

Riverside REVIEW

Vol. 25 Issue 4 April 2023

Message from our General
Manager
Pg. 2

Chaplain's Corner
Pg. 3

Welcome New
Residents!
Pg. 4

Coming Up in April
Pg. 7

Activity Sheet
Pg. 13

Birthday List
Pg. 14

Mission Statement

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



The Village of
RIVERSIDE GLEN

Message from

BRYCE MCBAIN

Dear Residents, Families and Team Members,

Spring brings new hope, new growth, and new beginnings including opening up our communities with changes to mandated precautions issued by the province.

We have summarized the changes below.

- Asymptomatic testing is no longer recommended and will stop in all Villages.
- Masking remains a requirement for team members, visitors, caregivers, volunteers and support partners while indoors;
- Masking is no longer recommended outdoors for residents, caregivers and visitors but team members should continue to wear them outdoors when in close proximity to a resident;
- Active screening is no longer required for anyone entering our Villages – passive screening is enough, though we must continue to keep a visitor log in LTC and will do so in our co-located RH as well;
- We are no longer required to conduct daily COVID symptom and temperature checks of residents;
- We are no longer required to actively screen residents upon return from an absence.
- We can remove the limit of one essential caregiver with a resident during outbreaks, but no general visitors are allowed in outbreaks;
- We are no longer required to adjust activities to allow for physical distancing, though every Village should always be aware of room capacities and err on the side of caution in terms of numbers;
- We are no longer required to submit daily COVID-19 outbreak data to the ministry during outbreaks, though we must continue to report an active outbreak to the ministry's Critical Incident System and must report any suspected cases to local Public Health authorities, as required under the Health Protection and Promotion Act;
- IPAC audits remain in place – bi-weekly when not in outbreak and at least weekly when in outbreak.

Please note that we have the right to go above and beyond any of these measures in the event of a serious outbreak, based on the judgement of our clinical team and local public health officials.

April 16th -22nd is National Volunteer Week. We join people nationally in recognizing the compassion, the generosity, the kindness, and commitment of volunteers. We recognize how fortunate we are to have volunteers strengthening the fabric of our community by sharing their time, talent and energy to support us. THANK YOU, VOLUNTEERS!! To become a volunteer, contact Brittany Burton, Volunteer and Student Services Coordinator at riverside.volunteers@schlegelvillages.com or 519 822 5272 x 863.

Easter, the perfect segue into Spring, a season of giving to others, falls on Sunday April 9th. We wish everyone a Happy Easter and hope that you enjoy this edition of our Village of Riverside Glen newsletter.

Sincerely,

Bryce

Bryce McBain, General Manager

Chaplain's Corner

Residents, Family, Team Members:

G.K. Chesterton said these words: "Christianity has died many times and risen again; for it has a God who knew the way out of the grave."

Holy Week and Easter start off this month for Christians, while Muslims are in the midst of Ramadan, which some of us learned about from our newer retirement recreation team member. Also for the Jewish faith, Passover coincides with our Good Friday/Easter time.

So just as a reminder of Holy Week programs:

Sunday April 2 – Palm Sunday- the Retirement Church service will be at 2:30 in the Town Hall with the Salvation Army Choir.

Wednesday April 5 @ 3 in the Town Hall will be Holy Communion.

Good Friday April 7 @ 10:30 in the Town Hall is the Retirement service and @ 2:15 in Erin is the Long-Term Care service.

Easter Sunday is regular church times for those who aren't going out with family.

Blessings to you,
Rev. Brenda Woodall



In Memoriam

The Board of Directors, Management, Team Members
and Residents were saddened by the passing of

*Cornelia Bertoli
Nella Callegari
Jean O'Brien
Cay Seim
Sonia More*

*Lesley Moran
Janet Hamilton
Vincent Kurtz
William Anderson
Team Member, Amber-Lea Pink*



Riverside Glen *welcomes new residents* *to our community*



E Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

William Winship
Ann Harris
Ellen Shields
Ina Sven
Elaine Beattie
Al Olten
Nadene Bradely
Norm Shoemaker
Gerry Shoemaker

Long Term Care

Carly Jeffery
Majorie Calbery
Velma Stone
Aniko Loci





Message from Your Long-Term Care Family Council

Family Council News for families and friends of Riverside Glen **Long Term Care** Residents:

Last month Robin Smart from the Waterloo Wellington Alzheimer's Society spoke at our Family Council meeting. Robin spoke on enhancing our understanding of dementia by discussing what is dementia, the common types of dementia, the brain changes seen in people with dementia, the warning signs, and the symptoms and progression of dementia. She shared that it is our responsibility to make communication successful, not our loved one's.

In last month's Newsletter we shared 10 Tips for Visiting Someone with Dementia. Here are some additional communication strategies suggested by Robin:

- Be calm (for example, try deep breathing) ; Stay positive!
- Make eye contact and adjust to their level
- Listen for sound/meaning related words
- Avoid open-ended questions (for example, give a choice question)
- Avoid logic or reasoning
- Don't talk about a loved one as if they are not present
- Make sure your verbal and nonverbal messages are the same
- Give additional cues and clues where you can
- Empower the person as much as possible (for example, slow ourselves down)
- Sometimes it is better to do nothing (try to ignore behaviour if its not bothering/hurting anyone)
- Trial and error – keep trying!
- Match what you know about the disease, with what you know about the PERSON!

Robin also suggested we focus on a person's strengths – their emotional awareness and memory, their primary motor abilities, their ability to use senses, their long-term memory ("I remember" statements), plus music appreciation, and a sense of humour. Another suggestion was to break tasks into steps. Above all, be flexible!!

For further information, please visit our local Alzheimer Society's website to learn more about dementia, to access help and support, and to also access their newsletter and programs and services, at <https://alzheimer.ca/ww> .

Our Family Council offers caregivers (family and friends of loved ones in Riverside Glen LTC) the opportunity to be informed. We offer education, peer support, and advocacy and a voice for our loved ones. Why not come out to the next meeting?

On **April 13th**, Family Council is welcoming Raman Mander, an Assistant Director of Nursing Care at Riverside Glen to our meeting. She will be speaking on palliative care/end of life for our loved ones at Riverside Glen LTC. Please join us! For further information, email us directly at: rgfamilycouncil@schlegelvillages.com or by contacting RG Resident Support Coordinator Jackie Swan at 519-822-5272 ext 844 or at Jackie.swan@schlegelvillages.com .

We hope to see you!
Happy Spring!

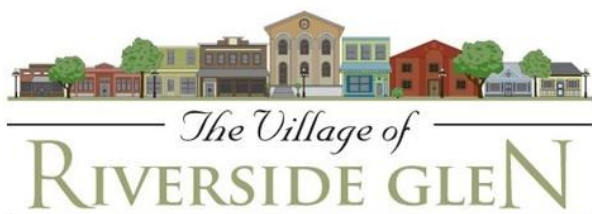
Mary-Lou Fairles Family Council Co-chair

Picture Review of March



Coming Up in April

April 2	Palm Sunday
April 5	Passover Begins
April 7	Good Friday
April 9	Easter Sunday
April 11	World Parkinson's Day
	Pet Day
April 16-22	Volunteer Appreciation Week
April 18	Holocaust Memorial Day
April 19	Canadian Film Day
April 21	Eid al-Fitr Begins
	Look-a-Like Day
April 22	Earth Day
April 29	International Dance Day



Spring Has Sprung! Bring on The STEPS!

This April we want to bring attention to your health and wellbeing as we enter into spring. With the warm weather quickly approaching we want to encourage everyone to strive to increase their daily step count. In recent studies, it has been shown that individual's that achieve 8,200 steps or more per day have a significantly lower risk of chronic conditions, regardless of your age, gender, and ethnicity. Researchers also found that being surrounded by nature can reduce stress, blood pressure, mental fatigue, and be very calming. So let's get walking this spring!

Did you Know: that the distance around the village is approximately 800m? This can be walked in as little as 10 minutes; the perfect amount of time to go outside for a nice stroll to clear your head and get some fresh air!

7 Tips to Increase your Daily Steps:

1. Park further away from destination
2. Take the stairs instead of the elevator
3. Set reminders to walk every hour to 2 hours
4. Walk while on the phone
5. Walk during lunch or breaks
6. Walk after dinner
7. Walk during commercials



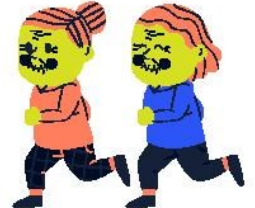
Your PAL Team Emily, Megan and Caitlin!

March 2023

ATHLETE OF THE MONTH



Ted Presant



Ted is our athlete of the month for March! Ted enjoys all forms of exercises, especially those which gets maximum movement in your arms and legs such as the NuStep machine. Ted is inspired to exercise because it not only makes him feel good afterward, but it is also very beneficial to his physical and mental wellbeing. Ted's advice is simple "you have got to keep moving if you want to stay healthy because motion is lotion". Keep up the good work Ted!



Empowering older adults: The importance of drug safety education

As we get older, our bodies change, including how we handle medications. [Dr. Joanne Ho](#), Schlegel Chair in Geriatric Pharmacotherapy and professor at McMaster University, is a pharmacist committed to teaching older adults about drugs and helping them manage their medications. Dr. Ho is passionate about increasing access to drug information for older adults and promoting safe prescribing practices for healthcare providers.

One common misunderstanding, Dr. Ho shared, is that older adults can handle medications the same way younger people do. The truth is, as we age, our bodies can become more sensitive to drugs so we may need a lower dose. If you're taking a higher dose than necessary, it can lead to a higher risk of harmful drug reactions and interactions.

Another common misconception is that only prescribed drugs can have harmful interactions with one another. In reality, supplements, vitamins, alcohol, coffee, and recreational drugs are important to think about too. Dr. Ho suggests taking all medications, as well as these other substances, in a bag to your doctor and pharmacist to review.

Dr. Ho highlights the importance of talking openly with healthcare providers and discussing



a deprescribing plan when needed. Older adults should not be afraid to ask their doctor and pharmacist questions, like how they can help achieve their goals, potential side effects, interactions with other drugs and non-prescribed substances, and if they still need to take certain medicines.

For the past 10 years, Dr. Ho has been providing a pharmacology consultation service for clinicians through a non-profit she started called [GeriMedRisk](#). The program focuses on educating healthcare providers on how to prescribe medication safely, especially in the virtual care setting.

By educating older adults about pharmacology, Dr. Ho hopes to improve their quality of life and reduce the risk of adverse drug reactions. It's important for older adults to take an active role in managing their medication and to ask questions to ensure they are taking their medication safely and effectively.

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.



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- ✓ Hearing aid dispensing, cleaning and adjustments
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For more information or to book an appointment at The Village of Riverside Glen, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

We our volunteers



National Volunteer Appreciation Week
April 16-22
Help us celebrate all our volunteers for
the amazing work they do!

April Showers Mining

See how many words you can make with the letters in:

APRIL SHOWERS

Use each letter only once. Give yourself two points for five-letter words, three points for six-letter words, and five points for words that have seven or more letters.



1. _____
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Happy Birthday

VILLAGE VOICE NEWSLETTER

Read these stories
and more on the
Villages website.
Sign up online to
receive the email
newsletter.

**www.
schlegelvillages.com**



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google.com/
+VillageOfRiversideGlenGuelph



https://www.linkedin.com/
company/schlegel-villages

Resident Birthdays

Anne Rahn	April 03
Margaret Cowen	April 04
John Van Esch	April 05
Shirley Hurd	April 05
Marida Maybee	April 05
Donnalee Bosklopper	April 08
Penny Ouimette	April 08
Susanna Kluber	April 10
Caleb Hayhoe	April 10
Lucette McKee	April 10
Peter Brazolot	April 12
Ann Okkema	April 14
Joan Vanderkamp	April 15
Yvonne Boyles	April 15
Anne Marie Quesnelle	April 16
Dorothy Lloyd	April 17
John Cameron	April 17
Ralph Harper	April 17
Jean Henry	April 18
Emma Bradley	April 18
Diane Greenham	April 19
Jean Ippersiel	April 19
Johanna Thalen	April 21
Leona McKendry	April 22
Robert Carswell	April 22
Frederick Jeffery	April 24
Bernice Neckley	April 25
Betty Craine	April 26
Elizabeth Leach	April 26
William Winship	April 27
Joy Cerovic	April 27
Anne Hall	April 28
Katherine Finlay	April 28
Thelma Barbeau	April 30

Team Member Birthdays

Steffi Steffi	April 03
Tara Seifried	April 04
Milyn Caslicdan	April 04
Charito Casupanan	April 05
Lynn Barnes	April 07
Meet Patel	April 08
Crystal Jessop	April 08
Navdeep Jhoje	April 09
April Creamer	April 11
Liliya Piscitelli	April 11
Jasprit Kaur	April 11
Monika Kobylinska	April 13
Melanie McKenzie	April 14
Patricia Matisz	April 14
Christine Zorn	April 16
Keely Baxter	April 18
Madeline Thebarga	April 22
Olayinka Adeuga	April 22
Alycia Norton	April 26
Lynn Robertson	April 26
Jadyn Lanois	April 27
Tammy Hawkins	April 30

Birthday Celebrations

Retirement Birthday Party

*Tuesday, April 18th at 2:00pm in the Café
with Aidan Purnell*

Long Term Care Birthday Party

*Thursday, April 13th at 2:00pm in the Café
with Woody Woodburn*

The Village of Riverside Glen Directory

Bryce McBain, General Manager	Ext. 815
Devon Richards, Assistant General Manager LTC	Ext. 841
Lynn Lake, Assistant General Manager RH	Ext. 761
Deb Guthrie, Director of Nursing Care LTC	Ext. 801
Kayla Death, Assistant Director of Nursing Care LTC	Ext. 848
Karen Norris, Assistant Director of Nursing Care LTC	Ext. 780
Raman Mander, Assistant Director of Nursing Care LTC	Ext. 797
Michelle Mayhew, Wellness Coordinator RH	Ext. 812
Brandon Wilton, Mapleton/Eramosa Neighbourhood Coordinator	Ext. 298
Angela Gualtero, Puslinch/Nichol Neighbourhood Coordinator	Ext. 794
Angela Keller, Erin/Arthur Neighbourhood Coordinator	Ext. 834
Dylan Pust, Egerton Neighbourhood Coordinator	Ext. 836
Madalyn MacIntyre, Emma's Neighbourhood Coordinator	Ext. 807
Director of Hospitality and Food Services RH	Ext. 840
Amy Hasson, Food Services Manager LTC	Ext. 873
Shaleena Campbell, Assistant Food Services Manager LTC	Ext. 747
Kadri Phillips, Director of Recreation LTC	Ext. 811
Karleigh Herd, Recreation Supervisor RH	Ext. 620
Caitlin Poth, Director of Program of Active Living	Ext. 826
Emily Nagel, PAL Coordinator LTC	Ext. 835
Megan Wakefeild, PAL Coordinator RH	Ext. 821
Tammy Smith, Director of Environmental Services	Ext. 804
Flo Panta, Assistant Director of Environmental Services	Ext. 857
Karen Murray, Director of Lifestyle Options	Ext. 865
Brittany Burton, Volunteer and Student Services Coordinator	Ext. 863
Jaycel Nabua, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858
Jen, Administration RH	Ext. 800