

View from the Heights

March 2023

Ron Schlegel's 80th Birthday!

Ron Schlegel turns 80! Join us in a Schlegel-wide celebration on Friday March 10th at 3:00pm.

We'll enjoy entertainment, cake & drinks! Don't forget to dress in Ron's favourite attire for the day—an oversized, untucked polo shirt!



Day Light Savings Time

March 12th

Don't forget to turn your clocks ahead 1 hour!



SPRING

St. Patrick's Day



Fri. March 17th

Join us for a St. Patrick's Day celebration in Town Square with live entertainment from the Irish Dancers & shamrock shakes! Be sure to wear green for the day

Village Events

Wentworth Heights is committed to creating a vibrant community for our residents, and as such, we welcome fully vaccinated family and friends to join us in our Village events and activities!



The Village of
WENTWORTH HEIGHTS

Newsletter Edited by Matthias Hamm

A Message From... *The General Manager*

Michelle Wood

The RESIDENT BILL OF RIGHTS States:

*Every Resident has
the right...*

*"... to have their
lifestyle and choices
respected."*

Questions can be
forwarded to my
email

Michelle.wood
@schlegelvillages.com
or call
(905)-575-4735
Ext. 8028

Please indicate if you
would like to remain
anonymous.

Hello,

At Schlegel Villages, we are committed to excellence in the care and services offered to the residents that call our Villages home, and we value feedback received from our residents about their experiences.

One of the ways we obtain this feedback is through our Quality of Life (QOL) Surveys. Schlegel Villages has been using the interRAI Self-Reported Quality of Life Surveys for a number of years to measure resident quality of life. The QOL survey is a tool which gives residents in long term care and retirement an opportunity to provide their perspective on 10 domains related to quality of life, including relationships, environment, comfort, food and participation in meaningful activities. Measuring resident satisfaction and quality of life helps us to learn if we are providing the care and services we set out to provide, from the resident's perspective. It also helps us to review trends and create plans to make improvements. This survey has been validated, and is used internationally, allowing organizations to benchmark themselves against others in the sector.

The survey is conducted annually by interview with a trained surveyor who is a Village team member. The survey is voluntary and is recommended to be given to those residents who can cognitively respond. The survey is confidential and individual responses are not shared with other team members or leadership. Residents are asked to respond to statements indicating how often the statement is true for them. Responses include "Never", "Rarely", "Sometimes", "Most of the Times" and "Always". Surveys are entered into a database and aggregate results are shared with the Village.

Many residents living at Wentworth Heights have already taken part in these surveys. We have recently trained new surveyors who will be reaching out to schedule time to meet with each resident throughout the coming year.

We thank you in advance for your participation and willingness to share your feedback. We really do value your input as we continue to strive for excellence in the way we support those living in our Village.

Thank you,

Michelle Wood
General Manager

A Message From... *The Asst. General Manager*

Sara Calder

Hello everyone – Happy March

We are excited to share that we have welcomed our new Director of Food Service in Long Term Care. Her name is Shamanpreet (Shaman) Kaur. She joins our team with lots of experience working with Teams in the kitchen and also in Long Term Care. She started with our team on March 27th. She is here supporting our LTC family while our Donna Padgett will be supporting in the role of Director of Hospitality. We are very excited for the opportunity for both of these people to start their new roles. They have a lot to offer both the Residents and Team Members.

They will begin their new roles, spending lots of time shadowing with the Teams. They will also have some days when they are orientating at other Villages.

Please welcome both Donna and Shaman to their new roles at the Village!

I hope that you have a wonderful March,
Sara

Nursing Update

From the Desk of Chris Micheletti



Happy March Everyone!

This month I wanted to write about an important health promotion topic for everyone here at the village; sleep.

March 17th is World Sleep Day and this day is important as quite a few Canadians do not get effective and restful sleep daily. Proper sleep is linked to better health outcomes, increased cognitive function and better regulation of our emotions.

When we talk about sleep, most of us only think about the number of hours we sleep per night but it is also very important to focus on the quality of sleep that we are getting. Health concerns like restless leg syndrome, sleepwalking and sleep apnea can impact the quality of our sleep whereas insomnia and narcolepsy (a disorder where the brain cannot control when we stay awake or fall asleep during appropriate times) both can impact the amount of sleep we get. It is important that we balance those two aspects of our nightly sleep to assure we are getting the most out of time spent sleeping.

While we are sleeping, our body is able to go through the process of resting and digesting, where it can repair tissues, break down food and build up our energy stores for the next day.

If you are waking up in the morning and feeling unrested although you slept a full nights sleep, if you are finding that you are more tired throughout the day although your amount of activity/exercise hasn't changed or if you are noticing you are more irritable you should book an appointment with your doctor to see if a sleep review is appropriate for you.

Have some restful sleep Wentworth Heights!

Neighbourhood

News

From the desk of Michelle Roukema

Hello and Welcome to March!

Is anyone besides me looking forward to spring? The warmer weather, birds singing, fresh buds on the trees, and most importantly, no more snow? I know I am!

Spring always feels like a fresh start.

There are a lot of great spring activities you can do.

You can go for a walk, plant flowers, go to a farmer's market, a drive, go for a picnic, bird watching, and so much more. Are any of these your favourite spring activities?

Next time you see your grandchildren, ask them if they like to play outside in the spring and play jump rope, fly a kite, or go for a nature walk.

Spring is also a great time to do some spring cleaning.

It is always a great idea to clean up your closets and declutter your home. It is a great opportunity to switch over your closets here at the Village as well, so that your suite isn't too cluttered with winter clothing!

When the weather gets nicer, I hope you are able to enjoy the fresh air and sunshine. We are almost through winter!

Looking forward to seeing you around the Village!

Take care,
Michelle

Neighbourhood

News

From the desk of Courtney Roarke

Hello Residents, Families, and Friends

It's hard to believe it is already March!

I know back in my last newsletter, I left you all with a cliffhanger to guess if I would be having a boy or girl. Well, the wait is over and I am VERY excited to announce that my husband and I are going to be welcoming a sweet little GIIRRLLLL in May 2023!!! My husband and I cannot wait to meet our bundle of joy and embark on this new chapter in our lives.

On the topic of girls, I wanted to highlight an upcoming international movement that is recognized and celebrated globally. Let me give you some history of how International Woman's Day (March 8th, 2023) came to be.

"Susan B. Anthony was a political activist and an advocate of women's rights. After the Civil War, she fought for the 14th Amendment that was meant to grant all naturalized and native-born Americans citizenship in the hope that it would include suffrage rights. Although the 14th Amendment was ratified in 1868, it still didn't secure their vote. In 1869, the National Woman Suffrage Association (NWSA) was founded by Elizabeth Cady Stanton and Susan B. Anthony to continue the fight for women's rights.

In the early 1900s, women were experiencing pay inequality, a lack of voting rights, and they were being overworked. In response to all of this, 15,000 women marched through New York City in 1908 to demand their rights. In 1909, the first National Women's Day was observed in accordance with a declaration by the Socialist Party of America. This was celebrated on the last Sunday of February until 1913.

An International Women's Conference was organized in August 1910 by Clara Zetkin, a German suffragist and leader in the Women's Office. Zetkin proposed a special Women's Day to be organized annually and International Women's Day was honored the following year in Austria, Denmark, Germany, and Switzerland, with more than one million attending the rallies. On August 18, 1920, the 19th Amendment was ratified and white women were granted the right to vote in the U.S.

The liberation movement took place in the 1960s and the effort led to the passage of the Voting Rights Act, allowing all women the right to vote. When the internet became more commonplace, feminism and the fight against gender inequality experienced a resurgence. Now we celebrate International Women's Day each year as we push continuously with the hope of creating a completely equal society."

International Woman's Day is important to me because I have a lot of positive female influences in my life who have taught me valuable life lessons that I will now be able to pass down to my own daughter one day.

I'll leave you with an inspirational quote:

"Every woman's success should be an inspiration to another. We're strongest when we cheer each other on." - Serena Williams

Courtney Roarke (Neighbourhood Coordinator - Emma's & Egerton)

Environmental Update

From the desk of Barbara Taylor-Bhagwan

What can we look forward to? Did we hear of an early Spring?



Spring is just around the corner; and we are looking forward to the warm weather. Our team is preparing for the winter clean up and preparing our resident outdoor spaces for the warm weather. This takes coordinated planning, hard work, and dedication by the entire Team; housekeeping, maintenance, and laundry. We are all prepared to put our best foot forward and to face whatever might appear on the horizon.



As we look forward to an early spring, we will be scheduling to have all hallway and dining room carpets shampooed in order to remove all the excessive salt that came into the building during the winter months.

Remember, for all Maintenance and Housekeeping needs please call 8085 so we can address all your concerns in a timely manner.

Hospitality News

From the desk of Michelle Piccolo

Welcome to March! Spring is coming soon and we can start enjoying the outdoors. Another wonderful thing about March is that March is Nutrition Month! Here at Wentworth Heights we design and plan our menus to bring the healthiest balance of nutrition. Each meal provides protein, carbs, healthy fats and vitamins. We also balance the menu by offering fruit for dessert at lunch time and we always have time to indulge at dinner with an nice sweet treat. We take nutrition seriously here at the Village and provide a healthy option each day. We hope you are all enjoying! Please keep the comments coming in the comment box located in the dining room. The more we hear from you the more we can do to bring you the meals you love! HAPPY NUTRITION MONTH! You can also offer suggestions at our "Lettuce Talk Food" Meeting. Our next hospitality meeting "Lettuce Talk Food" will be on Tuesday March 14th at 2:30pm in the Hobby Shop. We apologize for any inconvenience by canceling the February meeting. Hope to see you there. All are welcome.

Thanks for making our themed dinner nights very successful! Our Italian and Greek special themed dinners were so great and it's so wonderful to see you all there! Stay tuned for this month's theme!

Thanks so much,

The Hospitality Team

Village Events

Joint LTC & RH

- March 5th 10-3pm Tradition's Alive Vendor—Town Square
- March 12th Turn Clocks Ahead 1 Hour
- March 14th 10-3pm Nelly Comfort Shoes Vendor-Town Square
- March 17th 2:30pm St. Patrick's Day Celebration with Irish Dancers-Town Square
- March 30th 10-3pm Fly Away Book Vendor—Town Square

Long Term Care

- March 2nd 1:30pm Residents Council-CC
- March 3rd 8:30am Men's Breakfast-CC
- March 4th 2:00pm Pub with Paula French-MS
- March 7th 10:30am Life Long Learning-All about cereal!-CC
- March 8th 12:00pm International Women's Day-Ladies Lunch-CC
- March 11th 2:00pm Entertainment with Leslie Taylor-Carrington
- March 12th Ron Schlegel's 80th Birthday!
- March 16th 2:00pm Movie Matinee-Amazing Panda Adventure-TH
- March 21st 2:30pm Travelling Tim Hortons Cart
- March 23rd National Puppy Day!
- March 24th 2:30pm Travelling General Store Cart
- March 25th 2:00pm Entertainment with.....on Stonechurch

Retirement

- Thurs March 2nd 10-3pm Sign up Day—Hobby Shop
- Sat March 5th 2:00pm Ron Tansley Entertains in Egerton (2nd Floor) All neighbourhoods welcome!
- Tues March 7th 10:30am All About Koi Ponds from Schlegel Landscaper Adriaan
- Wed March 8th 12:00pm Ladies Luncheon in the Ruby—Sign Up
- Thurs March 9th 9:15am French Toast Breakfast Club—Hobby Shop—Sign up
- Fri March 10th 3:00pm Ron Schlegel's 80th Birthday Celebration in the Social Club
- Sat March 11th 2:30pm Zachary Erickson Entertains in Town Hall
- Thurs March 16th 2:30pm Resident Council Meeting followed by Wine & Cheese—Town Hall
- Fri March 17th 2:30pm St. Patrick's Day Celebration in Town Square
- Wed March 22nd 12:00pm Murder Mystery Lunch in the Ruby—Sign up-\$20
- Sat March 25th 2:30pm Shannon Graham Entertains in Town Hall
- Thus March 30th Diner's Club: Harvey's in the Hobby Shop—sign up—\$

Village Outings

LTC

March 9th 1:30pm Lens Mills

March 18th 2:00pm Country Drive

March 28th 1:30pm Walmart Trip

LTC Residents—please sign up with Recreation in the Community Center

Retirement

- Sat March 4th 1:00pm Flamboro Downs Casino Outing
- Wed March 8th 10:00am Fortino's & South Hamilton Square Shuttle
- Wed March 15th 10:00am Walmart Ancaster Shuttle
- Tues March 14th 2:00pm Gage Park Club Show
- Wed March 22nd 10:00am No Frills Upper Sherman Shuttle
- Fri March 24th 1:00pm Emma's & Egerton Bowling Outing
- Wed March 29th 10:00am Fortino's & South Hamilton Square Shuttle
- Wed March 29th 1:30pm Candy Works Chocolate Making Trip
- Thurs, March 30th 1:30pm Emma's & Egerton TB McQueston Park Outing

For those of you unfamiliar with sign up day; on the allotted day, drop in to the Art Studio between 10am-3pm and fill out a ballot for each outing or special event you wish to attend.

Each outing will be filled with residents by random draw to ensure fairness for everyone. Waiting lists will still exist with overflow. If you cannot make it out to sign up day you can sign up any time after by signing your name on the list in the Yellow binder for whichever outing you want. Binder is located in the Hobby Shop.

Sign up day will be held:

Tuesday March 2nd 10am-3pm in the Hobby Shop.

You can sign up alone or with a friend/spouse on the same ballot.
One Ballot per person/partners per outing.

Please check the yellow sign-up binder, in the Hobby Shop, to see what outing you are on after sign up day. You will receive a call from Recreation to remind you of the outing in advance.

*Please ensure you sign up/cancel **MINIMUM 24 hours** before the scheduled date for an outing or special event so we can fill your spot with someone from the wait list.*

THANK YOU!



Update

From the desk of Dan Lazniewski

Have you check out our fitness centre? If not, take a walk down to the end of Main Street and come see all we have to offer to help get you moving! Whether you're looking to improve your strength, balance, endurance, coordination or flexibility, we have something that can help.

NuStep Bikes - A recumbent cross trainer bike that is inclusive, low-impact has a total-body design and wide range of resistance levels to allow for a full-body cardio or strength workout.

Treadmill - Work on your endurance on our easy-to-use treadmill. Start slow and don't push yourself too hard. Make sure to use the red safety clip at all times.

Arm Ergometer - Work on your cardio, endurance and strength for your upper body with this arm bike. Can be done seated or standing.

Therabands - Resistance bands to help build strength or rehab an injury. Available in different difficulties from yellow (easiest) to blue (hardest)

Dumbbells - Weights that can also be used to build strength and balance. Dumbbell pairs from 1lb up to 10lbs.

Balls and Basketball net - Various sized inflatable balls and a standalone low level basket ball net to work on coordination and endurance.

Hockey shooting - Combine sport and exercise, by taking some shots on the net with our various hockey sticks and pucks. Can be used to improve coordination and balance.

Stairs - A safe way to practice walking up and down stairs. Two different stair heights on either side with sturdy handrails to help maintain balance and safety when using the steps. Can be used to improve strength, balance and endurance.

Nordic Poles – Turn walking into a full body workout by grabbing a pair of walking poles and going on a walker. Work on upper body strength and stability while working cardio endurance while walking.



Come and try one of the above today! Or contact Dan (ext. 8113) or Moses (ext.) if you have any additional questions about the space or the equipment available.



Are you new to Wentworth Heights?
Have you never been to the RiverStone Spa and Salon?
Are you in need of some pampering?

We can HELP!

Bring family and friends for a spa day
Spend some social time getting your hair done
Do your fingers and toes need some attention? We can help with that too.
Come by and say hello, get a tour, talk to the staff.

Book your appointment by dialing ext 8090 or come in person

Foot Care



The Foot Care Clinic with Step Ahead Advance Nursing will be on March 23rd and 24th for the Williamsburg, Emma and Egerton neighbourhoods. The service will be done in the residents' suite. The clinic for the Becker and Ailsa Craig neighbourhoods will be on held March 27th at the RiverStone Spa and Salon.

Please call the Riverstone Spa and Salon at extension 8090 to book your appointment.



Wishing you a Happy Birthday!

Our Residents

Birthday celebration will be held at the last happy hour of the month in retirement Social Club. All are welcome!

Barbara Cooper	March 1	George Ikeda	March 17
Victor Kvashneninifokk	March 1	Maria Ramalheira	March 17
Margaret Bowman	March 3	Elizabeth Pusztai	March 19
Gord Smith	March 3	Stan Streker	March 21
Anita Gaudet	March 3	Helen Lotimer	March 23
Al Allaby	March 4	Virginia Barry	March 23
Shirley Cheesman	March 5	Joan Young	March 24
Patty Georgakopoulos	March 6	Fred Edwards	March 25
Giovanna Coviello	March 7	Ruth Pearson	March 27
Doreen Knight	March 7	Della Martin	March 27
Mariann Lynes	March 9	Kathryn Baca	March 29
Isabelle Salisbury	March 9	Sharon Smith	March 29
Didy Roukema	March 11	Carm Farrauto	March 30
Joyce Bowman	March 13	George Millar	March 30
Patricia Butler	March 16	Vera Tavernier	March 30
Rita Talbot	March 16	Don Budjak	March 31
		Lorraine Owen	March 31



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

Let`s Celebrate!

Our residents are loving their own personal celebration. We encourage everyone from team members and residents to participate in wishing the resident happy birthday and well wishes on their special day!

Chaplain's

Corner

Janet Kennedy ext. 8045

Spiritual Programming in the month of March

Roman Catholic Communion will be held every Tuesday in the Retirement Library with volunteer Terry. Please drop in from 10am-11:30am

Roman Catholic Mass will be held the 3rd Wednesday of the month at 10:30am in the Town Hall.

Chaplet of Divine Mercy and Rosary will be every Tuesday at 3:00pm in the Chapel. All residents are welcome to attend.

In addition to chapel visits for LTC residents, Janet is available for Team Members and Family Members at 11:00am every Thursday. Please call or email to make an appointment.

If at any time you feel you need someone to talk to, please reach out to Janet in the Chapel at ext. 8045 or by email at Janet.kennedy@schlegelvillages.com

March Sunday Services

In Person Church services will be held every Sunday 10AM am 2:30PM in the Town Hall .

Protestant Communion will be offered after the 10:00am service on the 1st Sunday of the Month

If we are in outbreak, there will be no in person services

In Memoriam...

The Board of Directors, Management, Team Members, and Residents of the Village of Wentworth Heights remember...

Orville Hoage
Helen Bogicevic
George Montani
Joan Lewis
Domenica T
Janet Stirling
Madeline Triolo



We extend our sincere condolences to these families as they grieve their loss and remember their loved one.

Welcome Center Update

From the desks of Branka, Bradley & Madelyn

We would like to take this opportunity to highlight International Women's Day. International Women's Day (IWD) March 8th is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity.

The day has occurred for well over a century, with the first IWD gathering in 1911 supported by over a million people in Austria, Denmark, Germany and Switzerland. Prior to this the Socialist Party of America, United Kingdom's Suffragists and Suffragettes, and further groups campaigned for women's equality. Today, IWD belongs to all groups collectively everywhere.

International Women's Day is also a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women.



WELCOME TO THE VILLAGE!

Mary Capriotti
Nancy Campbell
John Lambier
Cecilia Rinaldo
Gilbert Rinaldo
Margaret Cyr
Rick Mitchell
Christine Egan
Gunter Tamm
Giuseppe Collura
Rose Valeri
Ken Rylott
Audrey Rylott



WELCOME COMMITTEE RESIDENT VOLUNTEERS

Andrew M. – ext. 2810

Audrey M.—ext. 2326

Anne W. – ext. 2116

Denise M.—ext. 2528

Doug H.—ext. 2911

Bev. Hatch—ext. 2911

Elizabeth P.— ext. 2313

Georgette L. – ext. 2616

Gordon F.—ext. 21023

Ina D. – ext. 2816

Jay W. – ext. 2147

Joan P. - ext. 2715

Louise S. – ext. 2344

Mary C. – ext. 2822

**If you are unable to
reach the Welcoming
Committee please
contact the Welcome
Center.**

Bradley ext. 8067

Branka ext. 8068

Madelyn ext. 8069

Volunteer

Update



Barb Schlegel
Volunteer Award



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!**

General Store Update

General Store Hours:

Tuesday 10-4
Wednesday 10-3:30 (New!)
Thursday 10-4
Saturday 10-4

Some of you may have noticed the clothing, purses and gift items have been taken out of the store recently. We will soon be getting new items in from a local ladies boutique. Details to come!

Just a reminder that due to inflation, the cost of some items has increased.

Below are a couple of pictures of some of our general store volunteers that most of you know:





Reaching For New Heights (RFNH)

***Reaching For New Heights* is the name of our Village Advisory Team (VAT) or Culture Change Committee.**

“Culture change is an ongoing transformation in physical, organizational, psycho-social, & spiritual environments based on person-centered values. Culture change restores control to seniors *and* those who work closest with them.” (Pioneer Network)

The Village Advisory Team is responsible for driving the culture change movement forward, being advocates for the residents and for helping the Village leadership team choose which Schlegel aspirations we are going to focus on this year.

Schlegel Villages Aspiration statements are:

1. Promote cross-functional teams—“Working together to put LIVING first”
2. Create opportunities for meaningful and shared activities—“Live life to the fullest”
3. Connect research and innovation to Village life—“Challenge the status quo”
4. Offer flexible living—“Live life your way”
5. Foster authentic relationships—“Know me, respect me”
6. Honour diversity in Village life—“Embraced, just as I am”
7. Promote resident empowerment—“Residents are our leaders”
8. Cultivate the ultimate team member experience—“You can be you while being apart of our family”

For more details on the aspiration statements, please visit
www.schlegelvillages.com/our-aspirations

We are always looking for new team members and residents to join our committee! The VAT meets one time a month. Meetings are paid for all team members. If you are interested in joining Reaching For New Heights please contact Jody McDonald at jody.mcdonald@schlegelvillages.com or Andrew Sangster in LTC Recreation

Room Reservations

Room Reservation Policy...

We are happy to try to accommodate Family requests to have parties and special celebrations at the Village so that your loved one can continue to be a part of your family's get-togethers!

Our space for these bookings is limited as these spaces are also enjoyed by our Residents for programs, visiting, and independent leisure activities.

Please speak to the Village office regarding room bookings and cost.

Community Centre -Available **after** 4:30p.m.
Maximum of 20 people.

Library LTC –Available after 4:30p.m. Maximum of 20 people

Country Kitchens—Available upon Request

School House– Maximum 20 people

Education Room (LL)– Maximum 60 people

Please note: If your group size exceeds the maximum for the space, we respectfully ask you to book at an external venue or contact the Ruby for a catering event. Thank-you for your understanding.

Direct Dentistry Services

Peter Brymer with Direct Dentistry Services has clinic dates at the Village.



Please arrange an appointment directly with the office:
(416)964-0465 or Toll Free:
(877)964-0465.

Step Ahead Foot Care

STEP AHEAD is a partnership of two specially trained and equipped nurses, Linda George and Sue Grant, who have been retained to provide professional foot care to the residents of The Village of Wentworth Heights.

Please contact the Riverstone Spa 8090 to make a foot care appointment



A Chance for... YOUR VOICE TO BE HEARD

Resident's Council Retirement

Your 2023 Executive Council Members:

Karen Cook
Gordon Fuller
Doug Hatch
Denise Mowat
Ann Peters
Gord Smith

The next in person meeting will be held
Thurs. March 16th at 2:30pm in the
Town Hall

Any questions or concerns can be
directed to Retirement Recreation
Supervisor– Elaine Thompson

Resident's Council LTC

Resident's Council will be held monthly for
all residents at 1:30pm in the Community
Center. There was a vote at the last meeting
to move the meeting from the 3rd Thursday
to the beginning of the month.

Next meeting: **Thurs March 2nd at 1:30pm**

This is an opportunity for our Residents to
share their concerns and suggestions that
will lead to enhancing life within the Village!

Any questions or concerns can be directed
to Jody McDonald (Resident Support
Coordinator) or Andrew Sangster as the
Team Liaisons for Resident Council

This is your chance to get details and follow-up of events of common interest, to join in discussions and to share our appreciation for the work of management in our Village.

You can request team member or leadership guest speakers to attend the meeting to discuss common questions related to their department. Management team members will present an update on happenings in their areas.

Make the Residents' Council meeting a time to meet with your fellow residents, the management, and the Executives for the betterment of everyone.

Please note that Resident Council Meetings will be followed by a Wine and Cheese Social

LTC FAMILY COUNCIL:

We are excited to share that we will be hosting LTC Family Council on March 23rd at 2:30pm. If you would like to be a part of Family Council or would like more information, please get in touch with our Resident Support Coordinator, Jody McDonald via email jody.mcdonald@schlegelvillages.com





Stories from the
GREEN BENCH
Podcast

Join **Kathy Buckworth** and co-host **Evelyn Brindle** as they discuss community, connection, love, life, learning, and more on our **Stories from the Green Bench** podcasts.

Your seat on the green bench is ready and waiting.

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- ✓ Repairs, molds, tubing, receivers

In Council Chambers on Retirement Main Street:

March 8, 15, 29 April 12, 26
May 10, 24, 31 June 14, 28

For more information or to book an appointment at The Village of Wentworth Heights, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

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/3KhOjUV>

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.

YOUR VILLAGE LEADERSHIP TEAM

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