

The Gates Gazette



*Season's
Greetings*

Village Photos





13
DEC

Holiday Open House

1 PM TO 4 PM

An invitation to our
Families and Friends

DRINKS

FOOD

LIVE MUSIC

Retirement & Long Term Care Main Streets

Schlegel Villages – CONNECTIONS



Seasons Greetings

As the calendar turns to December and winter winds begin to blow, our thoughts turn to the holiday season and we reflect on a year that has flown by.

As an organization, we were thrilled to see some new changes in our community of Villages in 2023; this spring, for example, we saw the small family of team members and residents from Waterloo's Pinehaven Nursing Home move to their new long-term care neighbourhoods in the redeveloped Village of Winston Park in Kitchener.



We also welcomed the first residents to our newest retirement expansion at The Village of Glendale Crossing this fall, and we're thrilled to have so many wonderful new team members there to add to our growing family. There were so many great and wonderful events and occasions in between – too many to capture here.



With 18 Villages spread out across Ontario and more to come, we are a growing family, indeed. We have people who work and live with us that come from all corners of the globe and this holiday season, we reflect on the many beautiful traditions we have come know thanks to the wonderful diversity we enjoy in our Villages every day. We revelled in the light of Diwali celebrations in November and we look forward to Hannukah beginning in the early part of December this year, leading towards Christmas and Kwanzaa.



No matter how our residents, families, team members and community partners celebrate, we wish for every blessing of the season upon us all, and we look forward to a beautiful New Year!



The Ruby

UNIVERSITY GATES' HIDDEN GEM



New Years Eve Gala 2023

December 31st 2023

Start Time 6:30



Starters

Lobster Bisque

A creamy blend of lobster
Simmered with spices in a savory tomato base

Crisp Fillo wrapped Tripple Cream Brie

drizzled with with cranberry and orange butterscotch
Toasted walnuts and Toasts

Entrees

Grilled 6oz Canadian AAA Bacon wrapped Filet Steak

with smashed mini red Potatoes and Seasonal Vegetables
Smothered with a mushroom sauce

Confit of Duck Leg

on sweet potato rissoles, green lentil and baby kale
sauced with a oven dried blueberry and red wine demi-glace

Pan seared sesame crusted ahi Tuna

On taro root fries with hoisin BBQ
Topped with Wakame salad

Desserts

Tira Misu

Coffee and Amaretto soaked Savoiardi Biscuits
layered with marscapone cream
and dusted with Cocoa

French Vanilla Ice Cream

Soaked with Butter Scotch liqueur
Blueberries and whip cream

Coffee, Tea and Soft Drinks

New Year's Toast

@\$60 per person

2024



A MESSAGE FROM YOUR PAL TEAM

A MESSAGE FROM YOUR PAL TEAM

5 TIPS FOR A HEALTHY HOLIDAY SEASON

WASH HANDS OFTEN TO PREVENT THE SPREAD OF GERMS

Handwashing reduces the spread of respiratory viruses such as the flu, the common cold and COVID. Wash your hands with soap and warm water for at least 20 seconds.

BUNDLE UP TO STAY DRY AND WARM

Wear appropriate outdoor clothing; light, warm layers, gloves, hats, scarves and waterproof boots.

STAY ACTIVE

Don't neglect your physical activities during the holidays. Besides being good for your overall health, exercise can help you get rid of stress.

TAKE TIME FOR YOURSELF

Between shopping, planning and hosting, make sure you take a moment each day to just relax, clear your mind, unwind and recharge. Try listening to relaxing music, going out for a walk or losing yourself in a good book

TAKE NAPS

Today's sleep specialists agree that naps are essential as they rise from a natural need triggered by our body clock. Studies show that daytime naps can be very beneficial as they reduce stress, improve memory function and concentration, and balance our nervous system.

A MESSAGE FROM YOUR PAL TEAM

Merry Movements

As the days grow colder and shorter with the holiday season around the corner, it is getting harder to get outside. Try these 6 exercises to keep you moving and warm this season.



Snow Angles: Start with your hands by your side and feet flat on the floor. Raise both arms up to the ceiling and bring your legs apart, as if you are making a snow angel.
repeat 8-10 times

Candy Cane: Start with feet flat on the floor, shoulder width apart raising 1 arm above your head. Tilt your torso to the side, hold position for 5 second and then switch sides.
repeat 8-10 times



Push the Present: Start with your hands at your chest, palms facing outwards. Push your hands out in front and pull them back towards you.
repeat 8-10 times

Let it Snow: Start with your hands on your knees, Raise arms above your head, wiggle your fingers and bring your arms back down to your knees.
repeat 8-10 times



Snowball Fight: Start with one arm above your head and the other hand by your side. Move your arms around in a circle (like a windmill).
repeat 8-10 times

Ice Skating: Starting with both feet on the floor, slide one foot out to the side then bring it back to the starting position. Repeat with opposite leg.
repeat 8-10 times



Village News

Long-Term Care

Bingeman's lights tour for December.

Talk with your neighbourhood recreation team member for more details.

Resident council
Thursday,
December 14th
2PM in the Chapel

Family Council
Saturday,
December 9th
10:30am Virtual

Theme Days

December 21st—Christmas Sweater Day
December 25th—Festive Wear Day
December 26th—Pajama Day
December 31st—UG T-Shirt Day

Holiday Parade

Coming to your Dining Room
during lunch!
December 21st



Happy Birthday!

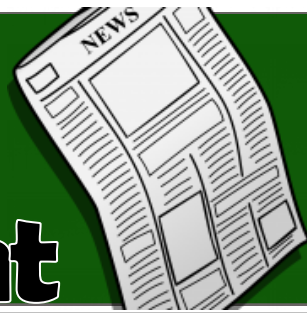
Elisabeth A.
Bernice B.
Edmund B.
Emory E.
Ward H.
Wolfgang K.
Stevo K.
Glenn M.
Theresa M.
Crispin R.



Anna R.
Gerald S.
Valentyna S.
Christopher S.
Jennifer S.
Donald S.
Donald T.
Sheila T.
Robert W.
Manfred Z.

Village News

Retirement



Vendors in December

Dec 6th, - Traditions Alive From 11am—3pm

Dec 7th, - KmW Clothing From 10am—3pm

Dec 7th, - Rita Flowers & Gifts From 10am—2pm

Bingeman's "Gift of Lights" Tour



Talk with your
neighbourhood
recreation team
member for more
details..

December 12
UG Choir
10:30 in Town Hall

December 19
Grand River Band
2:30 on Main Street

Birthday Bash
December 29th at 2:30pm
With Brent Meidinger

December 2nd

Apple Fritter
Day

December Birthdays!

Edward B.
Barbara B.
Ann B.
Margaret B.
Bernice B.
Verda C.
Irene E.
Murray F.

Kaare H.
Mary H.
Elizabeth J.
Melvin J.
Carole J.
Ilse K.
Glen L.
Bernard L.

Glenn M.
Harold M.
Enid M.
Catherine O.
Maria S.
Edward S.
Loretta S.
Richard S.

Nancy S.
Mary S.
Dorothy T.
Grace V.
Joseph V.
Fred V.



We Remember



Maria A. (LTC)
Grace C. (RET)
Sandra C. (LTC)
Stanley D. (LTC)
Donna F. (LTC)
Raymond J. (LTC)
Anna N. (RET)
Katherine S. (LTC)



*Thank you for sharing
your time with us*

Retirement Home Spiritual Care Team



Jane Kuepfer

Students:



Keirann Aitken



Orsolya Kis

CONTACT US to
arrange for a visit:

jane.kuepfer@uwaterloo.ca

519-904-0650 x 8249

Usual Hours:

Tuesday afternoons
Thursday mornings

Our Spiritual Life Together



December is a month of short days, and gathering close. We cherish those we love, and miss those who are no longer by our side. And we celebrate light that dispels the darkness. This month, in the retirement home, you are invited to join us for:

Weekly Spiritual Life Gatherings:

Tuesdays at 2:30 in the Town Hall. Watch for posters for topics throughout December (Hope, Love, Joy, Peace), including our **Choir Christmas Celebration** on Dec 19th.

Tuesdays at 1:30 in Emmas—Carols and Conversation

Wednesdays – **Poetry Circle** in the Hobby Shop – 2:30

Thursdays at 10:30 in Egerton

Sunday evening **Hymn Sings** – 7:15 in the Town Hall

(**Christmas Eve Carol Sing** on Dec 24th)

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

Sunday December 3rd at 10:45, Sunday December 17 at 10:30

Communion and Rosary: Thursday December 7th at 1:30 pm

Mass: Friday December 29th 11am with Father Jamroz (confession available before and after)

December 21st 'Longest Night' display
From 5-8 pm a table will be set up in the Town Hall to honour those we are missing at Christmastime. Feel free to add your photos



to the table and light a candle on your way to dinner.

Tips for coping with the holidays while grieving:

- Be aware of and accept your limitations – be gentle with yourself
- Consider changing holiday routines and traditions – prioritize what is meaningful and comforting and let go of things that aren't
- Plan ahead – talk about your plans, hopes and wishes with your family and friends
- Be with supportive, comforting people – connect with people who understand
- Designate time and space for your loss – talk about your loved one, look at photos
- Remember it's okay to laugh and it's okay to cry – honour grief and embrace moments of joy

Our Chaplain



Chaplain Rev Mike Zenker

Mike.zenker@schlegelvillages.com

519-904-0650 Ext. 8011

HOURS

Tuesday - Thursday Mornings

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

Religious Holidays

Coming Up:

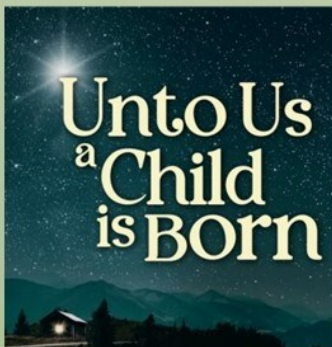
December 7 - 15 – Hanukkah

December 8 – Feast of the Immaculate Conception

December 22 – Guru Gobind Singh's Birthday

December 25 – Christmas:

December 26 – St. Stephen's Feast Day



Long Term Care Chaplain's Corner



Spiritual Life Gatherings

- Tuesdays 9:30am Rosary Service
- Thursdays 9:30am 'Hymns' Chapel Service.
- Special Advent "Pre-Recorded" services
- **SPECIAL 'CHRISTMAS SERVICE' Thursday December 21 @ 10am in the Chapel**
- Christmas EVE/Day Service will be "Pre-recorded" and shown at sometime on the neighbourhoods.

Roman Catholic Communion & Prayers:

- See Retirement Chaplain's Page for monthly services
- **In Long Term Care**, Catholic Communion & Prayers of Blessing: We have a team of volunteers who come into the Long Term Care home and visit one-on-one with residents and administer Communion, pray a prayer of Blessing etc. If you would like them to visit you (or your loved one), please send me an email and we will add them to the visitation list.

Meaningful Songs & Poems

Before, during, and after most of our 'chapel' services, we often play 'fun' or 'really good' videos that seem to 'lift the hearts' of all who watch or hear them in the halls.

I would love to hear from you if you come across a video or reading that was meaningful to you, and I may be able to share that in some chapel.

Recently, an absolute favourite song keeps being requested and so I thought I would share the link to the song here.

Down By the Riverside feat. Grandpa Elliott | Playing For Change | Song Around The World:
<https://youtu.be/nQ1gHm8v3ek?si=NOUorSCfpjKpP6ir>

I also want to share two links to where I get a lot of these songs so you can enjoy them as well.

<https://www.youtube.com/@PlayingForChange>

<https://www.youtube.com/@MusicTravelLove>



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 University Gates, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Schlegel Villages – **CONNECTIONS**

Let's stay healthy this holiday season

There are several ways to protect yourself and others from respiratory viruses.

We are encouraging everyone to stay up to date with their vaccines. They are an important way to boost your immunity and prevent severe illness from flu, COVID-19, and Respiratory Syncytial Viruses (RSV).

Helpful tips



Get vaccinated



Clean and disinfect surfaces and shared items



Wear a mask



Optimize indoor air quality



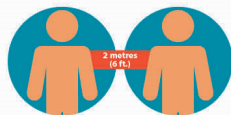
Wash or sanitize your hands often



Stay at home when you are sick



Cover your mouth when you cough or sneeze



Physical distance when possible



Please join us for

“GATHER” group

Care Partner

**Retirement Home
Town Hall**
Tues. December 12th
at 3:45 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.



SCHLEGEL VILLAGES



Please join us for

“GATHER” group

Life Transitions

**Thursday, December 21st
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.



SCHLEGEL VILLAGES



RIA RESEARCH
INSTITUTE
for AGING

Schlegel • UWaterloo • Conestoga

Enhancing Life

Season's Greetings

Best wishes for a
joyful holiday season
and a happy New Year

• • • • •

19 II. EVERY RESIDENT HAS THE
RIGHT TO GIVE OR REFUSE
CONSENT TO ANY TREATMENT,
CARE OR SERVICES FOR WHICH
THEIR CONSENT IS REQUIRED BY
LAW AND TO BE INFORMED OF THE
CONSEQUENCES OF GIVING OR
REFUSING CONSENT

RESIDENT RIGHT

► **SPOTLIGHT!** ►

**IF YOU HAVE ANY
QUESTIONS, ASK A
TEAM MEMBER!**



Quality & Innovation News



Thank you for joining us on this Learning Journey!

Topics we covered:

March: What is Healthy Skin?

April: What does the Skin DO?

May: Aging Skin

June: Signs of Unhealthy Skin

July: Supporting and Promoting Healthy Skin

August: Ways that Skin is Damaged

September: How Family/Loved Ones can Support Residents' Skin Health

October: How University Gates Supports Skin Health

November: How University Gates Supports Skin Health (again! 😊)

Please take the time to complete and submit our completion survey – whether you saw the education in the Newsletter from month to month, or on the Posterboard on Main Street, if you saw all of them, some of them, or none of them! We would love to know what you learned and if there's anything you'd like more information about!

Thank you for joining us in supporting and promoting Healthy Skin!



Completion Survey is on the Next Page and on Main Street!



Visitor Skin Health Knowledge Post-Survey

✓ Are you visiting a resident at University Gates?

What is your relationship to the resident?

<input type="radio"/> Power of Attorney/Substitute Decision Maker	<input type="radio"/> Family
<input type="radio"/> Private Caregiver	<input type="radio"/> Other (please indicate) _____
<input type="radio"/> Friend	

1. Using the scale below, rate how much you agree with each of the following statements: **1 Completely Disagree** to **5 Completely Agree**

Statement	Completely Disagree 	Disagree	Neither Agree nor Disagree	Agree	Completely Agree
1. Did you see the trifold posters about Skin Health in the Library (in the Spring) and on Main Street (Summer & Fall)	1	2	3	4	5
2. Did you see the articles about Skin Health in the Village Newsletters from March-November?	1	2	3	4	5
3. I know why maintaining skin health is important	1	2	3	4	5
4. I am able to recognize healthy skin	1	2	3	4	5
5. I understand how skin health can change with age	1	2	3	4	5
6. I know key factors that affect skin health	1	2	3	4	5
7. I understand what I can do to promote / maintain skin health	1	2	3	4	5
8. I understand what I can do in the village to promote a resident's skin health	1	2	3	4	5
9. I am confident that I can make informed decisions regarding my loved one's skin health	1	2	3	4	5
10. I know who I can reach out to in the village about a resident's skin health	1	2	3	4	5
11. I know where I can find resources outside of the village related to skin health	1	2	3	4	5

2. What information did you find most helpful?

3. Is there anything you would still like to know more about?

Thank you for taking the time to complete this survey!

Please put your completed survey in the box provided.

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: Resident Support Coordinator (LTC)	8057
Mike Zenker: Chaplain (LTC)	8011
Noreen Blount (LTC): Volunteer & Student Services	8010
LTC Riverstone Spa and Salon	8095

THE GATES GAZETTE

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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 Zdrengha	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