

Riverside REVIEW

Vol. 25 Issue 6 June 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,

Thank you to all our mothers, their families and our team members for making our Mother's Day High Tea such a success. Several residents and families shared their gratitude for our team members who supported this experience.

Thank you, team members, for your commitment to our mission and vision and to our residents, families and leaders who helped make our village Caregivers' Week in May a special week of appreciation for our team members. Many residents commented about how they enjoyed the opportunity to participate in the special horse and carriage rides and mini carnival experience with our team members and their families.

Anyone interested in joining us on our Boat4Hope Dinner & Social Cruise in support of our Wilfred Schlegel Hope Fund (WSHF) on July 9th from 6-10pm, please contact our Retirement Admin desk at Riverside.RETAdmin@SchlegelVillages.com or 519 822 5272 x 805. Please order your tickets while they last. Transportation to and from our event can be made available.

The WSHF is our benevolent fund, voluntarily paid into by team members through payroll deduction, which in turn is matched by the Schlegel family – a dollar becomes two thanks to the legacy of Wilfred Schlegel. The funds are then allocated on an “as needed” basis, as decided by a committee of team members and leaders who assess individual requests. The WSHF was established to ensure that funds would be available to match the spirit of generosity and compassion ignited within each Schlegel Village when a team member is in need.

Tickets cost \$100/ ticket. Proceeds from ticket sales will be donated to the WSHF.

Lastly, we are looking forward to hosting another classic car show this Father's Day in our courtyard from 1-3pm. Please understand that you may need to arrange to park off site and/or in Riverside Park when visiting Father's Day during these hours, given that parking in the back will be limited with the number of classic cars on display. Please join me in wishing all father figures a Happy Father's Day on June 18th! Thank you.

Sincerely,

Bryce

Bryce McBain, General Manager

Chaplain's Corner

Residents, Family, Team Members:

In June we remember our Fathers, Grandfathers, and Great-Grandfathers, and all who have had a Fatherly influence on others. I came across a lovely saying for Fathers in a newsletter entitled, "The Joyful Noiseletter":

"Only God can make a Dad. He does it each and every time God puts into the heart of a father a special warmth and gentleness. Only God can make a Dad who shares his children's laughter, dries their tears, and always keeps on loving."

A very Happy Father's Day to all!

Also, on Sunday June 11 @ 3 pm in the Williamsburg Dining Room is the play/musical, "Song of the Grand", the story of 2 friends from Ontario, who joined the allied forces in WW2, one enlisting in the Navy and one in the Air Force. They have also just both married their school sweethearts who happen to be sisters. "Song of the Grand" honours all the courageous men and women, who, while risking their lives, secured our freedom. A local cast of 4 performers will share with us this local story.

Blessings to you,
Rev. Brenda Woodall

In Memoriam

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

Eleanor H
James M
Emma B
Jean-Luc I
Penny O

Marilyn M
Leta A
Mae B
Diane G





Message from Your Long-Term Care Family Council

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

One of the most uncomfortable parts of life to talk about is a loved one's palliative/end of life care. Just because they have moved into long-term care (LTC) doesn't make this an easier topic. This is our final good-bye we're talking about!

At our last 2 meetings, we learned that palliative care means helping a person with a life-limiting illness or disease to improve their quality of life so they can be as comfortable, pain and symptom-free as possible while no longer treating that illness or disease. End of life care is what a person receives when they are expected to die within about 3 months. This final palliative care is focused on supporting the person, their choices and family until their death.

For some of us, this was new information. We really appreciated the chance to learn and get answers to our questions.

In April, Raman Mander, one of Riverside Glen (RG)'s Assistant Directors of Nursing Care, spoke to us about this care at RG. She reviewed RG's resources, including if needed 24 hr on-call physicians, on-site nursing and personal support worker care, as well as the on-call Resident Support Coordinator (RSC), chaplain, priests and Hospice volunteers. She emphasized that LTC is each resident's home and that residents are expected to be cared for up to their last moment. Familiar staff are close by to care for and spend time with our loved ones. Loved ones have unrestricted visiting hours at this stage and RG will help make you as comfortable as possible, even providing meals and a cot for overnight stays.

RG staff can help you understand if your loved one needs palliative care. Please speak with your closest team members, neighbourhood nurse or coordinator, the charge nurse (ext 505), Raman (ext 797) or RSC Jackie Swan (see below) to start your conversation about this topic. They also have a helpful booklet called "When Someone is Dying...in Long Term Care: What to expect; What Can I do?".

In May, Kaitlyn Cantrel presented about the services of Hospice Wellington (HW). As Guelph and RG's local hospice, HW offers 10 beds in their residence for palliative care for people at end of life. They also offer people in the community and in LTC free, donation-supported and 1:1 person-centred psychological, emotional, social and spiritual supports such as companionship, Advance Care Planning (ACP), an End of Life Planning and Support guide and 24 hr vigil with those who are dying. Client and caregiver resources include telephone counselling, a lending library with a full-spectrum "Happy Lamp", caregiver workshops, circles and presentations, compassion fatigue supports, music and art therapy, Reiki, and Therapeutic Touch therapy.



Message from Your Long-Term Care Family Council

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

After a loved one passes, HW also offers grief supports such as one-to-one counseling, spousal loss groups, workshops, wellness supports, Mourning Walking groups, and writing/journaling workshops.



You can contact Hospice Wellington at :

info@hospicewellington.org and
519-836-3921 and via
Executive Director Pat Stuart at
pat.stuart@hospicewellington.org.

Copies of the 2 presentations (PowerPoint) are available by contacting family council. We also have an online version of the "When Someone is Dying..." booklet.

Our Family Council offers caregivers (family and friends of loved ones in Riverside Glen LTC) the opportunity to be informed. We offer education, peer support, advocacy and a voice for our loved ones. Why not come out to the next meeting?

On June 8, Family Council is welcoming guest speaker Heather Luth, Schlegel Villages Dementia Specialist, to our meeting. She will be speaking on Schlegel's signature dementia approach LIVING in my Today (LIMT) and its implementation at Riverside Glen and all Schlegel villages.

For further information, email us directly at: rgfamilycouncil@schlegelvillages.com or by contacting RG Resident Support Coordinator Jackie Swan at 519-822-5272 ext 844 or at Jackie.swan@schlegelvillages.com.

We hope you can join us on June 8!

Lori Nero,

Family Council Secretary

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



E Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Kim L
Lucy L
Marc P
Marilyn M
Alice M
Ab M
Elsie K
Geoffery S
Patricia B
Pauline H

Long Term Care

Gordon M	Frank H
Robert M	Helen P
Allan G	Gloria S
Shirley D	Catherine M
Louise N	Thelma H
Amalia G	Leona S
Maria C	James M
Barbara F	
Richard C	



On the Menu...

Dear Residents, Families and Team Members,

As we look ahead to the warmer days of Spring and Summer, we wanted to share that our spring summer menu will launch June 5, 2023. When it comes to the meals we serve, we are always examining ways we can enhance the dining experience by focusing our efforts on creating items our residents really enjoy.

At dinner meals we will again be looking at more fresh, local vegetables as sides and we will phase out the mixed vegetable blends, as we have heard from many who find this vegetable choice to be less desirable. We look forward to carrying on our Sunday brunch options, as well as our traditional roast dinners on Sundays.

We look forward to a range of local fruits and vegetables available to complement all meals. Our dessert choices will also reflect feedback we have heard from residents, who have said they'd prefer more cookies or squares as opposed to cakes, for example.

We do welcome feedback, of course, and we encourage all our residents to attend their villages resident's council/food committee.

A lot of feedback and planning has gone into the new menu and we believe that people will see more variety day-to-day. In the entire 28-day cycle, for example, there are 27 different soups we will present, and our Schlegel Villages Support Office team is working with all of our hospitality and food services teams to explore new ways we can improve.

We will certainly look forward to the specialty events and dinner options that happen throughout the warmer Spring and Summer days. The team in the kitchen and dining room will continue to strive to offer residents quality meals and options to enhance the dining experience overall.

Sincerely,
The Food Services Team

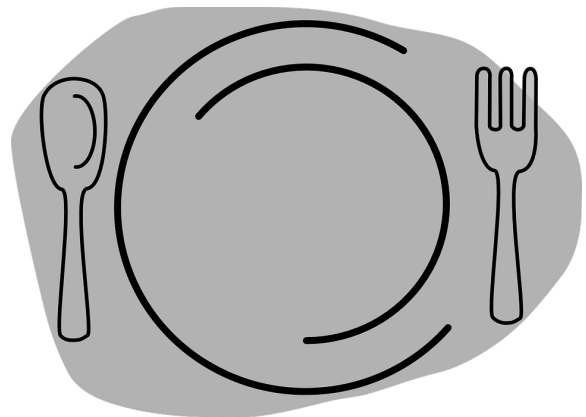


PHOTO REVIEW OF MAY



COMING UP IN JUNE

National Seniors Month

June 7th Wellness Committee

Flee Market

June 12th-16th Pride Week

June 14th Pride Parade

June 18th Father's Day

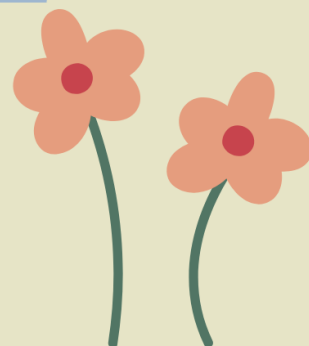
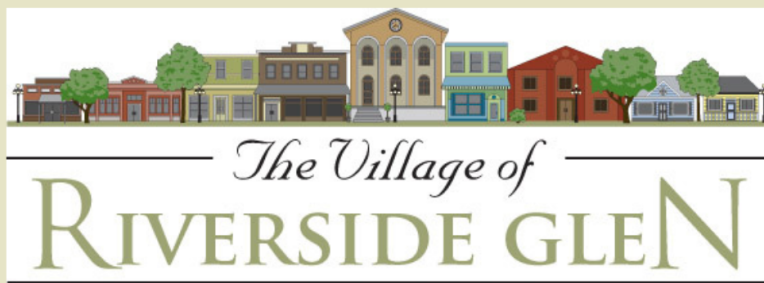
Car Show 1-3pm

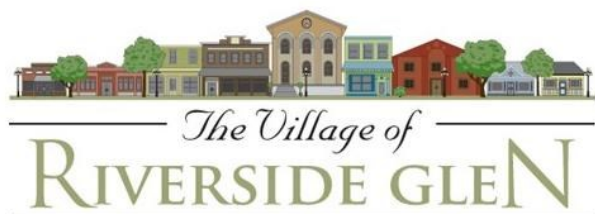
June 21st National Indigenous

Peoples Day

June 21st First Day of Summer

Formal Dinner





PAL: June Exercise Challenge!

June is Alzheimer's awareness month, in honour of this, we are focusing on brain health with an exercise challenge !

Our challenge this month is to walk/roll to the end of 4 hallways in out village at least once per day!

Getting active is critical in maintaining a healthy brain and to maximize brain function

The largest improvements in brain health from exercise include:

- Increase in brain size
- Improved problem solving and multitasking skills
- Increase in attention and concentration
- Reduced risk of dementia and/or a slower progression

Remember to join the outside Walker and Rollers program that are occurring twice throughout the week. Please look at your calendar to know when they are occurring.

Those who walk regularly experience benefits such as improved strength and balance, decrease fluid build up in tissue, lower blood pressure, and a healthier heart. 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 a healthy immune system. The sunlight also helps to set the body's internal clock which tells us when to sleep and when to wake up.

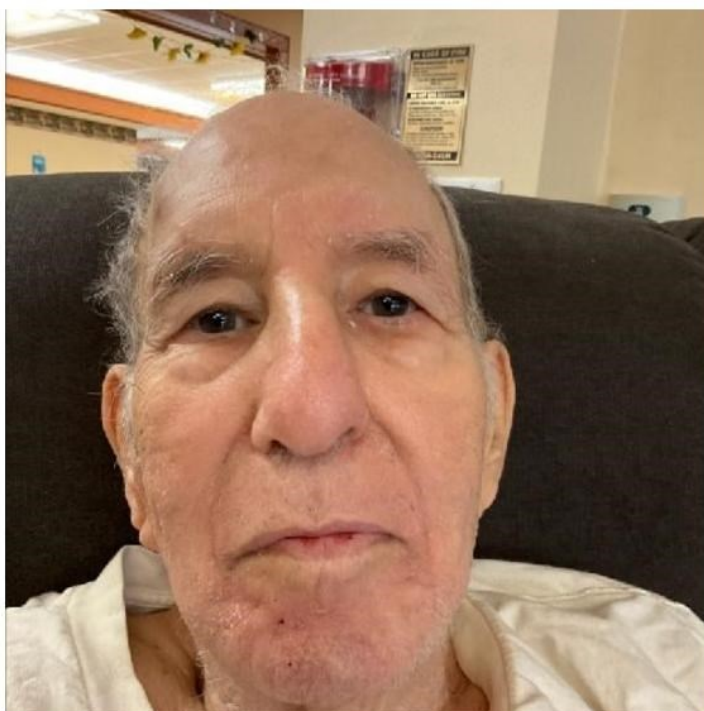


Your PAL Team Emily and Megan!

Athlete of the Month:

Congratulations Norman for being our athlete of the month this May! Norman is

★ very motivated to get up and likes to get his body moving. Norman's favourite
★ type of exercise is walking because he always feels very strong and accomplished after his walks.



Norman hopes to inspire others to move their bodies too! Thank you Norman for being a great example for us all!



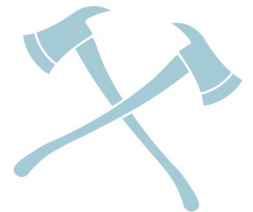
Seniors Month

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

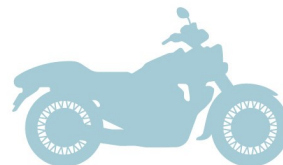
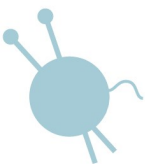
Thursday, June 1 – 1 p.m.
The Village at University Gates
Waterloo

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



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*



RIVERSIDE GLEN



PRESENTS

FATHER'S DAY

CAR SHOW



RIVERSIDE GLEN

60 WOODLAWN RD E, GUELPH ON

SUNDAY JUNE 18TH **1PM-3PM**

\$5 LUNCH TO RAISE FUNDS FOR:

WILFRED SCHLEGEL

Hope Fund

DO YOU HAVE ANY EXTRA YARN?



Our Retirement Residents' Knitting Club are asking for yarn donations. All donations can be dropped off to the Main Entrance for Recreation Supervisor, Karleigh Herd, ext. 620.

THANK YOU!

Q&A with Jane Kuepfer: Nurturing your spiritual life to help age well

Jane Kuepfer, Schlegel Specialist in Spirituality and Aging, has always been deeply fascinated by the wisdom that is cultivated through years of living, and the way people navigate and become inspired by the experiences of life. We asked her some questions about what spirituality and aging looks like today.

What is a significant change you've seen in the field of aging and spirituality over the years?

Researchers and experts are recognizing that spirituality extends beyond religious practices. While acknowledging the rich resources that many people find in their religious traditions such as prayer, scriptures, and community, we are learning that everyone, religious or not, has a spiritual dimension.

How has the global pandemic influenced the field of aging and spirituality?

The global pandemic has shed light on the profound spiritual needs of humanity. As people faced uncertainties and challenges, questions about the meaning and value of life became more common. The need for connection, compassion, solace, and strength became evident as many people struggled through difficult experiences. This has reinforced the importance of spirituality and spiritual care.

How does the field of spirituality and aging cross over with other areas of study?

Spirituality and aging connect with many other fields, highlighting its multidisciplinary nature. For



example, technology can help people explore their spirituality and connect with others. As another example, psychology recognizes that spirituality is important for mental health. It helps people build relationships, find meaning in life, and cope with illness.

By exploring these intersections and many more, we gain a better understanding of the role spirituality plays in aging and how it interacts with other aspects of human experience.

What are some of the key themes or topics that participants can look forward to in the upcoming 10th International Conference on Ageing and Spirituality?

The role of religion as a determinant of health, the meaning of aging across generations, the potential benefits and concerns surrounding the use of technology in spirituality, the intersection of dementia and faith communities, Indigenous knowledge and experiences, and much more!

Kuepfer will be chairing the 10th International Conference on Ageing and Spirituality from June 4-7, 2023. You can register to attend virtually or in person [here](#).

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.

Warm weather facts



WHO IS AT RISK

Anyone can get heat stroke, but infants and the elderly are at higher risk as their bodies may not be able to regulate temperature effectively.



COPING MECHANISM

Your ability to cope with extreme heat depends on the strength of your central nervous system.



OCCUPATION

People with occupations that require physical labour in hot environments are susceptible to heat strokes.



MEDICATION

Diuretics, sedatives, tranquilizers, and heart and blood pressure medications affect your body's ability to regulate temperatures.



BEVERAGES

Caffeine (stimulant) and alcohol increase the risk of warm weather-related illness.



MEDICAL CONDITIONS

Sleep disorders, and problems with the heart, lungs, liver, kidneys, thyroid, or blood vessels increase the risk.



CLOTHING

Wearing heavy and tight clothing can increase the risk. Opt for light-colored, loose-fitting clothing made of natural fibers (cotton/silk/linen).



DISEASES

Certain diseases increase risk; cystic fibrosis, for example, affects the ability to sweat.



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

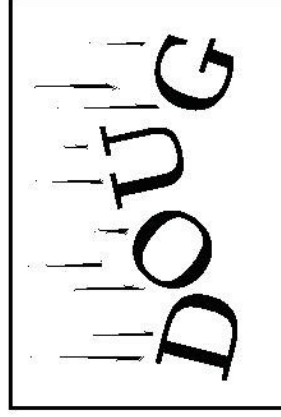
www.earandhearingclinic.com

Wacky Wordies

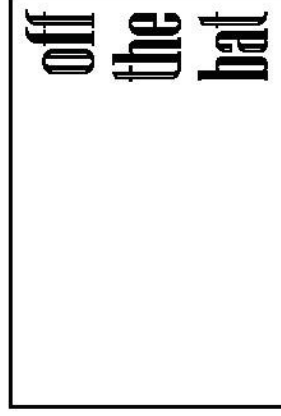
Each of the puzzles below provides a visual representation of a common word or phrase.
Can you decipher the clues in each puzzle box?



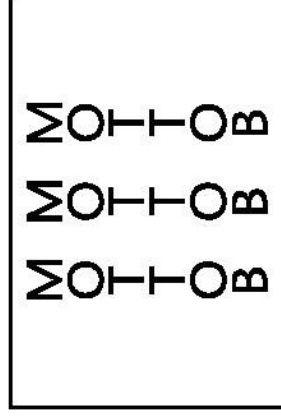
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3. _____



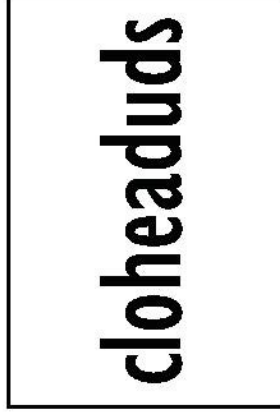
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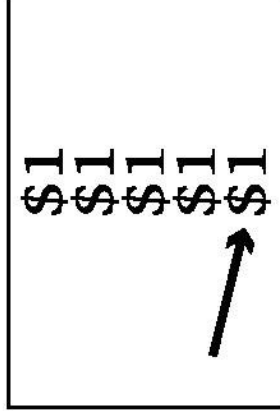
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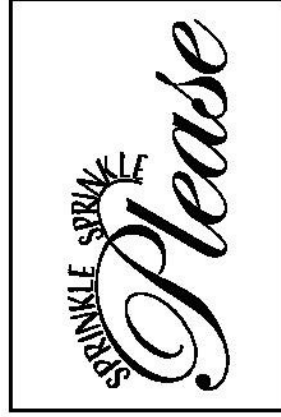
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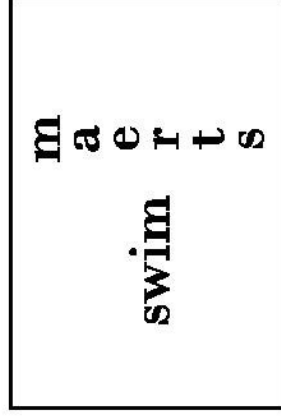
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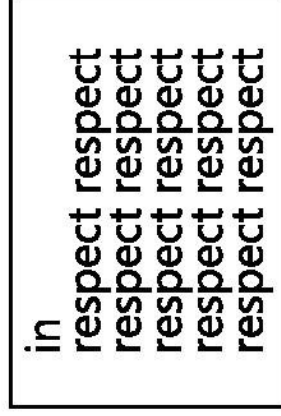
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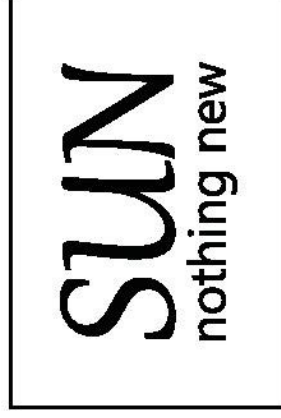
9. _____



10. _____



11. _____



12. _____



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

Lawrence L	June 01
Arthur N	June 05
Anna D	June 05
Linda M	June 05
Frank D	June 06
Nancy B	June 08
Thomas C	June 09
Isabel W	June 09
Joan Z	June 10
Mary B	June 10
Gillian G	June 11
Anna B	June 13
Helen T	June 16
Ann H	June 16
Edward K	June 16
Phyllis W	June 18
Loretta S	June 18
Mary D	June 19
Linda G	June 19
Kenneth M	June 19
Elizabeth K	June 20
Barbara S	June 20
Marilyn K	June 20
Danuta M	June 21
Helen K	June 23
Bernadette M	June 23
Barbara M	June 24
Patricia H	June 25
Hendricka C	June 25
Helen A	June 28
Sandra D	June 28
Barbara R	June 28
Dennis V	June 29
Lynda M	June 30
Douglas J	June 30

Team Member Birthdays

Judy K	June 01
Jennifer A	June 03
Becky S	June 05
Perlita A	June 06
Miral K	June 06
Genelhet A	June 08
Ilana B	June 08
Beata B	June 11
Randolph A	June 12
Maryam F	June 12
Sean G	June 13
Melvin A	June 15
Winta B	June 15
Rowena R	June 15
Elodie K-W	June 17
Nour J	June 17
Aedrianne M	June 17
Barbara L	June 17
Olivia B	June 19
Kehinde A-O	June 21
Alexis-May B	June 21
Swathy D	June 21
Eunice C	June 24
Scott M	June 24
Jenilyn R	June 24
Maria S	June 24
Happy P	June 24
Donna C	June 25
Gretchen B	June 28
Alicia L	June 29



@Riverside_Glen



Www.facebook.com
/RiversideGlen



@Riverside_Glen



google.com/
+VillageOfRiversideGlenGuelph



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

Birthday Celebrations

Retirement Birthday Party

*Tuesday, June 20th at 2:00pm in the Café
with Aidan Purnell*

Long Term Care Birthday Party

*Thursday, June 20th at 10:30am in the Café
with Aidan Purnell*

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