

Riverside REVIEW

Vol. 28 Issue 1 January 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



Message from

BRYCE MCBAIN

Dear Residents, Families and Team Members,

We have come so far together over the past year, and I am thankful for the support and encouragement of all of you to help us best serve the residents at The Village of Riverside Glen. Together we have made difference in the quality of living and working in our village.

I know this can seem old, but we remind everyone that proper hand hygiene and mask use are still critically important to protect yourself and all those who live and work in our village. Please keep it up!

We look forward to new beginnings and serving you in 2023.

Wishing you and yours a Happy New Year,
From all of us at The Village of Riverside Glen!

Sincerely,

Bryce

Bryce McBain, General Manager

Chaplain's Corner

Residents, Family, Team Members:

January is a time to think back on the year that has past; both its joys and sadness and then to anticipate, pray, and hope for a good year ahead. As you are reading this, we are still in the midst of the 12 days of Christmas, stretching from Dec. 25-Jan. 6, which for Christians is Epiphany or the visit of the Magi to Jesus when he was somewhere in his first 2 years of life; they didn't come on Christmas Eve. January 6 is also Christmas Eve for the Orthodox Church, with their Christmas being Jan. 7.

As well, there is Martin Luther King Jr. Day in the U.S. when we, too, can remember the struggles that still exist for equality for all people. Chinese New Year, the largest celebration for the Chinese falls on Jan. 22 – so let's celebrate with our Chinese friends and neighbours! Then Jan. 27 is Holocaust Remembrance Day, when we can pause to remember the horror to which humanity can stoop and a commitment to make this world a place where no one suffers prejudice for who they are and can live fully into who they were created to be.

On Tuesday January 17 @ 10:30 in the Town Hall we will have speakers who were doing missionary work in Ukraine when the war broke out and their story of escaping Ukraine.

I want to end with a prayer for the New Year:

Dear Lord:

Help me to treasure this New Year, which is a gift from you. Help me to discern what I should concentrate my efforts on, what to let go of, and what to prize highly. Show me which trivialities are not worth worrying about and which matters need my concern. And these things I ask: That I will enjoy what I have and not be anxious about what I lack;

That I will be totally present, not lost in yesterday or tomorrow;

That I will treat my family, my friends, each person as if today were my last day with them;

That I will be as happy as possible to be myself, to have what I have, to do what I must do.

Amen.

Blessings to you in this New Year,
Rev. Brenda Woodall

In Memoriam

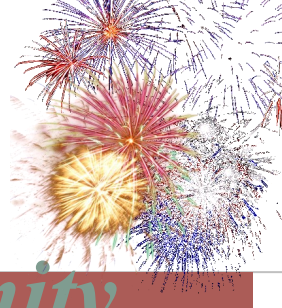
The Board of Directors, Management, Team Members
and Residents were saddened by the passing of

*Marjorie Mann
Robert Heming
Greg Kalyna
Dorothy Twine
Sharon Pacella
Sadie Miller
Jean Birkett*

*Dona Malone
Penny Simmons
Joyce Snider
Henrietta Howes
Elizabeth Savage
Flori Moorgat*



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



E Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Verna Vasil
Linda Frangos
Malcolm MacKenzie
Phyllis Wagneg
Vernon Ashby
Leata Ashby
Helen Stevenson
Jeannine Terrel

Long Term Care

Barbara O'Brien
David Carter
Billie Florence
David Osmond
Barbara Marshall
Alba Bertolo
Ann Harris
Janet Hamilton





Message from Your Long-Term Care Family Council

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

Happy New Year!

The New Year often brings thoughts of many possibilities ... of new beginnings, what your goals or hopes are for the coming year, and so on. It can also be a time to reflect on what goals and plans were accomplished last year. Celebrate your successes, no matter how small they may seem!

If you have made one or more new years resolutions, I wonder if you have considered including something to help you, the caregiver, with caregiver stress? This is an opportunity to work on our own health this year, which is so important to help us be a consistent and caring caregiver for our loved ones. All too often we as caregivers are so busy that we forget to take time for ourselves. Some things we can do may just take a couple of minutes a day... such as simply pausing for a few minutes to bring yourself into the moment and breathe deeply... allowing yourself a mini break to regroup your thoughts etc. There are many resources available to help guide you on how to take care of caregiver stress, including information on the Caregivers of Ontario website, <https://ontariocaregiver.ca/for-caregivers/> I encourage you to check it out!

What can you do this year to help lessen caregiver stress?

Many residents in our RG LTC facility suffer from some form of dementia. Did you know that the Waterloo Wellington Alzheimer's Society offers many resources for the families of someone with dementia? A calendar of events and courses (by zoom and/or in person) is available on their website, including educational and informative webinars you can watch at your leisure. Go to <https://alzheimer.ca/ww/en> for further information.

On January 11th, Family Councils of Ontario is hosting a webinar entitled Humanizing Dementia in Long Term Care. If interested, you can access information about this at <https://fco.ngo/events/15835/humanizing-dementia-care-in-long-term-care>.

Our RG Family Council is a place to learn, to support, and to share information so your loved one can live their best life while in LTC. This month RG LTC Assistant General Manager Devon Richards will be a guest speaker at our Family Council Zoom meeting to introduce Jackie Swan, the new Resident Support Co-ordinator, and will address the Resident Quality of Life surveys, the Quality Improvement Committee and RG's hiring initiatives. Please join us! You can email us at: rgfamilycouncil@schlegelvillages.com or contact Recreation Director Kadri Phillips at: kadri.phillips@schlegelvillages.com or at 519-822-5272 ext 811.

Best wishes to you in 2023!

Mary-Lou Fairles, VP Family Council

Empowering people to live well with dementia

Research shows that when a dementia diagnosis is made, most people feel overwhelmed and they don't get the support, resources and help they need. Forward with Dementia is a website created to improve the experience and care for people living with dementia and their care partners.

The Canadian version of Forward with Dementia was launched one year ago and is co-led by Carrie McAiney, Schlegel Research Chair in Dementia at the RIA and Professor in the School of Public Health Sciences at the University of Waterloo.

"Forward with Dementia brings many in-depth resources on dementia-related topics that we currently don't see a lot of," said McAiney. "We aim to help people from the day they get a diagnosis, through managing symptoms, supporting wellbeing, and everything in-between."

You can visit the website to find a checklist of questions to ask health-care providers, a guide for sharing a diagnosis with family and friends, ways to stay physically, mentally and socially active, and more. These resources

were developed with help from people living with dementia, care partners, and health- and social-care professionals.

"The site also includes stories written by persons living with dementia and care partners, sharing their experiences of adjusting to the diagnosis and learning to live well with dementia," said McAiney.

One story shared by Myrna Norman, an advocate for those living with dementia, shares how she realized that just because you are diagnosed with dementia doesn't mean life is over. Somewhere along the line she got permission to be happy, and she sees that as a pivotal moment in her life after diagnosis.

"Things can be better. We can actually take steps to make them better. We know that there are certain tools that we can use, from going for a walk in nature to listening to music, that can actually improve our life." Norman shared.

The research team found that the personal stories are the most impactful section of the website, which had more than 35,000 visitors from November 2021 to May 2022.

"The core message of hope is that people can live meaningful lives after a diagnosis of dementia," says McAiney.

Visit forwardwithdementia.ca to see how this website is helping people do just that.

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

Volunteers Wanted!



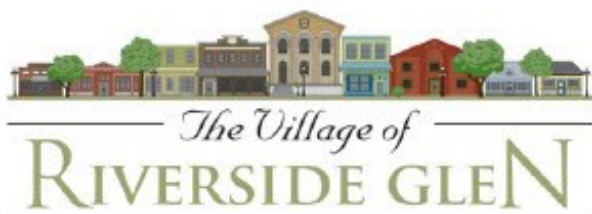
If interested in applying to be a volunteer, please reach out to our Volunteer and Student Services Coordinator, Lyndi Dougherty at Riverside.Volunteers@SchlegelVillages.com

Picture Review of December



Coming Up in January

January 1	Happy New Year!
January 6	Epiphany
January 16	Martin Luther King Day
January 21	National Hugging Day
January 22	Lunar New Year!
January 24	Aidan Purnell Entertains
January 25	Bell Let's Talk Day



Happy New Year from the PAL team!

With the new year here, many people feel the need to create resolutions that are often unachievable! If you want to create an achievable goal, try following the SMART goal concept.

S	M	A	R	T
Specific	Measurable	Achievable	Relevant	Time-bound
<ul style="list-style-type: none">- State what you'll do- Use action words	<ul style="list-style-type: none">- Provide a way to evaluate- Use metrics or data targets	<ul style="list-style-type: none">- Within your scope- Possible to accomplish, attainable	<ul style="list-style-type: none">- Makes sense within your job function- Improves the business in some way	<ul style="list-style-type: none">- State when you'll get it done- Be specific on date or timeframe

S—specific: Your goal should have a clear target. Try to be very specific, what is your goal? Where will it take place? Why is the goal important to you? Who will be helping you?

M— measurable: Ensure that there is a way to track your goal. Is there a way to measure your progress over time?

A—achievable: Your goal should be a challenge, but an achievable one. Do you have all the resources needed to complete the goal?

R—relevant: Your goal should be suited to your own personal wants and abilities.

T—time-bound: Set a target date for your goal. This will help monitor your progress and keep you on track!

A goal can be big or small, something that will push your limits but is also within reach. If you are interested in learning more about SMART goals or would like help creating a SMART goal, you can speak to Caitlin or Emily in the gym. Please come by and share your SMART goals with us as we would love to help support you!

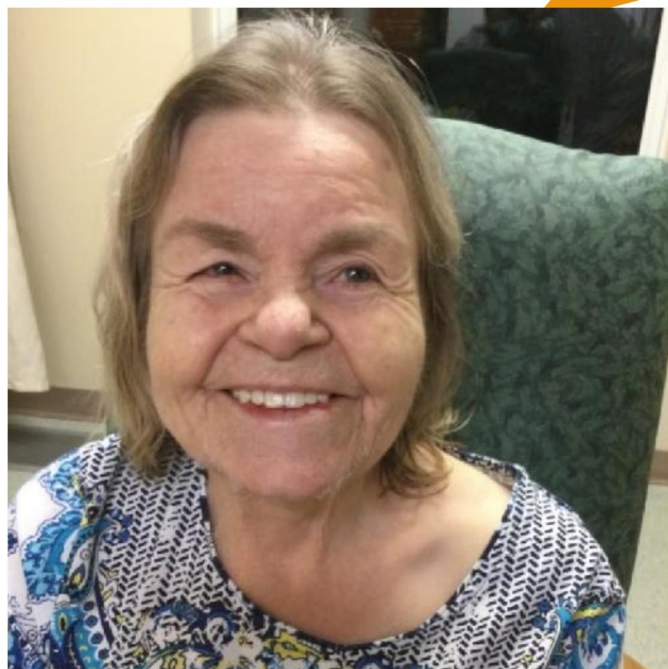
Good luck and Happy New Year!

Your PAL team, Caitlin & Emily

Athlete of the Month: Brunhild Fieldhouse

Brunhild is the Athlete of
★ the Month for December!
Brunhild has been
★ vigorously participating in
exercise on a weekly basis!

She loves to attend Group
Fitness classes as well as go
on walks regularly. She has
been exercising all her life and quite enjoys it.
That is why Brunhild encourages everyone to
engage in exercise because its fun and it makes
you feel better afterwards! Thank you Brunhild
for being such an inspiration!





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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



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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**

Resident Birthdays

Thelma Brady	Jan 01
David Stewart	Jan 01
Christina Keith	Jan 04
Eileen Hardie	Jan 03
Johanna Griffioen	Jan 05
Gloria Legrow	Jan 08
Don Fritzley	Jan 09
Jane Carter	Jan 09
Patrick McGarry	Jan 11
Jorgina DeSousa	Jan 12
Danuta Duncan	Jan 13
Carol Taylor	Jan 13
Barbara James	Jan 14
Verna Tribe	Jan 15
Rosie Colontino	Jan 21
Ida Heltke	Jan 23
Elizabeth Hurlbut	Jan 23
Nancy Calverley	Jan 24
Audrey Mann	Jan 24
Joseph Whittaker	Jan 24
Myriam Devillez	Jan 25
Sarah Thomson	Jan 25
Jewel McGaughey	Jan 28
Linda Sachs	Jan 29
Joyce Smith	Jan 30
Wesley Anderson	Jan 31

Team Member Birthdays

Major Abraha	Jan 01
Marichu Nape	Jan 01
Leah Alcartado	Jan 01
Sydney Van Dyk	Jan 02
Queeny Velasco	Jan 02
Narcidita Macute	Jan 02
Liza Balleras Ison	Jan 03
Manveer Kaur	Jan 03
Kaytlyn Gaudreault	Jan 04
Shannon Stuart	Jan 06
Anthony Lemieux	Jan 06
Brenda McGarr	Jan 07
Barbara Buti	Jan 07
Reynaldo Tubeje	Jan 08
Sumanpreet Kaur	Jan 10
Monali Suvernpatki	Jan 11
Navneet Kaur	Jan 11
Balwant Kaler	Jan 13
Olivia Marsh	Jan 13
Sylvia Pytko	Jan 13
Jennifer Augustus	Jan 14
Leterbrhan Weldeamlak	Jan 15
Prabhjot Mann	Jan 16
Dianne Carla Alvarado	Jan 17
Wolfgang Stichnothe	Jan 18
Julie Brown	Jan 20
Paulette Panneton	Jan 20
Mercedita Malit	Jan 20
Maricel Tamayo	Jan 21
Abby Bender	Jan 21
Shahla Kashani	Jan 21
Alana Alexander-Smith	Jan 23
Madison Hillier	Jan 23
Ma-Teresa Montero	Jan 24
Supranee Promsawan	Jan 25
Ana Maria Marcelo	Jan 26
April Buttivant	Jan 27
Anyia Deacon	Jan 27
Hewan Tsegaye	Jan 26
Alina Nechvolod	Jan 28
Ramanpreet Kaur	Jan 28
Jacqueline Walters	Jan 30
Stephanie Blagdon	Jan 30
Emily Pavy	Jan 31
Jordan Connell	Jan 31



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google.com/
+VillageOfRiversideGlenGuelph



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

Birthday Celebrations

Retirement Birthday Party

*Saturday, January 28th at 2:30pm in the Café
with The Remedy Trio*

Long Term Care Birthday Party

*Thursday, January 12th at 2:00pm in the Café
with Steven Miller*

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
Cassie Shelley, Mapleton/Eramosa Neighbourhood Coordinator	Ext. 298
Alyson Haffner, Puslinch/Nichol Neighbourhood Coordinator	Ext. 794
Angela Keller, Erin/Arthur Neighbourhood Coordinator	Ext. 834
Luisa McMaster, Egerton Neighbourhood Coordinator	Ext. 836
Madalyn MacIntyre, Emma's Neighbourhood Coordinator	Ext. 807
Olivia Paaren, Director of Hospitality and Food Services RH	Ext. 840
Gabrielle Marance, 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
Dylan Pust, 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