February is going to be one VERY busy 28 days… Here is a brief run down of everything we should remember to celebrate, observe or take part in this month.

Ground Hog Day is a holiday celebrated on February 2nd in the United States and Canada. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, it will leave the burrow, signifying that winter-like weather will soon end. If it is sunny, the groundhog will supposedly see its shadow and retreat back into its burrow, and the winter weather will continue for six more weeks.

Super Bowl Sunday: The Seattle Seahawks and the New England Patriot take the field in Super Bowl XLIX on February 1st. The Super Bowl is measured in Roman numerals because a football season runs the span over two calendar years.

Valentines' Day: Saturday the 14th. According to the Greeting Card Association, an estimated one billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Glendale will be celebrating with our Sweetheart Dance at 2:00 p.m. on Westminster neighbourhood. Everyone is welcome.
February is the month of cupid, hearts and flowers, and maybe even a big bottle of wine. Romance abounds at The Village of Glendale Crossing! Be sure to come on down to Westminster open area for the Sweetheart’s Dance on Valentine’s Day to meet up with friends, cut a rug and have a few beverages to chase away the winter blues. I want to thank everyone for their patience as we have gone through a long period of infection control isolation. It looks like we are nearing the home stretch, and will be clear of outbreak in February. Thank you to everyone who is washing their hands and following our Public Health directives in trying to eradicate the infections in our village. Also, thank you to all team members who are also washing their hands and following the proper care protocols to keep our residents safe.

I am going to be flipping pancakes on Shrove Tuesday from 6:00 in the morning for team members in the team room downstairs. Come on down for some homemade flapjacks and tell me what you are doing for Lent this year.

We will be having our annual Staff Appreciation Event this year at a different location – the Lamplighter Inn. This is a great time to enjoy a nice dinner with your friends and to celebrate our achievements from the past year. I am looking forward to announcing our SUCCESS winners for the year, and inviting them to our Operational Planning event in the Fall. There is still time to nominate your favourite team member to acknowledge their contributions to our Village. Look on Main Street for nomination forms.

Our Family Council is looking for new members, and would like to invite you to their monthly meeting – the third Tuesday of each month at 7:00 pm in the Boardroom. The Family Council helps to improve the quality of life for our residents in the Village through communication with those who work with our residents. Our meeting in February will showcase our Remedy’s pharmacist, Maeghan, who will be available to answer any questions you may have.

Family Council Presents....
Remedy’s Pharmacy Q and A
Come on down and listen to Maeghan, the Remedy’s pharmacist talk about medications, the processing of orders and answer questions about the Ontario Drug Benefits Plan billing
Tuesday, February 17 at 7:00 pm
In the Chapel
Join us for a sweetheart dance on Saturday February 14th 2015
2:00 p.m.
Westminster neighbourhood
Music from DJ Bill Savage

Thursday March 26th
From 10:00-3:00 p.m.
If you are not able to come in and shop with your loved one but would like them to pick out clothing, please let Holly Ross know via telephone at 519-668-5600 ext. 8007

Do you have any empties laying around the house, left over from the holidays?

The Recreation Team would gladly take them off of your hands.

Please bring your empty bottles or cans to the Community Centre.

We will be collecting for all of February and March.

Thank you for your support

Attention Team members:

Join us for Toonie Tuesdays!
Each Tuesday in February you can pay $2.00 for dress down day!

All proceeds go to the Dream team.
You can get your sticker and pay at the Village office.
Slowing the Progression of Dementia

Dementia is a disease that unfortunately affects over 5 million of the population of Canada, resulting not only in memory loss, but behavioural changes and physical symptoms as well. These symptoms can include confusion, violence, and a reduction in the abilities of the affected to perform the activities of daily living some of us take for granted. There are many ways to reduce the risk of dementia, but how do we slow its progression after the onset of symptoms? Studies show that regular exercise may slow the progression of symptoms, and allow the sufferer to remain independent for longer periods of time than previously thought possible.

Recent research shows that regular exercise may result in the ability of the diagnosed to retain their ADLs (activities of daily living) longer than those who remain sedentary. A study was performed in Switzerland on 3 groups; a control group, a group receiving only social intervention, and a group receiving regular daily exercise including but not limited to daily walking, strength exercises, and activities focusing on fine motor skills. This study very clearly came to the conclusion that the regular exercise group retained their independent ADLs for longer, and even showed signs of disability reversal. This is unsurprising as through the progression of dementia, muscle memory is often retained for long periods of time even as explicit memory is lost. The limbs can remember what the brain cannot, and this results in longer periods of independence for the sufferer, and the caregivers involved.

Not only does regular exercise result in physical benefits, but can also result in increased memory retention. In the human brain, memory is stored in the hippocampal formation, which is a jellyroll-like structure deep within the white matter. One of the most common markers of dementia is atrophy of the hippocampus (or a reduction in hippocampal size). A 2014 study performed at Johns Hopkins University suggests that daily low-intensity walking increases the volume of the hippocampus, and therefore increasing memory retention and cognitive abilities. They suggest that the physical process of exercise uses the same neurological pathways as explicit (recall-able) memory, and therefore the hippocampus gets more use. The more you use a muscle the more it grows, and the same thing applies to parts of the brain. With more use, the hippocampus increases neural synapses, and therefore increases in volume.

Exercise can be a magical thing for the physically unable, but recent studies show it can also be extremely beneficial for those who suffer from dementia. It increases the ability of the diagnosed to remain physically independent for longer periods of time, and it increases the ability of the sufferer to make and retain memories. Overall, in the routine of those diagnosed with dementia and their caregivers and loved ones, it is imperative that exercise be included.

Kelly Hebner

References


February has arrived and this month’s Athlete of the Month has been maintaining his healthy lifestyle every day since moving into Glendale. This gentleman has challenged the PAL team with his ability to outdo us in push ups and his form while exercising is unmatched. It’s a joy to see his smiling face and his amazing wife Janet is a huge part of why this person has been able to reach his physical goals. It is with great pleasure that we announce Tony Green from the Byron neighbourhood as January’s Athlete of the Month.

Your Programs for Active Living team – Amy, Kelly, Julie, Soleil, Aneta
Thank you to those who took the time to complete the Volunteer Satisfaction Survey. If you haven’t completed yours yet, there are still paper copies in the community center. Please return your completed survey to the Village Office. Your feedback is very important to me! I appreciate all of you and everything you bring to our Village.

We welcomed several new volunteers last month. If you see a new face in the Village, please give them a warm welcome and say hello!

The month of February is short and sweet, but we have many opportunities for our volunteers to choose from:

**Special Events:**
- Time: 1:30 - 3:30 pm
- Thurs. February 12\textsuperscript{th} ~ Birthday Party
- Sat. February 14\textsuperscript{th} ~ Sweetheart Social
- Mon. February 16\textsuperscript{th} ~ Family Day Fun
- Thurs. February 24\textsuperscript{th} ~ Mardi Gras
- Thurs. February 26\textsuperscript{th} ~ Pub & Penny Auction

**Garden Club/Outing/Breakfast Club:**
- Wed. February 11 & 25 ~ Garden Club 2:00-4:00 p.m.
- Tues. February 10\textsuperscript{th} ~ Movie Outing 12-3:30 p.m.
- Wed. February 18\textsuperscript{th} ~ Bowling Outing 1:30-4:00 pm
- Mon. February 23\textsuperscript{rd} ~ White Oaks Mall Outing 1:30-4:00 p.m.
- Wed. February 25\textsuperscript{th} ~ Breakfast Club 7:45-9:30am

**For a complete list of opportunities, please see your February Volunteer Calendar!!**

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**Shining Star of February**

**Myles Minter**

Myles is a resident of Glendale Crossing. He devotes every morning to the Village by delivering newspapers to other residents. He is a huge support to the Recreation Team by delivering their monthly calendars as well. He is always smiling and enthusiastic to help. You can usually find Myles on Main Street greeting people with a smile. Thank you Myles for all that you do for us! ~ The Recreation Team
For nearly five years our Byron Neighbourhood here at The Village of Glendale Crossing has been lucky enough to have Sheila Macleod as one of our wonderful Residents. Sheila is originally from Truro, Nova Scotia and moved to London, Ontario in her later life.

Sheila loves animals, but she especially loves cats. Her cat “Wilhelmina” or “Willy” is often an important topic of conversation with her. Sheila enjoys music, give her a good beat and she can sing about almost anything. You will also often see Sheila in our Clips n’ Curls hair-salon getting her hair done or having her nails manicured.

Sheila and her sister (Shirley) were twins. She speaks about many great memories they have had over the years. Sheila has two sons that she loves dearly. She speaks about how proud she is and how much she loves them.

Some activities that Sheila enjoys at the Village include Monday night music, pet visits, sing-a-longs, church and outdoor walks in the summer. Sheila really likes staying warm during the winter, she loves visitors and company while she keeps warm by the fire place in the library.

You can always count on Sheila to have a smile on her face. She likes having fun and has an excellent sense of humor, but can easily detect other people’s sarcasm. Our staff and visitors at Glendale are thankful of having the opportunity of getting to know Sheila over the last 5 years!

Robert Fagan~ Byron Recreation
A group of us went to the Tim Horton’s in January and we wanted to share our experience with you. We hope these reviews help you:

Helen- I had a black tea and it was excellent!
Marek- I had a double double coffee and it was good! We also had a chocolate dip doughnut and it was good but it had a hole in it! ;)
Jean- I had a dark roast black coffee, when it was hot it seemed too strong but as it cooled it was tasty!
Frances- Had a coffee with 3 sugars and 1 milk and it was excellent! I also had a chocolate glazed doughnut, I liked it.
Edna- Had a medium double/double coffee, it was good but I couldn’t drink it all, it was a little too big for me.
Paul- I had a double/double coffee, it was perfect! Most Timmie’s are. The fruit explosion muffin was perfect.
Harry- The coffee was good and the doughnut was good!

Thanks for reading our reviews!
Helen K, Marek, Jean, Frances, Edna, Paul, Harry and Erin

The birth Flower for the month of February is the Violet.

The meaning of the February birth flower, the Violet symbolizes faithfulness, humility and chastity.
Wisdom of the Elder

In many Dutch and Dutch Canadian households Oliebollen is a well-known treat. Normally served over the Christmas and New Year’s holiday it is a tradition that stands strong in Dutch heritage.

The translation for Oliebollen, is literally oil balls. Similar to a doughnut, and often containing raisins, currants or apples. The dough is rounded into a ball and dropped into hot oil to cook. Once cooked they are served with icing sugar.

Christine Vanheerwaarden has made Oliebollen for her family on New Year’s Eve for as long as she can remember. “The boys always looked forward to it, They couldn’t get enough” Said Christine, reminiscing about serving the treat to her four sons and husband. In the last few years however Christine has not had the opportunity to follow through with the tradition.

However this Year Christine was put to work and with very little assistance whipped up a batch of Oliebollen for several residents on the north tower including her husband Van who was more than happy to taste test the first few batches!
Thank you so much Christine for sharing your family tradition with us, it was very enjoyable and of course delicious!
Many personal expressions that arise in those with dementia have specific causes or triggers. In order to effectively address and reduce some of those challenges, we need to first consider what might be causing the person to react. One way to approach this is to look at what's happening around, and outside of, the person with dementia. Evaluating the setting can help us determine if there are situations that may be triggering a reaction by someone whose memory, comprehension or orientation is limited.

Are they overwhelmed by stimulating surroundings?
Are there too many choices, is it too noisy or is more than one person speaking at the same time? These are examples of situations that can be overwhelming for someone with dementia. Persons with dementia can’t process everything as well as they used to, so if the environment is too busy, this can trigger anxiety, frustration, anger or withdrawal.

Has there been a change in routine?
If your usual routine is to rise mid-morning then getting up at 7 a.m. might be difficult. Take this into consideration; when possible, keep consistency in the routine.

Is this a new, unfamiliar environment?
Changing someone's usual environment can be scary for a person with dementia and can trigger such expressions as restlessness, and agitation. This is why the transition into long term care from home can be quite difficult. Offer comforting items such as photos, linens, familiar music, and personal items from home to ease the adjustment.

Is there a lack of personal space?
Everyone has a personal bubble of space they’re used to keeping as their own. Individuals with Alzheimer’s or another dementia may have an increased sensitivity to a person coming into their space or a decreased awareness of others’ space. Try to ensure everyone has room to enjoy themselves and be comfortable.

Has there been a confrontation with others?
Sometimes, other people unknowingly trigger expressions in people with dementia. For example, one person who is confused may not realize that another person is also confused, and this may unknowingly trigger a reaction of anger or frustration.

Should we consider adjusting our caregiver approach?
This is a critical factor for those with dementia. If the person receiving care feels rushed, patronized or unimportant, this can easily trigger frustration that can show up as resistance or aggressive expressions. Focusing on how caregivers and team members approach someone and interact with them is one of the most effective ways to decrease personal expressions.

Glendale Crossing BSO team
This year’s meetings will be held the third Wednesday of every month in the Chapel at 2:00 p.m.

Feb 18th, March 18th, April 15th, May 20th, Jun 17th, July 15th, Aug 19th, Sept 16th, Oct 21st, Nov 18th, Dec 16th

We are looking for new members to join us as we strive to live out and infectiously spread the mission, vision, aspirations and values of our village.

Do you know the Resident Rights?

#22~Every Resident has the right to share a room with another Resident according to their mutual wishes, if appropriate accommodation is available.

#23~Every Resident has the right to pursue social, cultural, religious, spiritual and other interests, to develop his or her potential and to be given reasonable assistance by the licensee to pursue these interests and to develop his or her potential.

#24~Every Resident has the right to be informed in writing of any law, rule or policy affecting services provided to the Resident and of the procedures for initiating complaints.
It’s Back!

You are invited to attend an educational opportunity provided by Schlegel Villages called

LIVING in My Today

What are these classes all about you ask?
Glendale Crossing is offering six training sessions dedicated to providing you with better insight into the world of those people living with dementia and ways in which you can support their well being.

These free classes will be offered twice per month on an ongoing basis. Each letter in LIVING represents a different class and topic. Each class is about 3 hours long.

The topics include:
L – Learning about the experience of living with dementia
I – Improving quality of life and personal well-being
V – Validating and honouring each person in the moment
I – Interpreting personal expressions, actions and reactions
N – Nurturing all relationships
G – Greeting each day as an opportunity for meaning purpose and growth

We invite all family members, residents, volunteers, team members, and affiliated partners to spend some time with us learning about this important topic.

Please sign up by phone or in person at the front office so we can plan accordingly. If you are a resident who is interested and needs support getting down to the class (Held in the basement) please inform the front office when you sign up and we will be sure to accommodate you.

It is not necessary to complete all the classes in order or attend every session. Please join us when you can make it.

Upcoming Classes:
Tuesday February 10th: V and I (2nd one) 8:30-4:30
Tuesday February 24th: I (1st one) 4:30-8:00pm
Wednesday March 4th: N and G 8:30-4:30
Tuesday March 24th: V 4:30-8:00pm
Send someone a chocolate heart for Valentine's day!

*Chocolate hearts are available for $2.00

They will be delivered on Saturday February 14th to resident and team members. If you would like to order for your own family member, they can be picked up in the Village office Friday February 13th

See Village office for more details!

Have you ever considered volunteering?

Volunteer Orientation
Wednesday, February 18th, 2015
Time: 6:00-7:30 p.m.

If you are interested in becoming a part of the caring team at Glendale Crossing, please attend our orientation session to learn about our dynamic volunteer program. We offer flexible hours to allow volunteers to make the commitment that suits their lifestyle.

For more information contact Yolande Turner, Volunteer Coordinator
519-668-5600 Ext. 8002 / glendale.volunteers@schlegelvillages.com

Community Council Meetings

*Residents' Council Meeting
Tuesday February 18th at 2:00 p.m.
in the Chapel/Library

*Food Committee meeting
Wednesday February 11th at 2:00 p.m.
in the Chapel/Library

*Family Council Meeting
Tuesday February 18th at 7:00pm
In the Council Chambers

Clips n' Curls
Salon

The regular salon hours are:

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<tr>
<td>Monday</td>
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<td>Tuesday</td>
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<td>Saturday</td>
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<td>Sunday</td>
<td>Closed</td>
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For your convenience you can drop by the salon and fill out a consent/frequency form for salon services.
February already! Time flies when you are having fun. It is starting to slow down a bit now. November to January is always a very busy time with Remembrance day and Christmas dinners. Now we start thinking about the upcoming year and all the fun events we are looking forward to.

I am not sure about you but I am ready for Spring! All this snow and cold weather makes me want to hibernate until the sun is here in Spring. Luckily we have some fun programs to look forward to this month.

February 12th at 2:00 p.m. in the Chapel/ library for our monthly birthday party with Bill Worrall.

February 14th at 2:00 p.m. on Westminster neighbourhood for our Sweetheart dance with DJ Bill Savage (DJ from prom 2014)

February 19th at 12:00 p.m. Luncheon for Chinese New Year on Main Street (Please sign up with Recreation team member)

There will also be bowling outings to Fleetway, a rescheduled trip to the horse races and a breakfast outing to Wimpy’s diner. Look for sign up sheets in your Hobby room.

Please see your monthly recreation calendar for a complete list of the daily recreation activities going on in February. Wishing everyone a healthy and happy February!

Holly Ross

Holly Ross
Director of Recreation
Caught in the act of kindness…
Caught in the act of making a day special….
Caught in the act of going the extra mile…..

Let these acts be known by acknowledging and appreciating the great things you saw by using a caught in the act form! Forms can be found on every bulletin board in neighborhoods, Main Street and in the staff room. Forms can be returned to the caught in the act box outside of the community center. Read below for real examples of being “caught in the act” in January!

CAUGHT IN THE ACT

The Lambeth afternoon team (Nurse John, David, Sheila and others) on December 6th was nominated by Gloria Thompson for: “The afternoon shift was amazing. I have never seen such happy people and working as a team. Way too go to those working. This is how it should be all the time. I was very impressed!

Jody Lumley met with a group of Residents when they were out for a breakfast outing. She joined us and helped to load and unload the bus as well as stayed to keep Residents company. Thank you Jody!

Sonia from Lambeth was caught in the act by Gloria Thompson for: “Being kind and gentle. Bringing Mom soup when she was sick on 2 different occasions and helping her with it. So amazing how far kindness goes”.
As we begin... ok maybe we already have begun to tire of winter and its inherent illnesses, let us take time to remem-
ber our blessings. While the weather and lack of sunshine may get us down, we tend to be grumpy from inside toasty homes, with stocked fridges, travel in warm cars and walk outside in layers of clothing.

We really do have much to be thankful for. This month and especially on Valentine’s Day, I invite you to think not only of those whom you love in your life, but of God who loved us into being and who is ever present, guiding and blessing us. May the warmth of His love take off the chill of winter.

There are people who make the world a better place just by their presence. One such person was Gandi. I share some words of wisdom from him.

Be the Change
What you think, you become
Where there is love there is life
Learn as if you’ll live forever
Your health is your real worth
Have a sense of humour
Your life is your message
Actions expresses priorities
Our greatness is being able to remake ourselves
Find yourself in the service of others.
1. **Listen to music.** This always charges my batteries and gets me going on, no matter on. Personally I like to put a few favorite songs on queue and let them play. I wouldn’t advise playing any depressing or mellow songs though, as they can end up causing more harm then good.

2. **Party.** A party is always a good idea to cure any kind of blues. You never need a good reason, other then having a good time, you don’t need to plan it too much either, don’t stress out, just go with the flow; call all your mates, tell them to bring some friends too and you’re on for a great night. Themed parties are the most fun, I’m a nut for luau parties.

3. **Destress.** The reason why you’re all down may be caused by the fact that you’re too stressed out and tensed. Solution? Chill out. Take a hot, bubbly bath or better yet a cold shower, that should wake you up to reality. The key here is relaxation and anything that can help with that is a good idea. Other possible options you might consider would be reading a good book or watch a good movie.

4. **Go for a walk outside.** It’s not just that taking a walk gets your blood flowing, but it also rejuvenes you, as a result of sunlight exposure and all the fresh air.

5. **Make a change.** I’ve found that changing certain aspects in your life, not only changes the world around, at a certain degree, but your mood as well. Change your work environment regularly and never fall into routine, that’s like asking for trouble. A change of look almost always works for people, it helps them feel brand new; try dying your hair or change the way it looks, buy some new cloths or shoes.

6. **Light up your room.** Everybody knows that light’s good for you, especially natural one, so try to get exposed to the sun as much as possible, without exaggerating of course. Artificial light isn’t bad either and you don’t even have to spend hundreds of dollars on expensive special lamps, just increase the wattage in some of your light bulbs. Also, fluorescent lights are less bright than they appear. Try to replace them if possible.

7. **Smile and laugh.** Sometimes the best cure for getting past a sad moment is trying to be the opposite, happy and jovial. You can achieve this by laughing and smiling whenever you get the chance. Try watching some comedy TV channels, renting a comedy film or watch funny videos on YouTube.
Expanding the Excellence in Resident-Centred Care Program

Written by Kristian Partington

In any long-term care environment, the personal support worker (PSW) is one of the most critical elements of quality care. They’re often the first person to greet a resident in the morning and the last to wish them good night. They take care of the delicate aspects of personal care for those who are unable to manage on their own – they bathe residents and help them dress, for example; they brush hair and teeth and they assist at meal times.

Colleges and vocational institutes are filled with aspiring PSWs, all learning the key elements necessary to meet the technical demands of the job, from the hands on care tasks to the key elements of reporting as mandated by legislation. There is another critical aspect of the role, however, that is all too often unaddressed in the training of these critical caregivers: the concept of resident-centredness.

The demands of the job can be great, of that there is no doubt, and often because of these demands and the perceived pressure they inspire, the idea of putting a resident’s choice before a task doesn’t always come easy. This is why the Schlegel Centre for Learning Research and Innovation (CLRI) teamed with Conestoga College to develop the Excellence...
in Resident Centred Care (ERCC) training program for PSWs. The program has evolved over the past five years it has been offered to team members within Schlegel Villages, and it’s now being offered to other organizations as a tool to enable their teams to provide service that puts residents at the centre of all decisions.

“The program is designed for Personal Support Workers so they understand that care should always be delivered with the resident at the centre of all of their thinking and doing,” says CLRI Director Mary-Lou van der Horst. “Newly-trained PSWs, they may have heard a bit about this,” she adds, “but they are often very task-focused, so they just stack up all of the things that have to get done in a day but aren’t very mindful that they have to plan everything and think about how they are doing things with the resident at the core.”

The program currently consists of 12 e-modules delivered in-house by a trainer certified through a separate course specifically designed for ERCC Trainers.

It’s a key piece of education that Pam Wiebe, the General Manager at Schlegel Village’s Coleman Care Centre, hopes will one day be part of the curriculum in every PSW course offered in Canada. Pam has been a key contributor to the program’s development since its inception, and says the program is about “giving residents back their voice and improving their quality of life.” Until the time comes when PSWs gain this knowledge in their initial vocational training, Pam says the ERCC program is a key aspect of continuing education for current caregivers.

The latest updated version of the ERCC program will roll out this spring in Schlegel Villages’ newest locations and the organization’s Director of Education and Program Development, Jessica Luh Kim, says she looks forward to additional uptake among fellow long-term care providers.

“One of our key commitments is people development and giving our team members the right tools and the right resources to enhance quality of life,” Jessica says, “and the ERCC program is one of those avenues we can use to equip and build capacity within our teams.”

STAY CONNECTED!

Follow us on Twitter: @SchlegelUW_RIA
Like us on Facebook: Schlegel-UW Research Institute for Aging
Write Us: info@the-ria.ca
325 Max Becker Drive, Suite 202, Kitchener, ON, N2E 4H5
Check us out Online: www.the-ria.ca
Our mission.... is to provide holistic health care in a home environment, located within an internal neighborhood design that promotes a caring community, with emphasis on optimal health & life purpose for each resident.

Contact us...

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<td><a href="mailto:Kim.Skinner@schlegelvillages.com">Kim.Skinner@schlegelvillages.com</a></td>
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<tr>
<td>Heather Janzen</td>
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<tr>
<td>Matthew Crombeen</td>
<td>Neighborhood Coordinator</td>
<td>X 8024</td>
<td><a href="mailto:Matthew.Crombeen@schlegelvillages.com">Matthew.Crombeen@schlegelvillages.com</a></td>
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<tr>
<td>Amy Harbin</td>
<td>Program for Active Living Therapist</td>
<td>X 8008</td>
<td><a href="mailto:Amy.Harbin@schlegelvillages.com">Amy.Harbin@schlegelvillages.com</a></td>
</tr>
</tbody>
</table>

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Fax: 519-668-5604     London, Ontario
E-mail: Glendale.Admin@schlegelvillages.com  N6L 0B6  

Residents: If you would like to receive a copy of this newsletter on a monthly basis please return this portion of the newsletter, to the village office.

Name:

Room Number & Neighborhood: