

The Gates Gazette



HELLO
Spring



Village Photos





Hello MARCH!

Village-Wide Events

8th - Holi Festival of Colour

Check your neighbourhood calendar for celebration time and location

10th - Ron Schlegel's Birthday Party

Turning 80 years young! Come to main street for live music and fun!

17th - St. Patrick's Day!

WEAR GREEN and join the afternoon festivities

20th - First Day of Spring

and Nowruz (Persian New Year)

21st - World Down Syndrome Day

Rock Your Funkiest Socks for awareness!



March is also Nutrition Month!



Credo Awards

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioning from our Success Awards to the newly designed CONNECT the Dots Credo Awards.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

Credo Values – award categories



Know Me means to...

- Understand and anticipate my needs
- Support my WELL-BEING
- EXCEED my expectations
- Make me feel SPECIAL



Be Present means to...

- Be PATIENT and practice LISTENING
- Let ME guide the conversation
- ASK me my expectations and needs
- Focus on Me in the moment



Walk in My Shoes means to...

- Hear what I HEAR
- See what I SEE
- Feel what I FEEL
- CONNECT with me



Earn Trust means to...

- Demonstrate YOU care
- Take Responsibility for those we serve
- Create a sense of SAFETY AND COMFORT
- DELIVER on your/our promises



Follow Through means to...

- Show me my concerns are IMPORTANT
- Confirm that I am VALUED as a customer
- Let me know I will be TAKEN CARE OF
- Create MEMORABLE MOMENTS

Look for additional information posted around the Village and remember to nominate a deserving team member who continuously demonstrates the values of the credo!



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

Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

March 1–15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.

**Thank you
for your
nomination!**




SCHLEGEL VILLAGES



Happy Ramadan

Ramadan is the ninth month of the Lunar Islamic Calendar. This year Ramadan will be on March 22nd, the month of fasting for Muslims, where they fast from dawn until sunset every day for the entire month. Depending on the time of the year, fasting can last from 12 -16 hours a day.

Fasting is obligatory during Ramadan for all adult Muslims, children often join but it's not an obligation until age of puberty. There are some Muslims exempted like elderly, sick, Pregnant/nursing women, menstruating women, women after childbirth and people who are travelling/on a journey. The idea is to Practice self-discipline, self-control, sacrifice, to have empathy and gathering together and sharing food with the family and community.

During the day with fasting, Muslims do not consume food at all, water or any other liquids, smoking, and engaging in sexual relations from dawn to dusk. Everything else is business as usual. Pre-dawn meal is called Suhoor the meal one takes early in the morning before sunrise and dusk meal is called Iftar which means to conclude and break a fast after sunset by eating or drinking. Many of the health benefits of Ramadan includes, lowering of blood sugar, lowering of cholesterol, lowering of the systolic blood pressure, reducing obesity, maintains weight loss, and essential hypertension.

The last ten days are significant because it is believed that it was during one of the last ten days that the first verses of the Quran, the holy book of Muslims, were revealed.

Ramadan will end on April 21st which is the first day of the tenth month of Islamic Calendar. This day is called Eid al-Fitr, also is called the Festival of Breaking the Fast. Eid al-Fitr is an important Islamic holiday for the Muslims worldwide. This event involves many Muslims waking up early and praying either at an outdoor prayer ground or a mosque. People dress in their finest clothes and adorn their homes with lights and other decorations. Old wrongs are forgiven and money is given to the poor. Special foods are prepared and friends or relatives are invited to share the feast. Gifts and greeting cards are exchanged and children receive presents.

Ramadan Mubarak!

Nowruz

Nowruz is the “Persian New Year” which is celebrated worldwide by various ethno-linguistic groups and countries for over 3,500 years. Nowruz directly translates to “A New Day”, the first day of spring, spring equinox, based on solar calendar. It was registered on the UNESCO's “Representative list of the Intangible Cultural Heritage of Humanity” in 2010, described as “The International Day of Nowruz”.

Highlights of Nowruz:

- Spring Cleaning (Khaneh-Tekani literally means shaking the house), everyone begins preparing their homes for Nowruz, weeks in advance. They're going to clean their houses from top to bottom
- Buying new clothing; especially for children
- Chaharshanbeh Souri: Celebrating the Last Wednesday of a Year, jumping over the fire. The main idea is to get the energy and positive glow from the fire and give all bad feelings to the fire
- Forgiveness and kindness
- Haft-Seen table setting
- Visiting relatives and friends
- Gift exchange “Eidi”, specially giving money to children
- Sizdah Bedar (literally meaning “getting rid of 13”): On the thirteenth day of the New Year, people leave their houses to enjoy nature and picnic outdoors, as part of the Sizdah Bedar ceremony. The greeneries grown for the Haft-Seen setting are thrown away. It is customary for young single people, especially young girls, to tie the leaves of the greeneries before discarding them, expressing a wish to find a partner. Another custom associated with Sizdah Bedar is the playing of jokes and pranks, similar to April Fools' Day.

“NOWRUZETAN MOBARAK”

"نوروزتان مبارک"



Chaplain's Corner

Contact A Chaplain



Long Term Care:

Chaplain Mike Zenker

Mike.zenker@schlegelvillages.com

519-904-0650 Ext. 8011

HOURS

Tuesday & Thursday Mornings

Wednesday mid morning

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



Retirement Home:

Chaplain Jane Kuepfer

jane.kuepfer@uwaterloo.ca

519-904-0650 x 8249

Hours:

Tuesday afternoons

Thursday mornings

LOVE DEEPLY *(Devotional)*

Do not hesitate to love and to love deeply. You might be afraid of the pain that deep love can cause. When those you love deeply reject you, leave you, or die, your heart will be broken.

But that should not hold you back from loving deeply. The pain that comes from deep love makes your love even more fruitful. It is like a plow that breaks the ground to

allow the seed to take root and grow into a strong plant.

Every time you experience the pain of rejection, absence, or death, you are faced with a choice. You can become bitter and decide not to love again, or you can stand straight in your pain and let the soil on which you stand become richer and more able to give life to new seeds.

- **Henri Nouwen**

Spiritual Life Gatherings

Long Term Care Chapel: Tuesdays 10am Rosary Service

Long Term Care Chapel: Thursdays **9:15am & 10:15am** 'Hymns Chapel Service. (new times for the month of March)

Retirement Home: Tuesdays at 1:45 in Emmas,

Retirement Home: Thursdays at 10:30 in Egerton



RETIREMENT:

LENT 2023 devotion theme:

Shaped and Called

Pick up a copy of weekly Lenten devotions in the Retirement (RH) Town Hall.

Special Spiritual Life Gathering, March 7, 2:30:

In celebration of **International Women's Day**, we will use materials from **"World Day of Prayer 2023"**

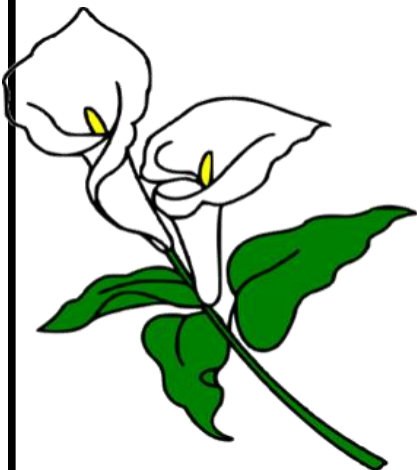
prepared by women of the church of Taiwan (artist: **Hui-Wen Hsaio**)



We Remember

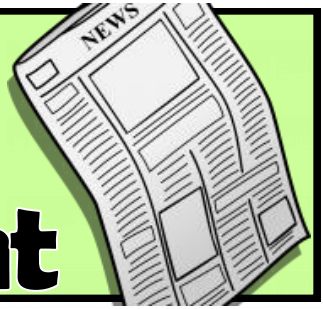


Thomas (Tom) Ho (RH)
Emery Grosland (RH)
Gerald Binkley (LTC)
Elizabeth McHugh (LTC)
Jean Webster (RH)
Alfred Rigo (LTC)
Buddy Stanley (LTC)



*Thank you for sharing
your time with us*

Village News Retirement



Daylight Savings Time Begins Again!



SPRING FORWARD

Sunday March 12th, 2:00AM

WEAR GREEN
ST. PATRICK'S DAY
MARCH 17TH

ROCK YOUR CRAZY SOCKS
WORLD DOWN SYNDROME DAY
MARCH 21ST

HOLI FESTIVAL March 8th

Come to Main Street at 3:00pm to join in on this joyful Hindu celebration of colour and happiness by contributing to various colour filled activities!

Learn more about Holi Monday March 6th at 3:00pm in the Library!



Ron Schlegel turns 80 years young!
We will be celebrating with a birthday party on Main Street on Friday March 10th at 2:30pm. Live music, food, and fun



DO YOU NEED EMOTIONAL SUPPORT?

GATHER Peer Support Groups at University Gates:

GATHER: Carepartners

Tuesdays March 7th & 21st

3:45pm In Town Hall with Jane

GATHER: Grief

Thursday March 16th

11:15am in the Library with Jane

Retirement Resident Updates

In February we welcomed to the village:

<i>Name</i>	<i>Suite</i>	<i>Neighbourhood</i>
Donald & Emily Booth	2527	Becker
Donald McLeish	2118	Williamsburg
Gerald Ueberschlag	2231	Emma's
Nelda & Edgar Leis	2625	Becker (519) 885-0863
Joan Jacobson	2143	Williamsburg

Other Directory Updates and *Corrections:

Harry Hofstede	2716	Moved Out
Lucy Tessaro	2613	Moved Out
Janet Wilkinson	2714	(548) 288-3363
Christoforos Andriotis	2225	Moved Out

March Birthdays!

Jan Van Oostveen
Doris Witter
Don McLeish
Judy Brooks
Janet Wilkinson
Helen Saunders
Jeffrey Haywood
Dorrene Olfert
Bernie Logel
Joan Jacobson
Ron Mephram
Mary Buhr



David Morris
Adolf Michel
Bev Patchet
Edgar Leis
Jim Muir
Melinda Struthers
Dee Preikschas
Hildegard Altmayer
Joan Roberts
Wilda Gerth
Jean Calcagno
June Weiberg

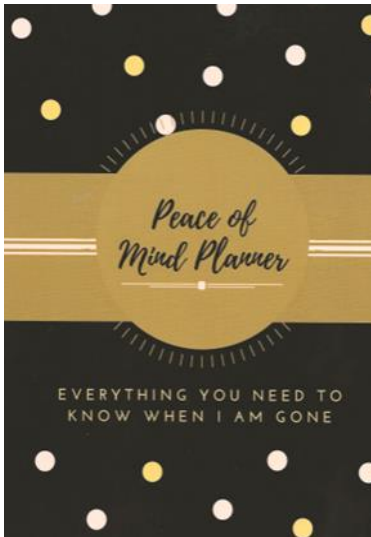
Discoveries continue about

Planning For My Future

Three Sessions will be presented in March. Topics are outlined below.

March 1

- Palliative Care
- Hospice Care
- Medical Assistance In Dying — M.A.I.D.



March 15

- Identifying items to include in a document containing “all sorts” of information to help our executors and family
- Discovering 2 methods of recording the information

March 29

- Ideas for creating a computer-generated document
- Expanding on preparing for the “final goodbye”
- Guest speaker: Jim Erb, retired owner of a local Funeral Home, will guide us through the maze of mysteries related to planning for our final journey.



All Sessions on Wednesdays
2:30 p.m. Town Hall



NUTRITION MONTH



March is Nutrition Month!!!

Healthy eating is a key part of aging well. It is a way for you to stay healthy and strong, which is important to maintain your independence and quality of life.

Healthy eating can help:

- promote and protect health and well-being
- provide energy and essential nutrients to maintain health
- prevent or lower the risk of chronic diseases like:
 - heart disease
 - type 2 diabetes
- prevent muscle and bone loss to reduce your risk of falling or breaking your bones



Healthy Food Options

Dark green vegetables such as kale and bok choy are beneficial each day. Orange vegetables such as carrots and sweet potato on most days. Whole grains such as wild rice, oats are good options. Protein foods like eggs, nuts/seeds, fish, beans or lentils. Lean meats, and lower fat dairy products such as milk or yogurt. Foods like these examples are all packed with nutrients to help maintain a balanced diet.



Having a large variety of food groups, along with enjoying everything in moderation is a key part to healthy eating habits.

Other Tips

If your sense of taste or smell has changed, try different spices and herbs to add more flavor, instead of salt. High sodium levels can play a large factor in overall health. You can also switch up the texture and temperature of foods to make them more interesting.

Drink water! As you age, your sense of thirst may decline. It is important to remember to stay hydrated and drink 6-8 cups of water daily.

Eating with others is great for the company and good exercise for your brain. It can also be good for your appetite, it may encourage you to eat more of the foods that you need to stay healthy.



Village News

Long-Term Care

UNIVERSITY GATES PRESENTS:

MARCH MADNESS

**BASKETBALL
SHOOTOUT**



**SATURDAY MARCH 18TH
2PM
ON MAIN STREET**

Ron Schlegel is 80 years young!

We will be celebrating as a village with a birthday party on Main Street on Friday March 10th

International

Women's Day

— March 8 —



SHINE ON,
not just today
but everyday!

Moments of Beauty

Aspects of the Bruce Peninsula



*Photographic
Presentation
By Julie Trip*



**Wednesday March 15th
2:30pm in the Discovery Hall**

Family Council
Thursday March 23rd
10:30am—Virtual

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

Happy Birthday!

Gordon A.
Cecilia B.
Patricia B.
Flora C.
Sandra D.
Philip F.
Dolores F.
Ruby F.
Mary F.
Sukesh G.



Peter H.
David M.
Vallena S.
Manuel S.
Buddy S.
Marlene T.
Anton V
Mabel W
Ann Z.

A MESSAGE FROM YOUR LTC PAL TEAM

Staying Active During at Home the Winter

With the cold weather having no end in sight, it can be hard to get the exercise our body requires. Here are five winter movements you can do to keep active indoors. Aim to do each exercise for 40 seconds following with a 20 second rest to get your heart pumping.

Push the Snowball



Start with your hands in front of your chest with your palms facing forward. Push both hands out in front of you. Bring hands back to your chest and repeat.

Wipe the Snow



Start by reaching one hand across your body and move your arm from one side of your body to the other side. Alternate arms and repeat.

Climbing Snow



Start with both feet flat on the floor and both hands on your knees. Bring one arm up above your head and at the same time bring the opposite knee up. Return arm and knee back to starting position. Alternate sides and repeat.

Skiing



Start with both hands out in front of you at shoulder height and bring your arms down to your side. Bring arms back to shoulder height and repeat.

Put on Boot



Start with both feet flat on the ground while holding onto the sides of your chair. Kick one foot forward and reach for toes with the opposite hand. Bring your hand and foot back to starting position. Alternate sides and repeat.

A MESSAGE FROM THE LTC PAL TEAM

March

ATHLETE OF THE MONTH

George Vicic



ABOUT RESIDENT

George is a very outgoing resident on Johnston who is always ready to chat with everyone. George's humour and kindness always puts a smile on the faces of those around him.

RESIDENT'S GOALS

George is self-determined to push himself to improve his functional abilities. He is always eager to get to exercises classes as he is a very dependable participant who always gives his best effort.

RESIDENT'S FAVOURITES

To do while exercising: Making others laugh

Exercise: Walking

Exercise class: Strengthening

Q & A

What motivates you to exercise?

'To push and better myself'

Do you have any advice for other residents about exercising?

'A little bit of exercise is better than none. Do you what you enjoy'

Quality & Innovation News



What is the Skin?

The skin is the body's largest organ, made of water, protein, fats and minerals. Your skin protects your body from germs and regulates body temperature. Nerves in the skin help you feel sensations like hot and cold.

Your skin, along with your hair, nails, oil glands and sweat glands, is part of the integumentary (in-TEG-you-MENT-a-ree) system – the body's outer covering.

Three layers of tissue make up the skin:

1. Epidermis (Top Layer)

Your epidermis is the top layer of the skin that you can see and touch. Keratin, a protein inside skin cells, makes up the skin cells and, along with other proteins, sticks together to form this layer.

2. Dermis (Middle Layer)

The dermis makes up 90% of skin's thickness. This middle layer of skin contains the proteins collagen and elastin, hair follicles, nerves, oil and sweat glands, and blood vessels. It's a busy place!

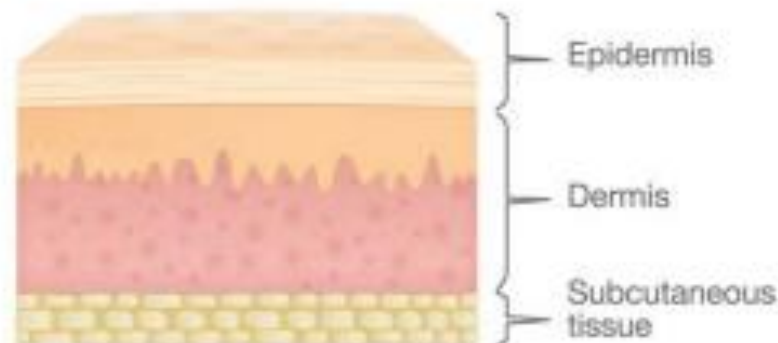
3. Hypodermis/Subcutaneous Tissue (Bottom Layer)

The hypodermis contains connective tissue that connects layers of skin to muscles and bones and cushions muscles and bones from injuries and impact.

Healthy Skin Should:

- ✓ Have even/consistent tone and colour
- ✓ Have a smooth and firm texture
- ✓ Be warm without being hot
- ✓ Be well hydrated
- ✓ Reflect light

The Layers of Skin



- ✓ Have normal sensation (no burning, itching, pain)
- ✓ Be intact (no cuts, wounds, scratches, lesions, rashes)

Strategies to boost fluid intake and avoid dehydration

It's important to drink enough fluids for more reasons than you might realize. Water is needed for many things in your body, including digesting food, controlling body temperature, and healing wounds. When you don't drink enough water, it can cause you to feel weak, tired, dizzy, constipated, confused and cranky.

Yet one in five long-term care residents become dehydrated every year. This can happen for different reasons, like limited access to fluids, ignoring dry mouth and other thirst signals, having a hard time drinking because of physical challenges, and drinking less to avoid going to the bathroom often.

To help older adults avoid dehydration, Heather Keller (Schlegel Research Chair in Nutrition and Aging) and her [Nutrition and Aging Lab](#) have been exploring solutions to avoid dehydration. Some successful methods include carrying a water bottle, offering preferred cups and drinks, learning thirst signals to know when you're thirsty, planning for washroom access, eating foods with high fluid content, drinking with others, drinking in between meals, and making fluid intake a part of your daily routines.

The lab's current project, called "PROMOTE," is working with Schlegel Villages to test the practicality



of seven strategies to promote hydration in older adults.

Tips for improving hydration

To determine how much water you need, Keller suggests thinking about your body size, how active you are, the temperature outside, and the food you've eaten. Interestingly, 20-40 per cent of the water we get comes from the food we eat. As a general rule, at least six to eight cups of fluid per day is recommended.

As you get older, you may find that you don't feel as thirsty as you used to. However, monitoring how often you need the bathroom and how much you are urinating can help you figure out how hydrated you are, to ultimately improve your overall health.

Want more information on hydration? Watch Keller's webinar recording, Strategies to Improve Hydration in Older Adults: <http://bit.ly/3Kh0jUV>

Subscribe to updates from the RIA at www.the-ria.ca/enews to find out how residents, care partners and team members can get involved in projects like this one.



Stories from the **GREEN BENCH** Podcast



SUBSCRIBE



Listen on
Apple Podcasts



Listen on
Google Podcasts



Listen on
Spotify Podcasts

ElderWisdom.ca



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

For more information or to book an appointment at The Village of University Gates, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

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: Nina (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 / Shelley Bissitt	8054 / 8009
Director of Environmental Services: Dilan Ganegoda (LTC)	8006
Director of Recreation: Meghan Connelly	8007
Director of Hospitality: Brent Covey	8004
Food Services (LTC): Becky Golbeck / Liz Barre	8008
Director of Program for Active Living (PAL): Liam Stiles	
Exercise Therapist: Victoria Weber (LTC)	8013
Nursing	
Charge Nurse LTC	8055
Psychosocial and Spiritual Well-being	
Janessa Mostert: Social Worker (LTC)	none
Mike Zenker: Chaplain (LTC)	8011
Noreen Blount (LTC): Volunteer & Student Services	8010
LTC Riverstone Spa and Salon	8095

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



RETIREMENT

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: Theresa / Stella (RH)	8201
Neighbourhood Coordinators	
Egerton & Becker (RH): Jennifer Allen	8208
Williamsburg & Emma's (RH): Sandy Taylor	8205
Department Directors	
Wellness Coordinator (RH): Trish Baird	8209
Director of Environmental Services: Dilan Ganegoda (LTC)	8006
Environmental Service Supervisor: Jessica England (RH)	8250
Maintenance Services: Brad/Jerry (RH)	8234
Director of Recreation: Meghan Connelly	8007
Recreation Supervisor: Sunny Ticknor-Malton (RH)	8207
Director of Hospitality: Brent Covey	8004
Director of Program for Active Living (PAL): Liam Stiles	
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: Sophia/Sahar	8041/8248
Village Experience Coordinator: Jane Panta	8048
The Ruby Dining Room	8224 (bar)
RH Riverstone Spa and Salon	8227