

# *The Glendale Gazette*

## April 2024



*The Village of*  
**GLENDALE CROSSING**

# Chaplain's Chat

*From the desk of Rob Dore*

## **Where is the Wisdom of Our Age?**

We live in a world where prosperity has reached more countries than it ever has. And as science, technology and communication continue to advance, our world enjoys the benefits of living in this prosperous age. But with all the innovations, can we say that “wisdom” has advanced? Are we any wiser than our forefathers or has wisdom been lost?

It is said that King Solomon was the wisest man to ever live. King Solomon was the son of King David, the famous giant slayer. Solomon ruled in Israel for forty years and in this time, he enjoyed peace and prosperity because of the battles his father had won. The Scriptures tell us that “*God gave Solomon wisdom and understanding beyond measure and breadth of mind like the sand on the seashore*” (1 Kings 4:29).

Solomon seems to have had it all: a powerful kingdom, fame, wisdom, health, wealth and so much more. In the book of Ecclesiastes, Solomon admits that he had everything, and he wanted to share some advice with those of us who will never achieve what he achieved. What is his advice? Does Solomon give us advice on how to build ourselves a great empire? Does he give us the secret to his success? The answer is no. Solomon’s greatest advice is this: “*The end of the matter; all has been heard. Fear God and keep his commandments, for this is the whole duty of man*” (Ecclesiastes 12:13). Why is this Solomon’s greatest advice? Because Solomon realized that even though he had it all, he was living in God his Creator’s world. We will never achieve the prosperity and power of Solomon, but we can follow his wisdom. And our world could use a lot more wisdom in it. Blessings to you.



*Rob Dore is the chaplain at Glendale Crossing on the Retirement side. Feel free to email him at [gcrhchaplain@schlegelvillages.com](mailto:gcrhchaplain@schlegelvillages.com) or visit him at the Spiritual Centre.*



Wishing you a  
**Happy Birthday!**

## Our Residents

*"Don't just  
count your  
years...  
Make your  
years count!!"  
~Ernest Meyers*

### LTC

Ron C April 4  
Khirieh H April 4  
Lloyd H April 4  
Jeff M April 5  
Walt M April 9  
Nic G April 11  
Betty Ann S April 12  
Marion L April 14  
Donna A April 17  
Eric M April 17  
Dale S April 17  
Anna Z April 18  
Robert M April 18  
Irene T April 21  
Hilda H April 21  
Ginny G April 22  
Annie B April 22  
Babs M April 23  
Gord T April 23  
Margarita A April 25

### RH

Pasquale G April 1  
George M April 4  
Wayne M April 4  
Linda S April 5  
Ron P April 6  
Fred F April 6  
Cherie J April 9  
Ray H April 11  
Evelyn S April 12  
Ruth Ann B April 15  
Coral L April 16  
Doug P April 18  
Penny P April 19  
June K April 22  
Helen Z April 23  
Donna B April 23  
Elsie F April 25  
Barbara P April 25  
Betty B April 26  
Dorothy B April 28  
Doug D April 29



## In Memoriam

*The Board of Directors, leadership team and team members were saddened by the passing of:*

*LTC– Charlie R, Freda P, Helen H  
RH– Audrey L, Shirley K*

# Meal Tickets



If you would like to enjoy a meal with your loved one, you can purchase a meal ticket from the Village Offices in both Long Term Care and Retirement.

We ask for 24 hours notice if possible when you will be joining us for a meal.

Prices as follows:

## **Long Term Care**

Breakfast \$10, Lunch \$13, Supper \$16

## **Retirement**

Breakfast \$10, Lunch \$16, Supper \$19

# A Message from... Tracy King

Director of Quality and Innovation in Long Term Care

Hello Glendale,

I hope that everyone is having a wonderful start to Spring 2024! I know I am looking forward to seeing more sunshine and consistent temperatures. I would like to take this opportunity to speak about the Family Inter-RAI Survey, that we are handing out at annual care conferences this year, instead of just during the months of Oct-Dec. We are hoping to increase our family participation this way, which was up in 2023 from 2022 but to only 29 surveys completed of our 192 residents.

The Family InterRAI Survey is a tool designed to gather feedback from family members or other informal caregivers of individuals receiving care in long-term care (LTC) settings. It is a comprehensive assessment system used globally to evaluate the needs, strengths, and preferences of individuals in various healthcare settings, including LTC.

The Family InterRAI Survey serves several purposes:

1. **Assessment of Satisfaction:** It assesses family members' satisfaction with the care provided to their loved ones in LTC facilities. This includes evaluating aspects such as staff responsiveness, communication, quality of care, and overall experience.
2. **Identification of Concerns:** The survey helps identify any concerns or areas for improvement from the perspective of family members. This could include issues related to resident safety, cleanliness, social engagement, or specific care needs not adequately addressed.
3. **Input for Quality Improvement:** Feedback gathered through the Family InterRAI Survey provides valuable input for quality improvement initiatives within LTC facilities. It helps administrators and staff understand the needs and preferences of residents' families better, enabling them to make targeted improvements to enhance the overall quality of care.
4. **Communication and Engagement:** Conducting the survey demonstrates a commitment to transparency, communication, and engagement with families. It gives them a platform to voice their opinions, express concerns, and contribute to the ongoing improvement of care services.
5. **Comparison and Benchmarking:** The survey results can be used for benchmarking purposes, allowing LTC facilities to compare their performance with regional or national averages, as well as with other similar facilities. This comparative analysis can highlight areas of strength and areas needing improvement.

The Family InterRAI Survey typically includes a range of questions covering various aspects of the LTC experience, such as communication with staff, involvement in care decisions, perception of resident well-being, and overall satisfaction with the facility. The responses are collected anonymously to encourage honest feedback, only asking for Village and Neighbourhood.

In summary, the Family InterRAI Survey is a valuable tool for gathering feedback from family members of LTC residents, providing insights into their satisfaction, concerns, and suggestions for improvement. By utilizing the survey results effectively, LTC facilities can enhance the quality of care and strengthen their relationships with residents' families.

Thank you so much for taking the time to review the benefits of the Family inter-RAI Survey. If you have already had your care conference but have not yet received your survey and would like a copy please don't hesitate to reach out and I can get you a digital or paper copy.

Have a Wonderful Day!  
Tracy King



# A Bit About Kendall Dougherty ADOC LTC

Kendall Dougherty is a dedicated healthcare professional serving as the Assistant Director of Care at The Village of Glendale Crossing. With a background as a registered nurse, Kendall brings a wealth of experience and expertise to the role. Joining the Village in March of 2023, Kendall has made significant contributions to various facets of healthcare management, particularly in the North Tower, as well as overseeing the Skin and Wound and Continence Program.

Outside of work hours, Kendall cherishes precious moments with her fiancé and beloved puppy, Odie. Whether it's exploring new trails or simply lounging at home, Kendall finds joy in their companionship and the simple pleasures of life. An avid cook, Kendall delights in experimenting with new recipes and flavors, infusing her culinary creations with creativity and love.

Currently, she is immersed in the exciting task of preparing her backyard for her upcoming summer wedding, a labor of love that reflects her meticulous attention to detail and her vision for a memorable celebration of love and commitment.

Kendall thoroughly enjoys her work at The Village of Glendale Crossing, where every day presents new opportunities to make a meaningful difference in the lives of residents and colleagues alike. With a passion for providing exceptional care, she finds fulfillment in the collaborative and supportive environment of Glendale Crossing. If you happen to spot her on the back porch of Glanworth neighborhood, don't hesitate to stop by and say hello – Kendall always welcomes the chance to connect and share a friendly conversation amidst the bustling rhythms of village life.



# 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.

We  our  
volunteers



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](https://schlegelvillages.com/volunteer)

#NVW2024

# 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](https://schlegelvillages.com/thank-caregivers)

**The deadline for submissions is Tuesday, April 30.**



# Spring Cleaning Tips & Tricks

## Work in small chunks of time

We've all done it – we let some things go in the cold, dark months of winter, and now we're staring at a massive cleaning project. It can be overwhelming, and honestly, intimidating.

Not sure where to start? Simple – anywhere. Spring cleaning does not need to be completed in one day. Instead, break up tasks into small chunks of time throughout the week, weeks, or month. This will make cleaning up much more manageable and motivating.

## Make getting rid of clutter a priority

When is the last time you decluttered your home? Or, do you have a certain room or closet deemed as the “dump room” where you tend to throw items into without order? Now is the time to go through it!

Decluttering helps you free up space, decrease stress, and even relieve insomnia. Removing clutter from your home also reduces your risk of tripping and falling.

Ask a friend or family member to help you separate items into three categories: keep, donate, and trash. Organize the items you keep in the space with appropriate-sized containers and shelving.

## Leave the heavy lifting to someone else

To prevent injuries, do not try to move heavy objects or furniture on your own. It's important to stay safe while spring cleaning, especially if you have reduced strength or mobility issues.

Enlist the help of friends and family to assist you with moving heavy objects. Or, hire a professional who will come in, clean, and move furniture so that your house is tidy without risking your wellbeing.

## Give your kitchen a refresher

This spring, take some time to clean out your refrigerator and pantry. Make sure no old, expired food items have been pushed to the back and forgotten.

Organizing your refrigerator and pantry by categories can help preparing meals easier. For example, put all of your cold produce in the produce bin, your condiments on the door of the refrigerator, and canned items together in the pantry.

## Clean your dishwasher and washing machine

Your dishwasher and washing machine work hard to keep dishes and clothes clean. But, every now and then, they need cleaned, too.

To do this, simply purchase specialty dishwasher cleanser and follow the directions for your dishwasher. Don't forget to wipe down the exterior.

You can use white vinegar and baking soda to clean your washing machine. Just add hot water to the machine, add the vinegar and baking soda, let it sit for 30 to 60 minutes, then restart your machine, and let it drain and dry.





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- ✓ Wax removal
- ✓ Communication strategies
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For more information or to book an appointment at

The Village of Glendale Crossing, please call

**1-888-745-5550**

[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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# Spotlight on You

*Brittany Cook—PSW Long Term Care*

My name is Brittany and I am a Personal Support Worker.

I was born in Cambridge, Ontario and grew up with 3 siblings. I now live in London, Ontario and have 5 children. I also have 3 pets, so our household gets quite busy.

When I am not working, I really enjoying being with my kids and playing with them.

I became a PSW because I love taking care of people. My favourite part of my role is being with all of the Residents. I have been here approximately 2 years!



# Spotlight on You

Khirieh Hammoud –

Hi everyone, we wanted to spotlight Khirieh this month!

You may call her “Kay”, and she lives on our Brighton neighbourhood. She was born in Lebanon and left due to the Civil War, thus immigrating to Canada back in the 1970’s. She has 4 children and many wonderful grandchildren, who visit her often.

In her life, she has enjoyed travelling to places such as Brazil and Syria. And can usually be found watching tv and movies of light nature in the open area, but also enjoys a good Lebanese soap opera! She loved cooking traditional Lebanese meals for her family and still today you can find her offering up her treats with others on the neighbourhood.

Kay does however enjoy a Timmies coffee and sweet treat every now and then. Kay speaks mainly Arabic, despite this, she still enjoys socializing and being around others in the village! She is a kind, sweet, and strong lady who is very family-oriented. This month she is celebrating Ramadan along with her fellow friends of the Muslim faith. Ramadan is a time of fasting, worship, communal gatherings and spiritual development.

If you see her this month you can say a kind hello and also “Ramadan Mubarek” or “Ramadan Kareem”!



# Volunteer Update

*From the desk of Yolande Turner*



April is a very special month because we get to celebrate Volunteer Appreciation Week! Volunteer Appreciation Week runs from April 14<sup>th</sup> to April 20<sup>th</sup>. Volunteers make a difference in the lives of residents at Glendale Crossing and Volunteer Appreciation Week gives us an opportunity to acknowledge and celebrate our volunteers for their hard work, compassion, and dedication to the Village. Our volunteers offer invaluable support to the residents and team members and they have impacted everyone in such an inspiring way. Each volunteer brings their own unique personality, skills and talents to every visit and program they participate in. Volunteers are the link from the greater London community and we are extremely thankful to each and every one of them for their time and service. Thank you volunteers!

We have many exciting programs and special events for volunteers to help out with in April. Please see your volunteer calendar for a complete list of opportunities to choose from.

In-person or virtual Volunteer Orientations available!

If you have a family member or friend who is interested in volunteering, please tell them to contact Yolande Turner, Volunteer Coordinator 519-668-5600 ext. 8046 / glendale.volunteers@schlegelvillages.com

*“The best way to find yourself is to lose yourself in the service of others”. ~Mahatma Gandhi*

## A Word From Your Co-Editor, Heather

Well, I have to thank-you to my friends at Glendale. The highlight of my week is Aster on the kitchen crew. Thank-you for the amazing meals that you help prepare for the Residents and for being my best friend! Elena is also one of my best friends and I totally love doing music with her! Like Whitney Houston always says “I will always love you”, and I always look up to her watching over me, in love.

Your Co-Editor Heather



# Village Events

## **Combined Village Events with Retirement and Long Term Care**

Thursday April 4 @ 2:30 Aviation Program in Town Hall

Saturday April 6 @ 2:45 Ruth's Fashion Boutique in Town Hall

Saturday April 6 @ 2:45 Music with Jim Cocchetto in Town Square

Wednesday April 10 from 10-2 Spring Market Table on Retirement  
Main Street

Wednesday April 10 @ 10:30 Catholic Mass in Town Hall

Saturday April 20 @ 2:45 Sigstrings Musical Performance in Town  
Hall

Monday April 29 @ 2:45 Fred Astaire Dance Studio Performance in  
Town Hall

**Plus regular music night on Mondays, Documentary Hours  
on Fridays and Church Service on Sundays!**

### **Resident Bill of Rights:**

27. 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

# Spotlight on You: Jeff Tucker

I would like to take the opportunity to introduce myself to all the residents here at Glendale Crossing. My name is Jeff Tucker and I am the new Director of Hospitality.

I have been a Culinary Manager in the retirement industry for almost 20 years now. I have worked for a couple of the big retirement companies as well as some small independent residences. My first degree was in Hotel & Restaurant Management, but I returned to school to complete my Chef apprenticeship and write my Red Seal Chef exam.

My wife's name is Michelle and she is an Occupational Therapist who works with babies from birth until they are 2 years old who have had a rough start to life. I have a daughter, Claire, who is 16 years old and a son, Jack, who is 14. We also have 2 cats.

I enjoy reading, most outdoor activities (camping, hiking, sports), golf in the summer and I curl on a men's competitive team through the winter. I've been an Edmonton Oilers fan since birth and just recently chose the Cleveland Browns as my football team to cheer for.

I am very happy to have joined the Schlegel family and I look forward to getting to know all of you in the future.



# Spotlight on You

## *George Hope—Retirement Resident*

George Hope is visually impaired and came to Glendale Crossing in November 2023 because he found it increasingly challenging to live independently at home. Born in Toronto and raised in Scarborough, George first met his late wife, Ingrid, in high school.

George enlisted in the Army Reserve, as a part-time job, while in his teens. During his military career, he saw service across Canada, completed two tours of duty in Germany in the 70s, and qualified as a parachutist.

George studied history and anthropology at university and became a teacher. Due to a lack of jobs in the city at the time, he embarked on his chosen career in remote, fly-in First Nations communities in northern Ontario. He returned to Scarborough and taught elementary grades and Special Education. During those years, George was seconded for two years, as Curriculum and Special Ed Coordinator, north of Thunder Bay, with responsibilities for four schools along the northern rail line. He enjoyed his time up there so much that he extended the experience for two more years!

Returning south to London in 1990, George became principal at a number of elementary schools. To keep busy after retirement, George was hired as Education Administrator for Oneida, a local First Nation south of the city.

Not one to stand still, George worked with young people in the Navy League Cadet program, played baritone sax in the New Horizons Band at Western University, and was honoured to be appointed an aide-de-camp to a past Lieutenant Governor of Ontario.

George is armigerous, meaning he has been granted a personal coat of arms from the Governor General of Canada. He remains active in a number of charities that support veterans, palliative care, and women's entrepreneurship in developing countries. Slowing down now, George enjoys reading (audio books these days), music, and travelling—41 countries and counting!

He can often be found at Breakfast Club or the Baking with Rob sessions. Because of his poor eyesight, when saying hi to George around the Village, please also tell him your name.



# Retirement News

## Did you know?

There are now large print books available in the Library!

There is no check in or check out for the Library books, we use an honour system. Please return the books when you're done so other residents have a chance to read them.

Please read the Today's Activities board by the TV on Main Street, this has the most up to date programming for the day. Programs are subject to change due to team availability, outbreaks etc. If a program is cancelled, we will make sure that it's posted as soon as possible.

If you have any ideas or suggestions that we can add to our Recreation calendar, please reach out to the Recreation team in the Hobby Shop.

# News from the Greenhouse

*From the desk of Monika Semma-Good*

## WHY SPRING IS MY FAVOURITE SEASON



I; sure it comes as no surprise to hear that Spring has a coveted place in this Horticulturalist's heart. As the days get longer and the birds start to make their return, I feel a little lighter everyday. Try as I might to enjoy each and every season Mother Nature throws our way, the dark and gloomy winter weeks feel long and tiresome. By April I'm ready to get my hands in the soil, toes in the grass, and face up to the sun.

One of the biggest reasons I love Spring, is because it reminds me of the cyclical nature of the world. Much like winter, tough times don't last forever, and Spring always reminds me of that. There's something about the world bursting into growth and colour after a long period of rest that is invigorating and hopeful. March has been a weird and moody month for weather, but if you look around, all the signs are there that Spring is making her return.

Next time you're out for a stroll or gazing out your window, I encourage you to take a moment and reflect on all of the millions of little miracles that are happening right under our feet as this new season swings into action. Our spring flowers will soon be poking out of the ground and bursting into life after spending the last 3 seasons gathering and storing energy. It takes an amazing amount of effort for a bulb to push it's roots through cold soil and then sprout and bloom. That's why we only get to enjoy those spring blooms for 1 short and fleeting season--the rest of the year is spent replenishing those crucial energy reserves. The birds and butterflies have made extreme journeys to return from their southern nesting grounds, often flying thousands of miles and soon will be hard at work nurturing the next generation and really, what can be more hopeful than that?

So if like me, you've spent a lot of the winter in hibernation, now is the time to Spring into action or set some new intentions of the year ahead...and please remember, nothing in Nature blooms all year round. All things have their season and my hope for everyone in our village is that this next one will be full of joy, wonder, and the kind of happiness that only Spring can bring!



## 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](http://www.the-ria.ca/resources/babel)



# GLENDALE CROSSING

A P R I L 2 0 2 4



"My name is Donna and I believe that exercising is good for my body, my mind and my spirit. I have always been able to do some kind of exercise over the years. It just feels good knowing that regardless of my age, my body was able to carry me strong and forward to this day. Today, I am still continuing my exercise journey at Glendale Crossing. Prior to moving into the village, I was hoping that there would be exercise classes offered within the village. Well it turns out that they do, five days a week! I was delighted, and we have a truly excellent teacher, our Lizy!

I look forward to the exercise classes hosted in the village. I believe Lizy moves just about every muscle in my body during the classes. I also have wanted to improve my balance and I feel that I have had some success in that already. I'm grateful for our classes with Lizy at Glendale Crossing. It is well attended and everyone seems to be happy and friendly. It can be a good place to make friends while keeping our bodies moving. So come and join the exercise classes and... GO FOR IT!"

- Donna



Did you know that the Canadian Society for Exercise Physiology recommends that individuals aged 65+ should take part in muscle strengthening activities using major muscle groups at least twice a week? Regaining lost muscle mass leads to daily chores becoming easier, improved balance and more confidence. Research shows that strength training can give you...

- Healthier bones
- A reduced risk for falls
- Quicker reaction time
- Better posture
- A decrease in body fat
- An easier time getting out of a chair



**Check the monthly calendar to see the dates + times of when all of the exercise classes are taking place!**

**All exercise classes are drop-in. Prior sign up is not needed.**

**Individuals of all fitness levels are welcome to join!**

*From the desk of Lizy Tran*



# LTC Family Council

The next Family Council Meeting is Monday April 15, 2024 at 3pm in the Long Term Care Library



Family  
Councils  
Ontario

# Spot The Dot

Tell us who you feel is connecting the dots and delivering an extraordinary experience!

Categories for nominations:

**Know Me: as a unique human being**

**Be Present: in all communications**

**Walk in my shoes: by trying to understand how I feel**

**Earn Trust: by being clear, genuine and transparent in all interactions**

**Follow Through: all the way**



This board is located on LTC's Main Street but anyone from Retirement or Long Term Care can be nominated. Come and fill out a dot for someone if they have gone above and beyond. They will be entered in a draw for a gift card at the end of the year! Thank-you all in advance!

## **Know me nominees:**

Yolande T, Caroline T, Salma O, Tarah S, Kim H, Hans V, Aleesha B, everyone, Shannon A, Kim A (support office), Erin S, Maria C, Melissa C, Heather V, Angela F, Larissa P, Jason L

## **Be Present nominees:**

Michelle H, everyone, Maria C, Jeff T times 2, Aster, Melissa C, Rema, Mary Ellen

## **Walk in My Shoes:**

Hans V, Angela F, Misty B, Lambeth Team

## **Earn Trust:**

Courtney R, Hiam E, Sladana O, Elizabeth H, Helga U, Erin S, Vergel V, Maria C

## **Follow Through:**

Charlie C

# Recreation News

*From the desk of Tina Lancaster*

Hi! My name is Tina and I am the Recreation Supervisor here at Glendale.

Before I started my journey at Schlegel Villages, I worked as a Personal Trainer at a small gym in London. I quickly realized that the fitness industry wasn't for me and made a career change. This is when I started working on my Recreation Therapy diploma and the rest is history!

I started on the Long Term Care side as a recreation student in 2018, later that year, I was hired on as a team member. I then transitioned into my current role in June of 2023.

I grew up in a small town called, Dundalk. It's a "don't blink or you'll miss it" type of town. I moved to London in 2012 to attend Fanshawe and stayed here when I graduated. I still visit my parents and family back home as often as I can.

I live with my husband, Kegan, our 2 year old, Oliver and our shepherd husky mix, Cooper. Oliver likes to keep us on our toes as we enter the "terrific twos".

My favourite things to do in my spare time is take the dog for a walk, read a good mystery book or sit down to do a jigsaw puzzle. Now that I have a toddler, a new hobby has been going to the park to play on the swings.

It's hard to think of only one reason why I love working here at Glendale. I love the relationships I have made with both residents and co-workers. I also love that am able to bring a bit of joy to people when they need it the most. Being able to plan and organize fun programs and events in the short time that we've been open has also been rewarding as well. I hope that we are able to bring many more fun and exciting events in the future!

If you have any questions or suggestions about the recreation calendar, please come see me in the Hobby Shop!



# Athlete of the Month

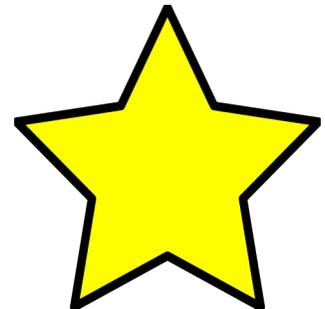
## Athlete of the Month

The PAL team is delighted to extend heartfelt congratulations to Bill Volk, our distinguished Athlete of the Month for his outstanding dedication and commitment to self-improvement within our program. Bill's remarkable perseverance and near-perfect attendance exemplify his unwavering determination to excel. Actively engaging in our walking programs and diligently utilizing the NuStep bike, Bill approaches each exercise session with a positive attitude and a drive to surpass his previous achievements. Remarkably, within a short span of time, Bill has effectively doubled his ambulation abilities, a testament to his relentless pursuit of progress. We commend Bill for his remarkable achievements and look forward to witnessing his continued growth and success.

Congratulations Bill, on this well-deserved recognition!

The PAL team

Ryan, Morgan, Ajay, Sabrina, Andrea, Arshpreet and Ally



Great Job!



Ryan Morin  
Director of PAL Services

# Retirement Home General Store

Our store will be open on Monday, Thursday & Saturdays 11:30am-2:30pm

\*The store will be open during store hours only.

\*Prices and store items may be subject to change.

If any Retirement Residents would like to Volunteer in the store please contact Yolande Turner at ext 8046 or [glendale.volunteers@schlegelvillages.com](mailto:glendale.volunteers@schlegelvillages.com)



# Recipe Corner



## Skillet Sausage and Zucchini

### Instructions

1. Heat 1 tbsp olive/ avocado oil in skillet over medium-high heat
2. Once oil is hot, add chopped sausage and sauté until both sides lightly brown. Remove from pan and put aside
3. Reduce heat to medium and add remaining oil to skillet with zucchini, onion, and bell pepper. Sprinkle oregano, pepper, garlic powder, onion powder, and salt. Stir.
4. Let cook until onion is translucent (about 5 min)
5. Add sausage back into skillet with garlic. Stir. Cover and let cook for a few minutes. Taste and add more seasoning as needed.

### Ingredients:

- 
- 2 medium zucchinis (cubed)
- 4 fully cooked sausages (sliced into circles)
- 1 onion (cut like zucchini)
- 1 bell pepper (cut like zucchini)
- ¼ tsp garlic powder
- ½ tsp oregano
- ¼ tsp onion powder
- ¼ tsp pepper
- 2 ½ tbsp olive/ avocado oil
- ½ tsp salt
- 1 tsp garlic (minced)

Total Time: 20 min

Servings: 4

Calories: 288 per serving

# BEGIN AND END

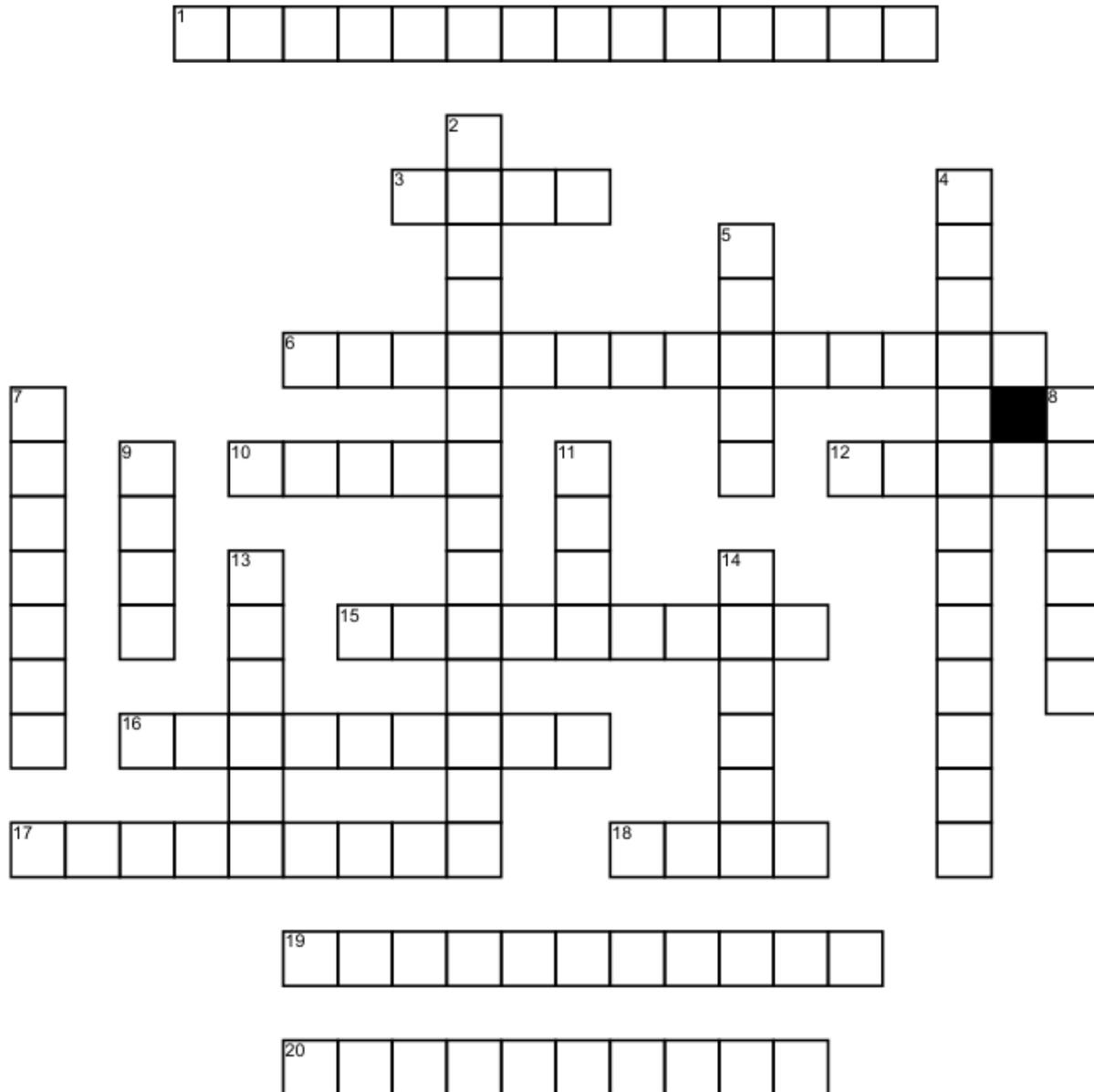
*Each phrase below is a clue for an answer that begins and ends with the same letter.*

- 1. A continent at the south pole :*
- 2. Payment to stockholders :*
- 3. A word used by magicians :*
- 4. Physical exertion done for fitness :*
- 5. One television show in a series :*
- 6. One who reviews and gives judgements :*
- 7. A brief advertisement :*
- 8. A place for performers :*
- 9. An amount over and above what is needed :*
- 10. A great work of art or literature :*
- 11. A ray of moonlight :*
- 12. An edible seed of a bean plant :*
- 13. Accepting of others :*
- 14. Handwriting skill :*
- 15. Blue-green :*

		1				6		
	2			7			4	
3			5		9			2
		7				3		
	4			5			6	
		8				4		
4			2		8			7
	5			4			8	
		6				9		

1	2		3		4		5	6
7					6			1
	8		4		9		2	
				6				
	3		5		1		8	
9			2					8
8	4		6		7		1	9

# Spring Crossword Puzzle



## **Across**

1. What festival is held in spring?
3. What weather occur in April?
6. What do you do to house in spring?
10. Air is?
12. Birds does what?
15. School has what in April?

16. what sickness do you get in spring?

17. What animal shows that spring is coming?

18. Weather is?

19. Opposite of long sleeve

20. What holiday shows love in May

## **Down**

2. What is it called when time is moved one hour back?

4. Farmers does what?

5. School has spring what?

7. What blooms in spring?

8. Opposite of Autumn

9. Animals does what?

11. Season of

13. Animals carry

14. Holiday involving bunnies

# April Showers

S N Y V Y W E T A L O C O H C Z Q  
 E J A T H D E F G N I N N I G E B  
 K C D T H N N O T E K S A B M Q B  
 O U S W A R M E R W E A T H E R Y  
 J O L N T C X W C M W S I X I J E  
 U Z O F E J A O H H R U Q T E H L  
 Q S O Y Y E L R I N N N J L O G J  
 X R F M D A R G C N G J L T Q P S  
 B E L M Y I D G K J X Y Q C N L P  
 U W I C F A K H S O B S D P X A R  
 N O R C R U F V T E R W S X W N I  
 N H P O X W U L A R O V E G S T N  
 Y S A O H X N N O L A N I S K I G  
 E A S T E R S L P W L E R K Z N K  
 S E L D D U P N K H E B A L N G T  
 U U M O O L B X R S U R U A T F X  
 C A O B A S E B A L L O S M N E V

April Fool's Day

Aries

Baseball

Basket

Beginning

Bloom

Bunny

Chicks

Chocolate

Earth Day

Easter

Flowers

Green

Grow

Jellybeans

Jokes

Planting

Plow

Puddles

Showers

Spring

Sun

Taurus

Warmer Weather

# Contact us...

3030 Singleton Ave. London ON N6L 0B6  
519-668-5600

*Our mission..* is to provide holistic health care in a home environment, located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.

## Long Term Care Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
Holly Ross	Assistant General Manager	X 8003	Holly.Ross@schlegelvillages.com
Melissa Green	Director of Care	X 8005	Melissa.Green@schlegelvillages.com
Kendall Dougherty	Assistant Director of Care	X 8037	Kendall.Dougherty@schlegelvillages.com
Maria Martin	Assistant Director of Care-Ipac Lead	X 8024	Maria.Martin@schlegelvillages.com
Janna Cook	Assistant Director of Care	X 8019	Janna.Cook@schlegelvillages.com
Erin Seldon	Director of Recreation	X 8007	Erin.Seldon@schlegelvillages.com
Greg Lee	Director of Environmental Services	X 8006	Greg.Lee@schlegelvillages.com
Valery Smith	Director of Food Services	X 8004	Valery.Smith@schlegelvillages.com
Tracey Moore	Assistant Director of Food Services	X 8012	Tracey.Moore@schlegelvillages.com
Lindsay Tansey	Registered Dietitian	X 8009	Lindsay.Tansey@schlegelvilages.com
Angela Farrish	Administrative Coordinator	X 8202	Angela.Farrish@schlegelvillages.com
Salma Omerovic	Administrative Assistant	X 8001	Glendale.Admin@schlegelvillages.com
Christina Lippmann	Neighbourhood Coordinator	X 8017	Christina.Lippmann@schlegelvillages.com
Amanda Verberne	Neighbourhood Coordinator	X 8023	Amanda.Verberne@schlegelvillages.com
Nicole Daley	Neighbourhood Coordinator	X 8020	Nicole.Daley@schlegelvillages.com
Ryan Morin-R. Kin.,	Director of PAL Services	X 8008	Ryan.Morin@schlegelvillages.com
Morgan Sullivan—R. Kin.,	PAL Coordinator	X 8016	Morgan.Sullivan@schlegelvillages.com
Yolande Turner	Student Services/Volunteer Coordinator	X 8046	Glendale.Volunteers@schlegelvillages.com
Shannon Brady	Resident Support Coordinator	X 8014	Shannon.Brady@schlegelvillages.com
Tracy King	Director of Quality and Innovation	X 8057	Tracy.King@schlegelvillages.com
Amera Elnamara	Nurse Practioner	X 8013	Amera.Elnamara@schlegelvillages.com
Hans Van Eyk	Chaplain	X 8043	Glendale.Chaplain@schlegelvillages.com

If any Resident would like a copy of the newsletter delivered monthly, please contact Erin Seldon at extension 8007, or let your Recreation Team Member know.

# Contact us...

3030 Singleton Ave. London ON N6L 0B6  
519-668-5600

## Retirement Home Leadership Team

Cindy Awde	General Manager	X 8203	<a href="mailto:Cindy.Awde@schlegelvillages.com">Cindy.Awde@schlegelvillages.com</a>
Heather Hyland	Assistant General Manager	X 8204	<a href="mailto:Heather.Hyland@schlegelvillages.com">Heather.Hyland@schlegelvillages.com</a>
Larissa Polonio	Administrative Assistant	X 8201	<a href="mailto:Larissa.Polonio@schlegelvillages.com">Larissa.Polonio@schlegelvillages.com</a>
Angela Farrish	Administrative Coordinator	X 8202	<a href="mailto:Angela.Farrish@schlegelvillages.com">Angela.Farrish@schlegelvillages.com</a>
TBD	Director of Wellness	X 8209	TBD
Tanveer Mann	Assistant Director of Wellness	X 8235	<a href="mailto:Tanveer.Mann@schlegelvillages.com">Tanveer.Mann@schlegelvillages.com</a>
Kendra McKellar	Neighbourhood Coordinator	X 8205	<a href="mailto:Kendra.McKellar@schlegelvillages.com">Kendra.McKellar@schlegelvillages.com</a>
Shannon Dafoe	Neighbourhood Coordinator	X 8208	<a href="mailto:Shannon.Dafoe@schlegelvillages.com">Shannon.Dafoe@schlegelvillages.com</a>
Tina Lancaster	Recreation Supervisor	X 8207	<a href="mailto:Tina.Lancaster@schlegelvillages.com">Tina.Lancaster@schlegelvillages.com</a>
Lizy Tran	Exercise Therapist	X 8216	<a href="mailto:Lizy.Tran@schlegelvillages.com">Lizy.Tran@schlegelvillages.com</a>
Greg Lee	Director of Environmental Services	X 8006	<a href="mailto:Greg.Lee@schlegelvillages.com">Greg.Lee@schlegelvillages.com</a>
Amy Jackson	Assistant Director of Environmental Services	X 8229	<a href="mailto:Amy.Jackson@schlegelvillages.com">Amy.Jackson@schlegelvillages.com</a>
Jeff Tucker	Director of Hospitality	X 8056	<a href="mailto:Jeff.Tucker@schlegelvillages.com">Jeff.Tucker@schlegelvillages.com</a>
Robert Fagan	Dining Room Supervisor	X 8223	<a href="mailto:Robert.Fagan@schlegelvillages.com">Robert.Fagan@schlegelvillages.com</a>
Carole Metron	Director of Lifestyle Options	X 8230	<a href="mailto:Carole.Metron@schlegelvillages.com">Carole.Metron@schlegelvillages.com</a>
Holly Albion	Director of Lifestyle Options	X 8231	<a href="mailto:Holly.Albion@schlegelvillages.com">Holly.Albion@schlegelvillages.com</a>
Monika Szpigiel	Director of Lifestyle Options	X 8232	<a href="mailto:Monika.Szpigiel@schlegelvillages.com">Monika.Szpigiel@schlegelvillages.com</a>
Kathy Howell	Village Experience Coordinator	X 8233	<a href="mailto:Kathy.Howell@schlegelvillages.com">Kathy.Howell@schlegelvillages.com</a>
Riverstone Spa	Salon	X 8227	<a href="mailto:Marney@thespaathome.com">Marney@thespaathome.com</a>
Rob Dore	Chaplain	X 8236	<a href="mailto:gcrhchaplain@schlegelvillages.com">gcrhchaplain@schlegelvillages.com</a>

