

Riverside REVIEW

Vol. 25 Issue 4 May 2023

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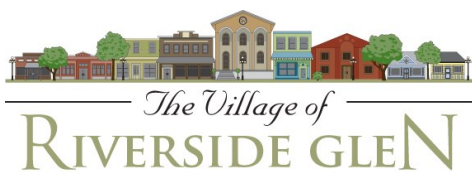
Welcome New
Residents!
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Mission Statement
Our Mission is to
provide holistic health
care in a home
environment located
within an internal
neighbourhood design
that promotes a caring
community, with
emphasis on optimal
health and life purpose
for each resident



Message from

BRYCE MCBAIN

Dear Residents, Families and Team Members,

We gave thanks to our volunteers for making a difference at The Village of Riverside Glen during National Volunteer Week in April. We appreciate the kindness and the support that our volunteers provide in our village. We honoured Carol Watson with our Barb Schlegel award, an award that was created in Barb Schlegel's honour to recognize the exceptional contributions a volunteer makes in our village every day. Carol has been a volunteer with us for years, sharing her optimism, empathy and fun-loving spirit with our residents and team.

Mental Health Awareness Week is May 15th – 21st. Please make time for self-care as much as you care about others in your community. Let us know if or how we may support you.

Everyone, please plan to join me in recognizing our compassionate, dedicated and caring team members on Caregiver's Week, May 8th-14th. Wednesday, May 10th from 1-4pm (weather permitting) we invite everyone to participate in our Caregivers' Carnival in our rear parking lot behind our Long-Term Care Erin Neighbourhood to celebrate all caregivers.

THANK YOU, caregivers, for your dedication to caring for and serving our residents at The Village of Riverside Glen.

We hope that our readers enjoy our May newsletter.

Sincerely,

Bryce

Bryce McBain, General Manager

Chaplain's Corner

Residents, Family, Team Members:

In the month of May we focus on Mothers with Mother's Day being the second Sunday of the month. I came across this "Prayer for my Mother" which was submitted to Ann Landers (remember her column) and re-printed in Chicken Soup for the Mother's Soul:

"Dear God: Now that I am no longer young, I have friends whose mothers have passed away. I have heard these sons and daughters say they never fully appreciated their mothers until it was too late to tell them.

I am blessed with a dear mother who is still alive. I appreciate her more every day. My mother does not change but I do. As I grow older and wiser, I realize what an extraordinary person she is. How sad that I am unable to speak these words in her presence, but they flow easily from my pen.

How does a daughter begin to thank her mother for life itself? For the love, patience, and plain hard work that go into raising a child? For running after a toddler, understanding a moody teenager, tolerating a college student who knows everything. For waiting for the day when a daughter realizes how wise her mother really is?

How does a grown woman thank a mother for continuing to be a mother? For being ready with advice (when asked) or remaining silent when it is most appreciated? For not saying, 'I told you so', when she could have uttered these words dozens of times? For being essentially herself—loving, thoughtful, patient, and forgiving?

I don't know how, dear God, except to ask You to bless her as richly as she deserves and to help me to live up to the example she has set. I pray that I will look as good in the eyes of my children as my mother looks in mine."

A happy Mother's Day to all our Mothers, Grandmas, Great-Grandmas, and all who have had a Motherly influence on others.

Blessings to you,
Rev. Brenda Woodall

Reminder: Wednesday May 31 @ 10:30 Retirement Memorial Service in the Williamsburg Dining Room

In Memoriam

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

Joy Mills
Jantina Reinders
Greta Unternahrer
Joan Henry
Mary Schiebel
Joyce Auger

Barbara Szymala
Bertha Brintell
Linda Iacovella
Do Thi Long
Danuta Duncan
Jane Uyl



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



Ē Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Elizabeth Kuzik
Elaine Beattie
Margo Shoemaker
Margaret Bordignon
Shirley Hurd
Shirley Barnes
Sandra Luebbecke
Vangelia Misevski
Marie Bordignon
Danuta Makowski
Benny Monico

Long Term Care

Patrick Laurin
Lyle Kreller
Bernadette McKay
Edna Fletcher
Norman Coolahan
Peter Verardo
Tamara Pulkina
Robert Mallory





Message from Your Long-Term Care Family Council

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

The other day I read a quote that said: “A mother’s job is to teach her children to not need her anymore.” If that statement is true, I’m here to tell you that my mom did **NOT** do her “job” very well.

I’ve been blessed to have a very close relationship with my mom and over the years, contrary to what the quote above says, I’ve grown to need her more and more. Not in the same capacity I did as a child, as a teenager, or even as a young adult, but I need her. I need her wisdom when facing certain situations; I need her encouragement for the struggles of life; I need her listening ear as I ramble on about ‘this and that’; I need her prayers as I make key decisions. But most of all, I need her to know that I love her, and that she is still needed.

Today our roles have changed and I’ve turned into her caregiver. I’ve learned over the last handful of years that the role of caregiver is not for the faint of heart. My heart, in fact, has ached as I’ve been called upon to make decisions impacting mom’s life. Probably the toughest decision to date surrounded her move into long-term care.

As I write these words I know I am not alone. I’ve met others at Riverside Glen who have walked in my shoes for many more years than I have. While caregivers come in all different shapes and sizes—spouses, grandchildren, children, in-laws, friends—we all carry the same concerns for our loved-ones and the same desires for them to be safe and secure, to have an excellent quality of life, to feel loved, and know that they have not been forgotten.

Last summer, I attended my first Family Council Zoom meeting. It was there that I discovered a group of family members and friends who were there to learn how to support and advocate on behalf of their loved-one. I met others who shared similar experiences to mine and felt supported and encouraged.

Whether your loved-one is new to Riverside Glen or if they have been at Riverside Glen for awhile now, I encourage you to consider attending a monthly Family Council meeting. Meetings are currently held by Zoom (7:00pm to 8:30pm) and it is a safe and friendly environment where caregivers can feel supported. Some meetings have a special guest from the Riverside Glen team or others in the long-term care community who speak from their experiences in the area of elder care and those things that we, as caregivers, work through on a day-to-day basis. For me, their knowledge and expertise has broadened my understanding in the area of elder care and has enabled me to see ways in which I can enhance and expand my mom’s world.

Why not consider being a part of the next Family Council meeting on May 11th? We will be welcoming a guest speaker from Hospice Wellington who will share about the myriad of programs offered, highlighting how they serve our community. Please do join us! For further information, email the Family Council executive directly at: rgfamilycouncil@schlegelvillages.com or contact Riverside Glen Resident Support Coordinator Jackie Swan at 519-822-5272 ext 844 or at Jackie.swan@schlegelvillages.com.

As for my mom, well, she continues to be a source of encouragement for me and others in her neighbourhood. Although the familiar twinkle in her eye has faded a bit, the smile on her face lets me know that my mom is still “there”. And, I still need her. To love her, to share special memories with her, to care for her, and to let her know how vitally important she is.

Wendy Piette

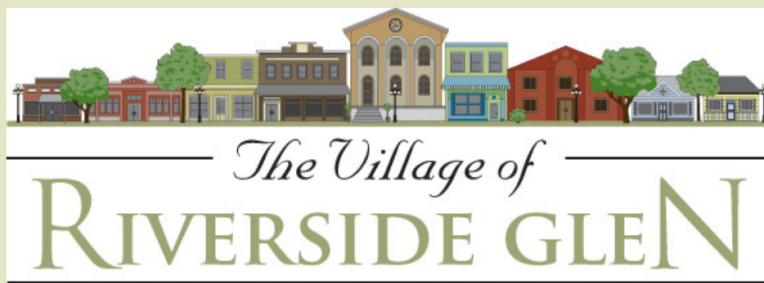
Family Council Member

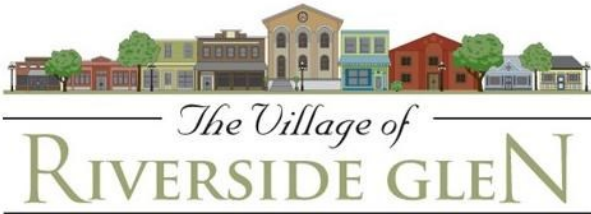
PHOTO REVIEW OF APRIL



COMING UP IN MAY

May 5th	Cinco de Mayo
May 6th	Coronation of King Charles
May 8th-12th	Caregiver's Week
May 8th	Horse and Carriage Rides 1-4pm
May 10th	Backyard Carnival 1-4pm
May 14th	Mother's Day
May 16th	BBQ Lunch
May 22nd	Victoria Day





Let's Get Outside!!

The weather is warm and the Program for Active Living is excited to get outside and enjoy the sun shine. We will be running some of our walking programs outside during the summer. When you walk outside, there are additional benefits! The beauty of nature is certainly a benefit, including the colourful flowers, trees and the warmth of the sun. Sunshine not only feels great but it provides our bodies with the sunshine vitamin, also known as Vitamin D. Vitamin D is important for maintaining healthy teeth, bones and immune system. The sunlight also helps to set the body's internal clock which tells us when to sleep and when to wake up. At The Village of Riverside Glen there are many outdoor areas available to walk and enjoy nature including the fish pond and putting green, Riverside Park, and along the sidewalks! Don't forget your sunglasses, hat and sunscreen! The walking poles are also available in the fitness centre for residents and family members to enjoy outside of program hours.



Long-Term Care Program times:

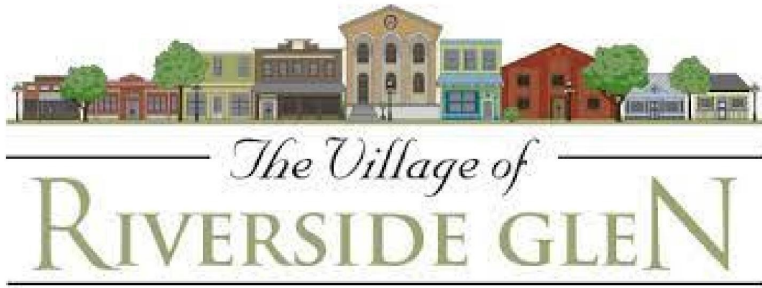
- Wednesday @ 2:00 PM (meet in Fitness Centre)
- Saturday @ 1:00 PM (Meet in Café on May 13 & 27)

Retirement Program times:

- Friday @ 11:30 AM (meet in Café)

Get outside! "The earth has music for those who listen." –William Shakespeare

Your PAL Team Emily, Megan and Caitlin!



APRIL 2023



ATHLETE OF THE MONTH

Mei Fei Elrick



Mei Fei is our athlete of the month for April! Mei Fei has lived on Williamsburg since 2021 and is an avid participant in all our group fitness classes.

She feels that she would not be doing so well if it wasn't for the opportunity to exercise and would like to emphasize the importance of exercise to her fellow neighbors. Mei Fei works very hard and continues to be a fitness inspiration to us all!

Congratulations Mei Fei on being the April Athlete of the Month. Keep up the great work!



Song of the Grand



*A story set on the banks of the Grand River and
the battlefields of Europe during World War II*

Sunday, June 11th at 3pm in
Williamsburg Dining Room

Featuring:

*Brahm Goldhamer - pianist and vocalist,
Iris Rodrigues, George Hall - vocalists, and
Canon Robert Brownlie as the narrator*

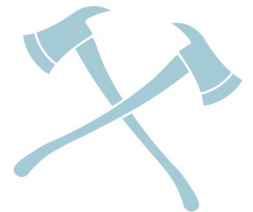
Coming Soon...

Elder Wisdom & Pursuit of Passions



&

PURSUIT
of PASSIONS



There is a great wealth of wisdom we can gain through the experience of our elders.

We're honoured to showcase our Schlegel Villages' residents and the variety of passions that continue to drive them.



Gala events

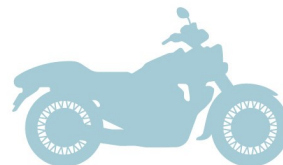
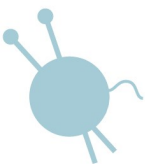
Thursday, June 1 – 1 p.m.
The Village at University Gates
Waterloo

Thursday, June 8 – 2 p.m.
The Village of Taunton Mills
Whitby

Wednesday, June 14 – 2:30 p.m.
St. Clair College
Windsor

Wednesday, June 21 – 2:30 p.m.
The Village of Erin Meadows
Mississauga

Thursday, June 29 – 2 p.m.
Art Gallery of Hamilton
Hamilton



Creating comfort and belonging for people living with dementia

Whether you have been diagnosed yourself or care for someone living with dementia, there are simple things you can do to make home calming to improve wellbeing. We spoke with Dr. Allen Power, Schlegel Research Chair in Aging and Dementia Innovation, to get tips from the expert himself.

Noises

An ideal environment for people living with dementia should have minimal background noise or competing sounds. As a care partner, ensure that the TV is kept at a comfortable volume and be mindful of the noises generated by everyday activities like cooking or cleaning. Avoid loud or sudden noises.

Sensory Challenges

Aging and dementia can lead to changes with touch, taste, smell, sight and sound. For instance, people may feel cold more often. Additionally, peripheral vision can decrease, and many people with dementia smell smoke or foul odors that may cause them to investigate or want to leave the area.

Lighting

Improper lighting can cause confusion and stress. Ensure that the living space is well-lit, with natural light during the day and soft, warm lighting in the



evening. Lamps instead of overhead lighting can help with this. Consider using nightlights in hallways and bathrooms to provide a gentle guide.

Decor

Decorate in a way that minimizes glare and avoid flooring with busy patterns – dark circles or stripes can look like holes in the floor.

Furniture Placement

Lastly, arranging furniture to promote engaging conversation can enhance the sense of belonging for someone living with dementia.

The presence of dementia may increase the person's distress, but it is rarely the root cause. Often, people may simply be responding to the limitations of their environment. To learn more, read the [Supporting Comfort and Belonging for people Living with Dementia guide](#), created by Dr. Power and Laura Aguiar, MPH, BASc.

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.

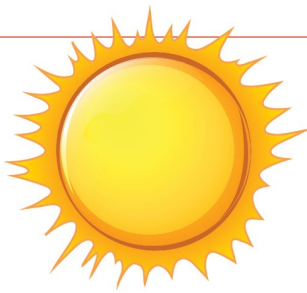
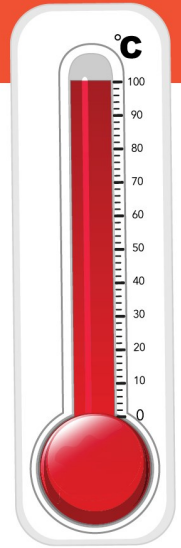
Heat-related illness

Prevention and management

As warmer weather approaches, we want to provide a safe and comfortable environment for all residents.

Heat-related illnesses are a group of serious and escalating medical conditions which include heat rash, heat cramps, heat exhaustion and heat stroke, and can have a significant impact on the health of our residents.

Our heat related illness prevention and management plan will be implemented annually, beginning May 1st to September 30th, as well as any other time when the temperature is forecasted externally, or reaches internally 26 degrees.



Hot weather tips

The signs and symptoms of heat related illness can occur quite quickly with little to no warning. Residents are assessed for heat risk annually and strategies developed. The following tips are general in nature.



Staying cool

- With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather.
- Keep cool cloths handy to apply to the face, neck, and arms.
- Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.



Clothing

- Wear loose, lightweight, light-coloured clothing.
- A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.



Skin protection

- Stay out of direct sunlight by using shade trees, covered awnings or patio umbrellas.
- Sunscreen should always be applied, even in the shade. Remember to reapply as needed.



Nourishment

- Frequent, smaller meals may be more easily tolerated during hot weather.
- Avoid dehydration by consuming fluids before, during and after meals, as appropriate.
- Hydrate with water and other cooling choices such as Popsicles and watermelon between meals.
- Alcohol may cause dehydration and should be avoided.



Physical activity

- Keep outdoor physical activity to a minimum and take frequent rest periods.
- Attempt to stay indoors during the warmest part of the day.



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



Famous May Birthdays

The following people were born in May. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Madeleine **ALBRIGHT**
- B. Yogi **BERRA**
- C. Tony **BLAIR**
- D. Bing **CROSBY**
- E. Ian **FLEMING**
- F. Sigmund **FREUD**
- G. Wild Bill **HICKOK**
- H. Wynonna **JUDD**
- I. Sugar Ray **LEONARD**
- J. Sally **RIDE**
- K. Johnny **UNITAS**
- L. John **WAYNE**

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

Bonus: Match the person to the correct clue.

- | | |
|-------------------------|--------------------------------|
| 1. The Duke ____ | 7. Novelist ____ |
| 2. Singer/actor ____ | 8. Championship boxer ____ |
| 3. NFL quarterback ____ | 9. British prime minister ____ |
| 4. Baseball great ____ | 10. Secretary of state ____ |
| 5. Country singer ____ | 11. Psychiatrist ____ |
| 6. Frontiersman ____ | 12. Astronaut ____ |



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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@Riverside_Glen



google.com/
+VillageOfRiversideGlenGuelph



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

Resident Birthdays

Gloria Mahoney	May 01
Dan Stalmach	May 01
Claire Martin	May 03
Jean Corlett	May 03
Jay Ivey	May 03
Benny Monico	May 05
Wilma Ensing	May 05
Olga Bojeczko	May 06
Janet Harrison	May 06
Ralph Sykes	May 07
Hennie Rauwerda	May 07
Dianne Kristensen	May 07
Djonna Neilson	May 08
Meifei Elrick	May 09
Graham Thomson	May 09
Marion McKee	May 09
Jennifer Sharratt	May 09
Kornelia Seib	May 10
Billie Fordham	May 11
Ruth Roehrig	May 11
Alleyne Olton	May 14
Dean Reaney	May 15
Tamara Pulkina	May 17
Robert Seim	May 17
Alice Ruby	May 18
Frances Harkness	May 18
Karen Vandivier	May 19
Esmeralda Kennedy	May 20
Dusan Mileusnic	May 21
Robert Lawson	May 21
Mary Schnurr	May 22
Josephine Waples	May 25
Violet Shoemaker	May 26
Anne Marie Zahara	May 26
Louis Tonin	May 26
Beverly Calanchie	May 28
Norman Coolahan	May 28
Mariam Weldegersh	May 28
Vernon Ashby	May 28
Lina Orlando	May 29
Elinor Nicoll	May 30
Sidney Effer	May 30
Jack Stevenson	May 31

Team Member Birthdays

Kiseri Tesfamichael	May 01
Tyler Williamson	May 01
Anisha Vakkachan	May 02
Heather Delfabbro	May 02
Angelina Garcia	May 03
Mirwet Kesete	May 05
Jack Mayhew	May 05
Arlene Estoesta	May 05
Sara Ferris	May 05
Stephanie Arsenault	May 06
Emily Patchett	May 06
Harpreet Kaur	May 07
Justina Assuah	May 08
Nadia Masi	May 09
Lucie Okun	May 09
Alberta Agyepong	May 11
Ashlynn Melancon	May 11
Lorie Loder	May 11
Leslie Kogo	May 12
Senselisiwe Sibanda	May 13
Sabrina Bourget	May 13
Parmila Chherti	May 14
Dhruvi Patel	May 15
Lilianeth Amasol	May 15
Sunita Darjee	May 16
Drew Carrick	May 16
Pawandeep Kaur	May 16
Lhex Cornelius Laude	May 17
Frances Garcia Jones	May 18
Mandi McEwan	May 19
Cassidy Hall	May 19
Mariola Stasiukiewicz	May 20
Venicea Kydd	May 22
Semhar Semere	May 24
Wendy Phillips	May 26
Tanya Keleher	May 27
Leny Tharmalingam	May 27
Katie Skrzypczak	May 28
Curtis Loder	May 31

Birthday Celebrations

Retirement Birthday Party

*Tuesday, May 16th at 2:00pm in the Café
with Aidan Purnell*

Long Term Care Birthday Party

*Thursday, May 11th at 2:00pm in the Café
with Kevin Coates*

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
Racquel Seman, 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
Shaleena Campbell, Director of Hospitality and Food Services RH	Ext. 840
Amy Hasson, Food Services Manager LTC	Ext. 873
Milyn Calicdan, 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. 759
Jaycel Nabua, Director of Lifestyle Options	Ext. 865
Brittany Burton, Volunteer and Student Services Coordinator	Ext. 863
Jen Jimenez, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858
Vrushank B, Administration RH	Ext. 800