

Riverside REVIEW

Vol. 26 Issue 9 September 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

Welcome September



Message from

BRYCE MCBAIN

Dear Residents, Families and Team Members,

We continue to offer our sincere gratitude to each one of our team members for their care and services to you and our Village.

We celebrated our team members on Wednesday August 30th at our Team Member Appreciation Family event.

Every success we experience in the Village is a result of exceptional team members and their dedication to delivering on a memorable customer experience. The recipients of our 2023 Connect the Dots *The Schlegel Villages Customer Experience Credo* Awards follow:

Know Me - Drew Carrick
Be Present- Rebecca Artuso
Walk in My Shoes- Laura Rosewell
Earn Trust- Caroline Wang
Follow Through- Tanya Keleher

We also recognized team members for 5, 10, 15, and 20 years of service. We are fortunate for our staff longevity, and the stability and quality of care that our caregivers help to provide.

Congratulations to all our Service Award and Success Award recipients!

Sincerely,
Bryce, General Manager

Chaplain's Corner

Residents, Family, Team Members:

September always feels like a fresh start to a new year, as people come back from holidays; grand and great-grandchildren are headed back to school; days start to get a little less humid and the air a bit fresher. I am again sharing some tidbits you may connect with; memories of days-gone-by. So, do you remember these:

One day my niece was visiting with my parents (before cell phones) and she asked if she could make a phone call. The phone was on the wall in the kitchen. She went to use it and came back shortly after, a confused look on her face, asking how to use it. It was a rotary phone and she'd only used push-button ones. (Incidentally, visiting a museum a year later, I saw a rotary phone on display—part of history!)

"A Father was cleaning out his mother's house and brought his daughter an old Royal Crown Cola bottle. In the bottle top was a stopper with a bunch of holes in it. He knew immediately what it was, but his daughter had no idea. She thought they had tried to make a salt shaker or something. He knew it as the bottle that sat on the end of the ironing board to 'sprinkle' clothes with because they didn't have steam irons."

Here are some others – do you remember these:

Candy cigarettes, coffee shop tables with side juke boxes, home milk delivery in glass bottles, party lines on telephones, newsreels before the movie, TV test patterns that came on at night after the last show and were there until TV started again in the morning with all of 3 channels, metal ice trays with a lever, blue flashbulbs, Studebakers, and wash tub wringers. Boy those were the days!

Just a heads-up as Oct. 1 is a Sunday. There will be a combined Church Service of Retirement and Long-Term Care @ 10:30 in the Town Hall. We will be sharing in the Sacrament of Communion and acknowledging the National Day of Truth and Reconciliation which occurs on Sept. 30th.

Blessings to you,
Rev. Brenda Woodall

In Memoriam

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

*Freda R
Margaret W
Alleyna O
Dean R*

*Aniko L
Marion M
David C*





Message from Your Long-Term Care Family Council

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

American singer, actress, dancer, civil rights activist, daughter, wife, mother and grandmother (talk about busy!) Lena Horne shared some words of wisdom: "It's not the load that breaks you down; it's the way you carry it."

At our August family council meeting, we welcomed 2 new family members whose loved ones had just moved into long-term care neighbourhoods at Riverside Glen. Over the years, our members have been daughters, sons, daughters-in-law and sons-in-law, husbands, and wives. What we all have in common is that we are caregivers wanting the best for our family members who now have their home at Riverside Glen.

Our August meeting was about sharing our stories, getting to know each other, giving advice on the best ways to get care, information, and help, and planning for our next month's meeting.

Family council members help carry the caregiving load. We work together for support, for education about Riverside Glen's long-term care, for advocacy, and in communication with the Riverside Glen long-term care team. Guest speakers on topics like quality-of-life initiatives at Riverside Glen, dementia, and palliative and end-of-life care have given us information and helpful visiting tips.

We meet the second Thursday of each month by Zoom. We find Zoom convenient, especially for members and guest speakers who don't live in Guelph. At September's meeting, we'll welcome Riverside Glen Nurse Practitioner Jenny Kardash (MN-FNP, APRN). Jenny will share about her role at Riverside Glen. We'll be meeting by Zoom on Thursday September 14, 7pm – 8:30pm.

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

We hope you'll join us!
Lori Nero, Secretary

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



E Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Emily W
James H
Angela P-B
Sheila M
Edward M

Long Term Care

Bill M
Phyllis S
Karen V
Lawrence C
Bill G

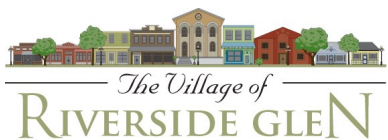


PHOTO REVIEW OF AUGUST



COMING UP IN SEPTEMBER

September 10th	Grandparents Day Social @ 2pm
September 13th	Multicultural Festival @1:30-3:30pm
September 15th	Polka Dot Day
September 18th	Terry Fox Walk @ 10:30
September 21st	World Alzheimer's Day (wear purple)
September 22nd	Fall Formal Dinner
September 26th	Ziplining @ Elora Gorge
September 30th	Day for Truth & Reconciliation(wear orange)

Vendors

Traditions Alive - Monday Sept 11th
@ 10-2

Cameron Cards - Thursday Sept 14th
@ 10AM

Schlegel Villages – CONNECTIONS

Before we look ahead to September, we'd like to acknowledge all our Villages did to honour the legacy of Wilfred "Grandpa" Schlegel in August.

This was the first year we organized a day in honour of the man who inspired his son and grandsons to work so hard to enhance their community, and our larger Schlegel Villages Family responded in many different ways.

We saw Villages create handmade cards and bake cookies as gifts to first responders and health care workers in hospitals, while others organized park clean-up days. It was all about giving back to the community, and Ron Schlegel noted how proud he was to see this take place. "This is so fitting," Ron told our Chief Operating Officer, Paul Brown, "and my father would be so happy and honoured."



**WILFRED
SCHLEGEL** *Day*
Monday, August 7



September 11-17 Residents' Council Week

Residents' Council Week is an opportunity to celebrate all of our residents and offer gratitude for all they offer us. Our friends at the Ontario Association of Residents' Councils (OARC) help highlight the great value those who volunteer to represent their fellow residents on council bring to a home, and we are grateful for their service.

The focus every day in the Villages is on creating a space where each resident can find meaning, purpose and joy in whatever fashion suits them.

The OARC has designated the third week in September as Residents' Council Week and we hope all Villages find meaningful ways to celebrate. We also encourage residents who may have an interest in serving on their own residents' council to connect with any of the leaders in their Village to find out how they can get involved.

Schlegel Villages – **CONNECTIONS**



National Day for Truth and Reconciliation

The knowledge, experience and wisdom of the First Nations, Inuit and Métis peoples of the land we now call Canada guided the first settlers when they arrived from overseas centuries ago. Without this early sharing of knowledge, the early arrivals to a new and bountiful land would have been directionless. Those earliest of relationships deteriorated over time as dogma and the greed of commerce expanded Westward, ignoring the wisdom that guided the people of this land for centuries before arrivals from across the Atlantic.

As the 19th Century unfolded into the 20th, the deterioration of this relationship grew to its darkest form while a concerted, government- and religiously-sanctioned suppression and theft of culture was maintained.

The lives of countless First Nations, Inuit and Métis peoples were the casualties. On Sept. 30 we'll join millions across Canada to recognize darkness of this past as look ahead to Truth and Reconciliation.

Across the country, federally-regulated businesses will close, as will many others, but at Schlegel Villages, our doors are always open and our teams, residents and families are encouraged to come together in the spirit of learning and education.

The knowledge, wisdom and experience of First Nations, Inuit and Métis peoples must continue to guide the people of Canada, for without them the nation will remain directionless. We must learn from the past, as difficult as it may be, in order to build a more equitable future for all, regardless of age, ability, background or heritage.

Happy September from the PAL team! September is arthritis awareness month.

DID YOU KNOW?

Arthritis affects more than
6 MILLION
Canadians



WHAT IS ARTHRITIS?

Arthritis is a collection of conditions affecting joints and other tissues. It causes pain, restricts mobility and diminishes quality of life. So what can we do to help?

HOW TO MANAGE ARTHRITIS?

- 1.** Remaining active is very important
 - A.** Seated chair yoga or restorative yoga in bed

- 2.** Using assistive devices; canes, walkers, raised toilet seats, and other devices that can help protect your joints

- 3.** Heating pads and ice packs can help relieve arthritis pain

- 4.** Eating well; plate = 1/2 veg./fruits, 1/4 whole grains, and 1/4 protein

Your PAL Team Adrienne and Emily

Athlete of the Month: Thelma Hornberger ★

★ Thelma is our athlete of the month for August! Thelma has been working on her strength and balance. Thelma enjoys staying active as she has been all her life. Thelma understands the importance of exercise and likes that it makes her feel strong. Thelma's piece of advice to others is "if you are thinking about it, just do it, don't hold back". Thank you, Thelma for being a great example for us all, congratulations!





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

SEPTEMBER 2023

Boosting well-being through arts and creativity

The power of arts and creativity to enhance the lives of older adults is invaluable. From gardening to listening to music, everyone can enjoy the benefits of creativity. We sat down with Kate Dupuis, Schlegel Innovation Leader in Arts & Aging, to discuss how arts-based activities can enrich your life.

What does research tell us about the benefits of arts and creativity?

Participating in arts-based activities has been shown to help older adults feel less lonely and can have a positive impact on their mood, thinking abilities, spirituality and more. You don't have to be actively participating to see benefits, even just attending a ballet performance or listening to your favourite album can help! Over the past few years of the pandemic, being able to connect with others, often virtually, through the arts has been really helpful to combat loneliness.

What are some activities you've seen that have had a positive impact?

There is no one-size-fits-all when it comes to engaging in the arts! People often associate the arts with painting, drawing, dancing, and singing but you can also be creative by baking, sewing, quilting, gardening, or fixing up an antique car. In one of our programs, we bring young children and their parents from the community to connect with older adults at Schlegel Villages through music and movement.



I've never been particularly creative, is it too late to start now?

Some of the individuals we have spoken to hold assumptions about how creative they are - they may have been told from an early age that they couldn't carry a tune in a bucket or that they shouldn't dance because they have two left feet. It's always wonderful to see what happens when we encourage older adults to let go of these limiting beliefs and try something new. They often surprise themselves by how fun and fulfilling it can be to engage in expressive activities.

"Arts and Aging Day Canada" is an annual virtual event dedicated to promoting the connection of art, health and aging. How can older adults and their families participate in this event?

The best way to get involved is to go to the RIA's [Arts and Aging Day Canada website](https://www.the-ria.ca/enews). There you will find a toolkit that will provide you with tips and tricks for sharing and connecting on September 24, as well as links to online events you are welcome to participate in for free in the week leading up to the day. Remember to use the hashtag #ArtsAndAgingCA when you post your artwork so we can help spread the word!

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

September can be hot

Keep cool and have fun!

G	F	M	K	L	W	X	S	E	Y	R	T	W	O
L	E	D	Z	I	J	H	F	S	T	U	A	R	N
H	C	K	A	G	S	E	U	V	I	M	H	E	B
Y	N	S	L	H	F	N	L	P	V	T	I	W	G
D	A	E	L	T	S	E	L	C	I	S	P	O	P
R	F	I	E	C	O	K	H	J	T	U	T	H	V
A	S	O	R	L	L	R	E	X	C	N	S	S	C
T	W	E	B	O	V	D	Z	Y	A	G	E	L	U
E	E	R	M	T	A	W	E	G	T	L	R	O	P
N	M	D	U	H	C	A	W	Q	H	A	U	O	I
S	F	Q	S	I	Y	T	A	H	G	S	M	C	C
D	R	T	T	N	H	E	L	A	I	S	Y	L	R
C	T	W	N	G	E	R	K	L	L	E	K	O	P
I	N	D	O	O	R	S	M	E	N	S	A	I	O

INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

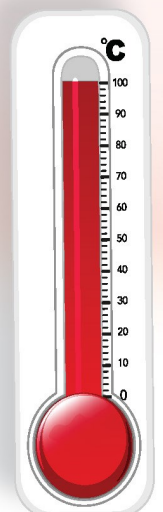
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER



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**



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

1-888-745-5550

retirement@earandhearingclinic.com



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Word Scramble

ANIRY_____

SOSEAN_____

GANREO_____

EAKDR_____

SEEBMTRPE_____

SLQEIURR_____

OCREBOT_____

AHNNICGG_____

RLLCOUOF_____

QSUASH_____

RCAON_____

OWLELY_____

UTNMAU_____

CRNO_____

KTYAACSH_____

PAELP_____

OEBREVMN_____

ELALHONEW_____

AEFL_____

UNPIPMK_____

STHAERV_____

INGINHVSATKG_____

PERAS_____

UCENSHTST_____



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](https://www.linkedin.com/company/schlegel-villages)

Resident Birthdays

Norman M	September 04
Betty U	September 04
Paola M	September 04
Anna R	September 09
Lucy P	September 09
Shelly B	September 12
Imelda B	September 13
Phyllis M	September 18
Wilhelmina S	September 20
Sheila D	September 24
James H	September 27
Shirley B	September 28
Pierrette L	September 29
Donna R	September 30

Team Member Birthdays

Jennifer T	September 01
Louise M	September 03
Ma Gelma B	September 03
Lucia A	September 03
Taylor T	September 03
Lovepreet S	September 04
Anne Marie A	September 05
Tsion A	September 05
Luz Antoinette V	September 05
Eryn L	September 06
Himanshi H	September 07
Susan ER	September 08
Kahlan B	September 09
Hirut K	September 09
Aleasha S	September 12
Nana-Ama A	September 13
Manjinder KM	September 13
Treasa B	September 14
Karie L	September 15
Sarah H	September 16
Sharon M	September 16
Kamaldeep K	September 17
Kate K	September 18
Lisa D	September 18
Aukse I	September 18
Nancy E	September 18
Efua I	September 19
Kulwant K	September 20
Joanne C	September 21
Dominga L	September 21
Claire D	September 22
Sumanpreet K	September 22
Preethi RM	September 22
Anishka M	September 24
Arshdeep K	September 25
Melita W	September 26
Ashley L	September 27
Carol Ann D	September 27
Slavica S	September 27
Johanna VG	September 28

Birthday Celebrations

Retirement Birthday Party

*Friday September 29th at 2:00pm in the Café
with Grace Cowley*

Long Term Care Birthday Party

*Thursday, September 14th t 2:00pm in the Café
with Woody Woodburn*

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
PAL Coordinator RH	Ext. 821
Tammy Smith, Director of Environmental Services	Ext. 804
Flo Panta, 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