
birthdays!

Meet Our Chaplains



Kathleen & Hector!

Kathleen's focus will be serving the
residents of LTC.

Hector supports both sides of the
Village. He works on Retirement
Monday nights, Tuesday and
Wednesday and supports LTC on
Fridays

Please stop in the Chapel
to say Hello.

In Memoriam


*Support Office, Leadership and Team Members
were saddened by the passing of:*

Mary B
Ralph C
Susan C
Patricia C
Isobel G
Zlatko H
Jeanne H

Village



The Village of
WINSTON PARK

Events

May Events

Timbit Day is May 7th **Each Neighbourhood**

Enjoy some free Timbits

VENDORS -11-3 Library

May 4th –Connecting with Roots

May 4th –Traditions Alive

May 16th –EZ Fit Shoes

Mother's Day Celebration

Join us for a Mothers Day Lunch.

Guests may join us on Saturday May 11th

Cost is \$20—Must RSVP by May 8th

Please note in LTC the music will start after the lunch.

Winston Park Choir

3 PM May 9th in the Retirement Dining Room.

All are welcome

Alzheimer's Walk May 24th

Join us for our Walk and Party.

Walk starts at 2 pm from each neighbourhood and we will meet in the Backyard at 2:30 PM to celebrate our efforts.

WELCOME TO THE VILLAGE!

In April we welcomed:

Rosali

Anita Gr

Ann K

Herta M

Elizabeth P

Donald S

Joyce S

Gregory S

Ruth T

Harold V

Alma Z

...to The Village of Winston Park.

Dining Room Guest Reminder

Please RSVP 24 hours in advance if you would like to dine with your loved one.

When arriving to the dining room for your meal please present your meal ticket to the Food Service Aide. Please see the meal prices listed below:

LTC Breakfast \$10

LTC Lunch \$13

LTC Dinner \$16

RH Breakfast \$10

RH Lunch \$16

RH Dinner \$19

You can purchase a ticket from the office

A Message from Brad

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Sure enough It's May and the April showers worked! There are lots of flowers poking their heads up in the gardens. Spring has arrived! In the month of May we look forward to celebrating Mother's Day. A great opportunity to celebrate and remember our amazing mothers!

It's also a time to "celebrate" the May long week-end. The date that has been historically official safe date to start planting the spring gardens. Just a little tidbit about the May long week-end; In 1845, during the reign of Queen Victoria, her birthday (May 24th), was declared a holiday in Canada. After Queen Victoria's death in 1901, an act of the Canadian Parliament established Victoria Day as a legal holiday, to be celebrated on May 24 (or the closest Monday). I hope you all enjoy your holiday week-end.

Infection Control – just a reminder to everyone to mindful of the outbreaks that have or are happening, at Winston Park and in the greater community. There are upper respiratory outbreaks, Covid-19 outbreaks and enteric outbreaks. I know I have said it many times in the past but please be diligent with handwashing. More is better. It is so important in assisting to control the spread of germs. Our goal is to keep everyone healthy.

Honouring Diversity – over the years, Winston Park has done quite a lot of work to create a welcoming Village for the **LGBTQ** community. In the month of June, we will be celebrating PRIDE. I thought I would provide a little education going into PRIDE month, and speak to what an ally means. The definition of an Ally is: someone who works to end oppression within their personal and professional life. For example, a white person who works to end racism or a straight man who combats homophobia.

Why would you want to be an ally to someone in the **LGBTQ** community?

By embracing differences in others, you embrace it in yourself.

It gives you an opportunity to learn from and interact with people who are different than you.

If you have family members or friends who have identified to you that they are **LGBTQ**, you can actively support them.

By being an ally to the **LGBTQ** community, you are making your community a better place to live – oppression is a negative force that impacts everyone!

I thank you for your ongoing support as we continually strive for inclusivity for all.

As always - *Welcome to our new residents* – we look forward to getting to know you and your family & friends! Wishing all the mothers a very



Happy Mother's Day!



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Pet Show



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Recycling Update

For all the residents who retire at the Village of Winston Park. If you drink pop Ralph will happily recycle your pop cans if you drop them off in the parking garage. (The bin is just inside the door on your left)

Ralph, is a resident volunteer who brings these pop cans to a local recycling facility that pays him in cash, which he then donates to the village. This money is added to our fundraising account.

Ralph says this is his last year of being our recycling volunteer.

We thank you Ralph, for your hard work over the years.



Family Council

Family Council is a group of family members and friends of the residents of a long-term care home who gather together for peer support, education, and to improve the experiences of all people in long-term care.

We are seeking general members.

The last meeting was held on April 24th. Minutes will be posted at the LTC main entrance (door #2)

If you want to find out more please contact Winstonpark.familycouncil@schlegelvillages.com

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FREE DENTURE SCREENING AVAILABLE FOR:



The Village of Winston Park



IF INTERESTED PLEASE...**SCAN QR CODE, CALL 416-482-3700** or
EMAIL us at reception@directdenture.ca

ALTERNATIVELY, YOU CAN ASK THE NURSE TO SEND A REFERRAL FORM TO OUR OFFICE.

Direct Denture Services will be coming on-site for a day to do a **FREE DENTURE SCREENING** for all denture wearing residents and for residents who may be interested in getting dentures.

We want to inform the residents and families of the current condition of the dentures and mouth, and to discuss any findings and possible treatments.

The screening is completely free and there is no obligation.

If you are interested in being seen on the denture screening day, please email us for a **Denture Screening Consent Form** and email it back to our office. Alternatively, you can contact us to be placed on the list. **416-482-3700** or reception@directdenture.ca

Thank you—

Mark Blanch B.Sc., DD
Denturist, Founder

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MAY 2024

THIS IS TOP 10

<p>Top 10 FAQ's</p>	<ul style="list-style-type: none"> • The TOP 10 is a component of LIVING in My Today, our signature dementia program. • It's a list of 10, non-care related personal facts the resident is comfortable in sharing about themselves with the village team • The village uses the ME form as the base to develop the TOP 10
<p>What is the TOP 10?</p>	
<p>Why is the TOP 10 needed in addition to the ME form?</p>	<ul style="list-style-type: none"> • On move-in residents and their families are asked to fill out a multi-page ME form designed to share the resident's story. • We use ME form to build a person-centred care plan • Sometimes team members, students, or agency covering an absence are supporting in the neighbourhood and need to get to know a resident quickly. • The TOP 10 is a one-page cheat sheet for the ME form
<p>How can residents & families get involved in the TOP 10?</p>	<ul style="list-style-type: none"> • If you haven't filled out a ME form, ask for one to complete! • Ask for a copy of the TOP 10 Rough Draft and fill it in with the information the resident wants the team to know about each area of their well-being. • The team would love your support to review the TOP 10 they have developed for the resident. Offer your feedback & suggestions! • Before your TOP 10 is framed, add your signature to the bottom
<p>Where is the TOP 10 posted?</p>	<ul style="list-style-type: none"> • The TOP 10 is placed in a designated frame in the resident's room, positioned near the door to be noticed upon entry
<p>How is the TOP 10 used?</p>	<ul style="list-style-type: none"> • Care moments can become connection moments to talk about mutual interests, and the things that matter most to the resident! • Trust is earned as we get to know each other as people

We hope this FAQ has answered your questions about the TOP 10. If you have any questions or concerns, please bring them to the attention of your Neighbourhood Coordinator.

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\$20
per guest

HAPPY
MOTHER'S
DAY

Saturday, May 11

Noon | Neighbourhood dining rooms

Please join us for a special
Mother's Day lunch filled with love,
laughter, and appreciation.

Enjoy a signature cocktail,
choice of sandwich served
with salad, desserts,
tea selection and
entertainment
to follow.

RSVP by Wednesday, May 8.
Village Office or call 519-576-2430

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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.



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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)

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Caregivers' Week: May 12-18



We are
CAREGIVERS

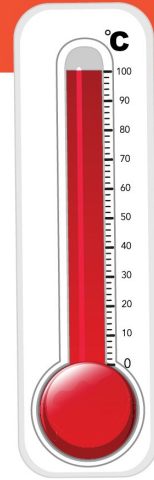


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Heat-related illness

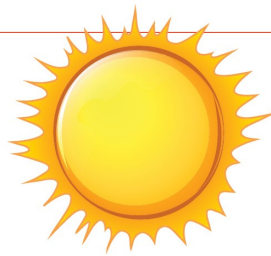


Prevention and management

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.

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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

Upcoming Dates

May 2,16,30

June 13, 27

July 11,18

August 1,8,22,29

September 12,19

October 3,10,24,31

November 14,21

December 5,19

January 9,23 -2025

For more information or to book an appointment at The Village of Winston Park, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

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Retirement Home Leadership Directory

Brad Lawrence	General Manager	Ext.8003
Tara Rosenow	Assistant General Manager (Ret.)	Ext. 8010
Gillian Alexander	Director of Lifestyle Options	Ext. 8002
Katie March	Director of Lifestyle Options	Ext. 8008
Jane Panta	Village Experience Coordinator	Ext. 8015
Matthew Walsh	Director of Hospitality	Ext. 8004
Brad Rideout	Director of Environmental Services	Ext 8006
Sarah Linton	Retirement Recreation Supervisor and Volunteer Coordinator	Ext. 8062
Shirley Tulk	Neighbourhood Coordinator-Williamsburg	Ext 8215
Joelle Duchaine	Neighbourhood Coordinator- Egerton & Becker	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator-Emma's	Ext.8012
	Dining Room Supervisor	
Carmen Niculescu	Wellness Coordinator	Ext. 8029
Christine Partridge	Assistant Wellness Coordinator	Ext. 8209
Hector Pineda	Chaplain	Ext. 8011
Karena Nnebo	Administrative Assistant (Retirement)	Ext. 8001
Tiffany Menjivar	Administrative Coordinator	Ext. 8013

All Email addresses are FIRST NAME.LAST NAME@ schlegelvillages.com

LTC Nursing Directory

Long Term Care Charge Nurse	Ext. 8101
Strasburg Nurse—2nd floor	Ext. 8240
Aberdeen Nurse— 3rd floor	Ext. 8241
Roseville Nurse—4th floor	Ext. 8242
Kingsdale Nurse—5th floor	Ext. 8243
Sandhills Nurse—6th floor	Ext. 8244
Waldau Nurse—7th floor	Ext. 8245
Haysville Nurse—8th floor	Ext. 8246

Retirement Nursing Directory

Becker & Williamsburg 2 & 3	Ext. 8118
Emmas and Egerton Nurse	Ext. 8120

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Long Term Care Leadership Directory

Brad Lawrence	General Manager	Ext.8003
Luke Denomme	Assistant General Manager (LTC)	Ext. 8188
Rabina Simovic	Director of Nursing Care (LTC)	Ext. 8014
Jill MacQueen	Director of Nursing Care (LTC)	Ext. 8264
Morgan Bonnell	Assistant Director of Nursing Care (LTC)	Ext. 8275
Cathy Hu	Assistant Director of Nursing Care (LTC)	Ext. 8269
Mary Hedrich	Assisted Director of Nursing Care (LTC)	Ext. 8187
Gagan Sangha	Assisted Director of Nursing Care (LTC)	Ext. 8319
Karen Norris	Assisted Director of Nursing Care (LTC)	Ext. 8268
Gina Almeida	Resident Support Coordinator	Ext. 8254
Rada Jokic	Neighbourhood Coordinator Roseville & Kingsdale	Ext. 8182
Vesna Venceljovski	Neighbourhood Coordinator Aberdeen & Strasburg	Ext. 8005
Alyson Haffner	Neighbourhood Coordinator Sandhills and Waldau	Ext. 8266
Meredith Herr	Neighbourhood Coordinator Haysville	Ext. 8270
Alysha Voigt	Director of Quality and Innovation	Ext. 8271
Brad Rideout	Director of Environmental Services	Ext 8006
Joe Bischof	Assistant Director Environmental Services	Ext 8116
Rebecca Harnock	Director of Recreation & Volunteer Services	Ext. 8007
Sarah Linton	Volunteer Coordinator	Ext. 8062
Daniel Juteram	Food Service Manager	Ext. 8009
Samantha Olsen	Food Service Manager	Ext. 8258
Milyn Calicdan	Assistant Food Service Manager	Ext. 8273
Carlyn Aspillia	Director of PAL Program	Ext. 8265
Michelle Nguyen	PAL Coordinator	Ext. 8262
Kathleen Sorensen	Chaplain (LTC)	Ext. 8011
Gopikrishna Sudheer	Administrative Assistant (LTC)	Ext. 8207
Garry Sharma	Neighbourhood Coordinator	Ext. 8307
Yvonna Madueke	Nurse Practitioner	Ext. 8371

All Email addresses are **FIRST NAME.LAST NAME@schlegelvillages.com**

The Village Of Winston Park 695 Block Line Rd. Kitchener, Ontario N2E 3K1 519-576-2430