

Riverside REVIEW

Vol. 25 Issue 8 August 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



Hello
AUGUST



The Village of
RIVERSIDE GLEN

Message from

BRYCE MCBAIN

Dear Residents, Families and Team Members,

It's hard to believe that we're in our 8th month of the year!

This month I share our appreciation for all our team members who have served at The Village of Riverside Glen for the past year and invite everyone to nominate a team member for each of our annual team member Connect the Dots Customer Service Credo Awards; **Know Me**, **Be Present**, **Walk in My Shoes**, **Earn Trust** and **Follow Through**. See ballots at the ballot boxes near our Village Offices in Retirement (RH) and near our Long Term Care (LTC) Admin Desk for more details. Winners will be announced at our Staff Appreciation Event planned for August 30th, 2023.

Thank you to all who came out to celebrate our 25th Anniversary with us in our beautiful Erin neighbourhood backyard. Everyone appeared to have enjoyed the event and all who attended helped to make it great! I don't think we've ever seen so many residents from each of RH and LTC lined up to ride the mechanical bull.

July was a month full of resident inspiration from skydiving, paddling the Speed River to mechanical bull riding! If you weren't doing it, you were very likely smiling at the thought of others doing it! Remember, there are many other opportunities for life purpose in the Village for those that like to keep their feet on the ground! Let's continue to find joy in supporting each other's dreams, aspirations, and village life.

We hope that you have a great August and enjoy the rest of summer.

Sincerely,
Bryce, General Manager



Message from Your Long-Term Care Family Council

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

We hope you are enjoying these lovely warm summer days. Our Family Council meetings are resuming in August by zoom (August 10th at 7 pm) after taking a break for the month of August.

Our Mission Statement is:

Family Council is a group of family members and friends of the residents in RG LTC. Membership will provide advocacy and voice for the residents, families and staff. It will provide peer support, education and communication between families, administration and staff.

During this past year, Family Council has had many informative and enlightening guest speakers at our meetings. We have had people from administration including General Manager, Bryce McBain and Assistant General Manager LTC, Devon Richards who spoke to us about the annual Resident Quality of Life Survey and the Family Quality of Life survey, plus they fielded a variety of questions from the membership. We were introduced to our new liaison, Jackie Swan, the Resident Support Coordinator. Raman Mander, an Assistant Director of Nursing spoke to us about palliative care at Riverside Glen. Schlegel's dementia specialist Heather Luth spoke to us about Living in my Today – the dementia approach/focus and its implementation at Riverside Glen and all Schlegel villages.

Community speakers were also welcomed to our meetings. Robin Smart, Waterloo Wellington Alzheimer Society, did a presentation on enhancing our understanding of dementia. We also welcomed Kaitlin Cantrall from Hospice Wellington and learned about the services offered there.

On a regular basis at our meetings, we provide and/or discuss administrative updates such as staffing changes, new ministry guidelines, etc.. However, most importantly, we offer each other support in our caregiving.

“To the world, you may be one person, but to one person you may be the world.”
— Dr. Seuss

Please consider joining us on August 10th to meet other caregivers like yourself. You can reach us 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.

Enjoy these lazy hazy crazy days of summer!
~ Mary-Lou Fairles co-chair RG Family Council

Chaplain's Corner

Residents, Family, Team Members:

Several months ago we were privileged to hear of the missionary work of a relative of a resident and team member who had to flee Ukraine at the beginning of the war. He and his Ukrainian wife have returned to Ukraine to continue serving there. Here is an update from them in Ukraine. Let us keep them in our prayers.

Thursday August 3 at 2:30 – Grief Support Group to begin in the Long-Term Care Chapel. This is open to all. It is a confidential support group for learning and caring through the difficult journey of grief.

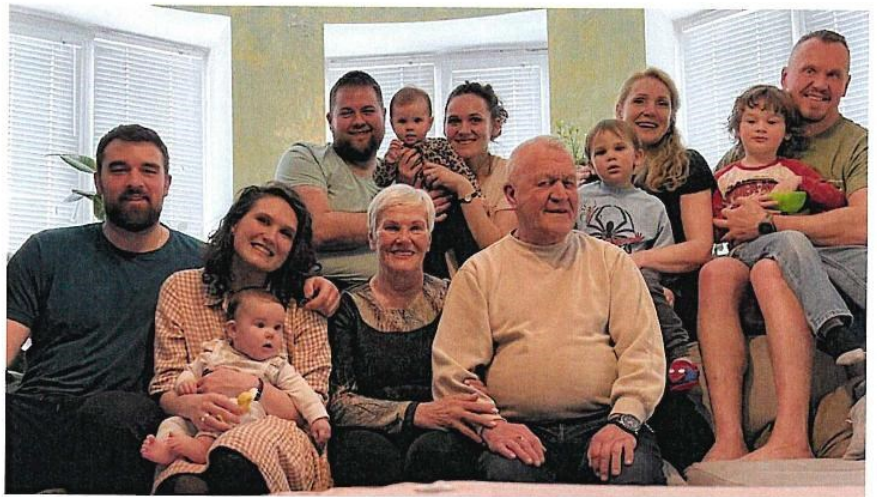
Please see the following page for more to their story and the names of residents we remember from the month of July.

Blessings to you,
Rev. Brenda Woodall

Safe and Sound!

Our journey

We made it safely to Ukraine. The packing in Canada was difficult, the travel was exhausting, hours in planes and vans and boarder lines but eventually we arrived in Ukraine and rested at Nastya's mothers' home until our jet lag wore off.



Time with Nastya's Family



Bittersweet goodbye to Canada/ Bittersweet goodbye to Old friends

All in all, things have gone relatively smoothly but of course Ukraine is still at war with Ruzzia and as such we have a few "complications" we need to deal with. Air raid sirens will occasionally go off in the night or evening, they are loud and not very enjoyable to listen to. A warehouse in our city was struck a few weeks back and there was a fire that destroyed many tons of humanitarian aid which is sad. Nastya's father is still serving in the Army and though he has come for a few visits it is still heavy on our hearts knowing the work he must do to keep his family and country safe. Ukrainians overall have a positive outlook on the future and believe this war will end favorably with a victory. We see that Ternopil has changed a lot in the 15 months we were gone, but also that much of the feel and charm this beautiful city had remains. We are very blessed to be home and serving again in the country we both feel called to. Slowly we are finding our groove as a couple, as a family, and as missionaries.

Chaplain's Corner

Finding our place

YWAM Ternopil has changed a lot due to the war, there are many new faces and many new ministries. The pace has doubled if not tripled and decisions and ministry are handled quickly and effectively. We are really excited about this change as it is necessary for the season Ukraine is currently finding itself in. Yet with so many new staff and so many of the old staff having left due to the war Nastya and I see that something important has been lost. We are seeing a lack of team care or pastoral giftings within the base. Nastya has always believed that if you see a problem that others cannot see it probably means that God is calling you to be the solution, and so in the spirit of that belief we have started taking this calling upon ourselves. We are not sure how to fulfill this need, but Joshua knows how to cook and Nastya knows how to clean, so we started with inviting people over to our home and sitting with people on the base over a cup of coffee and asking how they are doing. It isn't much but it is something we can do together as a family (Michaela included). We have also been asked to assist with a leadership training seminar and both Josh and Nastya will have opportunities to teach. We have some teams coming over the summer to volunteer and we both will be part of hosting them while they are serving in Ternopil. Individually we also see where we can serve. Joshua will help in the kitchen cooking for the refugee ministry 2x a week as well as cooking for the homeless ministry on Fridays. Nastya will offer translation and English lessons: at church, in YWAM and with a private school in the city. Our next few months will be filled with the responsibilities I mentioned above. We are so excited to be back on the mission field and to be serving alongside our friends and family again.

In Memoriam

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

Earl S
Joseph H
Jean R
Diane M

Ida H
Raymond N
Louis F



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



E Komo Mai

Bem-Vindo

Welcome

Welkom

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Laurette L
Bill C
Millie H
David P
Paola M
Margaret Y
Alan Y
Ju Man C

Long Term Care

Bruce G
Freda B



September 10

Grandparents Day

Why is **YOURS** the
GRANDEST?

Send a free personalized
postcard telling them why!

How to send a card:

1. Go to schlegelvillages.com/GrandparentsDay2023 or scan the QR code.
2. Choose a card.
3. **Complete the form between August 1–27.**
4. Printed cards will be delivered to your grandparent living in a Schlegel Village on Grandparents Day, Sunday, September 10.

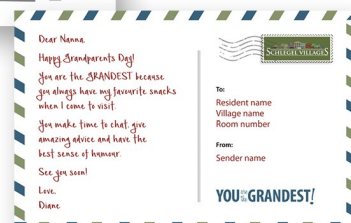
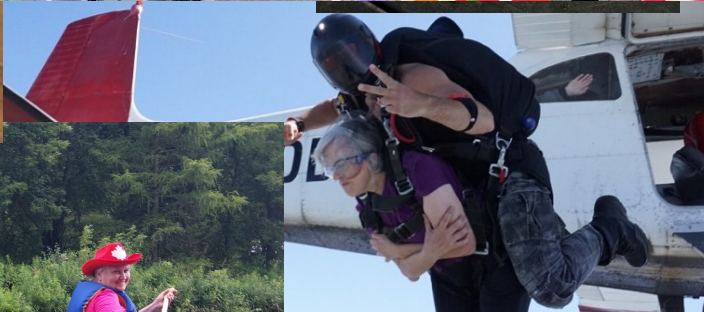


PHOTO REVIEW OF JULY



COMING UP IN AUGUST



| | |
|-------------|--------------------------------------|
| August 3rd | Blue Jays Day (wear your attire)! |
| August 6th | Root Beer Float Day |
| August 16th | RH Neighbourhood BBQ's |
| August 19th | National Honey Bee Day |
| August 20th | National Lemonade Day |
| August 21st | Senior Citizens Day |
| August 23rd | LTC Neighbourhood BBQ's |
| August 30th | Team Member Appreciation |

Vendors

Cameron Cards - Thursday August 10th
(10-2pm, RH Main Street)

Schlegel Villages – CONNECTIONS

Schlegel Villages is a growing organization serving 5,000 residents in 18 Villages with the support of more than 5,000 team members.

In the next five years, the numbers will rise significantly and as excited as we are to spread our mission to broader communities in Ontario, we know it is important we keep everyone within our Villages connected to our shared vision and values.

In the **Schlegel Villages – Connections** section, we will share some of the initiatives underway throughout Schlegel Villages; it's a way to keep our culture connected from Village to Village and community to community.

We'll connect in other ways, as well, depending on the information and the audience, so watch for additional letters or videos and new Village Voice stories about Village life on our website. Feel free to reach out if you have any suggestions or questions: **communications@schlegelvillages.com**.



**WILFRED
SCHLEGEL** *Day*

Monday, August 7

This year for the August Civic Holiday weekend, we felt it was fitting to honour Wilfred Schlegel, the man who inspired his son Ron and grandsons Rob, Brad and Jamie to strive every day towards the betterment of their community.

It was 70 years ago that Wilfred bought the Schlegel family's first home to care for and support older adults, and the family's commitment to others has only grown stronger over the decades within Schlegel Villages and other aspects of business and philanthropy.

Wilfred Schlegel Day is meant to launch a month of giving back to the community, and Villages are encouraged to follow through on a variety of initiatives.

Whether through small, random acts of kindness or larger, organized drive like the Shady Pines fundraiser we're launching this month, there are so many ways we can come together to create better communities.

Schlegel Villages – CONNECTIONS

BUILD A LEGACY in nature

Support the Schlegel family in the **accessible cabin project** at Shady Pines Campgrounds.



In the rolling meadows and forests north of Ailsa Craig, Ontario there lies a hidden oasis where families have etched memories of outdoor adventure together for more than 40 years.

When Wilfred Schlegel bought the land in the 1970s, he pictured a place where people could escape the bustle of modern life and reconnect with the peace and tranquillity that can only be found in nature.

In 2016, the Schlegel Family once again took ownership of this space with the intention of creating two, fully-accessible cabins and the accompanying infrastructure to ensure that no matter a person's ability, a place in the wonderful outdoors is available to them.

Sponsor levels

Foundation – \$1,000

Boards – \$250

Pathway – \$100

Sponsor names to be recognized on the structure.

Donate

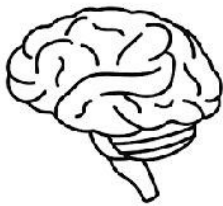
Online or at the Village office.



schlegelvillages.com/givingback

Happy August from the PAL team! Here are 5 reasons why you should be getting outside and enjoying the beautiful weather this summer!

Amazing Benefits of Spending Time Outside



Spending time in nature can help enhance cognition and memory!



Sunlight gives you vitamin D, an essential vitamin!



Going outside enhances energy and sleep!



Being around trees and plants strengthens the immune system!



Fresh air and nature can help reduce stress, depression and anxiety

Your PAL Team Adrienne, Emily, Megan, & Maddy

Athlete of the Month: Francoise Dalcourt

★ Francoise is our athlete of the month for July! She exercises every day completing one-on-one exercises as well as group classes. ★ Francoise is very motivated to exercise because she loves seeing improvements in her strength & independence.



Her favourite type of exercise is to practice standing. She also loves group exercise classes because she enjoys the social aspect. ★ Francoise believes that exercise is important for the body and the mind and a bit of exercise will always make you feel good! Thank you, Francoise for being a great example for us all, ★ congratulations! ★



RESEARCH MATTERS

RIA FEATURE

AUGUST 2023

Opening our doors to the Schlegel Villages community

The RIA recently held a special Residents' Day event for our next-door neighbours at the Village at University Gates. The day was all about bringing our community together and showing everyone what we do to enhance life and care for older adults across Canada.

The day had an open-house feel, letting residents explore different parts of our four-story Centre of Excellence for Innovation in Aging.

On the main floor, guests got to see "Aging Faster in Space" research. Residents also got a tour of the Monitoring, Intervention, and Response for Aging Demonstration Apartment (MIRADA) to showcase how radar technology can make a resident's home safer by detecting falls in a non-invasive way.

On the fourth floor, the Nutrition in Disguise project offered tasty samples with extra nutrients, like lentil brownies.



Then there was a chance to try out a virtual reality experience with our new Schlegel Research Chair in Technology for Healthy Aging.

The final stop was the Dementia Hub, where we helped break down some of the common misunderstandings about living with dementia.

Want to come visit us? We're excited to share that we're opening our doors again on September 16 as part of Doors Open Waterloo.

This is a chance for all Schlegel Villages residents to come and see what we're all about, meet our team, and learn how we're making life better for older adults.



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.

RIA RESEARCH
INSTITUTE
for AGING
Schlegel • UWaterloo • Conestoga

Enhancing Life

250 Laurelwood Drive, Waterloo, ON
519-904-0660 | info@the-ria.ca
www.the-ria.ca

Charitable Registration # 841471212 RR0001

Stay hydrated!



FACTS



With the weather finally getting warmer, proper hydration is of increased importance for everyone but especially our residents



Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration



Evidence tells us that our residents need to drink at least 6-8 cups or 1500-2000 ml of water per day



Water in beverages (e.g. milk, coffee or tea) and foods counts!

TIPS



Drink water throughout the day



Eat foods with high water content such as fruit and vegetables



Drink together – when you consume water with others you are likely to drink more



Remind others to drink water regularly



Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking

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.

A HUGE thank you to all who have donated!



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

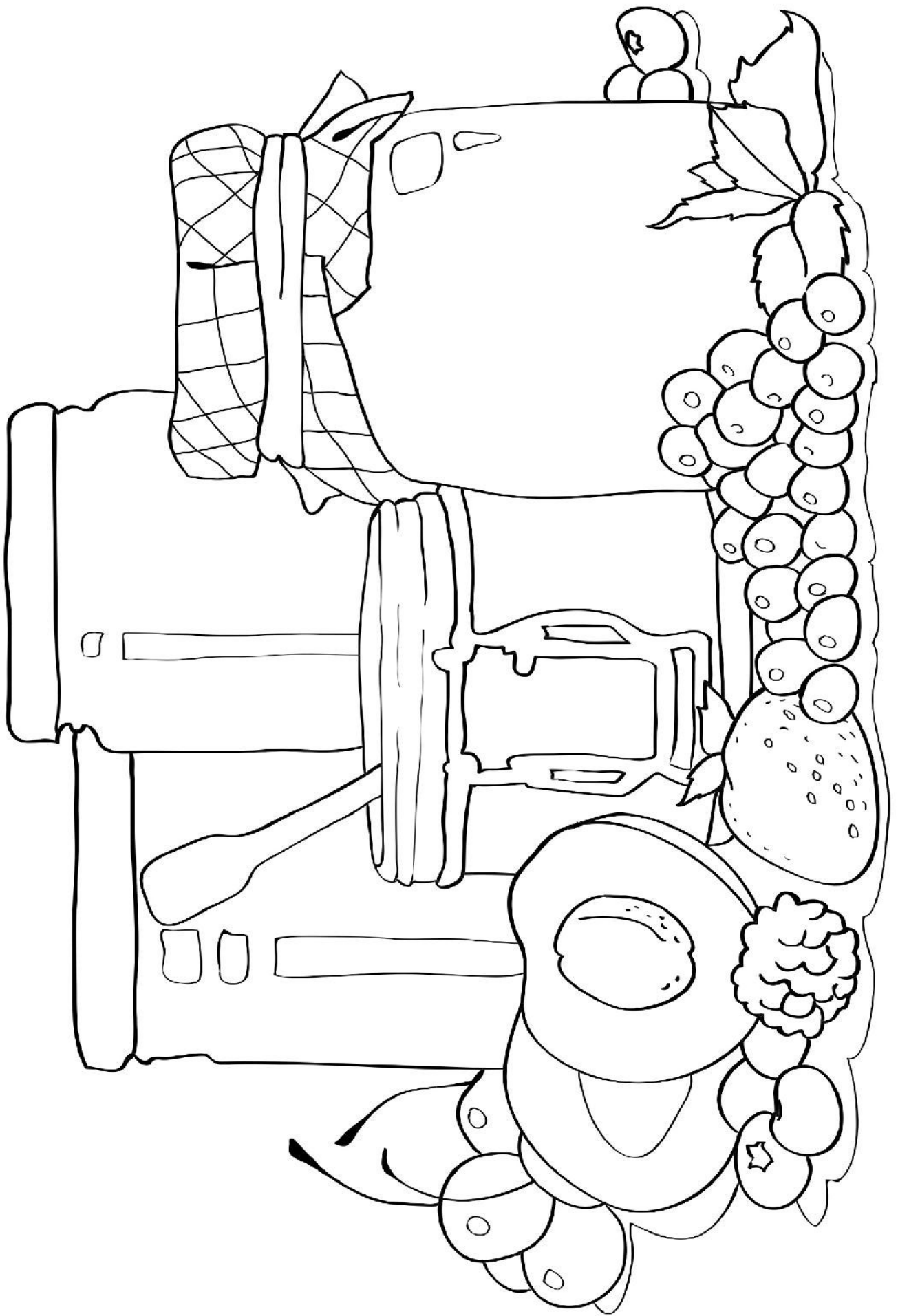
retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com





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**



@Riverside_Glen



Www.facebook.com
/RiversideGlen



@Riverside_Glen



google.com/
+VillageOfRiversideGlenGuelph



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

Resident Birthdays

Joan H
Lawrence H
Katherine B
Jacqueli W
Susan R
Alba B
Djonna N
Andrea N
Bob C
Wayne L
Joyce S
Lilian D
Richard C
Robert M
John F
Karen W
Irene P
Rocco I
Elizabeth W
Carol M
Magdolna M
Peter V
Betty J
Laurette L
Carol W
Roderick M
Regina A
Nancy G
James P

August 02
August 02
August 04
August 04
August 04
August 05
August 05
August 05
August 05
August 06
August 08
August 09
August 09
August 11
August 13
August 13
August 14
August 16
August 20
August 22
August 22
August 22
August 24
August 24
August 25
August 27
August 27
August 28
August 30
August 30

Team Member Birthdays

Virginia V
Navi B
Harminda VA
Prabhshan K
Sydney M
Kelly P
Jennifer N
Sophia T
Sherri H
Mary R
Amandeep K
Sandra A
Roxanie Anne L
Conner M
Ralph D
Nancy N
Amrinder K
Emily B
Vincent G
Pawandeep K
Suhaniben P
Fatima D
Jessa B
Arcilla S
Kadri P
Sheena May C
Chenneces Yanikka C
Ravneet K
Bernadette T
Hannah K
Mark Adrian T
Paulo O
Betty P
Dishka D
Tom P
David O

August 01
August 01
August 01
August 02
August 04
August 07
August 10
August 10
August 11
August 12
August 12
August 12
August 12
August 13
August 13
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August 14
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August 18
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August 19
August 19
August 21
August 22
August 23
August 24
August 24
August 26
August 28
August 29
August 30
August 31
August 31
August 31

Birthday Celebrations

Retirement Birthday Party

*Monday August 28th at 2:00pm in the Café
with Martin Wall*

Long Term Care Birthday Party

*Thursday, August 10th 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 |
| Adrianne White, 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 |