

The Gates Gazette



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HOLIDAY MARKET

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**Saturday
November 25**

10 a.m.–3 p.m.

RIA Building in the Discovery Hall

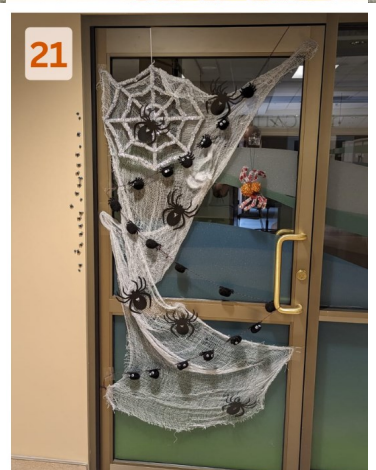
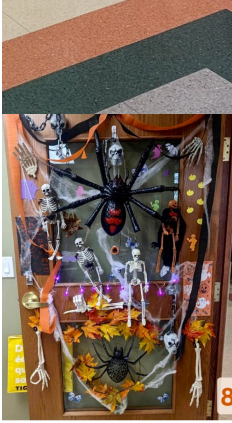
We invite residents, team members, family and friends to join us for our Holiday Market. There will be a variety of vendors, baked goods, raffles, and live music.



UNIVERSITY GATES

250 Laurelwood Drive, Waterloo

Village Photos



PREVENTING FRACTURES

CALCIUM & VITAMIN D

Drinking lots of milk, and/or having calcium and vitamin D supplements can help to keep bones strong, reducing the likelihood of a fracture.



EXERCISE

Any form of exercise is great for bone health! Light impact exercises such as walking, biking, or swimming can help maintain good bone health and increase muscle mass, reducing the impact the bones take on.

"Use it or lose it"

HIP PROTECTORS

Wearing soft padding on both hips can help prevent a fracture or bruising on the bone if a fall should occur.

Hip protectors come in all different forms, briefs, shorts, and pants!

Talk to your PAL team for more information on available hip protection options!



INDIVIDUAL PREVENTION

Other options are available too! Talk to your nursing & PAL teams to make an individualized plan to prevent fractures and falls.

Other interventions that we can help with include: medication, falls & fracture risk assessments, assistive devices, and education to list a few.

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.

Schlegel Villages – CONNECTIONS

2023 OPERATIONAL PLANNING



GENIUS of the &

PEOPLE • CARE • QUALITY



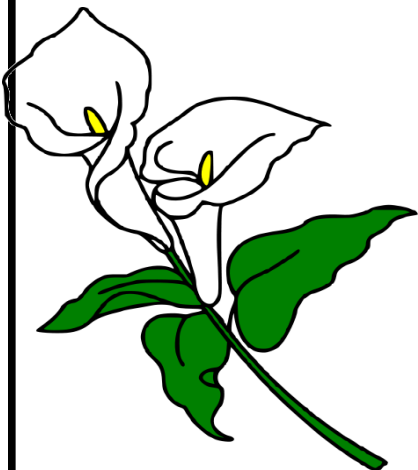
As an organization, Schlegel Villages is extremely grateful to have hosted some 500 leaders, team members and residents for our annual Operational Planning Retreat in early October. This time together is meant to inspire us to harness our collective energy in the quest for improvement in the service 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.

We Remember



Unruh J. (RH)
Renee S. (RH)
Ting C. (LTC)
Larry C. (LTC)
Diane W. (LTC)
Alan Fielding (LTC)
Richard Unger (LTC)



*Thank you for sharing
your time with us*

Contact A Chaplain

Long Term Care:

Chaplain Mike Zenker



Mike.zenker@schlegelvillages.com

519-904-0650 Ext. 8011

HOURS

Tuesday & Thursday Mornings

Wednesday mid morning

(*times may vary depending of events in the village)

Retirement Home:

Chaplain Jane Kuepfer

jane.kuepfer@uwaterloo.ca

519-904-0650 x 8249

Hours:

Tuesday afternoons

Thursday mornings



Chaplain's Corner

Long Term Care Spiritual Life Gatherings

- Tuesdays 9:30am Rosary Service
- Thursdays 9:30am 'Hymns' Chapel Service.
- Remembrance Day Nov. 11th @ 10:30am Chapel
- Celebration of Life Nov. 30th @ 10am Livestream



Retirement Home Spiritual Life Gatherings'

Weekly Gathering:

- Tuesdays at 2:30 in the Town Hall. Watch for posters for special topics and guests throughout November, including our 'Celebration Of Life on November 28..
- Tuesdays at 1:30 in Emmas
- Thursdays 10:30 in Egerton
- Sunday evening Hymn Sings – 7:15 in the Town Hall

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

- Sunday November 5th , 10:45
- Sunday November 19 at 10:30
- Communion & Rosary: Thursday Nov. 9th 1:30pm
- Mass: Friday Nov. 24th 11am with Father Jamroz (confession available before and after)

Remembrance Day will be observed Saturday November 11th with a service in the Town Hall at 10:30am

Meet Our Spiritual Care & Counselling Team (Retirement)

This year we have two wonderful students available to meet with individuals/ couples/families/team members for spiritual care and/or counselling conversations. Could you use a listening ear, a companion through a difficult loss or time of transition? **Keirann and Orsolya** are both in the Masters of Spiritual Care & Psychotherapy program at Martin Luther University College and would be glad to meet with you. Leave a message for us at 519-904-0650 x 8249 or email jane.kuepfer@uwaterloo.ca, and we will connect with you to set a good time for a visit. Or drop by (salon area) during open office hours – Thursdays from 11-1.

Gather groups for November (for Janessa's posters – doesn't go on chaplain's page):

Carepartners – Tuesday November 14 and November 28 at 3:45

Transitions – Thursday November 23rd at 11am



Village News Retirement



We have raised \$95 in
bottle collection so far
to go toward Large
Print Books
Thank you for all your
help!

**Tradition Alive
Clothing**
Will be here on
November 9th from
11am-3pm

Home Care Seminar
On Understanding
Alzheimer's' and other
Dementias
Nov 6th 2:30pm in
Town Hall



Don't forget to set
your clocks back
one hour on
Sunday
November 5th

Howard B
William B
Lorna B
Carolyn B
Beth C
Jack D
Susanne E
Nadyia F
Margaret G

Happy Birthday!



Dieter H
Dorothy L
Yvette L
Wanda L
Catherine M
Crystal M



Chadwick M
Ian M
Leonne M
Maria P
Kathleen P
Audrey S
Susan U
Emma V
Wendy W

Village News

Long-Term Care

kw|ag

**KITCHENER - WATERLOO
ART GALLERY**

**Art Class on
November 15th
Sign Up with
Recreation**



**Remembrance Day
Service**

Saturday November
11th
10:30am
in the Chapel
With our Chaplain Mike

Resident Council
Thursday
November 16th
at 2:00 pm
Chapel

Food Committee
Wednesday
November 1st
at 2:00 pm
Chapel

Happy Birthday!

Norma C.
Sandra C.
Helene C.
Phillip C.
Annie E.
Kathleen H.
Kathleen L.



Carmen M.
Agnes M.
Ann M.
Florence N.
Janina O.
Gordon W.



Please join us for

“GATHER” group

Care Partner

Retirement Home Town Hall

Tues. November 14th at 3:45 PM

Tues. November 28th at 3:45 PM

Long-Term Care Chapel

Mon. November 20th at 1:30 PM



GATHER group – Care Partner

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.





Please join us for

“GATHER”

group

Life Transitions

Thursday, November 23rd

11:00 AM

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



For the Love of Food!!

Your Hospitality Team

Director of Hospitality—George Madalena

Long Term Care:

Becky Golbeck—Director of Food Services

Liz Barre—Assistant Food Service Manager

Retirement:

Lisa Price—Dining Room Supervisor

Jessica Bickers—Dining Room Supervisor

National French Toast Day

Enjoy French
Toast, with all the
trimmings!

Tuesday
November 28th

Lunch Service

Ask A Foodie

Come welcome our Sysco
Representatives!

Retirement Mainstreet
Tuesday November 28th

*Here to answer your food and nutrition
questions*



Open Wednesdays to Saturdays

11:30am – 2:00pm Lunch Service

4:00pm to 7:00pm Dinner Service

PARTICIPANTS NEEDED

UWaterloo Study: Modelling Activities of Daily Living Using Smart Home Technologies

This study aims to develop a platform that can model and recognize personal daily living activities. This project may help to enable caregivers and care providers to use smart home sensor data to monitor family members living independently.

Requirements (Total Duration: Approx. 3 hours) :

- Be 60 years old or over.
- Complete a pre-study questionnaire (10-12 minutes).
- Perform daily activities while being guided (ex. turning on lights, washing dishes, cleaning, reading books, eating) in the lab while wearing various wearable devices.



REWARDED \$15/HR FOR STUDY PARTICIPATION

Contact: ubilab.management@uwaterloo.ca

647-323-3296



UBILAB



UNIVERSITY OF
WATERLOO

FACULTY
OF HEALTH

REB #43843

**Meet the Researchers on Friday
November 10th from 12-3
On Retirement Main Street**

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.



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



LONG TERM CARE

Role/Name	Extension
General Manager: Chris-Anne Preston	8203
Asst General Manager (LTC): Kelly Younger	8003
Asst General Manager (RH): Ion Zdrengha	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 / Patricia Solik	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

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RETIREMENT

Role/Name	Extension
General Manager: Chris-Anne Preston	8203
Asst General Manager (LTC): Kelly Younger	8003
Asst General Manager (RH): Ion Zdrengea	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
Assistant Director of Environmental Service. Jessica England (RH)	8250 8234
Maintenance Services: Brad/ Will (RH)	
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: Sahar/Nicolette	8041/8248
Village Experience Coordinator: Sophia Heimpel	8048
The Ruby Dining Room	8224 (bar)
RH Riverstone Spa and Salon	8227