

September 2023 Volume 09, Issue 09

The Gates Gazette



Village Photos



Village Events



SEPTEMBER 20TH

UG FALL CARNIVAL

10:00am-3:00pm in the Retirement Courtyard

Join us for Face Painting and Glitter Tattoos, Entertainment, Games, and a Dunk Tank

What News Retirement

You can purchase an Orange Shirt from the Retirement General Store for Orange Shirt Day

Saturday September 30th



The Village Carnival

Join us Wednesday September 20th,
10am—3pm
on the Patio for games,
entertainment, snacks & more!

Fundraiser for Large Print Books

Place your empty wine, liquor bottle and beer cans in the blue bins in the Refuse room

SUPPORT GROUPS

Care Partners GATHER Group Tuesday September 12 & 26 3:45pm

Life Transitions GATHER GroupThursday September
21st 11:15am

September Birthdays!

John A.

Joanne B.

Irma B.

Jeanette C.

Noreen C.

Stanley C.

Mary E.

Brian J.

Patricia K.

Mary K. Peter K. Randy K.

Anna K.

Joan K.

Robert L.

Robert M.

Dawna M.

Kenneth M.

William M.

Edna M.

Walter M.

Margaret M.

John P.

Elmer S.

Alida S.

Theresa S.

Gerald U.

Wilhelmin W.



Village News Long-Term Care

University Gates Carnival

Join us Wednesday September
20th, 10am—3pm
on the Retirement Patio
Games, entertainment, snacks
& more!



Join us for entertainment with Kevin Coates on Sunday September 10th 2-3pm on Mainstreet

Resident Council.
Thursday
September 14th at
2:00 pm
Chapel

We are excited to continue outings in September. Watch your calendar for details!



Happy Birthday!

Barbara B.

Frank B.

Hilda H.

Charanjit K.

Linda K.

Frank K.

Tai L.

Caro L.

Brian M.



Sheri N.

Doris R.

Cilly S.

Gunther S.

David T.

Henry V.

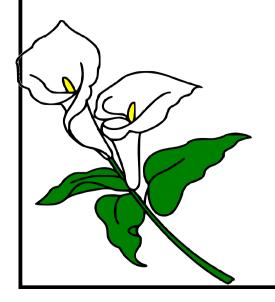
Carl W.

Lynn W.

We Remember



Wanda S. (RH)
Merilyn T. (RH)
Marjory H. (RH)
Cornelia L. (LTC)
Joyce L. (LTC)
Rita M. (LTC)



Thank you for sharing your time with us



Chaplain's Corner

Spiritual Life Gatherings

Long Term Care Chapel:

- Tuesdays 9:30am Rosary Service
- Thursdays 9:30am 'Hymns' Chapel Service.



Retirement Home Spiritual Life Gatherings'

Weekly Gathering:

- Tuesdays at 2:30 in the Town Hall. Watch for posters for special topics and guests throughout Sept.!
- Tuesdays at 1:30 in Emmas
- Thursdays 10:30 in Egerton

Roman Catholic Communion & Prayers: (Town Hall, then Egerton)

- Sunday September 3 at 10:45,
- Sunday September 17 at 10:30
- Communion & Rosary: Thursday Sept. 14th 1:30pm
- Mass: Friday Sept. 29th 11am with Father Jamroz (confession available before and after)



Offering God Our Imperfections

It is through our broken, vulnerable, mortal ways of being that the healing power of the eternal God becomes visible to us.

We are called each day to present to the Lord the whole of our lives—our joys as well as sorrows, our successes as well as failures, our hopes as well as fears. We are called to do so with our limited means, our stuttering words and halting expressions. In this way we will come to know in mind and heart the unceasing prayer of God's Spirit in us. Our many prayers are in fact confessions of our inability to pray. But they are confessions that enable us to perceive the merciful presence of God. - Henry Nouwen

Long Term Care - Celebration Of Life

Thursday September 7th at 10am In the Lounge of each neighbourhood

ZOOM LIVESTREAM Memorial Service to remember those who have passed away over these past few months.

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."

















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.



Thursday, September 21st

In the Retirement Home library



GATHER group – Life Transitions

Designed for those experiencing changes in their life circumstances which might include a move to the Village, losing a driver's license or a health challenge. Life transitions sometimes result as independence changes, more help is needed and the future looks different. This group creates a safe space to talk about the life transitions you are experiencing with others who share this experience and to explore support and coping strategies together







Care Partner

Retirement Home Town Hall

Tues. September 12 at 3:45 PM Tues. September 26 at 3:45

Long-Term Care Chapel

Mon, September 11 at 1:30 PM Wed, September 27 at 10:30 AM



Designed for those who support and care for someone they love. Being a caregiver has its own set of challenges, questions and rewards. This group creates a safe space to talk about your care giving journey with others who share and understand this experience and to explore support and coping strategies together.







McMaster



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:



NEED MORE INFORMATION?

Email: covidItc@mcmater.ca

Phone: (289) 639-5988

www.covidinltc.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

A MESSAGE FROM YOUR PAL TEAM



Goals

Eric hopes to maintain his current abilities to walk and move independently/



Q & A
What is your
favorite exercise

All of them!

class?

About Resident

Simply put, Eric is an all-around great guy! If you have visited our village before, you have likely run into him as he likes to keep busy with all the activities within the village including exercise classes. Eric is a very motivated athlete as he persists on walking as independently as he can. Coming back from an injury, Eric remains just as motivated to stay strong in his walking. Eric is both friendly and funny so don't hesitate to say hello if you get the chance.



RESIDENT RIGHT

SPOTLIGHT!

IF YOU HAVE ANY QUESTIONS, ASK A TEAM MEMBER!

Quality & Innovation News



How YOU Can Support Your Loved One's Skin Health!

- ✓ Ask your loved one about pain/discomfort when sitting or lying
- ✓ Be aware your loved one may need to be repositioned intermittently if they have reduced mobility – if you wish to assist, please ask the team for schedule and techniques
- ✓ Provide moisturizer if their skin is dry
- ✓ Prioritize high-protein foods and snacks if skin issues are present
- √ Report any changes in skin
- ✓ Support your loved one to get a good amount of sleep
- √ Report wetness (of any kind!) to the team to ensure proper cleanup
- ✓ Adhere to prescribed treatment regimen of any skin concerns or issues
- ✓ Avoid strongly scented lotions, creams, soaps they may cause irritation, redness, and may even dry out the skin!
- ✓ Avoid tight clothing may put added pressure on the skin
- ✓ Dress in clothing made from natural fibres (cotton, linen) when
 possible! Natural fibres breathe, and can absorb some wetness

Thank you for Supporting Skin Health!



https://withoutfragrance.com/are-fragrance-free-products-better-for-your-



October 18-19

DoubleTree by Hilton30 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!







September can be hot

Keep cool and have fun!

G	F	M	K	L	W	X	S	Ε	Υ	R	Т	W	0
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D	Α	Ε	L	Т	S	Ε	L	C	1	S	P	0	Р
R	F	Τ	Е	C	0	K	Н	J	T	U	T	Н	V
Α	S	0	R	L	L	R	Ε	X	C	N	S	S	C
Т	W	Е	В	0	V	D	Z	Υ	A	G	Ε	L	U
Ε	Е	R	M	Т	Α	W	Ε	G	Т	L	R	0	Р
N	M	D	U	Н	C	Α	W	Q	Н	Α	U	0	L
S	F	Q	S	1	Υ	Т	Α	Н	G	S	M	C	C
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INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

SUNGLASSES

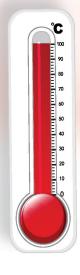
LIGHTCLOTHING

UMBRELLA

SHADE

WATER







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.



250 Laurelwood Drive, Waterloo, ON 519-904-0660 | info@the-ria.ca www.the-ria.ca Charitable Registration # 841471212 RR0001

THE GATES GAZETTE

WHO TO CONTACT WITH QUESTIONS OR CONCERNS

VILLAGE PHONE NUMBER: 519-904-0650



When calling an LTC resident directly please use the Resident Line 519-904-0653

RH Residents each have private phone numbers



CIVIVEI	SITI GATES			
Role/Name	Extension			
General Manager: Chris-Anne Preston	8203			
Asst General Manager (LTC): Kelly Younger	8003			
Asst General Manager (RH): Ion Zdrenghea	8204			
Administrative Coordinator: Elena Oprea	8202			
Admin Assistant: Joan & Mithra (LTC)	8001			
Neighbourhood Coordinators				
Hagey & Johnston (LTC): Brandy Douey	8031			
Wright & Matthews (LTC): Kim Boyes	8025			
Downey & Pollock (LTC): Lee-Ann Air	8037			
Department Directors				
Director of Nursing Care (LTC): Wendy Miller	8005			
Assistant DNCs(LTC): Ruhab Muzaffar / Shelley Bissitt	8054 / 8009			
Assistant DNCs(LTC): Emily Uebele / Vidhi Goyal	8059 / 8060			
Director of Environmental Services: Dilan Ganegoda (LTC)	8006			
Director of Recreation: Meghan Connelly	8007			
Director of Hospitality: George Madalena	8004			
Food Services (LTC): Becky Golbeck / Liz Barre	8008			
Director of Program for Active Living (PAL): Liam Stiles	8126			
Exercise Therapist: Karen Belfall (LTC)	8013			
Nursing				
Charge Nurse LTC	8055			
Psychosocial and Spiritual Well-being				
Janessa Mostert: Social Worker (LTC)	8057			
Mike Zenker: Chaplain (LTC)	8011			
Noreen Blount (LTC): Volunteer & Student Services	8010			
LTC Riverstone Spa and Salon	8095			

THE GATES GAZETTE

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General Manager: Chris-Anne Preston	8203
Asst General Manager (LTC): Kelly Younger	8003
Asst General Manager (RH): Ion Zdrenghea	8204
Administrative Coordinator: Elena Oprea	8202
Admin Assistant: Theresa / Stella (RH)	8201
Neighbourhood Coordinators	
Egerton & Becker (RH): Jennifer Allen	8208
Williamsburg & Emma's (RH): Sandy Taylor	8205
Department Directors	
Wellness Coordinator (RH): Trish Baird	8209
Director of Environmental Services: Dilan Ganegoda (LTC)	8006
Environmental Service Supervisor: Jessica England (RH) Maintenance Services: Brad/Jerry (RH)	8250 8234
Director of Recreation: Meghan Connelly	8007
Recreation Supervisor: Noah Bester (RH)	8207
Director of Hospitality: George Madalena	8004
Director of Program for Active Living (PAL): Liam Stiles	8126
Exercise Therapist: Emily Port (RH)	8216
Nursing	
Lead Nurse (RH)	8255
Psychosocial and Spiritual Well-being	
Jane Kuepfer: Chaplain (RH)	8249
Noreen Blount (LTC): Volunteer & Student Services	8010
Marketing	
Dirs. of Lifestyle Options: Sophia/Sahar	8041/8248
Village Experience Coordinator: Jane Panta	8048
The Ruby Dining Room	8224 (bar)
RH Riverstone Spa and Salon	8227