

# Riverside REVIEW

Vol. 25 Issue 11 November 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.

NOVEMBER 11TH



LEST WE FORGET  
THANK YOU VETERANS



*The Village of*  
**RIVERSIDE GLEN**

*Message from*

# BRYCE MCBAIN

Dear Residents, Families and Team Members:

Thank you for everything that you do to help keep our neighbourhoods and village healthy. Please join me in welcoming others to our community when you see new residents move in and new team members join us. No one minds being approached in kindness.

We encourage everyone to get their flu and COVID vaccines for you to stay well and protect everyone, especially the most vulnerable from getting ill. Thank you to all who were eligible to get vaccinated and already got their vaccines!!

Please wear a poppy on November 11<sup>th</sup> as a symbol of remembrance and make the time to remember those Canadians that died for us and for the peace that we live today. We will honour our veterans on **Remembrance Day, Saturday November 11<sup>th</sup>**.

We hope you enjoy our November Newsletter!

Sincerely,

Bryce

# Chaplain's Corner

To: Residents, Families, and Team Members,

November is our month to observe Remembrance Day and to honour our Veterans, particularly those who live in our Village. Our Remembrance Day service will be on Saturday Nov. 11 @ 10:45 in our Williamsburg Dining Room for all who wish to attend. The trumpeter from previous years will be sharing with us, as will a friend pianist, so we hope for some choir members to come for a practice of hymns on Tuesday Nov. 7 @ 10:30 around the grand piano in the front entrance of Retirement.

Many who lived through the war remember food rationing. This began in 1940 with things like sugar, meat, bacon, ham and butter. A list of rationed items in England allowed for:

3 oz of bacon and ham

8 oz of sugar

2 ½ oz of tea

2 oz each of butter and cheese

4 oz of margarine

1 oz of cooking fat

1 egg every 2 weeks

2 ½ pints of liquid milk

12 oz of sweets per month

Some typical meals of wartime in Britain were: Pig's Trotters and Dumplings, Sheep's Heart Pie, Cow Heel Stew, Sheep's Head Broth, Sheep's Head and Barley Sauce, Tripe and Onions,

Dripping Cake, Spotted Dick, and Egg-Less Cake. (Thanks to Pat Robinson for passing this on)

Let us remember together.

Blessings to you,  
Rev. Brenda Woodall

## In Memoriam

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

*William M*  
*John D*  
*Wesley A*

*Helen S*  
*John B*  
*Thomas C*

*Donald M*  
*Arthur N*  
*Alba M*





## Message from Your Long-Term Care Family Council

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

October is a month that honours thankfulness. Why not extend that into our lives daily?

This November, let us give thanks for the country we live in. My mom is constantly reminding me of this, especially when we are enjoying a stroll outside. We are blessed to have blue skies... tall trees... four seasons... spring blossoms... sultry summer days... fall colours... snowflakes in winter... the changing weather which is always a topic of discussion... AND so many freedoms.

This month the LTC Family Council is pleased to welcome two guest speakers to our meeting on November 9<sup>th</sup> from Riverside Glen LTC - Jennifer Stradiotto, Registered Dietitian at Riverside Glen, who specializes in Geriatric Nutrition and Amy Hasson who serves as Riverside Glen's Food Services Manager.

All family members and friends of residents of Riverside Glen Long Term Care are welcome to join us on Zoom on Thursday November 9<sup>th</sup> from 7 to 8:30 pm. Please consider coming out to a meeting! Do you have any dietary questions or concerns? Would you like to meet others who share your experiences as a caregiver of a loved one in LTC? Please join us on the 9<sup>th</sup>!

Family Council works together for peer support, advocacy, and education about Riverside Glen's long-term care, and in communication with the Riverside Glen long-term care team.

To connect directly with Family Council, email [rgfamilycouncil@schlegelvillages.com](mailto:rgfamilycouncil@schlegelvillages.com) or contact Resident Support Coordinator Jackie Swan at: [jackie.swan@schlegelvillages.com](mailto:jackie.swan@schlegelvillages.com) or phone: (519) 822-5272, ext. 844.

We look forward to meeting you on November 9<sup>th</sup>!

Respectfully submitted,  
~ Mary Lou Fairles

*Family Council is a group of family members and friends of the residents in RG LTC. Membership will provide advocacy and voice for the residents, families, and staff. It will provide peer support, education and communication between families, administration, and staff.*



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



*E Komo Mai*

*Bem-Vindo*

Welkom

## Welcome

Witajcie

Benvenuto

Bienvenue

*Karibuni*

### *Retirement*

Shirley I  
Graham T  
Darlene B  
Norah C  
Jo-Anne L  
Urve A

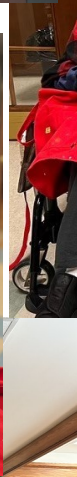
### *Long Term Care*

Sandra D  
John B  
Douglas W  
Eva D F  
Marion D





# PHOTO REVIEW OF OCTOBER





# COMING UP IN NOVEMBER

Saturday November 11th

Remembrance Day Service  
Williamsburg Dining Room  
@10:45 AM

Tuesday November 14th

Entertainment with Aiden Purnell  
LTC @ 10:30      RH @ 2:00

Friday November 17th

Christmas Decorating Day

Wednesday November 22nd    RH Memorial Service  
@ 3:00pm

## Vendors

**Cassie Maple Products**

Thursday November 9th @ 11-3pm

**Cameron Cards**

Thursday November 16th @ 10:30-2pm

**Traditions Alive**

Monday November 20th @ 10:30-2pm

# 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 Operation 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](https://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**

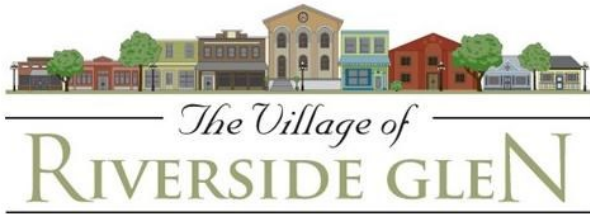
*Our freedom. Their sacrifice.*

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.





## November is Fall Prevention Month!

Here are some ways we can help ourselves to prevent a fall:

### MOVE YOUR BODY



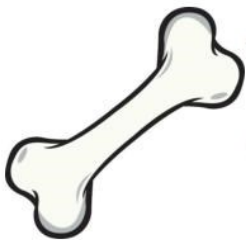
Just 30 minutes of physical activity at least 5 days a week can help us stay healthy and maintain our balance, flexibility, and strength. Enhance your stability and co-ordination with activities such as walking or Tai Chi

### REMOVE HAZARDS

Keep your floors clutter free and wear well-fitting/supportive footwear. Having a flash light or keeping a light on is a great way to maintain vision throughout the night to see potential tripping hazards.



### IMPROVE YOUR HEALTH



Vitamin D helps our bodies absorb calcium, which is an essential nutrient that makes our bones strong.

**Your PAL Team Adrienne, Emily, Rayyan, and David**

# Athlete of the Month: Francoise Dalcourt



This is Francoise Dalcourt, October's

- ★ Athlete of the Month! Fran can be found exercising most days of the week. Fran's is very
  - ★ motivated and working hard to be able to walk and reclaim some of her independence. Fran is happy with her progress to stand using the machine in the Fitness Centre. Fran would like to know, "come and do exercises, it's good for your health. And if you need, I'll be here for you!"
- Congratulations Fran!





Please join us  
at our

# Christmas Market

**Saturday  
December 9**

11 a.m. – 3p.m. | Main Street-Retirement

Join us for a fun-filled Christmas  
market with baked goods,  
Christmas décor, gift ideas  
and more!



**The Village of  
RIVERSIDE GLEN**

60 Woodlawn Road East, Guelph  
519-822-5272

# DO YOU HAVE ANY EXTRA YARN?

Our Yarn Clubs are asking for yarn donations. All donations can be dropped off at either Main Entrance for Recreation Supervisor, Karleigh Herd, ext. 620 or Director of Recreation, Kadri Phillips, ext. 811





## 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](http://www.the-ria.ca/enews) to stay up-to-date on research participation opportunities, events and helpful resources.







## 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](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)

# SIMPLY YOU NIQUE SALON

## Price List

As of Dec 1<sup>st</sup>, 2023

- |                                 |               |
|---------------------------------|---------------|
| ■ Women's Cut                   | \$35.00       |
| ■ Shampoo, Cut & Set/ Style     | \$50.00       |
| ■ Shampoo & Set/ Style          | \$35.00       |
| ■ Men's Cut                     | \$28.00       |
| ■ Beard trim                    | \$10.00       |
| ■ Perm Cut & Set/ Style         | \$100.00      |
| ■ Hair Colour, Cut & Set/ Style | \$90.00 & up  |
| ■ Highlights, Cut & Set/ Style  | \$110.00 & up |





# 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**

### Resident Birthdays

Teresa L	November 01
Mildred S	November 02
Paul C	November 02
Eleanor J	November 02
Richard C	November 05
Dolly D	November 07
Florence E	November 07
John B	November 09
Marie B	November 11
Anthony F	November 11
Pauline H	November 11
Jeannine T	November 12
Marie-Louise W	November 13
Joan K	November 14
Loise N	November 15
Eva DF	November 15
Norah C	November 16
Pauline Lou J	November 16
Anne Y	November 20
Joan G	November 21
James Y	November 22
Kenneth F	November 23
Jean P	November 25
Patricia B	November 26
Carl W	November 26
Grace W	November 27
Muriel B	November 28
Lynda L	November 28
Kelly K	November 28
Geoffrey S	November 30

### Team Member Birthdays

Aseel E	November 01
Olufunmilola MO	November 01
Amlusum Z	November 01
Leslie B	November 02
Bridget N	November 02
Aleksandra Z	November 03
Giselle DC	November 04
Vincent D	November 04
Nadine K	November 06
Sabrina W	November 06
Talvinder K	November 09
Mark Anthony G	November 11
Megan S	November 11
Nicole C	November 14
Kim T	November 15
Maneesh ML	November 16
Karen Hope P	November 16
Wegahta K	November 17
Joy B	November 18
Tonya D	November 21
Kathleen B	November 22
Perlyn E	November 23
Rheia S	November 23
Rishan O	November 24
Fang W	November 24
Brandon W	November 25
Rupesh K	November 26
Hannah Marie B	November 30



@Riverside\_Glen



Www.facebook.com  
/RiversideGlen



@Riverside\_Glen



google.com/  
+VillageOfRiversideGlenGuelph



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

## Birthday Celebrations

### **Retirement Birthday Party**

Friday November 28th @2:30pm in the Café  
with Sharon V

### **Long Term Care Birthday Party**

Friday, November 24th at 2:00pm in the Café  
with Manvir Rai

# 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
Adrianne 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