

# View from the Heights

**October 2023**

## Harvest Happenings

Triple C Farm will be coming back for our annual Harvest Happening Petting Zoo! They will be joining is in the back courtyard on **Wednesday, October 18th 2-4pm**. Families and friends are welcome to join us!

Throughout the week we will have other events and stations set up on Main Street for you to participate in such as Guess the weight of the giant pumpkin, match the gourds, tic-tac-toe, and much more! Be sure to come down to Main Street and check everything out!



## Halloween Candy Donations



We are excited to get back to one of our favourite events this Halloween, the Halloween Howl! We are welcoming residents' grandchildren and great-grandchildren, as well as team member 's children to join us on **Saturday, October 28th at 10am** for a fun morning of trick-or-treating, crafts and Wizard of Oz themed fun house!

We are looking for candy donations so we can have our residents hand out candy to the children when they come trick-or-treating at the Village. If you would like to drop off a donation of a box of wrapped candy at the Village Office for Recreation we would love your support! If you would prefer a monetary donation and have us purchase the candy on your behalf, we will accept this too. Thank you in advance for your support and kindness!

## Village Events

*Wentworth Heights is committed to creating a vibrant community for our residents, and as such, we welcome fully vaccinated family and friends to join us in our Village events and activities!*





## REMEMBRANCE DAY

Remembrance Day is fast approaching and we want to ensure we honour all those who have served in the war; whether making ammunition, nursing, working front line duties, those in the reserve army etc. we want to honour all of our residents.

If you or your loved one, who lives at Wentworth Heights, is a Veteran please let the recreation team know. There will be a sign up sheet in the Community Center and the Hobby Shop. You can also contact Elaine Thompson by phone at ext. 8076 or email at [elaine.thompson@schlegelvillages.com](mailto:elaine.thompson@schlegelvillages.com) for Retirement Residents or Melissa Marks by phone at ext. 8035 or [melissa.marks@schlegelvillages.com](mailto:melissa.marks@schlegelvillages.com) for Long-term Care Residents.

Please let us know if they do not want to be recognized during our service as we will respect that decision.

Janet will be holding a veteran's meeting on Sun. October 15th at 4:00pm in the Chapel to get input for the service.

Thank you kindly,  
The Wentworth Heights Team

# A Message From... *The General Manager*

Michelle Wood

## **The RESIDENT BILL OF RIGHTS States:**

*Every Resident has  
the right...*

"... to pursue social, cultural, religious, spiritual and other interests, to develop their potential and to be given reasonable assistance by the licensee to pursue these interests and to develop their potential."

Questions can be  
forwarded to my  
email

Michelle.wood  
@schlegelvillages.com  
or call  
(905)-575-4735  
Ext. 8028

Please indicate if you  
would like to remain  
anonymous.

Dear Village Family,

A major theme in October is always one of gratitude, and we offer thanks for all that our team members, residents, family members, volunteers and community partners offer to make our Village a vibrant and enjoyable place to live and work. This is home for our residents first and foremost, but we are incredibly thankful to the efforts of our diverse and dedicated teams working together to foster a healthy, safe and welcoming workplace.

We are also grateful that Village leaders, along with some team members and residents, will be able to gather in Niagara Falls at the beginning of the month for our annual Operational Planning Conference where "People, Care and Quality" will drive the agenda. The conference will run from Oct. 2-4, and we're confident we have a strong set of team members in place to keep the Village running smoothly while our leaders are off-site. Of course, we're only a phone call away, and I assure you we're close at hand, if needed.

I also wanted to offer an update on our infection prevention and control status, as our clinical leads have been watching overall trends within our organization and across the province.

In the past month, Schlegel Villages as a whole saw outbreaks and infection case numbers spike, mostly driven by COVID-19 variants, though other respiratory infections were persistent as well. As of Sept 27, the numbers had significantly declined and we saw four of 10 outbreaks resolved; we expect the others to follow suit soon. In our Village, the team has been managing our situation well and we thank everyone for their support and cooperation.

Please remain focused on all IPAC practices and follow the established protocols. The season for Flu, COVID and RSV infections is upon us, and we know that breaking the chain of infection is key to preventing and/or controlling outbreaks.

We are still awaiting information from Public Health Ontario as to when villages will start receiving the revised Covid Vaccine, the new RSV vaccine for people aged 60 and over, and the influenza vaccine. It is anticipated the Influenza vaccines will be first to be available in early October. We will share more detailed information regarding vaccines as soon as it is available.

Again, we wish you all the best as we look ahead to Thanksgiving, and we hope you're able to enjoy that special time with loved ones.  
Take good care,

Michelle Wood  
General Manager

# Nursing Update

*From the Desk of Angelica Leeman*

Happy Fall! Happy Autumn! Happy Anniversary! Happy Birthday!  
Happy Thanksgiving! Happy Halloween! Happy All Saints Day!



Autumn is my favorite season because it symbolizes letting go, sadness, new beginnings, fear, courage, preparation, balance, celebrations & festivities. It's a time for new learning and experiences. It's a time of gathering with families & friends, celebrating the feast of Thanksgiving. Its time of giving and sharing. Fall is also a time of fear and sadness for some through the festivities of Halloween, all souls and all saint days. It's a time for reflection and personal growth. I have the joy of celebrating two extra festivities this Autumn season, my one-year work anniversary with VWH LTC and my birthday over Thanksgiving weekend. I am thankful and grateful.

On behalf of The Village of Wentworth Heights LTC, I'd like to welcome RN students from McMaster & Brock University this season as well as PSW students from Mohawk College to the Village as they experience new learning, growth and mentorship from our residents & team members in their field of study. The Village will also have the joy of welcoming future RPN students later this season. I would like to applaud a few of VWH LTC team members for continuing with their education in completing IPAC & Palliation certificate programs & best wishes to those team members presently completing PIECEs education. Happy Learning!

Our "Chase the Ace" fundraiser for The Village of Wentworth Heights Pain & Palliation Program, was intended to run over the summer holidays but did not occur due to outbreaks. My goal is to bring back the "Chase the Ace" fundraiser this season at this year's Christmas Bazaar in November. Stop by to support the Pain & Palliation fundraiser for your chance to catch the ACE and win a prize. See you at the tables.

Lastly, it's that time of year again for Seasonal Immunizations. In October, the Village will receive influenza vaccines from Public Health. The VWH LTC IPAC nursing team will reach out to families for vaccine consent via email and phone calls. Hoping to start running Influenza Vaccine Clinics mid-October at the Village for residents & team members. Public Health will also be delivering Covid & RSV vaccines to the Village this season. VWH LTC IPAC team will update residents & families with Vaccine information as the vaccines arrive for informed consent. Visit Hamilton Public Health website for Vaccine information. Vaccine Safety information and video link from Hamilton Public Health is listed below for your review.

Vaccines must be safe because they are given to healthy people to prevent disease. Vaccines undergo rigorous testing before they are approved for use. The side effects of the vaccine must be minimal for it to be approved for use. Vaccines are continuously monitored for safety. The risks of the diseases vaccines prevent are much greater than any risk of the vaccine. The Biologics and Genetic Therapies Directorate of Canada is responsible for determining the safety and efficacy of vaccines. They review all clinical information on vaccines, including trials, safety data and efficacy. They do not approve vaccines for use until the quality and safety is sufficient.

# Nursing Update

*From the Desk of Angelica Leeman*



## STEPS VACCINES GO THROUGH FOR APPROVAL

### **Before approval of vaccines:**

1. Canadian researchers working in universities, research institutes, government organizations, industry and clinical settings research diseases and vaccines.
2. Health Canada's Biologics and Genetic Therapies Directorate supervises vaccine production and tests early vaccine batches in the lab. They test vaccines in a lab to ensure the vaccine produces the proper immune response and will not be toxic to humans.

Pharmaceutical companies complete three phases of clinical trials.

### **After approval of vaccines:**

1. The National Advisory Committee on Immunization recommends how to use the vaccine.

The Canadian Paediatric Society's Infectious Diseases and Immunization Committee gives advice for childhood vaccine programs.

### **After release of vaccines:**

1. Health Canada's Biologics and Genetic Therapies Directorate tests selected vaccine lots.
2. Post-license clinical trials test long-term vaccine effectiveness.

The Public Health Agency of Canada tracks adverse events through the Canadian Adverse Events Following Immunizations Surveillance System to ensure the continued safety of a vaccine. It also allows identification of very rare adverse events that may not show up in clinical trials.

**Adverse events:** An adverse event is any health problem that occurs after vaccination. The event may or may not be related to the vaccine. Adverse events could include a sore or red arm or even death from a car accident. If any adverse event occurs within 30 days following the vaccination, it is included in final safety data. At the end of testing, adverse events are reviewed to determine whether they may or may not be caused by the vaccine.

Video: Vaccine Safety - Immunization Canada

[https://www.youtube.com/watch?v=Y4N4\\_1PNtfk&t=9s](https://www.youtube.com/watch?v=Y4N4_1PNtfk&t=9s)

# Neighbourhood

# News

*From the desk of Amy Klokoff*

Fall is upon us! It's the time for fall fairs, the trees changing, pumpkin spice, candy and my favourite the Cranberry Festival up in Bala, Ontario. But it is also a time for giving thanks. With Thanksgiving around the corner most of us love to visit our families and treat ourselves to "THE BIG Turkey" dinner we have been waiting for all year. I wanted to share with you a family recipe that I love. It used to be at the dessert table on Thanksgiving at my Grandma's house. It was always the first sweet that disappeared from the table when my grandmother made it.

## Cranberry Bread with Orange Glaze

1 ½ cup of all purpose flour  
1 tsp baking powder  
¼ tsp salt  
¼ cup milk (room temperature)  
Zest of 1 large orange (divide in half)  
¼ cup of orange juice (store or freshly squeezed)  
6 tbsp of unsalted softened butter  
¾ cup of granulated sugar  
2 large eggs (room temperature)  
1 ½ cups of rinsed cranberries and patted dry

### Glaze

1 cup of powdered sugar  
1 ½ tbsp of orange juice to reach a desired consistency  
1 tbsp of orange zest from above to sprinkle for decoration.



Preheat oven to 350 degrees F and use a loaf pan greased with butter and lined with a sprinkle of flour (tap out the extra).

Combine some of the wet ingredients (butter, sugar and eggs- blend till smooth) together and then combine the dry (flour, baking powder, salt) in a separate container.

Slowly alternate the flour mixture and the (milk/orange juice/zest mixture) to the butter mixture.

Add cranberries (toss them in flour first so they don't stick together) to the blended batter.

Bake for 45-50 minutes. Let cool and add the glaze to the top and sprinkle the rest of the orange zest for A PEEL..... LOL.

Enjoy and happy holidays,  
Amy Klokoff

# Neighbourhood

## News

*From the desk of Marianne Pelayo*

We are officially into Fall and we welcome October with grateful hearts as we are looking forward to having Thanksgiving Dinners with our beloved residents, families and everyone dear to us. Here in the village we uphold the value of gratefulness! We are always thankful for our residents and their families, for our team members, and for our village itself!

One thing we are always grateful for in the Emma's neighborhood is our Living In My Today dementia program. This program teaches our team members to support the residents' needs with utmost respect to their preferences and interests under the "Supportive Approaches to Care" pillar. We also have the "Meaningful and Active Engagement" pillar that the recreation team members are gaining more knowledge on providing residents with more activities that promote resident strengths and abilities to give them a sense of purpose, meaning and joy. The "Enjoyable Mealtimes" pillar guides the food servers and other team members supporting with meals on promoting a warm and welcoming dining environment for the residents that makes the dining experience a pleasant and enjoyable one. "Thoughtful Design" pillar is already being implemented throughout the neighborhood, including the resident's suites to provide the resident with supportive surroundings so that wherever they are in their dementia journey, they will always feel that they are home. Last but not least, is the "Empowered Care Partners" pillar. This pillar is as important as all other pillars mentioned because competent and empowered care partners provide that best support to the resident, not just consider their shift as a task to be accomplished but an opportunity to make a difference in our resident's life from day to day!

This Living In My Today program rolls out to Egerton after its completion in Emma's. Happy Fall and Happy Thanksgiving everyone!

Marianne Pelayo

# Environmental Update

*From the desk of Barbara Taylor-Bhagwan*

We are pleased to be able to update you on a number of projects that the Environmental Team has now completed and or upcoming in both the Long-Term Care and Retirement areas. These projects were comprehensive, and we are proud to have been able to complete them within the established timeframe.

## **Completed or Upcoming**

**Completed** – Carpet care / Floor care of all hallways.

**Completed** – Replacement of Carrington

**Upcoming** – Deep cleaning and Painting of all hallways.

**Upcoming** – The full annual fire testing will begin during the first week in October.

**Upcoming** – We will be securing all outside furniture during the first week of October (Both LTC and Retirement) into the back courtyards until spring of next year.

We are also trying to ensure all maintenance requests are completed within a 24-hour period. All emergencies are handled as they arise and given top priority.

## **Upcoming for October**

**Winter Items in Storage** – With the arrival of cooler weather, many of our residents will be pondering a switchover to more seasonal items. Please don't hesitate to let us know if you require any assistance in retrieving winter items from your storage rooms or lockers.

**Vehicles** – Although no one wants to admit it, the time is nearing to consider booking an appointment to winterize vehicles and change over to winter tires.

On behalf of the entire Environmental team, I would like to thank you for your ongoing cooperation as we work on improvements and maintenance projects throughout the building and to remind you that we are always pleased to assist you in any way we can.

# Hospitality News

*From the desk of Michelle Piccolo*

Happy Thanksgiving and Halloween!

Welcome to Fall, everyone. This is an exciting season for food! Please join us on Sunday October 8<sup>th</sup> for our Thanksgiving dinner in our main dining room. Get your meal tickets for \$19.00 at the Village office (8085). Everyone is welcome, including families and friends!

On the menu:

Roasted Turkey  
Stuffing  
Mashed Potato and Gravy  
Roasted Butternut Squash  
Pumpkin Pie and Whipped Cream

Our Fall/Winter menu is expected to roll out at the end of the month. We can all have a chance to take a look and discuss it together at the next Lettuce Talk Food meeting on Tuesday October 10<sup>th</sup> at 10:30am in the Hobby Shop. Looking forward to seeing you all there!

Have a great month and eat well!

The Hospitality Team



# Village Events

## **Joint LTC & RH**

- Thursday, October 5th 11-2pm Leather Bag Vendor-TS
- Wednesday, October 11th 10-3pm Ruth's Fashion Boutique-TS
- Thursday, October 12th 12-2:30pm Soup Fest –TH
- Friday, October 13th 2:00pm Halloween Movie: Hocus Pocus — TH
- Wednesday, October 18th 2-4pm Harvest Happenings (Petting Zoo) - Back Patio
- Thursday, October 19th 10-2:30pm The Boutique Vendor-TS
- Monday, October 23rd 10-3pm Hardt Designs Ladies Fashion-TS
- Saturday, October 28th 10:00am Halloween Howl

## **Long Term Care**

- Thursday, October 5th 3:15pm Residents' Council — CC
- Friday, October 6th 8:30am Men's Breakfast — CC
- Saturday, October 7th 2:00pm Pub with the Escapades — MS
- Saturday, October 14th 2:00pm Entertainment with Laura Nashman — Stonechurch
- Tuesday, October 17th 2:00pm Travelling General Store Cart
- Friday, October 20th 3:00pm Happy Hour with Jeff Giles — MS
- Wednesday, October 25th 5:00pm Diner's Club: Pasta Night — MS
- Saturday, October 28th Entertainment with Paula French — Carrington
- Tuesday, October 31st 2:30pm Halloween Party

## **Retirement**

- Sunday, October 1st 10-3pm Sign Up Day—H
- Thursday, October 5th 9:15am Pancakes Breakfast Club—H-Sign Up
- Saturday, October 7th 2:00pm Split Decision Music Duo Entertains in Egerton (all neighbourhoods welcome to attend)
- Saturday, October 14th 2:30pm Kelly Davies Entertains—TH
- Thursday, October 19th 2:30pm Resident Council Meeting-TH
- Friday, October 20th 3:00pm Emma's Happy Hour with Entertainment by Michael Thornton
- Wednesday, October 25th 5:00pm Diner's Club: Pasta Night for National Pasta Day-H-Sign Up-\$15
- Monday, October 30th 10:30am Pharmacy Chat: Shingles— TH
- Tuesday, October 31st 3:00pm Halloween Party Happy Hour-SC

# Village Outings

## LTC

- Tuesday, October 10th 1:00pm Walmart
- Sunday, October 15th 1:00pm Fall Drive
- Friday, October 20th 8:30am Breakfast at Broadway Diner

LTC Residents, please drop in the Community Centre any time to sign up for outings

## Retirement

- Tuesday, October 3rd 1:30pm Fortino's Upper James & Rymal
- Wednesday, October 4th 9:00am Lecture at Westdale Theatre: "Forensics and Crime Solving with Dr. Miriam Rafte"
- Tuesday, October 10th 8:30am Emma's & Egerton Broadway Diner Breakfast Outing
- Wednesday, October 11th 9:00am Lecture at Westdale Theatre: "The Impact of Climate Change on the Wine You Drink with Dr. Jim Willwerth"
- Monday, October 10th 10:00am Springridge Farm & Market
- Tuesday, October 17th 1:30pm Giant Tiger Ancaster
- Wednesday, October 18th 9:00am Lecture at Westdale Theatre: "Still Shuffling the deckchairs on the Titanic? Britain post-Brexit with Dr. Stephen Heathorn"
- Thursday, October 19th 1:30pm Emma's & Egerton Fall Leaf Tour
- Friday, October 20th 11:30am Men's Club Outing: Summit Station Dairy & Southcote 53(all men welcome)
- Monday, October 23rd 2:00pm Mum Show at Gage Park \$7
- Tuesday, October 24th 1:30pm Walmart Ancaster
- Thursday, October 26th 2:00pm Emma's & Egerton Mum Show Outing \$7
- Friday, October 27th 12:00pm Canada's Got Talent Live Show
- Tuesday, October 31st 1:30pm Fortino's Upper James & Rymal

For those of you unfamiliar with sign up day; on the allotted day, drop in to the Art Studio between 10am-3pm and fill out a ballot for each outing or special event you wish to attend. Each outing will be filled with residents by random draw to ensure fairness for everyone. Waiting lists will still exist with overflow. If you cannot make it out to sign up day you can sign up any time after by signing your name on the list in the White binder for whichever outing you want. Binder is located in the Hobby Shop.

Sign-up day will be held:

**10am-3pm Sunday, October 1st in the Hobby Shop.**

You can sign up alone or with a friend/spouse on the same ballot.  
One Ballot per person/partners per outing.

Please check the white sign-up binder, in the Hobby Shop, to see what outing you are on after sign-up day. You will receive a call from Recreation to remind you of the outing in advance.

*Please ensure you sign up/cancel **MINIMUM 24 hours** before the scheduled date for an outing or special event so we can fill your spot with someone from the wait list.*

**THANK YOU!**



# Update

*From the desk of Moses Genat*

Happy October Wentworth Heights!

This month happens to begin with Active Aging Week. From October 2<sup>nd</sup>-8<sup>th</sup> we will be celebrating aging while promoting the benefits of healthier, more active lifestyles. The objective of this event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. In hopes that the weeklong event can be maintained into our daily routines going forward, while understanding the significance of an active life!

This upcoming week is meant to celebrate how positive the process of aging can truly be. The 2023 theme is, “Celebrate the Contributions of Older Adults”.

Many people have negative ideas and attitudes about aging. Positive images of aging can help get rid of myths and stereotypes. For example, some people believe that getting older means being inactive, unhealthy, and dependent – but this is rarely the case. In fact, older adults are living longer, healthier, more independent lives than ever before!

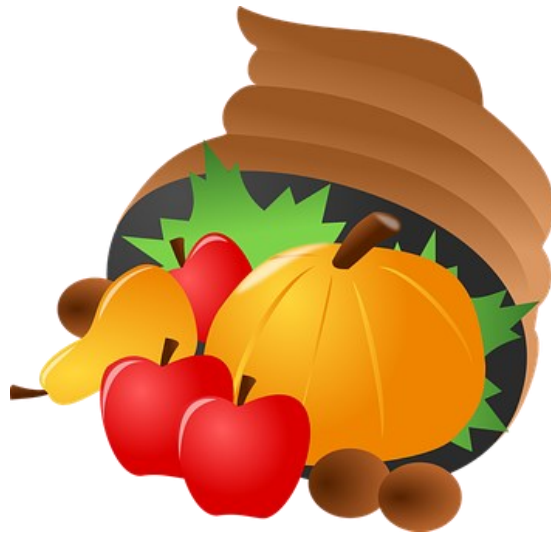
Older individuals make important contributions to society, as friends and companions, neighbours, advisors, family members, caregivers, volunteers, employers and employees, business owners, artists, musicians, and community leaders. Celebrating older adults is an important way to promote positive images of aging!

We want people to reflect and reconnect with activities. Slow down, and designate time for some self-care. Take a walk with friends, try tai chi, take up a new hobby, or try a new sport. Explore your favourite park this fall - try Nordic Pole Walking, bird watching, or photography, and enjoy the fall colours that the outdoors offers. The possibilities are endless, and we believe you are never too old to try something new!

Stay active,  
Your PAL team.



*Relax, Renew, Refresh*



Happy Thanksgiving

## Foot Care

The next foot care clinic for Williamsburg and Egerton neighbourhoods will be on Thursday October 19th and Friday October 20<sup>th</sup> for Emma's neighbourhood. The foot care clinic for Becker and Ailsa Craig neighbourhoods will be on Monday, October 23<sup>rd</sup> at the Riverstone Spa and Salon.



Please call extension 8090 to book your appointment.



Wishing you a  
**Happy Birthday!**

## Our Residents

Birthday celebration will be held at the last happy hour of the month in retirement Social Club. All are welcome!

Doris Turner October 1  
Gus Adili October 3  
Robert Bowman October 3  
Joanne VanHuis October 3  
Dorothy Dowling October 3  
William Czeto October 6  
Barbara Jepson October 8  
Pauline Brown October 9  
Sumiko Nogami October 12  
Heather Braun October 15  
Agnes Lelievre October 16

Bert Fullarton October 16  
Mafalda Caravaggio October 18  
Paul Marchese October 19  
Doreen Knight October 21  
Karl Habl October 22  
Yukihisa Nogami October 22  
Pauline Gordon October 23  
Adair Jenkins October 24  
Joyce Sixsmith October 26  
Ulrich Bandomir October 26  
Salvatore Beltrano October 31



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

## Let`s Celebrate!

*Our residents are loving their own personal celebration. We encourage everyone from team members and residents to participate in wishing the resident happy birthday and well wishes on their special day!*

# Chaplain's

# Corner

Janet Kennedy & Ankit Harry ext. 8045

## *Spiritual Programming in the month of September*

Roman Catholic Communion will be held every Tuesday in the Retirement Library with our volunteer Terry. Please drop in from 10am-11:30am

Roman Catholic Mass will be held the 3rd Wednesday of the month at 10:30am in the Town Hall.

Chaplet of Divine Mercy and Rosary will be every Tuesday at 3:00pm in the Chapel. All residents are welcome to attend.

Veteran's Meeting with Janet Sunday October 15th at 4:00pm in the Chapel.

Communion for Residents, Families and Team Members:

Epiphany  
First Sunday in Lent  
Easter – April 9  
Pentecost – May 28

World Wide Communion – October 1  
First of Advent – December 3  
Christmas Eve – December 24

In addition to chapel visits for LTC residents, Janet is available for Team Members and Family Members at 11:00am every Thursday. Please call or email to make an appointment.

Ext. 8045 or by email at  
Janet.kennedy@schlegelvillages.com

## September Sunday Services

In Person Church services will be held every Sunday at 10:00am by Ankit and 2:30pm by Janet with the exception of Sunday, October 1st. October 1st we will only have an afternoon service with Ankit.

Each afternoon service is followed by fellowship at 3:15pm in the Community Centre. All residents are welcome to join for the social.

## **In Memoriam...**

The Board of Directors,  
Management, Team Members, and  
Residents of the Village of Wentworth Heights remember...

Barbara Haley  
Davida Marzoli



We extend our sincere condolences to these families as they grieve their loss and remember their loved one.

Our next Celebration of Life Service will be held in  
November



## WELCOME TO THE VILLAGE!

George Bushey  
Alfred Guttman  
Theresa Todd  
Ada Rideout

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We are always in need of a variety of suites and apartments to show. We typically give notice a day or so ahead of time and ask permission before all visits. If you are happy to share your home on our tours and open to us bringing visitors, please let Bradley and Branka know.



## WELCOME COMMITTEE RESIDENT VOLUNTEERS

*Audrey M.—ext. 2326*

*Anne W. – ext. 2116*

*Bev H.—ext. 2911*

*Brian M.—2610*

*Doug H.—ext. 2911*

*Elizabeth P.— ext. 2313*

*Georgette L. – ext. 2616*

*Ina D. – ext. 2816*

*Jay W. – ext. 2147*

*Joan P. - ext. 2715*

*Mary C. – ext. 2822*

**If you are unable to  
reach the Welcoming  
Committee please  
contact the Welcome  
Centre.**

***Bradley ext. 8067***

***Branka ext. 8068***

***Madelyn ext. 8069***

# Volunteer Update

*From the desk of Andrew Sangster*

My name is Andrew and I am the new Volunteer and Student Coordinator at the Village. I have been at the village for the last 3.5 years and have had the opportunity to work in both ltc and rh recreation. I am excited to support our volunteers and students moving forward! I wanted to take this opportunity to thank Marie for her hard work and dedication in supporting our volunteers and recreation students over the past year. Marie will be missed in the role however I know the LTC residents are thrilled to have her back in recreation full time!

That being said our next volunteer orientation will be held on Thursday November 2<sup>nd</sup> at 5:30pm.

We are always looking for resident volunteers, if you are interested, please reach out to myself and I would be happy to connect and find a volunteer opportunity for you.

If you have any questions or inquiries regarding volunteering please don't hesitate to reach out in person, by email at [wentworth.volunteers@schlegelvillages.com](mailto:wentworth.volunteers@schlegelvillages.com) or by phone at 905-575-4735 ext. 8009.

If a member of your family or someone you know is interested in volunteering with us, the first step would be to submit an application online. The steps to apply are as follows:

- Please go to the website: <https://schlegelvillages.com>
- Hover the Join our team heading, and click volunteering
- Scroll down the page and click the apply to volunteer link

Thank you,  
Andrew

# General Store Update



## **General Store Hours: Tuesday, Thursday and Saturday 10-4**

Have you tried our variety of delicious muffins made in the Ruby? Come by to purchase one for \$1.50.

We are always looking for new volunteers. Please e-mail

Marie VanLouwe at

[Wentworth.volunteers@schlegelvillages.com](mailto:Wentworth.volunteers@schlegelvillages.com) or at

905-575-4735 ext.8009



# Reaching For New Heights (RFNH)

***Reaching For New Heights is the name of our Village Advisory Team (VAT) or Culture Change Committee.***

"Culture change is an ongoing transformation in physical, organizational, psycho-social, & spiritual environments based on person-centered values. Culture change restores control to seniors *and* those who work closest with them." (Pioneer Network)

The Village Advisory Team is responsible for driving the culture change movement forward, being advocates for the residents and for helping the Village leadership team choose which Schlegel aspirations we are going to focus on this year.

***Schlegel Villages Aspiration statements are:***

1. Promote cross-functional teams—"Working together to put LIVING first"
2. Create opportunities for meaningful and shared activities—"Live life to the fullest"
3. Connect research and innovation to Village life—"Challenge the status quo"
4. Offer flexible living—"Live life your way"
5. Foster authentic relationships—"Know me, respect me"
6. Honour diversity in Village life—"Embraced, just as I am"
7. Promote resident empowerment—"Residents are our leaders"
8. Cultivate the ultimate team member experience—"You can be you while being apart of our family"

For more details on the aspiration statements, please visit  
[www.schlegelvillages.com/our-aspirations](http://www.schlegelvillages.com/our-aspirations)

We are always looking for new team members and residents to join our committee! Both LTC & Retirement welcome! The VAT meets one time a month. Meetings are paid for all team members. If you are interested in joining Reaching For New Heights please contact Jody McDonald at [jody.mcdonald@schlegelvillages.com](mailto:jody.mcdonald@schlegelvillages.com) or Andrew Sangster in LTC Recreation

**NEXT MEETING: Tuesday, October 24th 1:30pm in the LTC Library**

# Room Reservations

## Room Reservation Policy...

We are happy to try to accommodate Family requests to have parties and special celebrations at the Village so that your loved one can continue to be a part of your family's get-togethers!

Our space for these bookings is limited as these spaces are also enjoyed by our Residents for programs, visiting, and independent leisure activities.

Please speak to the Village office regarding room bookings and cost.

Community Centre -Available **after** 4:30p.m.  
Maximum of 20 people.

Library LTC –Available after 4:30p.m. Maximum of 20 people

Country Kitchens—Available upon Request

School House– Maximum 20 people

Education Room (LL)– Maximum 60 people

Please note: If your group size exceeds the maximum for the space, we respectfully ask you to book at an external venue or contact the Ruby for a catering event. Thank-you for your understanding.

## Dental Services

To book an appointment on site as needed,  
please scan QR code,  
Call 416-482-3700 or Email us  
at

[reception@directdenture.ca](mailto:reception@directdenture.ca)

**ALTERNATIVELY, YOU CAN ASK  
THE NURSE TO  
SEND A REFERRAL  
FORM TO OUR  
OFFICE.**



## Step Ahead Foot Care

STEP AHEAD is a partnership of two specially trained and equipped nurses, Linda George and Sue Grant, who have been retained to provide professional foot care to the residents of The Village of Wentworth Heights.

Please contact the Riverstone Spa 8090 to make a foot care appointment



# Helping Hands From the Heights

## HELPING HANDS AT THE HEIGHTS – A Heart-Warming Story

The recent fundraiser for homeless people in Hamilton was initiated by the seven members of the Current Events Group that grew quickly to 18 volunteers who organized and ran it with much passion and joy. It was successful far beyond our hopes and expectations.

From September 5<sup>th</sup> to 17<sup>th</sup>, volunteers were giving out information about our goals: To fund at least one bed for Indwell emergency housing, also to collect clothing, food and kitchen items for Good Shepherd's emergency shelter for single young mothers and their babies.

Our success, however, must also be attributed to many people and many helping hands. Much assistance came from Michelle Wood and her team, from Recreation, the Welcome Centre and many team members. But above all, the success is due to the countless generous donors: Residents, Visitors and Team Members. Our heartfelt thanks go out to all of you!

How successful was our event? Perhaps you saw the piles at the tables. Good Shepherd made two pick-ups of at least 120 bags and boxes plus \$401 in the money box. The bake sale brought **\$1,271!** When the Management Team called me to share the good news, they had to repeat the amount several times before it registered! What a heartwarming endeavour!

Our hope was to raise \$750 to purchase one bed for Indwell housing. The donations at the booth amounted to **\$2,100**. We do not yet know the amount of the cheques sent directly.

With **\$505** from a 50/50 draw (the winner donated her win back), a Schlegel Villages donation of **\$250**, the grand total is **\$4,1276**.

I would like to tell you a little about our Current Events Group. We meet every second Friday in the Library and welcome all residents! It was started by our former Chaplain Ken Styles besides several groups he led. A recurring topic of discussion was the crisis of homelessness.

In his groups, Ken always encouraged us to remain active, curious and aware of the people around us and of their needs. He challenged us to fill this last stage of our life with value and purpose. In meaningful conversations much learning and growing took place. We have remained a close-knit community, have stayed active and interested. Proof is this fundraiser.

To spread some Christmas cheer, we are planning another event to take place early in December, perhaps with a focus on children's toys and clothing.

In closing, I would like to relate a few memorable moments: A mother with her young girl passed our table, then the little girl came back and shyly deposited a bill. In a brief conversation she told me her name and that she was eight years old; a young woman put a \$5 in the jar, reconsidered, withdrew it and replaced it with 20. Watching the two pick-ups was astounding; everyone who passed by, resident, visitor, team member, without asking, picked up a box or bag to carry it to the truck, which was loaded in no time.

Finally, the friendliness of everyone, the joy, the openness and willingness to help, has been a very special and memorable experience for me!

My warm and heartfelt thanks and gratitude go out to all who have given to others!  
Kathe Kleinau

# *A Chance for...* **YOUR VOICE TO BE HEARD**

## **Residents' Council Retirement**

*Your 2023 Executive Council Members:*

***Karen Cook  
Gordon Fuller  
Doug Hatch  
Denise Mowat  
Ann Peters  
Gord Smith***

Our next meeting will be held on  
**Thursday, October 19th @ 2:30pm**

Any questions or concerns can be  
directed to Retirement Recreation  
Supervisor– Elaine Thompson

## **Residents' Council LTC**

Resident's Council will be held monthly for  
all residents at 3:00pm in the Community  
Center. There was a vote at the last meeting  
to move the meeting from the 3rd Thursday  
to the beginning of the month.

Next meeting:  
**Thursday, October 5th @ 3:15pm**

This is an opportunity for our Residents to  
share their concerns and suggestions that  
will lead to enhancing life within the Village!

Any questions or concerns can be directed  
to Jody McDonald (Resident Support  
Coordinator) or Marie Vanlouwe as the  
Team Liaisons for Resident Council

This is your chance to get details and follow-up of events of common interest, to join in  
discussions and to share our appreciation for the work of management in our Village.

You can request team member or leadership guest speakers to attend the meeting to discuss  
common questions related to their department. Management team members will present an  
update on happenings in their areas.

Make the Residents' Council meeting a time to meet with your fellow residents, the management,  
and the Executives for the betterment of everyone.

Please note that Residents' Council Meetings will be followed by a Wine and Cheese Social.

## **LTC FAMILY COUNCIL:**

We are excited to share that we will be hosting LTC Family Council on  
Thursday, October 19th at 6:00pm. If you would like to be a part of Family  
Council or would like more information, please get in touch with our  
Resident Support Coordinator, Jody McDonald via email  
[jody.mcdonald@schlegelvillages.com](mailto:jody.mcdonald@schlegelvillages.com).



# Schlegel Villages – CONNECTIONS



## HEALTHY WORKPLACE MONTH

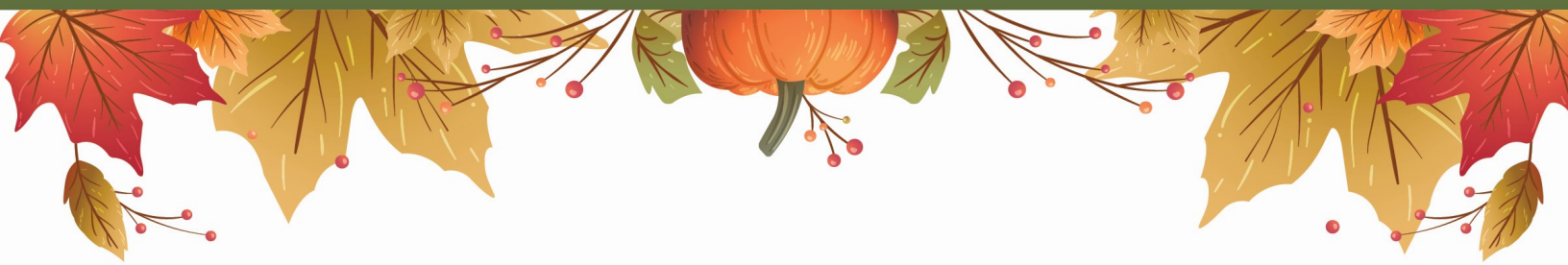
What is **ONE** thing you can do to make your workplace healthier and safer for everyone?



Lastly, another important theme throughout the month of October centres around our team members and the importance of everyone working together to foster a healthy, safe and welcoming workplace. Yes, this is home for our residents first and foremost, but it is only thanks to the efforts of our diverse and dedicated teams. October in Canada is *Healthy Workplace Month* and over the course of the next month, *Mental Illness Awareness* and *Mental Health* overall will come to light, and we'll also hear much about the importance of spirituality and religion for both our team members and residents when it comes to care. These are important topics all year long, but it's nice to see some dedicated space to highlight just how important they are.



# Schlegel Villages – CONNECTIONS



## Give Thanks

The full change of seasons is upon us as we shift from September into October, and with the changing hues of Autumn and the fall of the leaves, we look ahead to a number of worthy occasions. Of course, a major theme in October is always one of gratitude, and we offer thanks for all that our team members, residents, family members, volunteers and community partners offer to make our communities so close and comfortable.

## October 3-9 Active Aging Week

To kick start the month, we honour the importance of active aging, and in tandem we offer gratitude for our Program for Active Living team. During active aging week, be sure to take a few extra steps and speak with the PAL team about how you can be a little more active.



## INTERNATIONAL DAY OF OLDER PERSONS

On **October 1**, we recognize our residents, in particular on the UN's *International Older Persons Day*, for which the theme this year is **Resilience of Older Persons in a Changing World**. Indeed, resilience is but one aspect of the wisdom we glean from residents throughout the year, and we're grateful for the example they offer us in this ever-changing world.





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- ✓ Repairs, molds, tubing, receivers

**In Council Chambers on Retirement Main Street:**

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](mailto:retirement@earandhearingclinic.com)



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# RESEARCH MATTERS

RIA FEATURE

OCTOBER 2023

## Spotlight on Laura Middleton

Laura Middleton, Schlegel Research Chair in Dementia and Active Living, has been enhancing the lives of those living with dementia for years. Now, as one of our newest Schlegel Chairs, Middleton's work will benefit even more Canadians. We spoke with Middleton to hear about her drive, her research, and the difference she's making in the lives of older adults with dementia.

### What inspired you to pursue your research?

When my aunt was diagnosed with early-onset Alzheimer's Disease at 46, it significantly affected our family, especially my cousins who were just 12, 14, and 16 at the time. Seeing her experience, along with that of our family, motivated me to identify strategies to reduce the risk of dementia. Over time, this evolved to focusing on improving their supports so they can live as well as possible.

### What is the main focus of your current research?

I aim to identify strategies to reduce the risk of dementia, and improve the health and well-being of those living with dementia. I focus on physical activity, along with other lifestyle strategies such as nutrition, social interaction, leisure and mentally stimulating activity.

### How do you ensure older adults and their care partners are involved in your research?

My research is rooted in community engagement. People living with dementia and their care partners, as well as broader community partners, are involved

with the research team from the beginning stages. Their insights shape everything we do from research objectives to how we do the research, and the outcomes we strive for.



Four years ago, I had the privilege of presenting a talk alongside Roger Marple, a person living with dementia. His quote has since been a guiding beacon for my research: "The learning process for dementia needs to include hope for living well and practical ways to achieve this. This should be taught first."

### What real-world impact has your research had on older adults and care partners?

Many participants in our exercise trials and programs, have experienced improved mobility, and some even started walking without walkers. They're feeling more confident. They found a supportive community among fellow participants and group leaders.

We've also seen a shift at the community level through a recent project (the [Dementia Inclusive Choices for Exercise project](#)) that aimed to train fitness leaders and community organizations to understand dementia and meet the needs of people living with dementia in their programming. You can really see a difference in the perspective of the fitness leaders - they now proactively plan for inclusion. To date, this training has reached over 1,000 individuals globally.

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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.

## YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

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<b>Sarah Roberts</b> – Director of Quality & Innovation Sarah.roberts@schlegelvillages.com	

## YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

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