

Riverside REVIEW

Vol. 26 Issue 12 December 2023

Message from our General
Manager
Pg. 2

Chaplain's Corner
Pg. 4

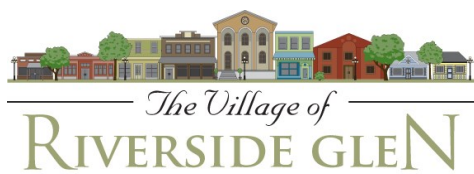
Welcome New
Residents!
Pg. 5

Coming Up In December
Pg. 7

Activity Sheets
Pg. 18

Birthday List
Pg. 19

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.



Message from

BRYCE MCBAIN

Dear Residents, Families and Team Members:

Brenda Woodhall, our Chaplain, and our team did an outstanding job of our Remembrance Day service again this year. Thank you Brenda et all for your preparation for our service. It was meaningful for our village to listen to our service, The Last Post and have a moment of silence to honour the courage, valour and sacrifice of the heroes who have served – and continue to serve Canada in war and conflict. Thank you, veterans, and your families for the sacrifices you made to make this day and every other possible.

Thank you to all involved in our Memorials services last month, for helping us remember, grieve, and celebrate the lives of our neighbours, friends, and family. Special thanks to those team members who shared fond memories.

Thank you all for collectively keeping our community strong throughout the year. We have a very selfless community, made up of so many people who put others first and for that we are grateful.

We have people who work and live with us who come from all corners of the globe and this holiday season, we reflect on the many beautiful traditions we have come to know thanks to the wonderful diversity we enjoy every day. We reveled in the light of Diwali celebrations in November, and we look forward to Hannukah beginning in the early part of December, leading towards Christmas and Kwanzaa.

In whichever way 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!

We hope you enjoy our December Newsletter and look forward to serving you in 2024.

Sincerely,

Bryce

Chaplain's Corner

To: Residents, Families, and Team Members,

All around us we see the signs of the Christmas season, so thought I'd give you a little history. Much to some people's surprise, Jesus was probably not born on Dec. 25. Christmas is actually both a feast day on Dec. 25 and a season that begins at sundown on Dec. 24 and ends at sundown on Jan. 5, when the celebration of Epiphany begins (starts with the visit of the Magi). It was originally celebrated in churches in Rome starting around the year 336 and adopted quickly by the churches in Northern Africa. By the mid fifth century was almost universal. There are 2 theories about why Dec. 25. The first is that it was chosen to oppose the pagan cult of the birthday of the sun. The second is known as the "calculation hypothesis", based on the belief that the date of Jesus' death was March 25th. There was a Rabbinic idea that the death of patriarchs would fall on the exact date of their conception, making March 25 the date of Jesus' conception and counting 9 months, Dec. 25th would be his birth.

There are also other faith traditions celebrating through December:

Jewish Hannukkah from Dec. 7-15; celebrating a story of unending light.

Kwanzaa – a week-long celebration of family and community rooted in African culture and traditions from Dec. 26-Jan. 1.

Hogmanay – a Scottish-Gaelic tradition on the last day of the year.

Watch Night Celebration – An African-American tradition that recognizes and marks Emancipation Day on Dec. 31st.

Just a note: Sunday Dec. 17 @ 2:30 will be the Church Service with Communion and shared with the choir – Salvation Sounds.

Christmas Eve Services will be at the usual Church times on Sunday Dec. 24.

Blessings to you,
Rev. Brenda Woodall

In Memoriam

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

Barbara S
Filina N
Louise M

Nancy G
Kay K





Message from Your Long-Term Care Family Council

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

The holiday season can be a joyful time as we gather and celebrate family traditions. It can also be a time of changes and losses from past family holiday traditions with our loved ones now residing in LTC. However, we could also try to focus on trying something new, or different. If your loved one is mobile, there are many possibilities such as going on a drive to see the Christmas lights and displays, or even carrying on some of the traditions you shared with modifications as needed. If this isn't possible there are still things you can do, such as watching a Christmas movie or listening to some holiday music together. Some new traditions could even be done virtually (carol singing for instance). What would bring your loved one joy? Depending on their health status, your presence, a phone call, or video chat may be all that matters.

One of my memories of Christmas past is of my mom baking many goodies to share with family and friends.... cookies, Christmas breads and more. To help keep this tradition going, my family started a 3 generation Christmas baking day at my home with my mom when she was in Retirement Living. This continued when she moved into LTC. We picked a weekend in the holiday season and my daughter and I prepare a variety of favourite recipes to bake. There have been modifications along the way – my mom was more involved in the past but eventually was only able to help with one of her most favourite traditional recipes. The goodies were festively packaged and brought to her place of living to be shared with staff and friends. This was joy for my mom as gifting food is one of her languages of love. Now the baking day is 4 generations. This year will require even more modifications... yet to be determined. Maybe it will mean her grand-daughter, great-grandchildren and I do the baking, and then share the goodies with her as we reminisce about the recipes. Whatever we do, it will be a modification of a tradition that comes from the heart. This hopefully sparks some moments of joy and memories of this past tradition for her. (The following photo is from Christmas baking day 2022.)

Wishing you and your loved ones a wonderful holiday season, with traditions new or old. May they be memorable.

Happy Holidays!

Mary Lou Fairles

Our next Family Council meeting will be January 11th, 2024, at 7 pm by zoom.



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

Welcome

Welkom

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Shirley S
Peter A
Barbara G
Grace N
Laibel B
Irene H
JoAnne L

Long Term Care

Marjorie E
Silvia S
Anne R
Donald H
Gehard B
Doti M
Ronald T
Vernon A
Ann
Miersma



PHOTO REVIEW OF NOVEMBER



COMING UP IN DECEMBER

Thursday December 7th	Hanuhhah Begins
Saturday December 9th	Christmas Market in LTC 10-11 Resident shopping 11-3 Community welcome
Thursday December 14th	Christmas Carols with Girl Guides in RH @6:30
Friday December 15th	Christmas Sweater Day!
Saturday December 16th	Cam Jam in RH @ 1pm Mayor Cam Guthrie
Wednesday December 20th	Winter Wonderland Day!
Thursday December 21st	Gingerbread Day!
Friday December 22nd	Candy Cane Day!
Saturday December 23rd	Red and Green Day!
Sunday December 24th	Elf Day!
Sunday December 25th	Santa Clause Day!

Vendors

Nelly's Comfort Shoes

Thursday December 7th @11-4pm

Cameron Cards

Thursday December 14th @10:30-2pm

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.



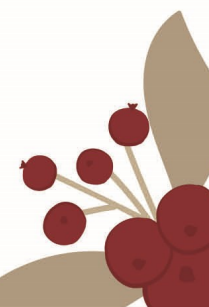
We also welcomed the first residents to our newest retirement expansion at The Village of Glendale Crossing this fall, and we're thrilled to have so many wonderful new team members there to add to our growing family. There were so many great and wonderful events and occasions in between – too many to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



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



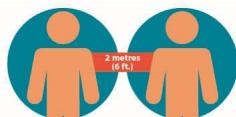
Wash or sanitize your hands often



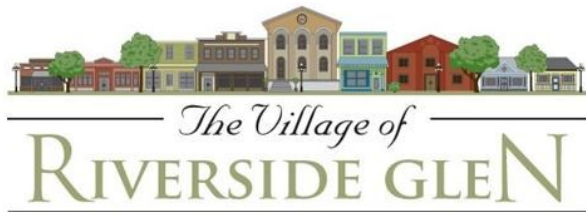
Stay at home when you are sick



Cover your mouth when you cough or sneeze



Physical distance when possible

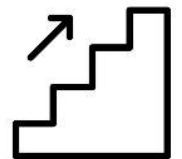
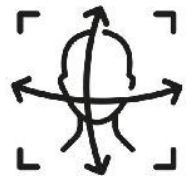


Happy December from the PAL Team!



For the month of December, we will be introducing The 12 Days of Fitness. Each day will bring a new challenge to help improve our health for the holidays.

1. **Stand Up** from a chair 10 times
2. **March** on the spot for 30 seconds
3. **Reach Forward** as far as you can 10 times
4. **Touch Your Toes** with a straight leg 10 times on each leg
5. **Look Up, Down, Left, Right** as far as you can 10 times
6. **Lift Your Feet** until your leg is straight 10 times
7. **Step to the Side** as far as you can 10 times on each leg
8. **Squeeze a Ball** as hard as you can 10 times
9. **Reach Up** as high as you can 10 times
10. **Walk Up a Set of Stairs** (found in the Fitness Centre)
11. **Go For a Walk** around your neighbourhood
12. **Meditate** for 5 minutes



Your PAL Team Adrienne, Emily, Rayyan, and David

Athlete of the Month: Betty Wickham



This is Betty Wickham, December's Athlete of

★ the Month! Betty can be found exercising most days of the week.

Betty is very motivated, has been

★ quicker on her feet and has improved balance since regularly participating in balance class. Betty is happy with her progress in the Fitness Centre and continues to excel in group fitness sessions. Betty is always up and ready and will get right out of bed to get into exercise mode and her independence proves it. Congratulations Betty!



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



Tree of Warmth!

LOCATED IN THE LIBRARY

NOVEMBER 25TH -
DECEMBER 21ST

ALL DONATED ITEMS WILL BE GOING TO
THE SALVATION ARMY



Examples of items: hats, scarves, mittens, socks, etc

DO YOU HAVE ANY EXTRA YARN?

Our Yarn Clubs are asking for new or gently used 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 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



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

SIMPLY YOU NIQUE SALON

Price List

As of Dec 1st, 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 |

Word Search

CHRISTMAS TREE DECORATIONS



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

Bows

Tinsel

Ribbons

Lights

Santa Claus

Wreath

Angel

Baubles

Bow

Presents

Bells

Snowflake

Snowman

Christmas

Garland

Decorations

Crib

Star

Reindeer

Tree



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**



@Riverside_Glen



Www.facebook.com/
/RiversideGlen



@Riverside_Glen



google.com/
+VillageOfRiversideGlenGuelph



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

Resident Birthdays

Robert P	December 02
Therese M	December 02
Margaret J	December 03
Hector R	December 03
Alice J	December 04
Emiko V	December 06
Sandra D	December 06
Clifford J	December 07
Edward P	December 07
Patrick R	December 08
Simon W	December 09
Ruth Anne R	December 09
Gerard L	December 09
Michael M	December 09
Amalia G	December 09
Kathryne M	December 10
Margaret O	December 11
William M	December 12
June M	December 14
Ellen S	December 15
Carol B	December 15
Patrica W	December 15
Dorothy W	December 16
Darcy M	December 16
Barbara O	December 17
Pauline W	December 18
Xinzhen S	December 23
Agnes H	December 23
Marc P	December 24
Margaret B	December 24
Lyle K	December 26
Gary T	December 28
Anne M	December 28
Lucy L	December 29
William Z	December 30
Mary G	December 31
William C	December 31

Team Member Birthdays

Riddhi C	December 01
Amanda S	December 01
Hemanth S	December 01
Bansari P	December 03
Barbara D	December 04
Manbir K	December 05
Ravleen K	December 05
Vinny S	December 06
Rincy V	December 06
Vaylene P	December 07
Kevin D	December 08
Yemisi O	December 09
Madalynn B	December 10
Sumandeep K	December 10
Carolyn C	December 11
Alisha J	December 11
Harwinder K	December 11
Hilda M	December 11
Shiny J	December 12
Ann Catherine S	December 12
Coleen F	December 13
Nimarjot K	December 13
Maria O	December 13
Aryelle M	December 14
Madelynn P	December 14
Lucinda S	December 14
Connie T	December 14
Lylah W	December 16
William H	December 17
Flordeliza L	December 17
Joy C-A	December 19
Ritesh K	December 19
Colby D	December 21
Mandeep B	December 22
Abiodun I	December 23
Yali K	December 23
Roseline K	December 23
Jesica DC	December 24
Emma B	December 25
Victoria A	December 26
Pabitra K	December 26
Simret M	December 26
Daniel A	December 30
Precious EO	December 31
Simranbir	December 31

Birthday Celebrations

Retirement Birthday Party

Friday December 22nd with Martin Wall in the Cafe

Long Term Care Birthday Party

Thursday, December 14th at 2:00pm in the Café

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