

Riverside REVIEW

Vol. 25 Issue 2 February 2023

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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

Happy FAMILY DAY



Message from

BRYCE MCBAIN

Dear Residents, Families and Team Members,

Family Day is on Monday February 20th this year and we hope everyone is making plans to connect with their loved ones on this day to celebrate the importance of family.

Shrove Tuesday is on February 21st this year. We look forward to participating in making pancakes for our residents on this day that is celebrated by many of us in the preparation for the arrival of Lent.

It is great to see our team working with new students this time of year. We currently have a Conestoga PSW class and Enhanced Practice for Internationally Educated Nurses class in our village, with a Practical Nursing class to start in March. The teaching and learning opportunities continue to support the growth of both team member and student while enhancing the quality of life of residents in our home. Let's make all new students feel welcome, supported, included, and help them find joy in the meaningful connections that we are blessed to make each day at The Village of Riverside Glen. If we make them feel welcome, they are more likely to choose to work at The Village of Riverside Glen.

In February we will begin to focus on one of our strategic priorities; to invest in sustainable technologies, with enhancements to our Point Click Care (PCC) software for Retirement that will help improve our resident assessments and care planning process. Across the continuum we will introduce Workforce Dimensions to our team members and leaders, which will help automate and streamline important processes like scheduling, payroll, and time keeping. We ask for everyone's patience as we introduce this new technology, and recognize that we must welcome changes to grow and improve living and working at The Village of Riverside Glen.

Please note that Retirement Residents' Council hold meetings on the 4th Thursday of every month at 2:30pm and LTC Residents' Council, the 2nd Tuesday of every month at 2:30pm. LTC Family Council is held the 2nd Thursday of every month at 6:30pm. We encourage all residents to attend their respective Residents' Council and all LTC families and persons of importance to our LTC residents to attend our LTC Family Council. Please connect with Jackie Swan at jackie.swan@schlegelvillages.com if wish to participate in LTC Family Council.

We applaud all residents, families, team members, students, volunteers and all other community partners that constructively contribute to a better today and tomorrow for our village community.

Sincerely,

Bryce

Bryce McBain, General Manager

Chaplain's Corner

Residents, Family, Team Members:

I don't know about you, but I find February to be one of the duller and most boring months of the year. I think by mid-February we are just longing for brighter days and warmer weather. So having said this, I thought I would just share some thoughts for 2023 passed on to me from one of our residents.

1. The ability to speak in several languages is an asset, but the ability to keep your mouth shut in any language is priceless.
2. Be decisive. Right or wrong, make a decision. The road is paved with flat squirrels who couldn't make a decision.
3. Happiness is not having to set an alarm clock.
4. When I get a headache I take 2 aspirin and keep away from children just like the bottle says.
5. "Your call is very important to us. Please enjoy this 40-minute flute solo."
6. I hate when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime.
7. Today's 3 year olds can switch on laptops and open their favourite apps. When I was 3, I ate mud.
8. If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

And a few thoughts particularly for seniors:

1. You don't need anger management courses, just need people to stop bothering you.
2. "On time" is when you get there.
3. It would be wonderful if we could put ourselves in the dryer for 10 minutes, then come out wrinkle-free and 3 sizes smaller.
4. Lately you've noticed people your age are so much older than you.

"One for the road" means peeing before you leave the house.

Hope you enjoy some humour. Just a church note: On Ash Wednesday Feb. 22 there will be a Church service at 2 followed by anointing with ashes by the Priest for any wishing this at 3pm for retirement in Town Hall.

Blessings to you,
Rev. Brenda Woodall

In Memoriam

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

John Waddingham
Lucille McCain
Patricia Blair
Doreen O'Connell
Linda Frangos



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



E Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Kenneth Flitton
Angeline Melancon
Djonna Nielson
Elaine MacDonald
Leon Uilana
William Henry
Caleb Hayhoe

Long Term Care

Jean Peacock
Joy Mills
Kornelia Seib
Anna DeForest
Nella Callegari
Mary Schiebel
Joan Zuwala



Message from Your Long-Term Care Family Council

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

This February I'll be thinking about both love and loss. My first Valentine's Day without my mom Kit: my first and life-long Valentine. Like her mother before her but younger, in her 70's, Mom was diagnosed with dementia. She kept her basic caring nature and sense of humour, but we lost Mom slowly over the years as she lost her memory, her mobility and her independence before finally passing last April at 88.

A Mississauga friend and former early childhood educator/co-worker, Melina Geoheli, lost her Mom Visnja this January. She expressed their journey with dementia beautifully. (edited for this space)

"My dear Mama who blessed me with life, fed and cared for me, watched over me, taught me, disciplined me, shaped me and supported me. Three years ago the table(s) turned. Along with your Alzheimer's diagnosis, you became my rebellious teenager who would not sleep at night, and would not listen to my directions. Months passed and you became my preschooler reliant on me to get through your day. Then you were my toddler regressing in your language and needing your walker and close supervision to get about. Eventually you became my baby. I was anxious without you under my care, I worried and cared for your basic needs. I did everything I could to ensure you were taken care of.

In the beginning of your Alzheimers diagnosis I admit I was overwhelmed by the chore ahead. With time, I realized it was not a chore but a gift. I got to see (a) you that no one else knew. A vulnerable you that was troubled by your illness, but still found ways to shine. Thank you for cradling me into your last days, so to ease my pain when you left me.

Mama you taught me so much in the last three years. You taught me that there is beauty in both life and death. You taught me that your love is a love that is so pure that it will shine in the weariest of times. You taught me (that) to love and care for others is really all that's important in life and that love can be painful and uncomfortable. You taught me that there is much time for reflection and no time for selfishness. Mama I cherish every second spent with you and know I will one day be in your embrace."

In Chicken Soup for the Soul: Navigating Eldercare & Dementia, a woman in one story admires the sunset and tells writer Jack Byron that, "It's good to get old...like that sunset, my day almost done. You take a sunset just the way it is, no matter *how* it is." Each of us has a different journey to our sunset; one of life, love and loss. I feel privileged to have shared Mom's.

I thank my fellow Riverside Glen Family Council members and RG team members past and present for being with me and Mom on our journey and working together to give her and her neighbours their best possible sunset years.

Family Council meets by Zoom the 2nd Thursday each month. Next meeting will be February 9, 7pm – 8:30pm. You can email us at: rgfamilycouncil@schlegelvillages.com or contact RG Resident Support Coordinator Jackie Swan at: jackie.swan@schlegelvillages.com or at 519-822-5272 ext 844.

Hope to see you!

Lori Nero, Family Council Secretary

Q&A with Richard Hughson: Expert insights on how to keep your heart healthy

February is Heart Month, a dedicated time to raise awareness about the importance of cardiovascular health and the impact of heart disease on [2.6 million people in Canada](#). While genetics play a role, lifestyle factors can greatly reduce the risk of heart disease.

We spoke with [Richard Hughson](#), Schlegel Research Chair in Vascular Aging and Brain Health, about simple ways you can keep your heart healthy and strong, and warning signs to look out for in yourself and loved ones.

What's the most important thing you want older adults to know about their heart health?

Heart health and overall health go hand-in-hand. Intentionally include physical activity and good nutrition in your daily routine to keep your heart healthy. Also, good heart health provides some reserve for when your body needs to respond to an injury or illness.

What activities are best for improving heart health?

Walk with your partner, friends or by yourself every day for at least 30 minutes. Include stair climbing, uphill or faster walking 5 days per week. Challenge yourself to do a bit more than you did last week and avoid long periods of sitting.



What warning signs should older adults and their care partners look out for?

Fatigue or shortness of breath when walking at a speed that used to be comfortable could be a sign of heart troubles. Some problems with heart health, such as high blood pressure, are not visible so it's important to check in with your health-care provider regularly.

What does your research seek to understand when it comes to heart health?

Heart health is a very large research topic. My research focuses on the arteries. Everyone's arteries get stiffer as they age but not everyone's arteries get stiffer at the same rate. Canadian physician Sir William Osler said over a century ago "you are only as old as your arteries." Exercise and good nutrition help keep arteries "younger." My research looks for the benefits of younger arteries in keeping the heart healthier and delivering blood flow to the brain.

Hughson is also a Distinguished Professor Emeritus at the University of Waterloo and a Fellow of the Canadian Academy of Health Sciences. To learn more about Hughson's work, visit <http://bit.ly/3wyEb0p>.

Volunteers Wanted!



If interested in applying to be a volunteer, please reach out to our Volunteer and Student Services Coordinator, Lyndi Dougherty at Riverside.Volunteers@SchlegelVillages.com

Introducing Meaningful & Active Engagement to the Nichol Neighbourhood



Opportunities to engage in meaningful leisure activities whether in a planned program or a spontaneous moment, contribute to the resident experience of independence, choice and purpose. Activities that are personally meaningful and reflect the residents' values and interests are more likely to support wellbeing while creating a space to experience acceptance, belonging and friendship.

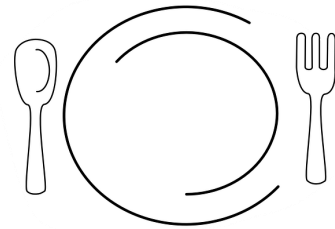
As we begin to adopt the Meaningful and Active Engagement Pillar, we will gradually introduce 10 LIVING in My Today leisure programs into our calendar. These programs will be supplemented by additional themed events, celebrations and activities that reflect the unique characteristics of our neighbourhood. LIMT programs will be offered to residents in 2 different formats, to adapt to their changing needs and preferences.

Not all meaningful moments happen during programs. The neighbourhood will also be set-up each day with a variety of cues to invite residents to stop and engage in simple activities that may include: colouring, word games, reading, puzzles, games or listening to music. These opportunities can be supported by any team member, family member or volunteer anytime of the day.

Stay tuned for more information! We are excited about the learning that is ahead and how it will offer new ways for our residents to experience well-being in **Nichol**!



Enjoyable Mealtimes



Enjoyable Mealtimes is a pillar of the Living in My Today program. This is a focus on improving our mealtime experiences for our residents. Some changes to the dinning room experience and service are underway! These changes will be happening one step at a time to ensure smooth transitions.

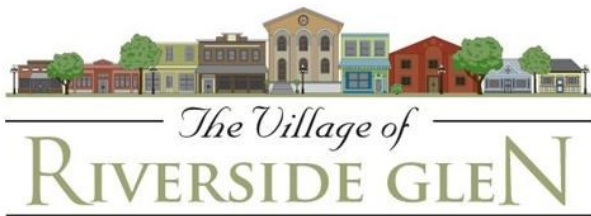


Picture Review of January



Coming Up in January

February 2	Groundhog Day
February 12	Superbowl Sunday
February 14	Valentine's Day
	Sweetheart's Lunch
February 17	Act of Kindness Day
February 20	Family Day
February 21	Shrove Tuesday
	Pancake Tuesday
February 22	Ash Wednesday
	Pink Shirt Day
February 28	Floral Day



Happy February from the PAL Team!

This February we want to bring attention to your heart health in honor of Valentines day. Exercise has many positive benefits, many of which help your **heart!** Listed below are some of the benefits exercise has for your heart:



1. Helps lower blood pressure:

Exercise boosts your hearts ability to pump blood, lowering your heart rate and blood pressure!

2. Key to weight control

Being overweight puts stress on your heart, exercise is a great way to lose and keep off excess weight!

3. Helps strengthen muscles

Exercise improves your muscles' ability to draw O₂ and nutrients from blood, allowing your heart to not work as hard circulating your blood!

GUESS WHAT!! Any amount of activity yields these benefits!

So, each day try to add one physical activity to help with your heart health!

When exercising, challenge yourself! Pick something that will push your limits but is also within your reach. If you are interested in learning more about the heart goals you can speak to Caitlin or Emily in the gym.

Happy Heart Month!

Your PAL Team Caitlin and Emily!



The Village of Riverside Glen – January 2023

January Athlete of the Month – June MacMillan



June has been a resident on our Williamsburg Neighborhood since April, 2020. She has been an avid participant in all group exercise classes since her arrival. From women's fitness, to tai-chi, to balance class, to walking club; June does it all. Whenever residents were encouraged to stay in their rooms, for health and safety

protocols, June would never let that slow her down, as she would perform her 'in-room exercise routine' daily.

On top of attending all group classes, June gets at least 10,000 steps in daily, which she tracks through her on-foot step counter. June gets outside for walks when the weather cooperates, but accumulates a lot of her miles inside our village, using her urban poles for a great deal of her walking.

When you see June, give her a big congratulations on this well-deserved title.



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1-888-745-5550

retirement@earandhearingclinic.com



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Happy Birthday

VILLAGE VOICE NEWSLETTER

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and more on the
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Resident Birthdays

Endre Varga	Feb 01
David Cater	Feb 02
Victor Danyla	Feb 03
Raymond Nankivell	Feb 03
Patricia O'Brien	Feb 03
Marilyn Moortgat	Feb 04
Diane McDonald	Feb 05
Patricia Martin	Feb 06
Pat Campbell	Feb 07
Sharlene Pelley	Feb 07
Norm Harrison	Feb 08
Greta Unternahrer	Feb 10
Robert Ellis	Feb 11
Louis Fazekas	Feb 13
Linda Frangos	Feb 14
Faye Brown	Feb 15
Roman Kramer	Feb 17
Michael Hopwood	Feb 17
Kay Kostas	Feb 18
Lorraine Davidson	Feb 18
Raymond Peori	Feb 19
Laura Uliana	Feb 21
Graham Winter	Feb 21
Marlene Lehman	Feb 22
Raymond Leece	Feb 22
Elaine MacDonald	Feb 23
Lawrence Dobson	Feb 24
Jean McKenzie	Feb 25
Maria Eugeni Calhau	Feb 26
Glenn Lashby	Feb 27
Barbara Wright	Feb 27
Joyce Auger	Feb 28
Leno Uliana	Feb 28

Team Member Birthdays

Keaghan Logher	Feb 01
Jacqueline Darling	Feb 03
Elizabeth Nimen	Feb 04
Bonnie Jacobs	Feb 04
Magda Genda	Feb 05
Ezinne Ebini	Feb 05
Karleigh Herd	Feb 06
Sandeep Kaur	Feb 06
Laura McPhee	Feb 06
Alexa Drury	Feb 07
Katy Verille	Feb 08
Mokonen Mana	Feb 10
Laura Rosewell	Feb 10
Parveen Mia	Feb 12
Nao Hasegawa O'Connor	Feb 15
Amanda Wilkinson	Feb 15
Patricia Conrad	Feb 17
Charankamal Kaur	Feb 16
Yodit Ghebrekdu	Feb 19
Sabi Shrestha	Feb 19
Lexis Metivier	Feb 20
Mirian Nowakowski	Feb 20
Rosetta Johnson	Feb 23
Keely Smith	Feb 23
Cassie McDonald	Feb 24
Charity Malawis	Feb 26
Julie Vasseur	Feb 26
Nidhi Patel	Feb 27
Rebecca Anderson	Feb 28
Jennifer Tolmie	Feb 28
Cheryl Ridler	Feb 28
Arsema Tekeste Tekle	Feb 28

Birthday Celebrations

Retirement Birthday Party

*Tuesday, February 21st at 2:00pm in the Café
with Aidan Purnell*

Long Term Care Birthday Party

*Monday, February 13th at 2:00pm in the Café
with Tristan Alexander*

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
Hubrecht Quist, 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
Gabrielle Marance, Director of Hospitality and Food Services RH	Ext. 840
Food Services Manager LTC	Ext. 873
Shaleena Campbell, Assistant Food Services Manager LTC	Ext. 747
Kadri Phillips, Director of Recreation LTC	Ext. 811
Alanah Kelly, 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
Flo Panta, Director of Environmental Services	Ext. 804
Assistant Director of Environmental Services	Ext. 8663
Karen Murray, Director of Lifestyle Options	Ext. 865
Lyndi Dougherty, Volunteer and Student Services Coordinator	Ext. 863
Jaycel Nabua, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858
Brittany B, Administration RH	Ext. 800