

# Riverside REVIEW

Vol. 25 Issue 7 July 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

# CANADA DAY

also serves as a reminder of the  
country's commitment to values  
such as inclusivity, diversity,  
and multiculturalism.

## JULY 01



*The Village of*  
**RIVERSIDE GLEN**

*Message from*

# BRYCE MCBAIN

Dear Residents, Families and Team Members,

Thank you to everyone who helped make our fathers feel special on Father's Day.

Special thanks to our residents who shared their passions and hobbies as part of our Pursuit of Passions in June to help us celebrate Senior's Month.

Thank you to all our residents and team members who helped us celebrate Pride Week. We honour diversity in village life.

Now I wanted to update you on our approach following the government's announcement the last week of June on the additional loosening of restrictions, most notably around masking. While families and visitors have been able to choose not to wear a mask since Monday June 26th, team members, students, volunteers, and support workers are no longer required to wear a mask in the Village, as well, with some exceptions.

We have spent the last week of June refreshing our team's education on what is known as a Point-of-Care Risk Assessment (PCRA), which is how in all cases of illness we determine what the appropriate Personal Protective Equipment is. This helps our team members protect themselves from contracting an illness when in close contact with someone who is ill while also reducing the risk of spread.

For our team members, students, volunteers, and support workers, a PCRA must be completed for all resident interaction to determine whether there is a risk of being exposed to an infectious agent, including COVID-19, and determine appropriate PPE.

Please note that every Resident or Substitute Decision-Maker can choose to require a mask of any team member providing care, and we will adhere to these wishes. Please let your neighbourhood coordinator know if this is your wish and it will be noted in the care plan, and we will do our best to notify all team members. We will also post a sign upon a resident's door to let all who enter know these wishes.

We will continue to have masks available for all who choose to wear one. Please note that we must always follow all Public Health guidance and it is possible that additional measures, such as masking, may be reintroduced by public health order.

Currently, however, we are pleased to see so many smiling faces again and thank everyone for their support and encouragement through 3+ years of masks and restrictions.

In August, Schlegel Villages will be inviting surveyors from the Commission on Accreditation of Rehabilitation Facilities (CARF) into our villages to speak with leaders, team members, residents and family members. This accreditation process identifies an organization's commitment to continuous quality improvement, welcoming feedback and serving the surrounding community. If you are interested in learning more about CARF accreditation, please visit [carf.org](http://carf.org)

Lastly, we invite you to join us for our 25<sup>th</sup> Anniversary celebration in our LTC-Erin Neighbourhood backyard on July 19<sup>th</sup> from 2-4pm.

Have a Happy Canada Day!!!

Sincerely,

*Bryce*, General Manager

# Chaplain's Corner

Residents, Family, Team Members:

Here is a little humour for these lazy summer days, passed on from one of the residents, entitled, "How Old Are You?"

"Someone asked the other day, 'What was your favourite fast food when you were growing up?'

'We didn't have fast food growing up,' I informed him, 'All food was slow.'

'C'mon, seriously. Where did you eat?'

'It was called AT HOME,' I explained. 'Mom cooked every day and when Dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate, I was allowed to sit there until I did like it.'

By this time, the guy was laughing so hard I was afraid he was going to suffer internal damage, so I didn't tell him the part about how I had to have permission to leave the table.

Here is one other thing I told him about my childhood: Some parents NEVER owned their own house, wore Levis, set foot on a golf course, traveled out of the country or had a credit card. My parents never drove me to school; I had a bicycle with one speed, slow. We didn't have a television until I was 10 and it was black and white, went off the air at 11 pm, after playing the national anthem and a poem about God. I never had a phone in my room. Our only phone was on a party line."

Remember when, eh!

A reminder that the Long-Term Care Memorial Service is Thursday July 13 @ 2:30 in the Erin Neighbourhood.

Blessings to you,  
Rev. Brenda Woodall

## In Memoriam

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

*Maureen R  
Dorothy L  
Marilyn K  
June C*

*Ruby G  
Angeline M  
Allan G  
John S*





## *Message from* Your Long-Term Care Family Council

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

Moving a loved one into Long Term care is a very difficult decision. It was made harder to do so during a worldwide pandemic where interactions were restricted. I am happy that these restrictions have lifted. Recently, I had the pleasure to participate in 4 outings with my mother, Nancy. Nancy resides in the Nichol neighbourhood. We took part in a horse and carriage ride, the care giver carnival, the Father's Day car show and a trip to the Butterfly Conservatory. It is a pleasure to share in the delight of the residents, staff and caregivers in attendance. Everyone seemed to enjoy themselves and feel recharged. I was also able to be present for a music therapy session, which I believe is extremely meaningful and beneficial for my mother. Nancy comes from a musical family and during her retirement she played drums in a Scottish pipe and drum band.

It can be difficult finding the balance between my own family, my career and providing care and support to both my elderly parents, both of whom are in different phases of their memory loss journey. I find comfort within my own family, but also in the support of the Family Council and my fellow members. We are in this together.

"We do not remember days, we remember moments" -Cesare Pavese.

If you are a spouse, child, sibling, niece, nephew, friend, neighbour of anyone residing in Long Term Care at Riverside Glen, I encourage you to join us to gather, support and learn with one another. I can't tell you how life changing it has been for myself to connect with others, living a similar journey.





## Message from Your Long-Term Care Family Council

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



Our next virtual meeting we be held August 10<sup>th</sup> 7pm via Zoom. We can assist if you are unfamiliar with Zoom. Zoom can be used on a tablet, computer, or any mobile device.

For further information, email the Family Council executive directly at: [rgfamilycouncil@schlegelvillages.com](mailto:rgfamilycouncil@schlegelvillages.com) or contact Riverside Glen Resident Support Coordinator Jackie Swan at 519-822-5272 ext 844 or at [Jackie.swan@schlegelvillages.com](mailto:Jackie.swan@schlegelvillages.com)

*Marj Both,*

Family Council Member

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



*E Komo Mai*

*Bem-Vindo*

Welkom

## Welcome

Witajcie

*Benvenuto*

Bienvenue

*Karibuni*

### *Retirement*

Geoffery S  
Rudiger V  
Donna R  
Mildred H

### *Long Term Care*

Elzbieta P  
Joseph H  
Doreen S  
David K  
James Y  
Alina SP  
Sheila P  
May M  
Mary W  
Tom M  
Iolanda DI





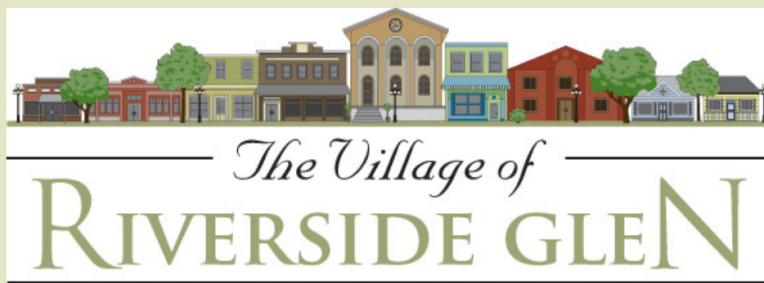
# PHOTO REVIEW OF JUNE





# COMING UP IN JUNE

July 1st	Canada Day
July 5th	National Graham Cracker Day
July 9th	Boat For Hope
July 13th	LTC Memorial Service
July 16th	Ice Cream Day
July 19th	25th Anniversary Party! 2-4pm in Erin Backyard
July 24th	National Self Care Day





## **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 our 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!



# 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!

## Supporting your neighbours: Preventing social isolation

As we get older, the risk of social isolation (lack of meaningful contact with others) increases significantly. But the truth is, feeling alone and disconnected doesn't have to be part of aging.

This lack of contact with others can have a big impact on health and well-being. Older adults who are socially isolated may be more likely to fall, experience feelings of depression, not be able to do things they used to, have trouble thinking clearly, are at a higher risk for dementia, and are more likely to visit to the emergency department.

It is important to find ways to stay connected, whether that is through personal connections, participating in community programs, reaching out to faith-based organizations, or accessing social services. Overcoming social isolation is important to maintaining a healthy and fulfilling life.

### Signs to look out for

Here are a few questions to help you find out if a neighbour is experiencing social isolation:

- Have they shared that they're feeling lonely or secluded?
- Are they getting dressed or staying in the same clothes/pajamas for long periods of time?
- Has their behaviour changed or have they recently stopped going to social events they used to enjoy?



### What you can do

Sometimes an older adult just needs someone to talk to, or to feel that someone cares. In other times, they may need more support than what you alone can provide. Here are some tips for how you can help someone who may be experiencing social isolation:

- Be a friend.
- Recommend a program or service.
- Check in with a visit or phone call.
- Introduce them to new people.
- Talk with their care partner or family and see how you may be able to support.

We all need meaningful connections with others. It's important we all recognize the impact of social isolation and take steps to reduce it.

Read the [Supporting Your Neighbours: A Community Conversation Guide](#) for more information about the health impacts of social isolation, signs to look out for, common barriers, and tips to help.

Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews) to stay up-to-date on the latest news, events, and helpful resources.



# Signs and symptoms of heat illness



## *Heat exhaustion*

If you or someone you are with experience any of these symptoms, immediately move to a cool place and drink fluids; water is best. Alert a registered team member as soon as possible.



Skin rash



Muscle cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination

## *Heat stroke*



High body temperature



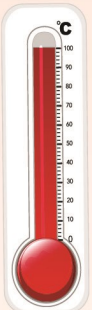
Confusion and lack of coordination



Dizziness or fainting



No sweating, but very hot, red skin



Heat stroke is a medical emergency – immediately report to a registered team member or call 911 if away from the Village. While waiting for help-cool the person right away by:

- Moving them to a cool place, if you can;
- Remove excess clothing (layers);
- Applying cold water to large areas of the skin; and
- Fanning the person as much as possible.



## 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](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)



## ACROSS

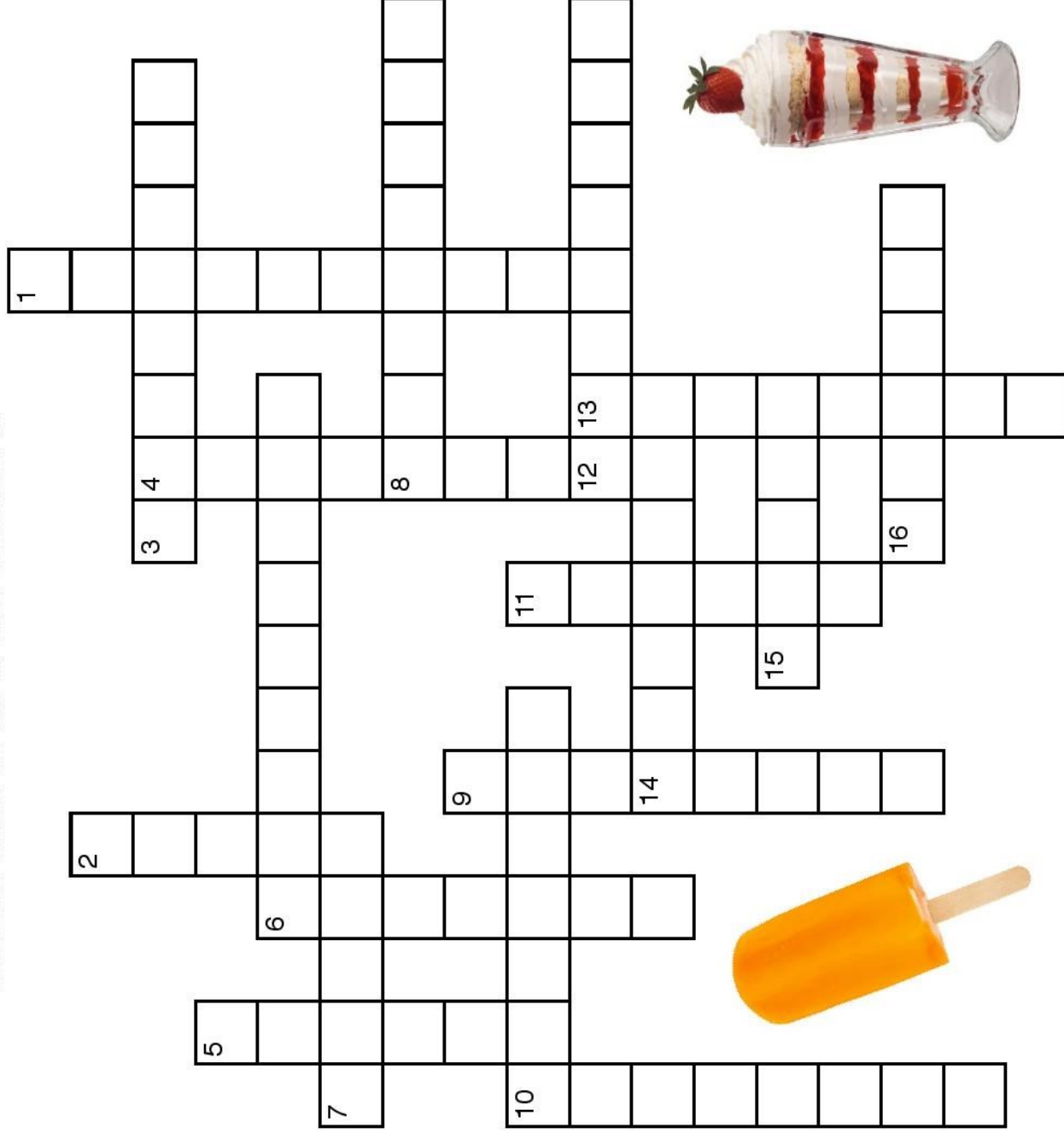
3. Blended fruit drink with dairy
6. Hawaiian fruit export
7. Root beer \_\_\_\_
8. Southern sugary drink
10. Carbonated drink
12. Ice-cream novelty with a polar bear logo
14. 7-Eleven specialty, aka slushy
15. Jiggly treat
16. Vineyard fruits

## DOWN

1. Seedy summer snack
2. Banana \_\_\_\_
4. Ice-cream drink
5. Italian ice cream
6. Dessert in a tall glass
9. Frozen treat on a stick
10. Paper cup carnival treat
11. Fruity water-ice
13. Sidewalk stand buy

# Cool Treats

Use the clues to fill in the crossword.





# 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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google.com/  
+VillageOfRiversideGlenGuelph



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

## Resident Birthdays

Billie F	July 02
Filina N	July 04
Fred S	July 04
Bob G	July 05
Doug G	July 05
Kathy M	July 06
Beth M	July 06
David K	July 08
Mavis H	July 10
Anna D	July 10
Walter F	July 10
Bozidar R	July 13
Ferenc S	July 14
James G	July 14
Mary S	July 16
Marie H	July 17
Elaine S	July 18
William H	July 18
Jocelyn A	July 19
Helen P	July 19
Glenys E	July 20
Barbara S	July 23
Verna V	July 24
Janet F	July 24
Jo-Anne M	July 25
Elma N	July 26
Susanne B	July 27
Doreen S	July 30
Thelma S	July 30
Doris H	July 31

## Team Member Birthdays

Lakhvir R	July 01
Juvie J	July 02
Kiera C	July 02
Liliane N	July 03
Joanne L	July 05
Becki L	July 06
Alexander WE	July 07
Victoria O	July 08
Allison K	July 09
Melissa VB	July 10
Lorena G	July 10
Meighan A	July 11
Annette S	July 12
Nicholas A	July 14
Frank P	July 14
Arshdeep K	July 15
Harminder S	July 15
Ulysses A	July 15
Colleen M	July 16
Djrei D	July 17
Abigail V	July 18
Lynn W	July 19
Coretta W	July 20
Chase W	July 20
Victoria E	July 22
Kathy B	July 22
Joanna M	July 23
Charanjit K	July 24
Andrei Nicole O	July 24
Faye Z	July 25
Carly-Ann F	July 25
Mariae Z	July 25
Laura W	July 26
Caitlin A	July 28
Djreu D	July 30
Carrie W	July 31

## Birthday Celebrations

### **Retirement Birthday Party**

*Tuesday, July 18th at 2:00pm in the Café  
with Aidan Purnell*

### **Long Term Care Birthday Party**

*Thursday, July 20th at 2:00pm in the Café  
with Tristan Alexander*

# 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
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