

View from the Heights

November 2023

Remembrance Day

Together, we gather to remember and honour all of our residents who served in a war so we can live freely.

If you or a loved one living at the Village is a Veteran and would like to be recognized, please contact Recreation or our Chaplain Janet

Please join us on Saturday, November 11th at 10:30am in Town Square for our Remembrance Day service followed by a Moment of Silence at 11:00am

At 12:00 (Noon) we will be hosting a Veterans Lunch in The Ruby for all resident Veterans



The Giving Tree

Every year, we strive to ensure that our residents open a gift on Christmas. We hope to receive donations of general items such as diabetic socks, small boxes of chocolate or candy, men's and women's bodywash, shampoo, lotion, cookies, boxes of Kleenex, cozy blankets, colouring books and colouring materials, as well as gift cards for Walmart to purchase those special items for those who need them the most.

Items can be dropped at the front office or in the community centre in long-term care. For further inquiries please contact Melissa Marks-Truscello at ext. 8035 or Melissa.marks@schlegelvillages.com or Marie Vanlouwe (recreation team member).

Thank you!



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!



The Village of
WENTWORTH HEIGHTS



REMEMBRANCE DAY

Remembrance Day is fast approaching and we want to ensure we honour all those who have served in the Wars.

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 Centre and the Hobby Shop. You can also contact Elaine Thompson by phone at ext. 8076 or email at elaine.thompson@schlegelvillages.com for Retirement Residents or Melissa Marks-Truscello by phone at ext. 8035 or 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.

Thank you kindly,
The Wentworth Heights Team



SANTA'S VILLAGE **CHRISTMAS** *Sale*

Saturday, November 25th
10am-3pm

Join us as we host a variety of vendors, craft sale, bake sale, tea room, Ruby lunch, photos with Santa, baking with Mrs. Claus & much, much more!

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.

Our organization has been on a journey to "change the culture of aging". We strive to make a conscious commitment to shift how we support residents, working together to put LIVING first.

It is about resident empowerment: those moments when a resident fulfills their desire to learn something new or realizes a long-held ambition such as riding in a hot air balloon, canoeing, zip-lining or speeding around a racetrack at 100 miles per hour. These are examples of grand ambitions and the efforts of many to bring them to life, but empowerment can be something seemingly small, such as finding opportunities to volunteer, with a desire to remain an active member of our community, learning a new skill, taking up a new hobby or perhaps it is reconnecting with something you've missed since moving into Retirement and Long-Term Care. We recognize that the most natural activity can provide fulfillment and growth.

At this year's Operational Planning Conference, we heard amazing and inspiring stories of people who have had the courage to pursue their dreams, combating ageism and showing others what's possible.

Our sister Village in Guelph, shared incredible stories of their Skydiving adventures. This started with one resident's expressed wish to fulfill a lifelong dream, over the course of the summer, this inspired many others and now, 35 residents, team members and family members have taken the leap, jumping from a plane at 10,000 feet, proving that we are never too old to pursue our dreams and it's never too late to make a dream come true.

One of our Aspirations is to create opportunities for meaningful and shared activities. Over the next year, we would like to support more residents to do the things that bring joy and meaning to their lives.

How can we help you to "Live life to the fullest"? I would love to hear from you.

Michelle Wood
General Manager

THE 10,000-FOOT DIVE ALONG A WELLNESS JOURNEY

Posted July 17th, 2023

By Kristian Partington

Not long before Sandra Luebbecke is about to load into the airplane she intends to jump out of, her legs decide not to cooperate. It's not uncommon as a symptom of her advanced Multiple Sclerosis to struggle to stand, but the timing couldn't be worse and she's unable to step out of her wheelchair into the harness. Sandra smiles for the camera while in the plane that would take her up for her skydiving adventure.

To Skydive is to challenge the limitation MS has imposed in her life, and it's an important step along what Sandy describes as her wellness journey. Many people tend to describe "fighting a battle" against MS or cancer or any other ailments, but Sandra doesn't see it as a fight.

"It's not a battle, it's a wellness journey, trying to give your body everything you can to get well because it has a tremendous capacity for healing," she says. "We're not fighting with our body; we should work with our body."

Ever since she was a student at the University of Toronto in her mid-20s when she couldn't afford to skydive, she's wanted to take this leap. After moving to The Village of Riverside Glen 30 years later and feeling as



though she'd lost an additional sense of independence, she never would have thought she'd have the opportunity to live out this dream.

Not jumping on this bright, summer Monday is not an option.

Alex Torre is the lead diver who will guide Sandy on her tandem jump. He sees her passion; he knows how much this means to her, but he also knows the risk.

"Any time you're throwing somebody out of an airplane, you're taking a risk," Alex says. "Even with the most healthy person skydiving, there is a risk involved."

Alex suggests Sandra wait and stretch her legs; they'd take another jumper up and once that drop is complete, they'll reassess. For the next 20 minutes while Sandra practices getting up out of her chair,

Alex's mind is fixated on her. He's almost moved to tears.

"I'm looking out the window and this flood of emotions comes over me," Alex says. "This person wants to go so bad and I can't not take her."

Sandra is determined and with a little help from the Riverside Glen team, she steps into the harness when Alex returns. He gives the go-ahead; they load into the small plane and they climb to 10,000 feet.

Motion sickness is not uncommon, and Sandra feels the movement of the climb along with the exhilaration of what's to come. She feels no fear, though. Alex has jumped thousands of times over three decades and he told her to trust him, and she does.

They edge to the open after 10 minutes or so, and they drop; the feeling of diving through the air sends

electricity to every nerve in Sandra's body. A lifetime of anticipation falls from the sky in mere minutes, but the shock coursing through every nerve of her body lasts for hours. She's exhausted, but in the best way.

To live out this dream with the support of The Village is a source of deep gratitude for Sandra. "I know there was a purpose for me coming here," she says, "and this just fell on my lap."

Alex later reflects on the connection he and the Skydive SWOOP team made with Schlegel Villages and Riverside Glen, who had jumped with another resident, Michel, just a few days before Sandra.

"This place is encouraging their residents to go and jump out of an airplane and we've just talked it up like it's the most magical place on the planet for these people," Alex says. "We absolutely loved it; we love the attitude there."

"I give them a 20 out of 10."

For her part, Sandra hopes others might be inspired to consider what leaps they might take along their own wellness journey, regardless of age or ability.

"It's really good to put yourself out of your comfort zone," she says. "It's good for your brain and good for everything. This really revitalized me."

To share your story, please contact Kristian at PWRITINGSTUDIOS@GMAIL.COM, or call 705-772-5182.

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

From the desk of Gabriela DeSousa

Many of you are likely aware that our Wellness Coordinator, Chris Micheletti, has been working hard over the past few years in completing additional education to qualify as a Registered Nurse. Chris, we are all very proud of you for all your hard work, and your wonderful accomplishments, and truly appreciate your continued unwavering support and commitment to the Village. To help support Chris as he works to complete his clinical placements outside the Village, and to provide additional support to our clinical teams in their work, we are introducing an Interim Wellness Coordinator role.

We are pleased to share that Sumeya Aleman-Carrillo has accepted the role of Interim Wellness Coordinator. Our Village prides itself on growing leaders from within, and we are very excited to have Sumeya in this new role of Interim Wellness Coordinator for the next 6 months.

Sumeya joined the Wentworth Heights team in August 2019, beginning her journey as a Neighbourhood Care Partner supporting our Williamsburg, Becker, and Ailsa Craig residents. Sumeya shortly thereafter transitioned into the Lead Nurse role. Over the last 18 months, Sumeya has been a strong mentor to the new nurses joining the organization, and has been supporting our weekly doctor's rounds. Sumeya has been instrumental in creating structure within our clinical teams, and is a well-respected leader by both her neighbourhood teams and our Village leadership team. Sumeya is a true advocate for both our residents and team members, always approaching situations with an open mind and a kind heart. Sumeya is known across the Village for her great positive energy and wonderful sense of humor. She is also known for her love for animals – she frequently fosters kittens in her home – the outdoors, and for travelling – particularly her visits to be with family in Spain, including her new Goddaughter Blanca!

Sumeya will begin her onboarding on Monday October 23rd 2023. Please join me in congratulating Sumeya on this new opportunity. We are very excited and proud to have her in this new role!



Gabriela DeSousa

Nursing Update

From the Desk of Chris Micheletti



As we are into Cold and Flu season I wanted to take the chance to write about RSV and the new vaccine coming out for it.

What is RSV?

Respiratory syncytial virus (RSV) is a very common upper respiratory tract virus that causes mild, cold-like symptoms (runny nose, coughing, sneezing and fever). There is currently no recommended treatment for RSV itself, just medications and treatments to manage the symptoms of RSV such as Tylenol for a fever associated with RSV and drinking lots of fluids to prevent dehydration.

How does RSV Spread?

RSV is spread very similarly to COVID-19 and the Flu; droplets are spread from an infected person when they cough or sneeze and those droplets carry the virus to you.

How can I prevent myself from getting RSV?

The number one way to prevent yourself from getting RSV is to frequently wash your hands using either soap and water or alcohol based handrub. Another important measure is staying home if you are ill and letting the nursing team know that you are feeling unwell. A new preventative measure for adults that are 60 years of age and older is the RSV vaccine which has now approved by Health Canada.

When can I get the RSV vaccine?

Currently Public Health Ontario is working on a distribution plan for the RSV vaccine and they have not provided a date for when we can expect to receive the vaccine. As soon as the vaccine becomes available, we will be sending out consent forms and holding a clinic to get everyone their vaccine.

Stay safe and healthy!

Neighbourhood

News

From the desk of Michelle Roukema

Hello and Happy November to all!

This year, our Stonechurch Neighbourhood team has been working very hard at completing the Supportive Approaches to Care pillar in our *Living in My Today* program. Most of our team members have completed the education and are utilizing what they learned in their day to day with our residents. I am very thankful to all the Stonechurch team members for working hard at completing the education, asking questions, and practicing what they have learned.

We look forward to rolling out the Supportive Approaches to Care pillar to all our Long-Term Care Neighbourhoods in the next year. I look forward to what else we can learn and discover as a team and how we can apply it to our day to day to support each resident to live well here at Wentworth Heights.

If you have not yet helped complete a ME (My Experience) form for your loved one or with your loved one, please let us know. We would love to learn more about each of our residents so we can get to know and support each resident as an individual.

I also wanted to take a quick moment to remember and honour each of our Veterans. Thank you for our freedom and fighting for our Country.

See you around the Village,

Michelle Roukema
905-575-4735 extension 8036
Michelle.roukema@schlegelvillages.com

Neighbourhood

News

From the desk of Chanelle Cavey

Greetings Wentworth Heights!

What a wonderful fall we have been having this year. This season has come in with typical Canadian weather, ever changing from cold temperatures and rain, to warmer bright sunny days where we can take advantage of the beautiful outdoors again. I would like to remind you if possible to always check the weather before dressing for the day. Just as we think it is cold enough for a heavy coat, along comes the sun! I can imagine we won't have too many more mild days to come, so please enjoy our back courtyard with a loved one while you can!

You may have noticed a blue heron out back, or other birds such as hummingbirds and cardinals. We have a lovely bird book that is located on our Main Street in Retirement outside of the Welcome Centre. If you spot any of our feathered friends, I encourage you to let us know and write a brief journal entry in this book. There are also pages for pictures if you are lucky enough to snap a quick photo. If you do not have a way of printing, let myself, or Norie or Zelka know in the front office, and we'd be happy to help print them for you to add to our growing collection. What a beautiful reminder that we have the smallest of shared experiences every day at our village.

I stumbled across this lovely poem and thought it was a perfect opportunity to share with you all, as I find myself dressing comfy, cozy clothes and enjoying short reads by the fire at home. Maybe you are doing the same in your own home, or you can start by exploring the plethora of wonderful books we have coming in lately in our library. I hope you enjoy this small entry, and if you stumble across any poetry worth sharing, I would love the opportunity to read more!

Happy November my friends,
Chanelle Cavey
Neighbourhood Coordinator- WB, BK & AC

PS: My mailbox is always open for poetry drop offs in the main office

"Hope is the Thing with Feathers" By: Emily Dickinson

'Hope' is the thing with feathers –
That perches in the soul –
And sings the tune without the words –
And never stops – at all –
And sweetest – in the Gale – is heard –
And sore must be the storm –
That could abash the little Bird
That kept so many warm –
I've heard it in the chilliest land –
And on the strangest Sea –
Yet – never – in Extremity,
It asked a crumb – of me.



Environmental Update

From the desk of Barbara Taylor-Bhagwan

We are delighted to inform you that we have successfully completed all fire inspections, and we are pleased to report that we are in full compliance with all safety regulations. Your safety and well-being are our top priorities, and we will continue to work diligently to ensure a safe environment for all residents.



In line with our commitment to maintaining a pleasant and clean-living space for everyone, we will be commencing preventive maintenance activities in the coming weeks. This includes replacing any damaged ceiling tiles and addressing any issues related to damaged walls. Additionally, we will be conducting thorough carpet cleaning throughout all the hallways. We believe these efforts will contribute significantly to maintaining a comfortable and visually appealing living environment for each and every one of you.

As we approach the winter season, we kindly remind you to check your vehicles and ensure that winter tires are properly installed. Safe driving is crucial, especially during the colder months, and we want to make sure everyone stays safe while navigating the snowy roads. If you have any questions or need assistance with this matter, please do not hesitate to reach out to the Environmental Services Department.

Lastly, we would like to emphasize that our team is here to address any concerns you may have related to housekeeping or maintenance within our retirement home. Your feedback is invaluable, and we encourage you to report any issues or areas of improvement. Please feel free to contact us at extension 8085, and we will strive to address your concerns promptly and effectively.

Thank you for your cooperation and support. We wish you a wonderful winter season ahead!

Hospitality News

From the desk of Michelle Piccolo

Hello and welcome to November!

Please welcome Tina Provo! She has accepted the role as Dining Room Supervisor. For those who don't know, Tina has been a Server in our Williamsburg dining room and has been with Schlegel Villages since 2018. Big Congratulations to Tina!

Holiday season is approaching! Our Village wide Christmas Dinner will be on Wednesday, December 6th at 4:30pm. Entertainment with Peter Harding on the piano from 4:00-5:30pm. Please call the village office to reserve a spot (8085). We will be taking reservations up until Wednesday, November 15th.

Christmas dinner menu:

Butternut squash soup with maple cream finish
Roast Turkey
Stuffing
Mashed Potatoes and Gravy
Root vegetable medley
Cranberry Sauce
Sticky toffee pudding

Cocktails: Rum and Eggnog, Baileys and Hot Chocolate.

Our Fall/Winter menu will be 2 options going forward. More details to discuss at our Lettuce Talk Food meeting on Tuesday, November 14th at 10:30am in the hobby shop. See you all there!

The Hospitality Team

The Ruby Update

From the desk of Chuck Modica

Starting November 1st The Ruby will be open every Wednesday, Thursday and Friday from 12-7pm. Please call 8086 to make a reservation

Every Wednesday we will be hosting a Ruby-on-the-Run Soup and Sandwich lunch on Main Street outside the Spa on Main Street

November 4th and 5th The Ruby will be open on the weekend. Saturday, November 4th regular hours 12-7pm and Sunday, November 5th a brunch from 10am-2pm. Call to make a reservation.

Saturday, November 11th Remembrance Day Veterans lunch. We will be sending out personal invitations to those who have served in the war that have responded to Recreation to be recognized during the service.

Sunday, November 12th and November 26th from 4-7pm we will be hosting a Prime Rib Dinner

Monday, November 13th Music Night in the Ruby - German Theme Schnitzel Dinner \$35 per person. We will be hosting Filipa Sousa for live musical entertainment. Please call the Ruby for more details

Saturday, November 25th at the Christmas Bazaar the Ruby will be hosting a Tea Room in the Town Hall for \$25. We will be featuring a tiered tray with finger sandwiches, scones, sweets and much more! The Ruby will also be having a take away lunch this day. We will be back open for regular dinner service after the Bazaar.

Please be sure to call 8086 to make a reservation for events you are interested in



Village Events

Joint LTC & RH

- Sunday, November 5—turn clocks back 1 hour
- Saturday, November 11—10:30 Remembrance Day Service—TH
- Wednesday November 15th and November 16th Christmas Decorating Days
- Saturday, November 25—10-3pm Santa's Village Christmas Sale (Bazaar) — MS
- Thursday, November 23— 7:15pm The Harlequin Singers of Hamilton Perform—TH
- Wednesday, November 29—2:30pm Christmas Magic & Comedy Show—TH

Long Term Care

- Friday, November 3—8:15am Men's Breakfast—CC
- Saturday, November 4—2:00pm Pub with Lorelee—MS
- Saturday, November 11—2:00pm Entertainment with Dave Shakespeare on Stonechurch
- Tuesday, November 14—12:00pm Ladies Lunch—CC
- Friday, November 17— 3:00pm Happy Hour with Emily Kemp—MS
- Saturday, November 18— 2:00pm Entertainment with Zack Erikson on Carrington
- Wednesday, November 22— 5:00pm Diner's Club: Harvey's—MS

Retirement

- Wednesday, November 1—10-3pm Sign-up day
- Saturday, November 4—2:00pm Ronnie Russell entertains in Egerton (residents from all neighbourhoods welcome)
- Thursday, November 9— 9:15am Bacon & Egg's Breakfast Club—sign up required
- Saturday, November 11— 10:30am Remembrance Day Service—TH
- Monday, November 13—5:30pm Music of the Night: German Theme in the Ruby— sign up—\$35
- Friday, November 17—3:00pm Emma's Happy Hour with Entertainment by Deservedly So
- Wednesday, November 22— 5:00pm Diner's Club: Swiss Chalet Festive Special –Sign up—\$
- Thursday, November 23—7:15pm The Harlequin Singers of Hamilton Perform—TH
- Wednesday, November 29— 2:30pm Christmas Magic & Comedy Show-TH

Village Outings

Joint LTC & RH

- Friday, November 10—1:30pm St. Catherine of Siena Parish Tour

LTC

- Tuesday, November 7—1:30pm Tim Horton's Ottawa Street
- Sunday, November 12—1:00pm Country Drive
- Friday, November 17—10:00am Outing to Fortino's (Mall Rd.)

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

Retirement

- Thursday, November 2—1:30pm Tim Horton's Ottawa Street (Em/Eg) - \$ for snacks
- required
- Monday, November 6—10:30am Williamsburg Neighbourhood Outing to Tim Horton's Ottawa Street—\$ for snacks required
- Wednesday, November 8—10:30am Men's Outing to Warplane Heritage Museum & Lunch- \$
- Thursday, November 9—1:30pm Limeridge Mall Shopper's Drug Mart
- Monday, November 13—2:00pm Emma's & Egerton Country Drive
- Tuesday, November 14—8:30am Broadway Diner Breakfast Outing—\$
- Tuesday, November 14—1:30pm Fortino's Mall Rd. Grocery Shuttle
- Monday, November 20—12:00pm Ripley's Aquarium Trip—\$
- Tuesday, November 21—1:30pm Freshco Grocery Shuttle
- Wednesday, November 22—1:30pm Emma's & Egerton Carnegie Art Gallery
- Thursday, November 23—10:00am Niagara Fallsview Casino
- Monday, November 27—10:00am Terra Greenhouse
- Tuesday, November 28—1:30pm No Frills Grocery Shuttle

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 Wednesday, November 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 which 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 November Wentworth Heights!

November is National Fall Prevention Month! The goal of this awareness campaign is to equip individuals with evidence-based resources to raise awareness while engaging their communities in preventing falls and fall-related injuries.

As we are fortunate enough to grow older, we may notice a shift in our gait. We don't necessarily do that brisk walk of our youth, rushing here and there. Now, we slow down a bit and look for hazards that might cause us to trip or to interfere with our path. What we do is still very meaningful; we just need to do it somewhat differently. That can sometimes mean being prescribed a gait aid, such as a cane or four-wheeled walker. About one quarter of older adults in Canada use a gait aid.

Mobility, our ability to move freely and independently through our home and community, is fundamental to successful and active aging. Mobility disability though is common in adults over the age of 65, affecting one third of older adults living in the community who report difficulty with climbing stairs and walking.

Osteoarthritis of the hip and knee affects about 45 per cent of Canadians over the age of 60. This condition causes joint pain and stiffness, which can lead people to restrict their activities. A cane can relieve pain by reducing stresses on the affected joint: if you use one cane, use it in the hand opposite to the affected leg to reduce pain.

As we get older, many body functions change slowly with time, such as: our sight, our hearing, our muscles, and our nervous system can all decline, and these can contribute to impaired mobility. Changes in our gait includes walking slower, reduced or stiff movement in our hips, knees and ankles, which means we take shorter steps thus becoming more unsteady. A gait aid can compensate by providing that extra support.

Your gait aid should provide the appropriate amount of support, be customized for you to meet your individual needs for your life and circumstances. It's important to be aware that the incorrect type, inappropriate size, unsafe use and lack of maintenance are all problems that may mean you are not receiving all the benefits you should. When choosing your new gait aid, all these factors should be considered to ensure that you can still have it all with your independence and quality of life maintained or improved!

Stay active,
Your PAL team.



Relax, Renew, Refresh



Lest we Forget

Foot Care

The next foot care clinic for Williamsburg and Egerton neighbourhoods will be on Thursday, November 30th and Friday, December 1st for Emma's neighbourhood.



The foot care clinic for Becker and Ailsa Craig neighbourhoods will be on Monday December 4th at the Riverstone Spa and Salon.

Please call extension 8090 to book your appointment.

Chaplain's

Corner

Janet Kennedy & Ankit Harry ext. 8045

Spiritual Programming in the month of November

The seasons are changing quickly as we enjoy the beautiful colours of the leaves!

I hope that this note finds you well. Our Chapel is changing with the seasons of time too! We want to ensure that everyone finds it a welcoming and comforting place. We are selecting multi-faith symbols to place on the walls. Our hope is that everyone feels our Chapel is a special place – inviting, inclusive and peace-filled. We invite residents, team members and families to use the Chapel whenever they feel is necessary.

This month on Saturday, November 11th we will have a Remembrance Day service with both a Piper and a Trumpeter.

ACTIVITIES:

Spirituality group on Wednesday mornings at 10:30am. You are invited to bring your favourite mug and join us!

Bible study group meets with Ankit on Wednesday afternoon at 2:30pm.

Sing-a-Long Hymn Sing on Wednesdays at 3:00pm (not on the 2nd Wed).

Movie in the TH on the 2nd Wednesday of the month. If you have an idea of a movie you would like us to see ... please let me know!

I hope that you will always feel comfortable to ask questions, offer suggestions or to share in leadership!

Shalom,
Janet

November 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 the 1st Sunday of the month 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...

Ron Abrams

Clara Garden

Ruth Hutchinson

Emma Neizvistny

Hannah Paul

Vera Tavernier

Theresa Todd



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
November 27th in the Town Hall

Volunteer Update

From the desk of Andrew Sangster

Are you thinking of volunteering? We have many volunteer opportunities available at the village and would love to have your help!

Below are some of the opportunities:

Special Events Support
Companion visits
Recreation Program Support
Helping with Community Outings
Mealtime Support
Watering plants in the greenhouse and/or plant care
.....And many more!

If interested in available opportunities please e-mail
Andrew Sangster at
Wentworth.volunteers@schlegelvillages.com or call me at
905-575-4735 ext.8009



Schlegel Villages'
volunteers

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
Andrew Sangster 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, November 28th at 1:30pm in the community center

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, November 16th @ 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 3:15pm in the Community
Centre. As per vote at a prior meeting,
meetings have been moved from the 3rd
Thursday to the 1st Thursday of the month

Next meeting:
Thursday, November 2nd 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's 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, November 23 at 6:30pm . 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.



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 40 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





Dear Residents,

As part of our initiative to live healthier lives, **The Smile Room** will be visiting our building on Monday, November 13th, to provide dental cleanings and checkups onsite.

The Smile Room's mobile clinic will be set up for the day in our building. **The Smile Room** follows strict infection control protocols. Each client gets a sterile pack opened for them. Registered Dental Hygienists provide all services.

How do you book?

Click this [link](http://www.thesmileroom.ca/eldercarelocations) to www.thesmileroom.ca/eldercarelocations and follow the instructions below or if you prefer, give us a call at 1-888-274-9569.

Online booking instructions:

1. Choose the service(s) you wish to book
2. Pick your location (will be listed as 'provider')
3. Pick the time that works best for you (this may change)
4. Fill out your information
5. Come over to the pop-up clinic at the time of your appointment...voila!
6. Enjoy your bright, healthy smile :)

Check out availability and book your appointment today. Spots are limited.

Keep Smiling!

Schlegel Villages – CONNECTIONS

2023 OPERATIONAL PLANNING



GENIUS of the &

PEOPLE • CARE • QUALITY



As an organization, Schlegel Villages is extremely grateful to have hosted some 500 leaders, team members and residents for our annual Operational Planning Retreat in early October. This time together is meant to inspire us to harness our collective energy in the quest for improvement in the service of residents and families. The three themes of People, Care and Quality focused our minds on attracting and retaining the best and brightest of team members, learning from our residents on what excellent care truly looks like, and refocusing on quality improvement.

If you look to our website under schlegelvillages.com/village-voice-stories you'll find stories that connect to Operational Planning and much more.

Schlegel Villages – **CONNECTIONS**

November 11

Lest we forget

Our freedom. Their sacrifice.

With endless appreciation and gratitude, thank you for serving our country and protecting our freedom.

In the month of November, Remembrance Day is always near the front of our minds. There are many of us who have been in the service of our elders for a number of years and recall visiting with veterans of The Second World War, hearing their stories of loss and sacrifice and their reverence for those they served alongside. As time moves on, the make-up of our Village families has changed and there are very few of these veterans left to share their stories, which is why Remembrance Day is so important. We remember them, but we also know there are countless other veterans who served long after the

last World War ended, from Korea to the Balkans and stations all around the world through the height of the Cold War. We have loved ones of veterans living with us as part of our wide family – sons, daughters, nieces and nephews – and we think of all who have been touched by the sacrifice of war as we pause on November 11. More than a century later as we look to current affairs and the senseless, ongoing struggles in the Middle East, Ukraine and other parts of the world, we see lessons have yet to be learned. In our remembrance, let us come together in collective hope for a peaceful future.



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:

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

Spotlight on Tejal Patel

Did you know that 50 per cent of older adults don't take their medications correctly? It might sound surprising, but older adults take 7-9 medications a day on average, and there are often special rules to follow, like taking pills with or without food, in the morning or at night, and once or several times per day, just to name a few. Some pill bottles are tricky to open, and some pills are hard to swallow.

All these factors and more can make it tough to take medications as prescribed.

This is where Tejal Patel, the RIA's new Schlegel Specialist in Medication Management and Aging, comes in. She's been a pharmacist for over 25 years, specializing in health conditions that affect older adults.

What inspired you to pursue your research?

Early in my career, I saw that there wasn't enough research on how pharmacists can best manage medications for older adults with conditions like Parkinson's, epilepsy, stroke, and dementia. This gap in knowledge inspired me to find solutions to common medication problems, such as taking too many medications, interactions between medicines, and using the wrong ones.

What is the main focus of your current research?

I'm working on ways to make it easier for older adults to take their medications correctly at home.

We know there are challenges, like finding the motivation to take pills, opening difficult pill bottles, and dealing with memory issues. With all these complexities, it's not always easy to stay on track.

We're developing strategies that help not only pharmacists and doctors but also older adults themselves manage their medications effectively at home.

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

Our approach emphasizes the involvement of older adults. I always ask if they're interested in helping with studies.

In one of our recent studies, we invited older adults with dementia and their care partners to help us come up with research questions based on their own experiences and needs. In one of our studies, two older adults are considered co-investigators and help with every part of the study, including interpreting results and sharing knowledge gained. We invited them to present the results alongside us at conferences.

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on research participation opportunities, events and helpful resources.



YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

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Jody McDonald – Resident Support Coordinator Jody.mcdonald@schlegelvillages.com	
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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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Lead Nurse Call this number for any health related emergency	Ext. 8079