

View from the Heights

September 2023

Grandparents Day

A poem dedicated to all of our residents...

Grandparents are special people with wisdom and pride.

They are always offering love and kindness and are always there to guide. They often make you feel confident and strong.

Their arms are always open no matter what you did wrong.

They try to help out in every way they can.

They love all their grandchildren in the same whether you're a child, woman or man.

They are always there to listen and lend a helping hand.

They show you respect and they try to understand.

They give their love, devotion and so much more,

Grandparents, what perfect examples of the kind of person we should be.

- By Stacy Smith

Helping Hands From the Heights

In light of Wilfred Schlegel Day, and our efforts to give back to the community, our Village has taken initiative to raise money for Indwell and Good Shepherd to help the homelessness population and those escaping domestic violence. Our current events group, along with team members of the Village have come up with creative ideas on how we can raise funds for these efforts.

During September, we are planning a funding project. There will be a display table in the Town Square so everyone can participate.

You can help by:

- Participating in our Bake Sale September 13th 1:30-3:30pm
- Purchasing 50/50 tickets. Keep an eye out for posters.
- Monetary donations
- Donating any items listed on page 25

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!



September can be hot

Keep cool and have fun!

G	F	M	K	L	W	X	S	E	Y	R	T	W	O
L	E	D	Z	I	J	H	F	S	T	U	A	R	N
H	C	K	A	G	S	E	U	V	I	M	H	E	B
Y	N	S	L	H	F	N	L	P	V	T	I	W	G
D	A	E	L	T	S	E	L	C	I	S	P	O	P
R	F	I	E	C	O	K	H	J	T	U	T	H	V
A	S	O	R	L	L	R	E	X	C	N	S	S	C
T	W	E	B	O	V	D	Z	Y	A	G	E	L	U
E	E	R	M	T	A	W	E	G	T	L	R	O	P
N	M	D	U	H	C	A	W	Q	H	A	U	O	I
S	F	Q	S	I	Y	T	A	H	G	S	M	C	C
D	R	T	T	N	H	E	L	A	I	S	Y	L	R
C	T	W	N	G	E	R	K	L	L	E	K	O	P
I	N	D	O	O	R	S	M	E	N	S	A	I	O

INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

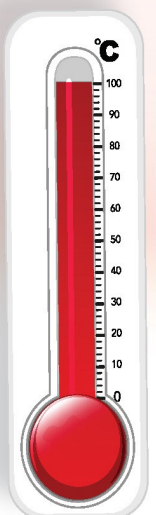
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER



A Message From... *The General Manager*

Michelle Wood

The RESIDENT BILL OF RIGHTS States:

*Every Resident has
the right...*

“... to form
friendships and
relationships and to
participate in the life
of the home.”

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 Residents, Family Members and Team Members,

Over the past year, Donna Padget has provided support to our Hospitality department in the role of Director of Hospitality. Recently, Donna has returned to supporting the Long-Term Care team and has resumed her previous Food Service Manager role. I'd like to thank Donna for the support she has provided. The Retirement team has enjoyed getting to know Donna while working more closely together.

With this change comes new opportunity and I am very excited to share that Michelle Piccolo has accepted the role of Director of Hospitality, supporting the Hospitality department in both Long-Term Care and Retirement.

Michelle has worked at Wentworth Heights for the past 14 years. In this time, Michelle has gained experiences working as a cook in our Long-Term Care kitchen, The Ruby Chef in our 10th floor restaurant and most recently, Dining Room Supervisor in Retirement. When The Ruby had to close its doors during the pandemic, Michelle was a great support to our village. I was impressed with her flexibility, adaptability and positivity. Michelle supported in many different areas of the village, always jumping in to support wherever there was a need. This period of time allowed Michelle to gain new skills and learn more about the Retirement operations. It has been a pleasure watching Michelle's leadership growth and seeing the passion and creativity she brings to all that she does.

Please join me in congratulating Michelle on this new opportunity.

Michelle Wood
General Manager

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

Sara Calder

Happy September!

It's hard to believe that the summer is coming to an end! I hope that you all enjoyed the warmer months and could take time for yourself to recharge and have some fun.

I wanted to share the news that Jeri Robinson will not be returning from her maternity leave. Jeri was a Neighbourhood coordinator in Long-Term Care. Jeri has been off on maternity leave since last summer to have her son River. Before River was born, she moved to Guelph with her partner. Since then, she is finding that the drive to Hamilton every day is too challenging. She has found new employment in Guelph in a role that sounds super for her. Although we will miss Jeri, I am thankful that she is happy and thriving in her new life as a Mother. With this being said, I am pleased to share that Amy Klokoff has agreed to remain in her role as Neighbourhood Coordinator for another year. Amy has been a wonderful addition to our team in Long-Term Care and I know that her passion for helping others will continue to shine.

We had a challenging month in August with Covid-19 outbreaks in both Long-term Care and Retirement. I am so thankful for everything that the teams, families, visitors and residents did to contain the outbreak. It isn't easy for anyone to go through an outbreak but I appreciate the hard work and dedication that everyone displayed to make the outbreak clear as quickly and safely as possible.

As always, if you have any questions, concerns or need to talk, my door is always open.

Stay well,
Sara Calder
Assistant General Manager, Long Term Care

Nursing Update

From the Desk of Chris Micheletti



Happy September Residents!

With the arrival of fall, we also have the arrival of flu season.

This flu season, similar to last flu season, Public Health has also asked us to offer the COVID-19 BiValent vaccine to any and all residents who are eligible to get it. In order to receive your BiValent vaccine this flu season you must have not received a COVID-19 vaccine within the last 6 months or had COVID-19 within the last 6 months. The nursing team has a log of when your last COVID-19 vaccine was so we will be reaching out to you before the clinic if you are eligible.

With the arrival of the flu season I just wanted to take a moment to remind everyone how important it is to practice good hand hygiene and monitoring yourself for symptoms. If you are feeling unwell, please contact the nurses so they can come and assess you and test you for the common viruses we see this time of year. For visitors, if you are feeling unwell, please avoid visiting the village until you have been symptom free for 24 hours and book an appointment with your doctor.

Happy Fall everyone and stay safe!

Chris

Neighbourhood

News

From the desk of Michelle Roukema

Happy September to all!

I hope everyone was able to enjoy their summer this year! It amazes me how quickly summer can fly by. As I look back at my summer, I feel like I was lucky enough to spend some quality time with friends and family. My summer highlights were seeing some family I haven't seen for a long time from out West, playing baseball with my friends, going to a friend's wedding, celebrating birthdays and anniversaries, and enjoying nature.

The Village was busy this summer as well and I wanted to thank all team members and volunteers for making our summer sizzle! It was great to celebrate Canada Day, the summer BBQs, Cornfest, outings to Hutch's, country drives, spending time out on the patio and so much more! I hope you were able to enjoy some of the fun events this summer with your family and friends.

With Autumn approaching, it is my favourite time of year! What I look forward to is September camping with my Mom in Algonquin Provincial Park and Thanksgiving camping. I hope you are able to do some of your favourite autumn adventures this year. It is almost sweater season!

Have a great September!

See you around the Village,

Michelle Roukema

Neighbourhood

News

From the desk of Chanelle Cavey

Happy September Wentworth!

I hope you all are enjoying the remaining warmer sunny summer days we have left, as we are quickly heading into one of my favourite seasons- fall! This time of year is so nice for dressing in layers, getting cozy on the couch with a good book and hot cup of tea or cider, and getting outside to take in all the beautiful changing colours of the trees here in Ontario. Some of my favourite things to do in the fall is to go for walks along trails, to go fishing or camping, and the most loved of all is to sit around a bonfire and enjoy the company of others, while roasting marshmallows for a sweet smores treat! If you're looking for some activities to do with family and loved ones locally, here are some options to kick off the season!

- Bennett's Apple Orchard- where you can find baked goods, pumpkins, gourds and other fall décor
- Waterdown Farmer's Market- available for many weekends in the month of September and October
- Guided Garden Tours- at Dundurn National Historic Sites
- September 15th-17th- Binbrook Fall Fair
- September 21st-24th Ancaster Fair
- September 23rd the Apple Festival- located at the Battlefield House Museum and Park
- September 24th Tesla Electric City Festival- located at the Hamilton Museum of Steam and Technology National Historic Site
- September 30th- 10:00a-1:00p Flower Arranging Workshop Master Class located at the Dundurn National Historic Site

I hope everyone is looking forward to making some plans this month with friends here at the village, perhaps signing up for an outing or activity, or with family and other loved ones in the community. Don't forget to check out the Recreation page for both Long-term care and Retirement to see what other opportunities there are for this great month ahead!

Have a wonderful and busy September everyone!

Chanelle Cavey

Neighbourhood Coordinator- Williamsburg, Becker & Ailsa Craig


Environmental Update

From the desk of Barbara Taylor-Bhagwan

Emergency drills: Why do we have them and why do we do them?

Dear Residents and Families:

It is the policy of Schlegel Villages to conduct emergency drills in order to test emergency policies, procedures and plans as well as team member responses, this is needed to ensure we comply with relative laws, regulations and regulatory bodies. Below is a list of emergency codes:

RESIDENT EMERGENCY PROCEDURES	
IF YOU HEAR	WHAT TO DO
CODE RED FIRE	Do not leave your suite. Keep your door closed and wait until you hear further instructions or " <u>code red all clear</u> "
CODE YELLOW MISSING RESIDENT	If you recognize the resident, or have seen them recently, please speak with the Nurse
CODE GREEN EVACUATION	Do not panic. We will evacuate by floor; please wait for a <u>team member or emergency personnel</u> to come to you. <u>Do not take the elevator or stairs before being directed to do so</u>
CODE WHITE VIOLENT PERSON	Whenever possible, the safest location to be during an emergency is in your suite with the door firmly closed & locked. The nurse or emergency team will provide further details or instructions
CODE BLACK BOMB THREAT	If you are not in your suite and an announcement is made, stay away from the location that is announced until you hear "all clear"
CODE PURPLE INTRUDER	
<u>Example Code:</u> "Code Red, Main Floor, 2140."	
	

Hospitality News

From the desk of Michelle Piccolo

Thank you all who came out to the End of Summer BBQ! We hope everyone enjoyed the food and entertainment! It's such a great way to celebrate the end of BBQ season. It's a little bittersweet to say goodbye to summer, but this just means Fall is around the corner. Pumpkin spice and everything nice! Keep your eyes peeled for our monthly special menu nights to start again this month. We will post communication soon! Please don't hesitate to suggest some ideas of what you would like to see on our menu!

Our next Lettuce Talk Food meeting will be on September 12th at 10:30am in the Hobby Shop. Everyone is welcome to attend. We hope to see you all there!

Thanks so much!

The Hospitality Team



The Ruby Update

From the desk of Chuck Modica

Exciting news! Starting Saturday, September 2nd, the Ruby will be open every other weekend from 12:00pm to 6:30pm. If the restaurant is not at capacity, the last available time for a dinner reservation is 6:30pm. On Saturdays, the menu will not be the typical Ruby menu. We will be offering features that pair with the daily perk. Please keep an eye out for posters highlighting the features for that day. Saturday, September 2nd will be all things bacon, and Saturday, September 16th will be Mexican night.

On Sunday, September 3rd and 17th, the Ruby will host a brunch from 10:00am to 2:00pm, with the last reservation being sat at 1:30pm.

Reservations are highly recommended for all dining events. On Sunday, September 3rd, there will be a Ruby on the Run bake sale from 10:00 am until sold out on Main Street.

Wednesdays from 11:00am until 1:30pm (or while supplies last), we will be hosting a Ruby on the Run lunch on Main Street. Posters will be displayed with the lunch feature.

We are excited to host another Music Night in the Ruby on Monday, September 25th at 5:30pm. The theme for this night will be French cuisine.
Music Night in the Ruby September 25th



Village Events

Joint LTC & RH

- Sunday, September 10th Grandparents Day
- Wednesday, September 13th 1:30-3:30pm Bake Sale on Main Street
- Saturday, September 16th Terry Fox Walk
- Sunday, September 24th Arts & Aging Day
- Monday, September 25th 2:00pm Celebration of Life Service—TH
- Saturday, September 30th National Day for Truth & Reconciliation (Orange Shirt Day)
- Vendors:
 - ◊ Tuesday, September 5th 10-2:30pm The Boutique —TS
 - ◊ Saturday, September 16th 10-3pm Anish: Traditions Alive—TS
 - ◊ Tuesday, September 19th 10-3pm Nelly's Comfort Shoes—TS
 - ◊ Thursday, September 21st 10-2pm Senior Mobile Shop—TS
 - ◊ Tuesday, September 26th 10-2pm Suzanne M. Jewelry—TS

Long Term Care

- Friday, September 1st 8:30am Men's Breakfast - CC
- Saturday, September 2nd 2:00pm Pub with Kelly Davis - MS
- Thursday, September 7th 3:15pm Residents' Council - CC
- Friday, September 8th 1:30pm Movie Afternoon 'Grease' - TH
- Saturday, September 9th 2:00pm Entertainment with Peter Harding - Stone Church
- Friday, September 15th 3:00pm Happy Hour with Shannon Graham - MS
- Wednesday, September 27th 5:00pm Diner's Club: Pizza & Wings - MS
- Saturday, September 30th 2:00pm Entertainment with Sam & Robin - Carrington

Retirement

- Friday, September 1st 10-30pm Sign up for Outings and Special Events—H
- Saturday, September 2nd 2:00pm Blue Eyed Bill Entertains—Egerton (2nd floor, all neighbourhoods welcome!)
- Wednesday, September 6th 9:15am French Toast Breakfast Club—Sign up
- Saturday, September 9th 2:30pm Bruce Tournay Entertains—Town Hall
- Thursday, September 14th VON Caregiver Support Group: "From Stress to Strength" - SH
- Wednesday, September 20th Diner's Club: Lemongrass—Sign Up \$ required
- Friday, September 22nd Emma's Happy Hour with Zack Erikson entertaining
- Saturday, September 23rd 2:30pm Shannon Graham Entertains—Town Hall
- Sunday, September 24th 11:00am DanceFIT—TH
- Sunday, September 24th 2:00pm Step-by-Step Painting Class—H—\$
- Monday, September 25th 5:30pm Music of the Night in the Ruby—sign up—\$

Village Outings

LTC

- Tuesday, September 5th 11:00am Hutch's on the Beach Lunch
- Saturday, September 16th 1:30pm Country Drive
- Friday, September 22nd 1:00pm Ancaster Fair

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

Retirement

- Thursday, September 7th 1:30pm Metro & Shoppers Drug Mart Shuttle
- Friday, September 8th Men's Club outing Steam & Technology Museum in Hamilton
- Monday, September 11th Flamboro Downs Casino
- Tuesday, September 12th 1:30pm Fortino's Mall Rd.
- Friday, September 15th 1:00pm Emma's & Egerton Country Drive
- Sunday, September 17th 2:00pm RC Mass at the new church on Rymal & Upper Sherman
- Monday, September 18th 1:00pm Spencer Smith Park Walk
- Tuesday, September 19th 1:30pm Giant Tiger Shuttle – Ancaster (Wilson St.)
- Wednesday, September 20th 9:00am Lecture at Westdale Theatre: The Perils of Being Born in the Fall: How Infectious Disease and Vaccines Impact Life from Birth to Death
- Tuesday, September 26th 1:30pm FreshCo Shuttle Rymal & Upper Ottawa
- Wednesday, September 27th 9:00am Lecture at Westdale Theatre: Indigenous Education: Historical and Current Perspectives with Dr. Rick Monture
- Wednesday, September 27th 1:00pm Candi Worx Chocolate Making Outing
- Thursday, September 28th 1:00pm African Lion Safari Emma's Neighbourhood

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 Yellow binder for whichever outing you want. Binder is located in the Hobby Shop.

Sign-up day will be held:

10am-3pm Friday, September 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 yellow 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 September Wentworth Heights!

One of the best ways to stay young at heart is to engage in activities that you really enjoy doing. Plenty of research reports that there are many benefits that seniors can gain by devoting some time to doing an activity or engaging in a hobby. Depending on your interests, there are tons of options you have when looking for an activity to enjoy! Benefits include:

- A reduced risk for developing health problems such as dementia
- A longer lifespan
- An increased rate of feeling happy and healthy
- A greater sense of self-efficacy
- Increased resiliency in the face of adversity and stress
- Improved memory, comprehension, creativity, and problem-solving skills

We wanted to take this opportunity to focus on improving your overall health, both physically and mentally while having fun at the same time!

1. Be more active/Remain active. Complete at least 10 minutes of light to moderate exercise each day.
2. Discover a new hobby or revisit an old one. Take advantage of the warm weather and bring out your writing pen and journal, crafts, gardening tools, or card games, to name a few.
3. Exercise your brain. Try to read, do crossword puzzles, try sudoku, or talk to others over the phone.
4. Get enough sleep. Try to get at least 7-8 hours of sleep each night.

Also, on another note, we are excited to introduce a new program to the village where dancing and music is used to produce exercise movements. Dance is an excellent form of exercise that helps participants explore the potential of their own abilities and artistry. This researched-backed program offers participants opportunities to create connections, mitigate the effects of social isolation, and remain active all through self-expression! Open to all residents of all abilities, movements may be done either seated or standing. This program will run every Wednesday at 11am in our Town Hall.

Stay active,
Your PAL team.



Relax, Renew, Refresh

Foot Care

The next foot care clinic will be held on September 7th and 8th for Williamsburg, Egerton and Emma neighbourhoods. The foot care nurse will go to the residents Suites.

Monday, September 11th will be the clinic for Becker and Ailsa Craig neighbourhoods which is held in the RiverStone Spa and Salon.



We ask that you ensure your trust card is topped up with sufficient funds for your foot care. If you don't have a trust card, please call RiverStone 8090 to make payment arrangements.

Thank-you.



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



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

Wishing you a Happy Birthday!

Our Residents

Francis Perry Sept. 2	Iva Giannoccaro Sept. 16
Keith Smith Sept. 3	Winston Rorabeck Sept. 16
Sandra Hatch Sept. 4	John Wallace Sept. 18
John Greig Sept. 6	Ina De Jong Sept. 20
Olga Boyda Sept. 10	Joanne Matuck Sept. 20
Cornelia Kronemeyer Sept. 10	Diane Mollon Sept. 20
Simone Lebel Sept. 10	Jean Amos Sept. 21
Tommy Mather Sept. 10	Mary Lou Roth Sept. 21
Mary Umetsu Sept. 11	Jessie Kavanagh Sept. 23
Margaret Colley Sept. 12	Marie Mancini Sept. 23
Damien Steiger Sept. 12	Ann Mark Sept. 25
Carol Eleveld Sept. 13	Mary Anne Ryglewicz Sept. 25
Julienne Giroux Sept. 13	Gladys Smith Sept. 25
Gina Liberale Sept. 13	Terry Suenaga Sept. 26
Margaret Briscoe Sept. 14	Shirley Brocklehurst Sept. 27
Joan Pelech Sept. 14	Florence Hart Sept. 27
Beverley Clarke Sept. 15	Michael Boyda Sept. 28
Kenneth Estee Sept. 16	Charlotte Haller Sept. 30

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 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.

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 2:00pm. Additional Church services are offered at 10:00am on Sundays (with the exception of the first Sunday of the month).

Protestant Communion will be offered after the 10:00am service on the 1st Sunday of the Month

If we are in outbreak, there will be no in person services

In Memoriam...

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

**Maria Daxner
Tony Maccan
Alexander Neizvestny
Bill Smouter
Judy Read**



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 on Monday, September 25th at 2:00pm in the Town Hall



WELCOME TO THE VILLAGE!

Barbara Verigin
Ann Adams
Eleanor MacKenzie



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

Welcome Centre Update

We would like to thank.....

On behalf of the Marketing and Sales Team we would like to acknowledge and thank the following residents for always welcoming our tours and guests into their homes with open arms. For many clients being able to visit an apartment or suite that is lived in is extremely helpful. When these residents are present it is even more beneficial to our clients as they get to have a genuine conversation and often ask questions that put their minds at ease.

BIG THANKS to:

**Freda Schmidt
Georgette Law
Nella Zorrato
Johanna VanHuis
Martha Bysterveld
Mary Clarke
Giulianna Alfonsi
Marie Mancini
Emma Neizvestny
Elizabeth Puzstai
Audrey Merritt
Joan Pelech
Cam Farrauto**

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.

Volunteer Update

From the desk of Marie VanLouwe

Are You Thinking of Volunteering? The Fall is a Great Time for New Beginnings!



Please e-mail Marie VanLouwe at
Wentworth.volunteers@schlegelvillages.com or at
905-575-4735 ext.8009

Opportunities come in all shapes and sizes:

Special Events Support
Companionship Visits
Recreation Program Support
Outings in to the Community
Art Programs
Mealtime Support
Program for Active Living
AND MORE!

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 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

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 or Andrew Sangster in LTC Recreation

NEXT MEETING: Tuesday, September 19th 1:30pm in the LTC Library

Library News

This has been a busy year for the team who work hard to keep your library tidy, organized and a peaceful place to spend a quiet time with a book. We are very pleased to find that we have a batch of New-TO-Us books donated to start each month. The selection is diverse, interesting in many realms and widely used.

We encourage you to take out as many books as you can read; we also encourage you to return them as soon as you have finished so that others may enjoy them too.

Question of the month: where do all the magazines go ??? They are always on demand and we are so glad to have them. Remember, magazines don't have a past-their-prime date; they are always readable, even after 5 or 6 years of lolling on coffee tables. So please keep donating and remembering to return them.

We are happy to note that due to the generous donation of a used book store owner and a visiting resident we have three new Large Print books in the library and a charming small volume that will appeal to any parent who has spent ages reading "to the kids".

LARGE PRINT:

Swamp Angel by Ethel Wilson: a woman struggling to find certainty in a world that has trapped her in a marriage. She flees to BC to find serenity in work in a fishing lodge. Wilson's style is unique and delightful, appears artless but betrays hidden depth.

On The Street Where You Live by Mary Higgins Clark: a gripping novel tells the story of a young woman haunted by two murders that are closely linked - despite the 110 years that separate them!

That Old Ace In the Hole by Annie Proulx: an exhilarating story brimming with language, history, landscape, music and love.

BIOGRAPHY

The Reading Promise: My Father & the Books We Shared by Alice Ozma. When Alice was in 4th grade, she & her father - a beloved elementary school librarian, made a promise to read aloud together for 100 consecutive nights. They reached their goal and vowed to continue as long as possible - a remarkable eight years later as Alice entered college !

We hope you will enjoy these books, the library and the collection.

READ ON.

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

**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

HELP WHOM?

Homelessness has become a Crisis in Canada, including Hamilton. Most of the people forced to the streets are there because of disabilities related to mental health, other physical issues, job losses, etc. Others are struggling between paying rent and feeding their families, living on the brink of losing what they have.

The Current Events Group, concerned residents of Wentworth, decided to do something to help address this growing crisis. (Contact: Linda Comley, 905-923-3370; Kathe Kleinau, 2811) The Welcome Team of the Village have joined to promote and support a village-wide project to assist needy people in Hamilton.

WHAT Can BE DONE?

To learn more about possible ways to help, we asked for information from: **INDWELL HOPE AND HOMES**, an organization that builds supportive affordable housing for persons with mental health issues and other disabilities, here in Hamilton as well as elsewhere in Ontario.

GOOD SHEPHERD, an organization that has a wide range of supports for vulnerable people. They have special programs for women and children who are at risk for abuse and homelessness.

Both of these organizations brought presentations to the Village to highlight the needs and to show us ways we can help.

WHAT SHALL WE DO NOW?

In September, we are planning a funding project. There will be a display table in the Town Square so everyone can participate. **You can help by:**

Watching for a list of items to donate in the September newsletter. Monetary donations over \$20 will receive tax receipts.

Visiting our display in the Town Square to learn more about the project and perhaps consider volunteering. It will be a pleasant and rewarding task.

YOU CAN HELP

The following items are collected here for
homeless young mothers in Good Shepherd housing

Frying pans



Sauce pans



Dish detergent



Dish cloths

Tea towels

Bath towels



Fitted sheets (queen, twin, double)

Pillows

Flat sheets (queen, twin, double)

Pillow cases



Knives, forks, spoons

Milk jugs



Juice pitchers

Laundry hampers



Laundry baskets

Glasses



Shower curtains

Oven mitts



Brooms, mops, buckets

Cutting boards



Cleaning products

Sharp knives



Dinner plates/Dinner sets

Garbage cans/bags



Bakeware (cookie sheets to mixing bowls and everything in between) Personal hygiene products (toothpaste, deodorant, bar soap, toothbrushes, feminine products)



Thank you for your generous donation!

 *Thank you!*

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**

As per vote at the June meeting, there were no meetings for July and August. We will resume meetings **Thursday September 21st. @ 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 September 7th@ 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 Andrew Sangster 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, September 28th 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





innovation summit

spark ideas. ignite change.

October 18-19

DoubleTree by Hilton
30 Fairway Road South, Kitchener

Schlegel Villages and the
**Research Institute for
Aging (RIA)** are excited to
be hosting our 7th annual
Innovation Summit!

This two-day event is an opportunity to learn and celebrate our collective passion for innovation, continuous improvement and research.

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

Sessions will include:

- Villages sharing creative solutions and innovations
- Researchers discussing current and future projects
- Innovators demonstrating technologies that have the potential to improve Village Life
- Updates on projects presented at previous Innovation Summits

**We look forward to
seeing you there!**

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.

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.



COVID IMMUNITY
STUDY



COVID IMMUNITY STUDY VIRTUAL TOWN HALL

WHERE DO WE GO FROM HERE?

JOIN US AS OUR SCIENTIFIC LEADS FROM MCMASTER UNIVERSITY,
DR. DAWN BOWDISH AND DR. ANDREW COSTA,
SHARE NEWS, REVIEW STUDY RESULTS, AND DISCUSS FUTURE DIRECTIONS.

HOW DO I REGISTER?

- Scan the QR code
- Go to our website:

SCAN ME



NEED MORE INFORMATION?

Email: **covidlhc@mcmaster.ca**

Phone: **(289) 639-5988**

www.covidinlhc.com/townhall

DR. ANDREW COSTA, PHD

Study co-lead,

Health Services Epidemiologist,
McMaster University

Wednesday, September 27th



2:30 p.m – 3:30 p.m



DR. DAWN BOWDISH, PHD

Study co-lead,

Immunologist,
McMaster University

Thursday, September 28th



6:30 p.m – 7:30 p.m



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

In Council Chambers on Retirement Main Street:

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

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.



September 27th on-site

OPTOMETRY SERVICES

Services

- Complete Routine Examinations
- Glaucoma Testing
- Prescriptions filled on site
- Full assortment of optical and eyewear needs
- Referrals (if necessary)
- Lens replacements
- Adjustments to eyeglasses

Eye Exams should be done Annually for individuals...

- who have prescribed eyeglasses
- with deterioration in sight
- who have had cataracts removed
- who have had related optical surgeries

Eyecare is critical to the overall quality of a residents life. A licensed optometrist will perform complete eye examinations including: screening, pressure checks, glaucoma tests, etc.

Fees

- OHIP coverage + Mobile Fee - \$100
- Non OHIP – \$120
- Private/Emergency Exams (depending on availability) – \$250 + eligible OHIP
- Eyeglasses – Fees dependent on prescription/service.

Scheduling

On-Site's administrator will verify OHIPS and create schedules from the provided lists and consents received from the facilities.

Contact Us

Toll-Free: 1 (800) 556-1762
Local: (905) 326-9900

For More Information, visit:

www.onsitespecialists.com

YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

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Sara Calder – Assistant General Manager Sara.calder@schlegelvillages.com	Ext. 8060
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Daniel Lazniewski – Kinesiologist/Exercise Therapist Daniel.lazniewski@schlegelvillages.com	Ext. 8113
Michelle Oswald – Interim Director of Nursing Care Michelle.oswald@schlegelvillages.com	Ext. 8034
Jody McDonald – Resident Support Coordinator Jody.mcdonald@schlegelvillages.com	
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Michelle Roukema – Neighbourhood Coordinator for Rymal & Stonechurch Michelle.roukema@schlegelvillages.com	Ext. 8036
Amy Klokoff – Interim Neighbourhood Coordinator for Scotsdale & Carrington Amy.klokoff@schlegelvillages.com	Ext. 8048
Barbara Taylor-Bhagwan – Director of Environmental Services Barbara.TaylorBhagwan@schlegelvillages.com	Ext. 8070
Donna Padget – Director of Food Services Donna.padget@schlegelvillages.com	Ext. 8015
Sarah Roberts – Director of Quality & Innovation Sarah.roberts@schlegelvillages.com	

YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

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Michelle Piccolo —Director of Hospitality Michelle.piccolo@schlegelvillages.com	Ext. 8074
Bradley Hiltz & Branka Urosevic – Director of Lifestyle Options Bradley.hiltz@schlegelvillages.com & Branka.urosevic@schlegelvillages.com	Ext. 8067/8068
Lead Nurse Call this number for any health related emergency	Ext. 8079