

Riverside REVIEW

Vol. 25 Issue 3 March 2023

Message from our General
Manager
Pg. 2

Chaplain's Corner
Pg. 3

Welcome New
Residents!
Pg. 4

Coming Up in March
Pg. 11

Activity Sheet
Pg. 16

Birthday List
Pg. 17

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



Welcome Spring



Message from

BRYCE MCBAIN

Dear Residents, Families and Team Members,

We remain hopeful for a day when COVID-19 outbreaks are a thing of the past.

Here in the Village, we continue to do the best we can to see our residents thrive and have empathy for our residents in isolation.

We continue to monitor everyone closely and thank our Infection Prevention and Control leads for always keeping this at the front of our minds.

Thank you, team members and leaders for your dedication, compassionate care, teamwork, and perseverance as we work to end our outbreaks, and for the past three years of working with a giving heart through the pandemic.

We continue to learn a lot from our older adults living in the village. Special thanks to our elders who share their unwavering faith in a future where we will continue to see lessening of restrictions. Your optimism has helped steady us through some challenging times.

Please do not come to visit/work if you have any symptoms and wash your hands frequently.

Thank you, families for your ongoing support and encouragement.

Sincerely,

Bryce

Bryce McBain, General Manager

Chaplain's Corner

Residents, Family, Team Members:

Do you know your hymns? Here's a little fun with them.

Dentist's hymn – Crown Him with Many Crowns
Weatherman's hymn – There Shall Be Showers of Blessings
Contractor's hymn – The Church's One Foundation
Tailor's hymn – Holy, Holy, Holy
Golfer's hymn – There's a Green Hill Far Away
Politician's hymn – Standing on the Promises
CRA Agent's hymn – I Surrender All
Gossip's hymn – Pass It On
Electrician's hymn – Send the Light
Shopper's hymn – Sweet By and By
Realtor's hymn – I've Got a Mansion, Just Over the Hilltop
Massage Therapist's hymn – He Touched Me

And for those who speed along the roadways – a few hymns:
80 kilometers/hr. – God Will Take Care of You
120 kilometers/hr. – Nearer My God To Thee
140 kilometers/hr. – This World is Not My Home
160 kilometers/hr. – Lord, I Coming Home
180 kilometers/ hr. – Precious Memories

May God give us a sense of humour every day; and grace to laugh along life's way.

Just a note for Long Term Care – Our next Memorial Service is Thursday March 30 @ 2:30 in the Erin Neighbourhood for residents and virtual for families.

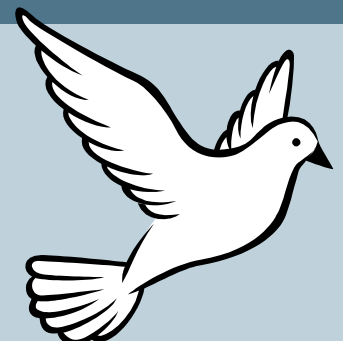
Blessings to you,
Rev. Brenda Woodall

In Memoriam

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

*Lina Frangos
Patricia O'Brien
Michael Gavin
Hemapala Jayawickrema
James Dubie
Andre Ladouceur*

*Phyllis Mooney
Donna Bell
Donald Smith
Jacques Bourassa
Pearl Chapman*



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



E Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Barbara Sabatini
Ted Forrest
Ina Sven
Doreen Vance

Long Term Care

Carly Jeffery



Message from Your Long-Term Care Family Council

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

Thursday March 9, Family Council is pleased to welcome Robin Smart from the Waterloo Wellington Alzheimer Society as our guest speaker. Robin has served in her role as Public Education Coordinator for over 17 years. She has also worked in long term care and has a wealth of knowledge and experience on the topic of caring for people living with Alzheimer's disease and dementia. We hope you can join us on Zoom for her presentation.

Dementia is a condition that hits home with many of us whose loved ones are living at Riverside Glen. Visiting with them can be a challenge. Last year our April meeting topic was: Making the Most of Each Visit. Schlegel Villages' Director of Dementia Services and Knowledge Integration Heather Luth spoke with us and shared 10 Tips for Visiting Someone Living with Dementia.

The 10 tips are, briefly:

- Believe your visit makes a difference
- Be prepared to be present
- Build a bridge of connection
- Reduce distractions
- What to talk about
- Use "I remember" statements
- Use show & tell
- Don't quiz or correct your loved one
- Pause before you react
- Share an experience, create a visiting routine

We talked over these tips and strategies and applied them to our own experiences. It was great to realize how simple it can be to make visits both more meaningful for our loved ones and much easier for us, too.

Family council is for all family members and friends of LTC residents. For more information about us, our next meeting, or to get a copy of Schlegel Villages' Living in My Today program "10 Tips...", email us directly at: rgfamilycouncil@schlegelvillages.com. You can also get in touch with us by contacting RG Resident Support Coordinator Jackie Swan at: 519-822-5272 ext 844 or at: jackie.swan@schlegelvillages.com

Hope to see you!

Lori Nero, Family Council Secretary

Volunteers Wanted!



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



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!**

Introducing Meaningful & Active Engagement to the Nichol Neighbourhood

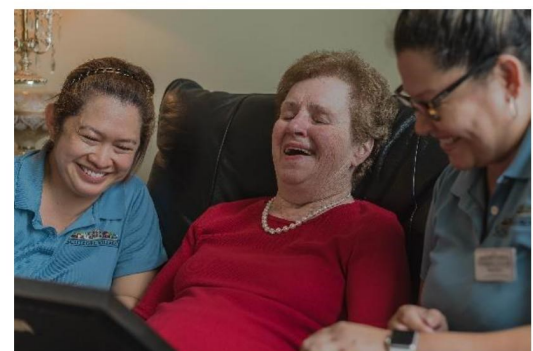


Opportunities to engage in meaningful leisure activities whether in a planned program or a spontaneous moment, contribute to the resident experience of independence, choice and purpose. Activities that are personally meaningful and reflect the residents' values and interests are more likely to support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

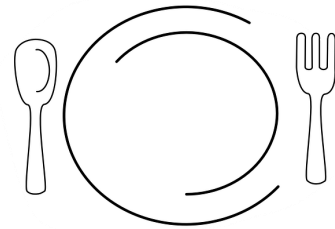
As we begin to adopt the Meaningful and Active Engagement Pillar, we will gradually introduce 10 LIVING in My Today leisure programs into our calendar. These programs will be supplemented by additional themed events, celebrations and activities that reflect the unique characteristics of our neighbourhood. 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 dining room experience and service are underway! These changes will be happening one step at a time to ensure smooth transitions.

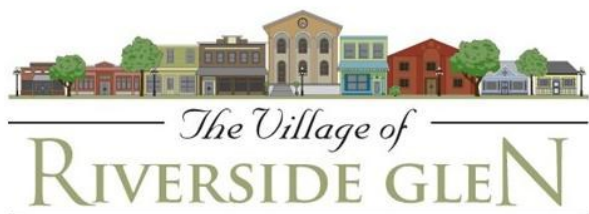


Picture Review of February






Coming Up in March

March 8	International Women's Day
March 10	Celebrating Ron Schlegel's 80th Birthday!
March 12	Daylight Savings Begins
March 17	St. Patrick's Day
March 20	First Day of Spring Spring Formal Dinner
March 21	World Down Syndrome Day
March 25	Earth Hour Day
March 30	LTC Memorial Service



Happy March from your PAL TEAM!!

This March we want to focus on the concept of “make your whole day matter”. Canada has released their first ever 24-hour Movement Guidelines for Adults which offers clear direction on what a healthy 24 hours looks like. There are three core recommendations to keep in mind

1.  Move More— moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minute per week, muscle strengthening activities using major muscle groups at least 2 a week, physical activities that challenge balance, and several hours of light physical activities (including standing)
2.  Reduce sedentary time—no more than 3 hours of recreational screen time, breaking up long periods of sitting as often as possible
3.  Sleep well—getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times

Following the 24-hour Movement guidelines is associated with these health benefits:

- a lower risk of mortality, cardiovascular disease, hypertension, type 2 diabetes, several cancers, anxiety, depression, dementia, weight gain, adverse blood lipid profile, falls and fall-related injuries
- Improved bone health, cognition, quality of life, and physical function

It is important to remember, any progression towards these targets will result in some health benefits! If you are interested in learning more or have any questions come visit Emily and Caitlin in the Gym!

Your PAL Team Emily and Caitlin!

February 2023

ATHLETE OF THE MONTH



Thelma Barbeau



Thelma is our athlete of the month for February!

Thelma loves to exercise and is highly driven to keep getting better and set new goals for herself.

Thelma's favorite exercises are stand up's and lower body strengthening.

Thelma is inspired to exercise because she finds that after working out, she feels much better all day long. We appreciate you Thelma for being an example to us all.



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.



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 Riverside Glen, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Searching for March

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

H	A	J	H	T	S	S	S	M	N	M	T	D	N	S
R	A	S	T	M	A	W	T	E	N	O	N	L	G	I
L	I	O	K	T	W	F	O	A	I	I	R	M	N	X
F	S	E	C	S	I	P	D	B	W	R	A	A	I	M
C	C	V	G	Z	W	A	W	H	N	B	A	R	V	A
O	E	D	I	M	M	S	A	Y	O	I	C	C	A	R
E	N	I	R	A	M	A	U	Q	A	L	A	H	S	A
T	S	P	R	I	N	G	A	U	O	R	I	R	T	L
X	B	L	H	H	H	V	Q	V	R	L	Q	D	H	L
F	R	B	B	X	F	T	E	I	I	Q	M	M	G	E
J	W	X	O	J	A	R	M	S	E	A	W	L	I	R
A	M	G	M	V	S	F	B	Y	C	B	V	V	L	B
Q	B	V	J	O	N	Q	U	I	L	J	Q	Y	Y	M
Y	A	D	S	K	C	I	R	T	A	P	T	S	A	U
B	A	S	K	E	T	B	A	L	L	Q	T	P	D	J



AQUAMARINE

ARIES

BASKETBALL

CLOVERS

DAYLIGHT SAVING

FISH (Pisces)

HOLI

JONQUIL

MARCH

PISCES

RAINBOWS

RAM (Aries)

RAMADAN

SPRING

ST. PATRICK'S DAY

THIRD

UMBRELLA

WIND



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

Angeline Melançon	Mar 01
Nella Callegari	Mar 03
Norma Fischer	Mar 05
Robert Griffin	Mar 07
Eleanor Haayen	Mar 12
Don Marleau	Mar 12
Joseph Duffy	Mar 16
Barbara Merkley	Mar 17
Leh Smith	Mar 17
Ruth Fritzley	Mar 18
Barbara McHattie	Mar 18
Sandra Barker	Mar 18
Paul Heap	Mar 18
Barbara Sabatini	Mar 19
Verna Mainland	Mar 20
Janet Hamilton	Mar 24
Scott Palmer	Mar 24
Freda Reid	Mar 24
Gerard Slood	Mar 25
Ann Weeks	Mar 25
Jean Nichol	Mar 26
Bill Anderson	Mar 30
Marie Richardson	Mar 31

Team Member Birthdays

Jack Vorvis	Mar 01
Casey Worth	Mar 01
Cherry Fran	Mar 02
Elke Atkinson	Mar 03
Olivia Martin	Mar 03
Maxine Russel	Mar 04
Dhanvender Sidhu	Mar 04
Dinna Vi Boje	Mar 05
Melissa Berberich	Mar 05
Wendy Mclelland	Mar 05
Karly Oakley	Mar 06
Raisa Degmunshi	Mar 07
Sky Charnoe	Mar 08
Dayna Brinton	Mar 08
Jackie Graham	Mar 09
Keith Bennet	Mar 11
Gleanard Martinez	Mar 11
Susan Dunkley	Mar 12
Ruth Demary	Mar 13
Kelly Campbell	Mar 14
Aklel Workalemahu	Mar 14
Nellie Van Dyke	Mar 15
Rebecca Artuso	Mar 17
Kathryn dela Fuente	Mar 23
Lisa Mazza	Mar 23
Jody Gawne	Mar 23
Julie Bonnett-Woodley	Mar 24
Ekta Rani	Mar 24
Janice Weaver	Mar 26
Grace Deter	Mar 30
Monowara Begum	Mar 31



@Riverside_Glen



Www.facebook.com
/RiversideGlen



@Riverside_Glen



google.com/
+VillageOfRiversideGlenGuelph



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

Birthday Celebrations

Retirement Birthday Party

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

Long Term Care Birthday Party

*Thursday, March 16th at 2:00pm in the Café
with Eric Lunn*

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
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
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