

Riverside REVIEW

Vol. 27 Issue 10 October 2023

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Mission Statement

Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.



The Village of
RIVERSIDE GLEN

Message from

BRYCE MCBAIN

Dear residents, family, and team members,

The full change of seasons is upon us as we shift from September into October with the changing hues of Autumn and the fall of the leaves. Of course, a major theme in October is always one of gratitude, and we offer our thanks for all that our team members, residents, family members, volunteers and community partners offer to make our Village so close and comfortable. We are also grateful that Village leaders, along with some team members and residents, will be able to gather in Niagara Falls at the beginning of the month for our annual Operational Planning Conference where “People, Care and Quality” will drive the agenda. The conference will run from Oct. 2-4, and we are confident we have a strong set of team members in place to keep the Village running smoothly while our leaders are off-site. Of course, we are only a phone call away if needed.

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

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

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

Please remain focused on all IPAC practices and follow the established protocols. The season for Flu, COVID and RSV infections is upon us, and we know that breaking the chain of infection is key to preventing and/or controlling outbreaks. We are still awaiting information from Public Health Ontario as to when villages will start receiving the revised Covid Vaccine, the new RSV vaccine for people aged sixty and over, and the influenza vaccine. It is anticipated the Influenza vaccines will be first to be available in October. We will share more detailed information regarding vaccines as soon as it is available.

Again, we wish you all the best as we look ahead to Thanksgiving, and we hope you can enjoy that special time with loved ones.

Sincerely,

Bryce

Chaplain's Corner

To: Residents, Families, and Team Members,

September was certainly a difficult month for everyone, coping with facility-wide outbreaks. I wanted to share the “tip of the month” sent from Waterloo/Wellington Hospice, the topic is Resilience. Resiliency is defined as “the ability to withstand or recover quickly from difficulties.” It is an important skill to assist us in triumphing over challenges. The following are good steps to follow:

Step 1 – Pay attention to what is here for you in the moment. Are your thoughts positive or negative and how do those thoughts make you feel? What sensations are you feeling in your body—anxiety, restlessness, anger, apathy, detachment, numbing, etc.? Check in with your body to assess your stress level.

Step 2 – Use these 3 grounding strategies – mental, physical, and soothing: Use a mental image that provides you comfort. Think of something funny to lighten your mood. Count to 10 slowly while taking deep breathes.

Step 3 – After re-setting yourself, take a brief moment to recognize your importance; you have great value in the eyes of God and others. Feed your spirit; feed your body with healthy foods, and remember to care for others you must care for yourself.

Also there will be a Veteran's List posted at the entrances to both of our buildings the week after Thanksgiving. Please check the list and add any names. We want to have an accurate list for our Remembrance Day in November.

Blessings to you,
Rev. Brenda Woodall

In Memoriam

The Board of Directors, Management, Team Members and Residents were saddened by the passing of:

Shirley D
James P
Pierrette L
Louis B

Edna F
Tom B
Katie B





Message from Your Long-Term Care Family Council

Family Council News for families and friends of Riverside Glen **Long Term Care** Residents:

What does Thanksgiving mean to you?

For some, it is a table running over with every delicious morsel of goodness that the harvest season offers—and not worrying about the calories! For many, it is gathering with family and friends to enjoy their company and share happy memories since the last gathering. Others see it as an opportunity to exercise the thankful “muscle” by showing their gratitude. For me and perhaps others like you, being thankful comes from recognizing all that we have been blessed with—material and otherwise—and attempting to express gratitude year-round.

To have a loved one in long-term care can be challenging for many family members. After all, we want to be the ones to provide the care for our loved one and yet, for whatever reason, that is not possible. As I have interacted with seniors and staff at Riverside over the past three and a half years, I’m thankful for the loving care that my loved one and others receive which is evident in so many ways as you walk the halls of Riverside Glen’s long-term care. It’s the “small” expressions of love and care directed to my loved one and others that I take notice of:

- a senior sitting at the front desk in their wheelchair doing a puzzle as Helen engages with them while working on a myriad of tasks from her desk.
- a custodial staff member taking me aside to briefly talk with me about my loved one and share a funny encounter they had with them.
- Bryce stopping to greet my loved one by name as we return from a walk outdoors.

Of course, in the neighbourhoods, the encounters are numerous as PSWs and neighbourhood staff do their best to meet the unique needs of each senior.

- Taking extra care to ensure my loved one is warm and comfortable.
- Listening to and calming down my loved one when they may be feeling anxious.
- Knowing that my loved one’s favourite dessert is ice cream and making sure it is waiting for them at the end of their meal.
- Offering a listening ear to me (and other family members) when they raise concerns—and then working to bring about a swift resolution.
- Making accommodations so that my loved one can attend programs that they know they will enjoy.

I’m very thankful and appreciative for the loving care that the team at Riverside Glen lavish on my loved one. Thank you, Riverside Glen team!

As we enter October—the month of Thanksgiving—here are a few quotes to help us tune our hearts to being truly thankful:

- “Gratitude helps us to see what is there instead of what isn’t.”
- “Thankfulness is the quickest path to joy.”
- Appreciation can change a day, even change a life. Your willingness to put it into words is all that is necessary.

If you are a family member may I encourage you to join the Family Council? The role of Family Council is to provide peer support amongst our members, to be educated about Riverside Glen’s long-term care program, to effectively communicate with administration and staff, and to be a voice and advocate for our loved-ones in long-term care.

Whether your loved-one is new to Riverside Glen or if they have been at Riverside Glen for awhile now, I encourage you to consider attending a monthly Family Council meeting. Meetings are held by Zoom (7:00pm to 8:30pm) and it is a safe and friendly environment where caregivers can feel supported. Some meetings have a special guest from the Riverside Glen team or others in the long-term care community who speak from their experiences in the area of elder care and those things that we, as caregivers, work through on a day-to-day basis.

Why not consider being a part of the next Family Council meeting on October 12th? For further information, email the Family Council executive directly at: rgfamilycouncil@schlegelvillages.com or contact Riverside Glen Resident Support Coordinator Jackie Swan at 519-822-5272 ext 844 or at Jackie.swan@schlegelvillages.com.

Submitted by Wendy Piette

Riverside Glen *welcomes new residents* *to our community*



E Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Andy H
Grace W
Tom W
Ann Y
June D
Norah C
John D
Gary W
Betty M
Bruce M

Long Term Care

John B
Carl VH
Anette N
Ruth W

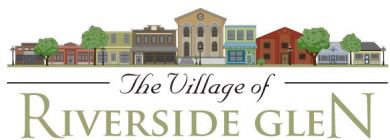


PHOTO REVIEW OF SEPTEMBER



COMING UP IN OCTOBER

Friday October 6th

Oktoberfest Party @2:30

Williamsburg Café

Monday October 9th

Happy Thanksgiving!

Tuesday October 17th

Aidan Purnell

10:30 in LTC & 2:00 in RH

Wednesday October 18th

Chocolate Cupcake Day

Tuesday October 31st

Halloween Party @2:30

LTC Café & RH Cafe

Vendors

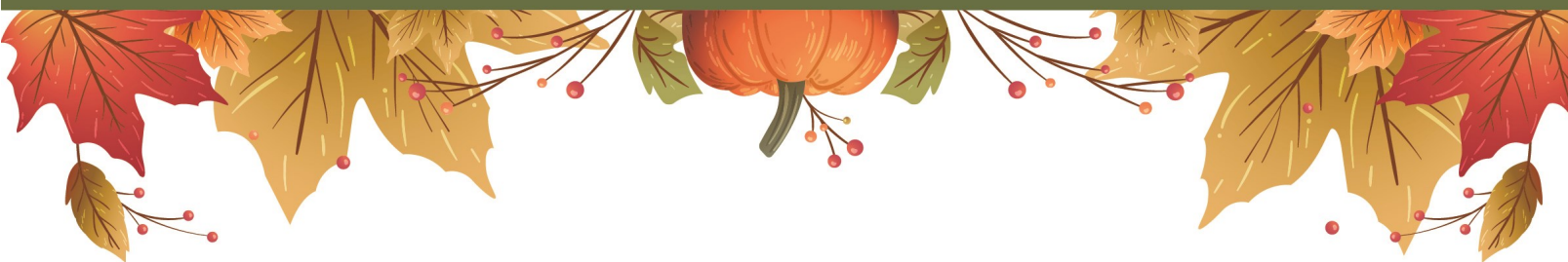
Cameron Cards Thurs. Oct. 12th @10:30

Stars of Fashion Modern Jewelry

Thurs. Oct. 19th @10:30

Traditions Alive Mon Oct 30th @ 10:30

Schlegel Villages – CONNECTIONS



Give Thanks

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

October 3-9

Active Aging Week

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



INTERNATIONAL DAY OF OLDER PERSONS

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



Schlegel Villages – **CONNECTIONS**



HEALTHY WORKPLACE MONTH

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



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





October 10th is world mental health day! The PAL team wants to highlight the importance physical activity has on your mental health. Here are some ways in which a short walk a day can benefit our mental health:

1. Improves Sleep

- Increases energy throughout the day
- Reduces the feelings of tiredness
- Increases alertness in daily activities

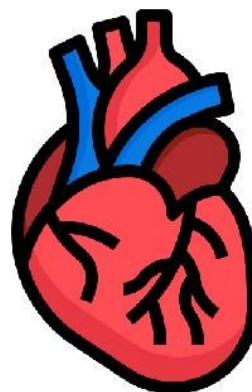


2. Improves Mood

- Relieves stress & reduces anxiety
- Increases self-esteem & self-confidence
- Increases ability to think critically

3. Improves Health

- Increases body strength
- Increases heart health
- Reduces blood pressure & cholesterol



Your PAL Team Adrienne, Emily, Rayyan, and David

Athlete of the Month: Anna Black

This is Anna Black, September's

★ Athlete of the Month! Anna is very enthusiastic about exercise and is always ready to go for a

★ walk. Anna enjoys exercising as it makes her feel good, not only physically, but also puts her in a more cheerful mood. Anna loves

to use the NuStep in the Fitness Centre.

Anna is very grateful to be able to walk and encourages others to do what they can.

Congratulations Anna!





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!**



RESEARCH MATTERS

RIA FEATURE

OCTOBER 2023

Spotlight on Laura Middleton

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

What inspired you to pursue your research?

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

What is the main focus of your current research?

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

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

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

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



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

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

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

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

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.



Come and take part in an intergenerational music making journey that involves singing, moving to music, playing instruments and simply having fun together.

Intergenerational Jamboree Music Therapy sessions are being held November 2nd – December 21st at 10:15am on Thursdays at the Village of Riverside Glen

Join Mallory McInnis, a qualified, accredited music therapist, for a weekly intergenerational music therapy program. These sessions are designed to include children 0-4 years in age, parents/grandparents, and long-term care residents at the Village of Riverside Glen, supported by Village team members.

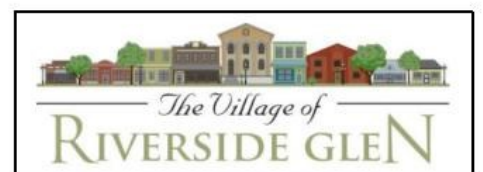
As the children's music-learning is nurtured, pre-schoolers and their grownups will foster new and important relationships with their resident "Grandfriends". Our residents look forward to the lively weekly visits, the chance to share memories, and the

opportunity to grow and create a harmonious music-making experience together. The additional cognitive, physical, and emotional benefits for participants make the intergenerational sessions a win-win for all.

Although the program is free, registration is required, along with a nominal reservation deposit of \$20 (refunded upon program completion)

For more information contact:

Kadri Phillips,
kadri.phillips@schlegelvillages.com or
519-822-5272 ext 811



DO YOU HAVE ANY EXTRA YARN?

Our Retirement Residents' Knitting Club are asking for yarn donations. All donations can be dropped off to the Main Entrance for Recreation Supervisor, Karleigh Herd, ext. 620.



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:



NEED MORE INFORMATION?

Email: covidltc@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**



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

For more information or to book an appointment at The Village of Riverside Glen, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Searching for October

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



BASEBALL

BOSS'S (Day)

CIDER

COLUMBUS (Day)

GOURDS

HALLOWEEN

HAYRIDE

HUNTER'S MOON

INDIGENOUS (Peoples' Day)

LIBRA

PUMPKINS

SCORPIO

SIMCHAT TORAH

SWEETEST (Day)

THANKSGIVING (Canada)

YARD WORK





Happy Birthday

VILLAGE VOICE NEWSLETTER

Read these stories
and more on the
Villages website.
Sign up online to
receive the email
newsletter.

**www.
schlegelvillages.com**



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google.com/
+VillageOfRiversideGlenGuelph



https://www.linkedin.com/
company/schlegel-villages

Resident Birthdays

| | |
|-------------|------------|
| Frances H | October 02 |
| Michael V | October 04 |
| Gordon M | October 05 |
| Emilia R | October 06 |
| John H | October 06 |
| Lillian P | October 07 |
| Leona J | October 08 |
| Jean P | October 08 |
| Harry O | October 09 |
| Brunhild F | October 09 |
| John P | October 10 |
| David O | October 10 |
| Edith K | October 12 |
| Ther P | October 12 |
| Marjorie C | October 12 |
| Geoffrey D | October 14 |
| Stanley R | October 15 |
| Alida Z | October 16 |
| Elizabeth V | October 16 |
| Jessie F | October 18 |
| Alba M | October 19 |
| Elton R | October 19 |
| Francoise D | October 20 |
| Helen S | October 20 |
| Doreen V | October 20 |
| Edward G | October 22 |
| Judith S | October 24 |
| Donna T | October 26 |
| Marion NO | October 30 |

Team Member Birthdays

| | |
|-----------------|------------|
| Sara F | October 01 |
| Lucille T | October 01 |
| Rosario E | October 02 |
| Kaylee D | October 03 |
| Kennedy G | October 03 |
| Sarah H | October 03 |
| Liezl P | October 03 |
| Natasha L | October 04 |
| Cassandra M | October 06 |
| Selamawit M | October 06 |
| Lesley S | October 06 |
| Donna T | October 06 |
| Pinky Rose M | October 08 |
| Gavin G | October 09 |
| Brandi L | October 09 |
| Funmilayo M | October 10 |
| Julia O | October 10 |
| Caroline W | October 10 |
| Sheila L | October 14 |
| Tayyaba J | October 15 |
| Selam M | October 15 |
| Aiza B | October 16 |
| Mariza M | October 17 |
| Stephanie VS | October 17 |
| Loretta N | October 19 |
| Alimirah H | October 20 |
| Ramandeep K | October 20 |
| Amabelle Z | October 20 |
| Abbygail S | October 21 |
| Merhawit M | October 22 |
| Lois P | October 22 |
| Amanda V | October 22 |
| Thuc Yen L | October 23 |
| Jeninia J | October 25 |
| Garry C | October 26 |
| Razelle Marie R | October 26 |
| Chandanpreet K | October 27 |
| Anu C | October 30 |
| Susmita C | October 30 |
| Karen F | October 30 |
| Kenneth O | October 30 |

Birthday Celebrations

Retirement Birthday Party

Thursday October 26th @3:30pm in the Café
with Eric Lunn

Long Term Care Birthday Party

Thursday, October 26th 2:00pm in the Café
with Eric Lunn

The Village of Riverside Glen Directory

Phone 519.822.5272

| | |
|---|----------|
| Bryce McBain, General Manager | Ext. 815 |
| Devon Richards, Assistant General Manager LTC | Ext. 841 |
| Lynn Lake, Assistant General Manager RH | Ext. 761 |
| Deb Guthrie, Director of Nursing Care LTC | Ext. 801 |
| Kayla Death, Assistant Director of Nursing Care LTC | Ext. 848 |
| Racquel Seman, Assistant Director of Nursing Care LTC | Ext. 780 |
| Raman Mander, Assistant Director of Nursing Care LTC | Ext. 797 |
| Michelle Mayhew, Wellness Coordinator RH | Ext. 812 |
| Brandon Wilton, Mapleton/Eramosa Neighbourhood Coordinator | Ext. 298 |
| Angela Gualtero, Puslinch/Nichol Neighbourhood Coordinator | Ext. 794 |
| Angela Keller, Erin/Arthur Neighbourhood Coordinator | Ext. 834 |
| Dylan Pust, Egerton Neighbourhood Coordinator | Ext. 836 |
| Madalyn MacIntyre, Emma's Neighbourhood Coordinator | Ext. 807 |
| Shaleena Campbell, Director of Hospitality and Food Services RH | Ext. 840 |
| Amy Hasson, Food Services Manager LTC | Ext. 873 |
| Milyn Calicdan, Assistant Food Services Manager LTC | Ext. 747 |
| Kadri Phillips, Director of Recreation LTC | Ext. 811 |
| Karleigh Herd, Recreation Supervisor RH | Ext. 620 |
| Adrienne White, Director of Program of Active Living | Ext. 826 |
| Emily Nagel, PAL Coordinator LTC | Ext. 835 |
| Rayyan Bin Zubair, PAL Coordinator RH | Ext. 821 |
| Tammy Smith, Director of Environmental Services | Ext. 804 |
| Assistant Director of Environmental Services | Ext. 857 |
| Karen Murray, Director of Lifestyle Options | Ext. 759 |
| Jaycel Nabua, Director of Lifestyle Options | Ext. 865 |
| Brittany Burton, Volunteer and Student Services Coordinator | Ext. 863 |
| Jen Jimenez, Administrative Coordinator | Ext. 805 |
| Helen S, Administration LTC | Ext. 858 |
| Vrushank B, Administration RH | Ext. 800 |