

The Glendale Gazette

September 2023



The Village of
GLENDALÉ CROSSING

Chaplain's Chat

From the desk of Hans Van Eyk

September already! Where has much of summer gone? August seemed much like a rainy April. The month of September brings us a change of seasons: The warmth of summer gives way to mornings with a touch of chill in the air; the evenings come earlier as the days shorten in the rhythm of the season.

But change is natural if not always smooth as we move from one phase of life to another. Change means letting go and accepting what will come next. Without the season of fall, summer's growth would never become the harvest. We are called to be thankful and so we shall be. We can make this September enjoyable and fun with the many activities and programs and also to see the finishing touches put on the new retirement addition next door.

The Bible message for the month of September can be Philippians 4:13: *"I can do all things through Him who strengthens me."* This Bible verse is good because it reminds us that no matter what life brings our way, we can always get through it with the help of God!

Do you remember some of these notable things that happened in past Septembers that you have had a part in?

September 5, 1966: Jerry Lewis holds his first Muscular Dystrophy Telethon, raising \$1 million.

September 6, 1997: The funeral of Princess Diana is held at Westminster Abbey.

September 8, 1966: Star Trek premiered on television.

September 5, 1698: Russian Czar Peter the Great imposes a tax on men's beards (and we thought our government taxed everything) Be forewarned Jason J

September 11, 2011: But sadly we also remember the sad events of this day that shocked the world.

Some Religious Holidays in September

September 15-17. "Rosh Hashanah" the first of the Jewish High Holidays to usher in the Jewish New Year. It is the anniversary of the creation of Adam and Eve, and a day of coronation of God as king.

September 24-25 "Yom Kippur" (the Day of Atonement) is the holiest day on the Jewish calendar, when we fast, pray, seek forgiveness from God and our fellows, and come closer to God. It is the peak of the High Holidays.

September 26. "Navarati" is one of the greatest Hindu festivals, and celebrates the triumph of good over evil.





Wishing you a
Happy Birthday!

Our Residents

*"Don't just count
your years...
Make your years
count!!"
~Ernest Meyers*

Joanne S	Sept 4
Eileen M	Sept 7
Gordon S	Sept 9
Betty V	Sept 10
Elsie S	Sept 13
Marney H	Sept 15
Paul H	Sept 16
Carol Anne S	Sept 18
Marion M	Sept 27
Carol H	Sept 29
Carol G	Sept 29

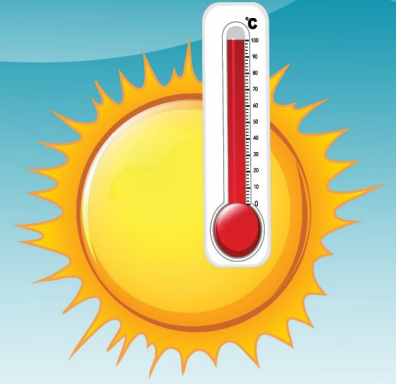


In Memoriam

The Board of Directors, leadership team and team members were saddened by the passing of:

Ana Kotar, Wajiha Chams and Grant Blair

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

Boosting well-being through arts and creativity

The power of arts and creativity to enhance the lives of older adults is invaluable. From gardening to listening to music, everyone can enjoy the benefits of creativity. We sat down with Kate Dupuis, Schlegel Innovation Leader in Arts & Aging, to discuss how arts-based activities can enrich your life.

What does research tell us about the benefits of arts and creativity?

Participating in arts-based activities has been shown to help older adults feel less lonely and can have a positive impact on their mood, thinking abilities, spirituality and more. You don't have to be actively participating to see benefits, even just attending a ballet performance or listening to your favourite album can help! Over the past few years of the pandemic, being able to connect with others, often virtually, through the arts has been really helpful to combat loneliness.

What are some activities you've seen that have had a positive impact?

There is no one-size-fits-all when it comes to engaging in the arts! People often associate the arts with painting, drawing, dancing, and singing but you can also be creative by baking, sewing, quilting, gardening, or fixing up an antique car. In one of our programs, we bring young children and their parents from the community to connect with older adults at Schlegel Villages through music and movement.



I've never been particularly creative, is it too late to start now?

Some of the individuals we have spoken to hold assumptions about how creative they are - they may have been told from an early age that they couldn't carry a tune in a bucket or that they shouldn't dance because they have two left feet. It's always wonderful to see what happens when we encourage older adults to let go of these limiting beliefs and try something new. They often surprise themselves by how fun and fulfilling it can be to engage in expressive activities.

"Arts and Aging Day Canada" is an annual virtual event dedicated to promoting the connection of art, health and aging. How can older adults and their families participate in this event?

The best way to get involved is to go to the RIA's [Arts and Aging Day Canada website](#). There you will find a toolkit that will provide you with tips and tricks for sharing and connecting on September 24, as well as links to online events you are welcome to participate in for free in the week leading up to the day. Remember to use the hashtag #ArtsAndAgingCA when you post your artwork so we can help spread the word!

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.

Spotlight on You

Team Member Spotlight

Hello there!

My name is Chris, I am the full time housekeeper on the Brighton neighbourhood. I have worked at Glendale since the building opened in 2010. I grew up way up north in small town called Beardmore near Thunder Bay with my 8 other siblings. I have lived out in British Columbia and now live here in London. I have 2 children and 3 grandchildren, you may catch me showing off my youngest grandkid, Oliver. I enjoy spending time at our trailer near Grand Bend, it is most definitely my happy place. And ironically, I also love to clean my house and keep it nice and tidy. My favourite part about working at the Village is being able to interact with the residents on a daily basis and have fun with them to bring a little more joy to them.



Leader Spotlight



My name is Erin Seldon and I am the Director of Recreation here at the Village of Glendale Crossing. I have done many different roles before this one, which all I have enjoyed for different reasons. I started in 2010 in recreation which I loved because I love bringing people joy, connecting with people and knowing what will make their lives better. Next up, I covered a maternity leave as Administrative Coordinator and Volunteer Coordinator, which was also great because I know all the Volunteers and got to work closer with them, I always enjoyed learning more of the financial side of things from payroll to billing. I then covered another mat leave as the Admin Assistant and Volunteer Coordinator, which I loved being the face of the Village and welcoming people as they came in. Four years ago, I became a Neighbourhood Coordinator which I loved because this role really helped me grow, I feel. I got to work closely with Residents, families, and team members and help to make sure they are all having a good experience and if not, I was able to work alongside people to problem solve together, I built a lot of connections I may not have had if I didn't do this role. Lastly, I am back to bringing people joy as the Director of Recreation as well as working alongside Family Council which this all feels like home to me and I feel like I am right where I belong now. I grew up in Ingersoll Ontario and moved to London 12 years ago. Almost a year ago I moved to Lynhurst and love being back out in the Country. I live with my common law partner Eric and my two cats, Taz and Zoey. I have one older brother and one older sister. In my off time, I enjoy being outside, reading, watching reality shows (so I don't have to think) and travelling either in Ontario or further.



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- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

In Council Chambers on Retirement Main Street:

August 9,30 September 13,27
October 11,25 November 1,22,29
December 13,20 January 3, 2024

For more information or to book an appointment at The Village of Wentworth Heights, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Volunteer Update

From the desk of Yolande Turner

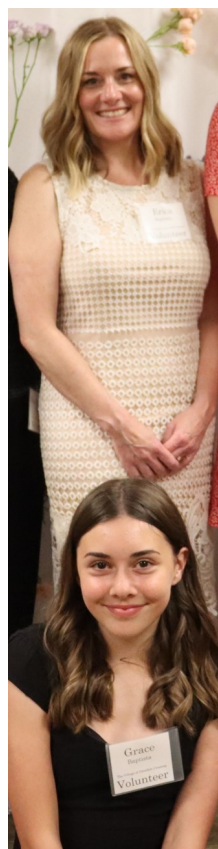
A very special thank you to all of our volunteers who assisted with the programs and activities which took place at the Village this summer. The programs wouldn't be the same without you.

Fall is my favorite time of the year! I love the changing colours of the leaves, baking Fall recipes with my children and enjoying the cool crisp air. We have many exciting programs and activities to sign up for including our annual trip to the Western Fair, a petting zoo, Oktoberfest, Penny Auctions and more. Please see your September volunteer calendar for more details!

Have you considered volunteering within Schlegel Villages?

If you are interested in becoming a part of the caring team at Glendale Crossing, please attend our orientation session to learn more about our volunteer opportunities. We offer flexible volunteering options to allow volunteers to make the commitment that suits their lifestyle.

Volunteer Orientation
Saturday, September 23rd
1:00 pm at Glendale Crossing
**Virtual orientations also available*



Shining Stars of September: Erica & Grace Baptista

Erica & Grace Baptista are an amazing mother/daughter duo who have made a difference in the lives of our residents. Erica started volunteering with us in May and Grace started volunteering in June. Together they have achieved 100+ hours of volunteer service. Erica & Grace are actively engaged with residents during their visits and they are always willing to help when there is a need. They have become an integral part of the recreation team as well and we are very thankful for their compassion and caring support. We appreciate their kindness and dedication to the Village! Thank you, Erica & Grace!

Village Events

Calling all Vendors!

**We are now booking vendors for our
Christmas Bazaar!**

Saturday November 18, 2023 from 10am-3pm

Please reach out to Erin
(erin.seldon@schlegelvillages.com) or Tina
(tina.lancaster@schlegelvillages.com) to
book your spot!

Resident Council and Food Committee Meeting:
Wednesday September 20th at 2:45 in the Community
Centre

Resident Bill of Rights:
21. Every resident has the right to meet privately with his or
her spouse or another person in a room that assures privacy

Meal Tickets

Breakfast \$8.00

Lunch \$12.50

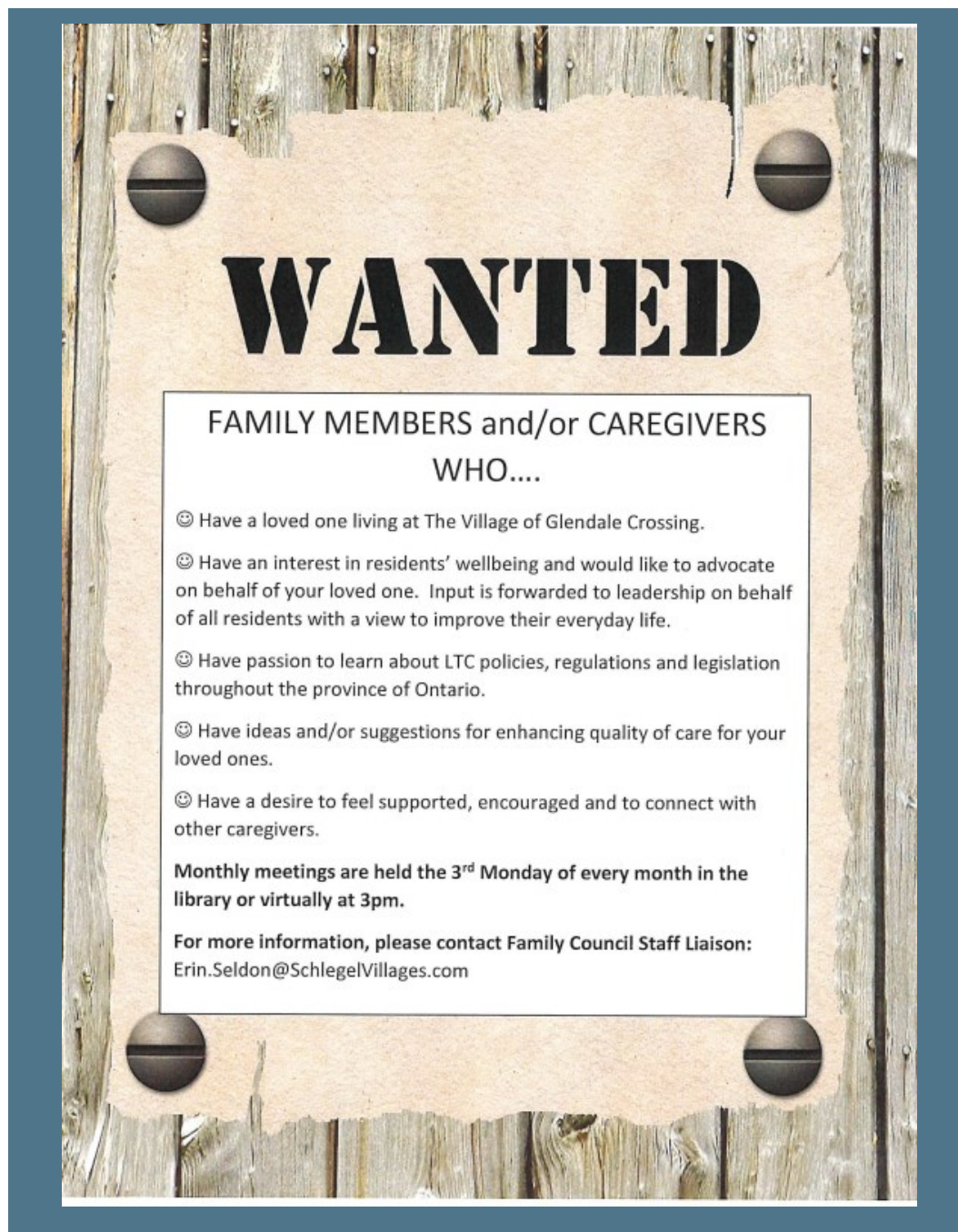
Supper \$14.00

Children are 50% off for all meals

Family Council

**Family Council Meeting:
Monday September 18 @ 3pm in the Library**

"Families working together to provide support, share experiences, and seek solutions to common problems. This is a Family Council."



BUILDING COMMUNITIES OF BELONGING:

Connected, Compassionate, Caring

Learn how to be a Dementia Friend!

A dementia friendly community is a place where people living with dementia and their care partners are welcomed, included and supported. It is a community that pays attention to the social and physical needs of the person living with dementia.

Why you should attend:

- Become familiar with the initiative and the need.
- Learn about Alzheimer's disease and other dementias.
- Identify ways to provide appropriate support.
- Explore how to create safer and better designed places and spaces.
- Get to know more about the Alzheimer Society Southwest Partners!



Join us **Monday, October 16**

6:00 - 7:30 p.m.

The Village of Glendale Crossing

In the Library

Brought to you by the Family Council

Increasing understanding, reducing stigma, recognizing potential

Alzheimer Society
SOUTHWEST PARTNERS

**DEMENTIA
FRIENDLY
COMMUNITIES**

For more information contact:

Erin Seldon

erin.seldon@schlegelvillages.com

519-668-5600 ext. 8007

Caught in the Act

Do you know what the Caught in the Act program is?
If you answered no, please let me explain..

The Caught in the Act program is when you can nominate anyone (resident, team member, volunteer, family member) for going above and beyond the call of duty. This can be something big or small.



All good deeds can be recognized. You can find the nomination box outside of the Community Centre on Main Street. Please submit your nomination here. It will then be added to the monthly newsletter and all candidates nominated throughout the year will go into a draw for a gift at the end of the year. Thank you in advance for your submissions!

Elena J was nominated by Hans V for being an angel who left their cellphone in a palliative residents room with special music to comfort them in their time of need.

The Byron Team was nominated by Rema K for showing true affection, professionalism and empathy to a situation that affected the whole neighbourhood. They had grace under pressure and a kindness to all around them, family included.

Leanna V was nominated by Morgan S for spending time during her break to help with a resident having expressions by keeping them in conversation.

Jason L was nominated by Aster Y for going out of his way to find a garbage container after waiting for one for a long time. He is great

Misty B was nominated by the Rec Team for going above and beyond for the Corn Roast Luncheon. Even when there was a bit of a hiccup, she was patient and helped the rest of the program run smoothly. Thank you!

Schlegel Villages – CONNECTIONS

Before we look ahead to September, we'd like to acknowledge all our Villages did to honour the legacy of Wilfred "Grandpa" Schlegel in August.

This was the first year we organized a day in honour of the man who inspired his son and grandsons to work so hard to enhance their community, and our larger Schlegel Villages Family responded in many different ways.

We saw Villages create handmade cards and bake cookies as gifts to first responders and health care workers in hospitals, while others organized park clean-up days. It was all about giving back to the community, and Ron Schlegel noted how proud he was to see this take place. "This is so fitting," Ron told our Chief Operating Officer, Paul Brown, "and my father would be so happy and honoured."



**WILFRED
SCHLEGEL** *Day*
Monday, August 7



September 11-17 Residents' Council Week

Residents' Council Week is an opportunity to celebrate all of our residents and offer gratitude for all they offer us. Our friends at the Ontario Association of Residents' Councils (OARC) help highlight the great value those who volunteer to represent their fellow residents on council bring to a home, and we are grateful for their service.

The focus every day in the Villages is on creating a space where each resident can find meaning, purpose and joy in whatever fashion suits them.

The OARC has designated the third week in September as Residents' Council Week and we hope all Villages find meaningful ways to celebrate. We also encourage residents who may have an interest in serving on their own residents' council to connect with any of the leaders in their Village to find out how they can get involved.

Athlete of the Month

The PAL team is proud to congratulate Barbara Rusland as this month's Athlete of the Month. Barb has a perfect attendance when it comes to exercise sessions, and has improved a lot due to her consistency! Barb has improved both her intensity and time while on the NuStep bike, and loves listening to Frank Sinatra while pedalling. Barb is incredibly determined and motivated to strengthen her body, which is something we are so proud to recognize! Amazing job Barb! We love singing along with you to Frank Sinatra, and look forward to seeing more of your progress.

Congratulations Barb, and keep up the great work!

- Program for Active Living Team
Ryan, Morgan, Ajay, Sabrina, Andrea, Arshpreet and David



Facts of the Month

From our volunteer, Heather

September Birthdays:

Zendaya	Sept 1
Beyonce	Sept 4
Pink	Sept 8
Hugh Grant	Sept 9
Harry Connick Jr	Sept 11
Niall Horan	Sept 13
Prince Harry	Sept 15
Ian Harding	Sept 16
Madeline Zima	Sept 16
Nick Jonas	Sept 16
Billy Porter	Sept 21
Skylar Astin	Sept 23
Mark Hamill	Sept 25
Will Smith	Sept 25
Jenna Ortega	Sept 27
Anna Camp	Sept 27
Avril Lavigne	Sept 27
Hilary Duff	Sept 28

Fun September Facts:

- Birthstone: Sapphire
- Flower: Morning Glory and Aster
- September is National Chicken Month
- September is the most common month for birthdays
- September is also known as Harvest Month



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Jokes:

What does a house wear?
An Address!

Why are doctors always so calm?
They have a lot of patients!

What reads and lives in an apple?
A bookworm!

Schlegel Villages – **CONNECTIONS**



National Day for Truth and Reconciliation

The knowledge, experience and wisdom of the First Nations, Inuit and Métis peoples of the land we now call Canada guided the first settlers when they arrived from overseas centuries ago. Without this early sharing of knowledge, the early arrivals to a new and bountiful land would have been directionless. Those earliest of relationships deteriorated over time as dogma and the greed of commerce expanded Westward, ignoring the wisdom that guided the people of this land for centuries before arrivals from across the Atlantic.

As the 19th Century unfolded into the 20th, the deterioration of this relationship grew to its darkest form while a concerted, government- and religiously-sanctioned suppression and theft of culture was maintained.

The lives of countless First Nations, Inuit and Métis peoples were the casualties. On Sept. 30 we'll join millions across Canada to recognize darkness of this past as look ahead to Truth and Reconciliation.

Across the country, federally-regulated businesses will close, as will many others, but at Schlegel Villages, our doors are always open and our teams, residents and families are encouraged to come together in the spirit of learning and education.

The knowledge, wisdom and experience of First Nations, Inuit and Métis peoples must continue to guide the people of Canada, for without them the nation will remain directionless. We must learn from the past, as difficult as it may be, in order to build a more equitable future for all, regardless of age, ability, background or heritage.

Contact us...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

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.

Long Term Care Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
Holly Ross	Assistant General Manager	X 8003	Holly.Ross@schlegelvillages.com
Heather Hyland	Assistant General Manager (Retirement)	X 8204	Heather.Hyland@schlegelvillages.com
Melissa Green	Director of Care	X 8005	Melissa.Green@schlegelvillages.com
Kendall Dougherty	Assistant Director of Care	X 8037	Kendall.Dougherty@schlegelvillages.com
Maria Martin	Assistant Director of Care-Ipac Lead	X 8024	Maria.Martin@schlegelvillages.com
Janna Cook	Assistant Director of Care	X 8019	Janna.Cook@schlegelvillages.com
Erin Seldon	Director of Recreation	X 8007	Erin.Seldon@schlegelvillages.com
Greg Lee	Director of Environmental Services	X 8006	Greg.Lee@schlegelvillages.com
Valery Smith	Director of Food Services	X 8004	Valery.Smith@schlegelvillages.com
Tracey Moore	Assistant Director of Food Services	X 8012	Tracey.Moore@schlegelvillages.com
Lindsay Tansey	Registered Dietitian	X 8009	Lindsay.Tansey@schlegelvillages.com
Angela Farrish	Administrative Coordinator	X 8002	Angela.Farrish@schlegelvillages.com
Salma Omerovic	Administrative Assistant	X 8001	Glendale.Admin@schlegelvillages.com
Jessica Stanic	Neighbourhood Coordinator	X 8017	Jessica.Stanic@schlegelvillages.com
Amanda Verberne	Neighbourhood Coordinator	X 8023	Amanda.Verberne@schlegelvillages.com
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Morgan Sullivan-R. Kin.,	PAL Coordinator	X 8008	Morgan.Sullivan@schlegelvillages.com
Yolande Turner	Student Services/Volunteer Coordinator	X 8045	Glendale.Volunteers@schlegelvillages.com
Shannon Brady	Resident Support Coordinator	X 8014	Shannon.Brady@schlegelvillages.com
Tracy King	Director of Quality and Innovation	X 8057	Tracy.King@schlegelvillages.com
Amera Elnamara	Nurse Practioner	TBD	Amera.Elnamara@schlegelvillages.com

If any Resident would like a copy of the newsletter delivered monthly, please contact Erin Seldon at extension 8007, or let your Recreation Team Member know.

Retirement Home Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
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Kendra McKellar	Neighbourhood Coordinator	X	Kendra.McKellar@schlegelvillages.com
Shannon Dafoe	Neighbourhood Coordinator	X	Shannon.Dafoe@schlegelvillages.com
Tina Lancaster	Recreation Supervisor	X	Tina.Lancaster@schlegelvillages.com
KIN	Kinesiologist	X	@schlegelvillages.com
Greg Lee	Director of Environmental Services	X	Greg.Lee@schlegelvillages.com
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Leezanne Young	Director of Hospitality	X	Leezanne.Young@schlegelvillages.com
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Holly Albion	Director of Lifestyle Options	X 8231	Holly.Albion@schlegelvillages.com
Monika Szpigel	Director of Lifestyle Options	X 8232	Monika.Szpigel@schlegelvillages.com
Kathy Howell	Village Experience Coordinator	X	Kathy.Howell@schlegelvillages.com

