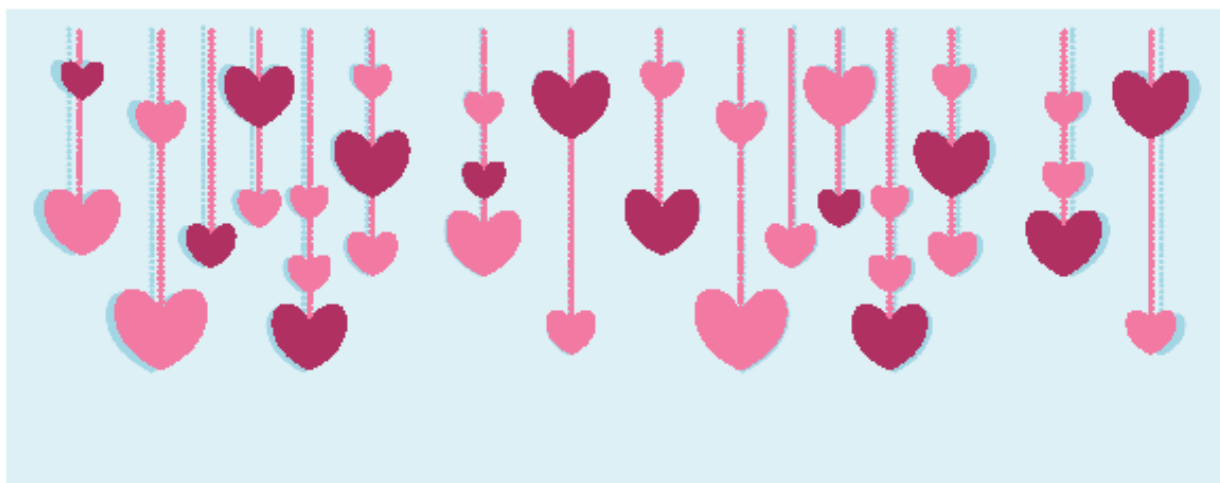


# The Gates Gazette



## Valentine's Candygrams

Send a candygram to someone special this Valentine's Day!

\$3 each

Purchase candygrams at the Main Office in Long-Term  
Care or Retirement

Purchase by Friday February 9<sup>th</sup>  
Candygrams will be delivered February 14<sup>th</sup>

Proceeds are going to the Palliative Committee

# Village News

## Long-Term Care



**VALENTINE'S  
DAY Dance!**  
Feb. 14th 2:00pm  
In Retirement



**Family Council**  
Sat. February 24th  
10:30am

**Resident's Council**  
Thurs. February 15th  
2:00 pm

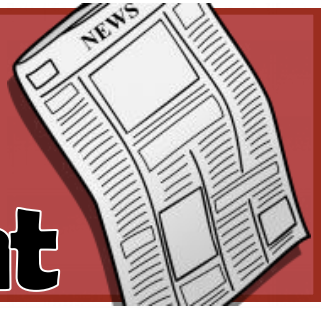
### **Happy Birthday!**

Betty A.  
Helga A.  
Richard A.  
Mato A.  
John B.  
Janice B.  
Shirley C.  
Maria E.



Catherine K.  
Patricia M.  
Lester O.  
Pam R.  
Serifina S.  
John S.  
Leslie S.

# Village News Retirement



## Come join us for diners club.

We will be having  
Kam Yin (Chines Food)  
Friday February 9th  
Sign up with your Recreation Team



## ✦ Black ✦ History Month



Check out main street for  
dai ly trivia and fun facts  
about Black History in  
Canada and the world

## VALENTINE'S DAY Dance

February 14th  
2:00pm  
*In the Town Hall*



*All welcome! To Dance the  
Afternoon Away!*

## FAMILY FEUD FOR FAMILY DAY!

2:30pm on February 20th  
Town Hall

Compete with and against  
your UG family in this  
famously fun gameshow!

## February Birthdays!

Anna B.  
Stanley C.  
Barbara D.  
M. Gail de V.  
Diane F.  
Phyllis H.  
Edith H.  
Herta I.



Sally L.  
Wakeling M.  
Jean M.  
Anne N.  
Frances R.  
Jean S.  
Patricia T.  
Marius Van R.

# For the Love of Food!!



## Long Term Care Food Committee Meeting

Wednesday  
February 7th

2pm in the Chapel

## 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

*Shrove Tuesday*  
Tuesday February 13th

Pancakes  
Bacon  
Fruit  
Maple Syrup  
Whipped Cream

Pancakes will be Served at  
your lunch service



TICKETS CAN BE PURCHASED IN  
THE MAIN OFFICE IN RETIREMENT  
OR LONG TERM CARE



19 IV. EVERY RESIDENT HAS THE RIGHT TO HAVE THEIR PERSONAL HEALTH INFORMATION WITHIN THE MEANING OF THE *PERSONAL HEALTH INFORMATION PROTECTION ACT, 2004* KEPT CONFIDENTIAL IN ACCORDANCE WITH THAT ACT, AND TO HAVE ACCESS TO THEIR RECORDS OF PERSONAL HEALTH INFORMATION, INCLUDING THEIR PLAN OF CARE, IN ACCORDANCE WITH THAT ACT



**RESIDENT RIGHT  
▶ SPOTLIGHT! ▶**

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



## Retirement Home Spiritual Care Team



**Jane Kuepfer**

Students:



**Keirann Aitken**



**Orsolya Kis**

CONTACT US to  
arrange for a visit:

[jane.kuepfer@uwaterloo.ca](mailto:jane.kuepfer@uwaterloo.ca)

519-904-0650 x 8249

### Usual Hours:

Tuesday afternoons  
Thursday mornings

# Our Spiritual Life Together

February is the month  
when we think  
about LOVE.

How we think about  
love shifts as we expe-  
rience different stages  
of life.

Many of us have loved  
and lost. We cherish  
memories of youthful

love. Some continue to live out the marriage vows “in sickness and  
in health, in joy and in sorrow...”. We cherish lifetime love.

New love can spring up in a village like University Gates—romantic

There are no  
strangers here;  
only friends you  
haven't yet met.  
-W.B. Yeats

love, or more often friendship born  
of shared time and stories. We are  
blessed to witness and enjoy the  
blossoming of friendships that bring  
sunshine to our days and compan-  
ionship through struggles.

“These three remain: faith, hope,  
and love, and the greatest of these  
is love!” 1 Corinthians 13:13



This month, in the retirement home, you are invited to join us for:

### Our Weekly Spiritual Life Gatherings:

**Tuesdays at 2:30 in the Town Hall.** Watch for posters for topics throughout  
February.

Tuesdays at 1:00 in Emmas

Wednesdays – **Poetry Circle** in the Hobby Shop – 3:30

Thursdays at 10:30 in Egerton

Thursdays at 11 ‘Good morning God!’ group in the library (devotion & prayer)

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

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

Sunday February 4th at 10:45, Sunday February 18th at 10:30

**Communion and Rosary:** Thursday February 8th at 1:30 pm

**Mass:** Friday February 23rd 11am with Father Jamroz (confession available  
before and after)



## Our Chaplain



**Chaplain Rev Mike Zenker**

[Mike.zenker@schlegelvillages.com](mailto: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:

10 Chinese New Year

13 Shrove Tuesday

14 Ash Wednesday

29 Celebration Of Life -  
(remembering those who  
passed away between Novem-  
ber 1st and January 31st )



# Long Term Care Chaplain's Corner

*Jesus Himself is our peace?*  
EPHESIANS 2:14

## Spiritual Life Gatherings

- Tuesdays 9:30am Rosary Service
- Thursdays 9:30am 'Hymns' Chapel Service.
- **SPECIAL ASH WEDNESDAY SERVICE** - Wednesday February 14th, 10am

### ***Roman Catholic Communion & Prayers:***

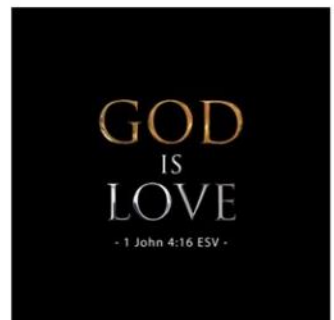
- See Retirement Chaplain's Page for monthly services
- ***In Long Term Care***, Catholic Communion & Prayers of Blessing: We have a team of volunteers who come into the Long Term Care home and visit one-on-one with residents and administer Communion, pray a prayer of Blessing etc. If you would like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

## The Unifying Love Of God

By Henry Nouwen

When your deepest self is connected with the deepest self of another, that person's absence may be painful, but it will lead you to a profound communion with the person, because loving each other is loving in God.

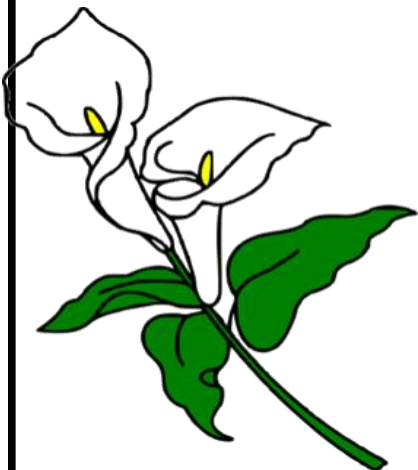
When the place where God dwells in you is intimately connected with the place where God dwells in the other, the absence of the other person is not destructive. On the contrary, it will challenge you to enter more deeply into communion with God, the source of all unity and community among people.



# *We Remember*



Rudolf A. (RH)  
Andre A. (RH)  
Wilda G. (RH)  
Herbert L. (LTC)  
Edna M. (RH)  
June M. (LTC)  
Glenn P. (RH)  
Sharon W. (LTC)



*Thank you for sharing  
your time with us*



# SUPPORT GROUPS

February 2024

## **Caregiver Support Group (LTC)**

- Monday, February 12th at 1:30 PM
- Hosted in the LTC Chapel

## **GATHER - Care Partners (RH)**

Tuesday, February 13th at 3:45 - RH Town Hall

Tuesday, February 27th at 3:45 - RH Town Hall

## **Memory Meet-up (RH)**

Tuesday, February 13th at 3:45 - RH Library

Tuesday, February 27th at 3:45 - RH Library

Memory Meetup is a casual gathering of individuals who are looking to connect with others in the community who are experiencing the early stages of memory loss. This meetup is for people looking to share their memory struggles, life stories and some laughter with others facing similar memory difficulties.

**\*Please note that this group is specifically for those who are living with some form of dementia\***



# 10 Ways to Take Care of Your Heart Health

1



### Go for regular health screenings

Have your blood pressure, blood cholesterol and glucose levels checked regularly and follow your doctor's advice.

2



### Watch your blood cholesterol

Choose foods low in saturated fat and trans-fat, such as lean meat and vegetables.

4



### Maintain a healthy weight

Excess weight can increase your risk of cardiovascular disease, as well as diabetes.

3



### Eat healthily and reduce salt intake

Eat a balanced diet filled, with fruit, vegetables, proteins, grains and dairy.

Limit salt intake as sodium can increase blood pressure levels.

5



### Exercise

Aim for 20 mins of aerobic exercise a day. Walking is a great workout for seniors.

6



### Choose water over sugar-sweetened drinks

It is recommended to drink 6-8 glasses of water a day.

7



### Quit smoking

Tobacco use increases your risk of developing heart disease & stroke.

9



### Monitor your progress

Keeping track of goals, you have set for yourself is a great way to maintain and improve personal health.

8



### Do not be discouraged by a slip

A healthy routine can be hard to stick to, try your best to maintain a schedule. Creating a weekly plan can help you maintain health goals.

10



### Encourage stress-free moments

Stress can be related to issues with high blood pressure, high cholesterol, and physical inactivity which all have negative impacts on heart health. Meditation and Tai Chi are great stress reducing activities.

# A MESSAGE FROM YOUR PAL TEAM



## Healthy Eating Why Healthy Eating Matters

Healthy eating seems harder as you get older since you tend to feel less hungry and lose interest in food. However, eating healthy plays an essential role in aging well. It can keep you strong and healthy which will aid in your independence and quality of life.

Healthy eating can help you in numerous ways:  
Improve and protect your health and well-being

Give you energy and nutrients to maintain your health

Prevent or lower the risk of chronic diseases such as heart disease and type 2 diabetes

Reduce the risk of falling or breaking your bones

## Healthy Eating Habits

It is key to eat an array of healthy foods to ensure you get enough of the nutrients you need.

There are plenty foods to choose from:

Vegetables and fruits:

Dark greens vegetables like kale, spinach, and bok choy

Orange vegetables like carrots and sweet potatoes

Whole grains:

Oats

Wild rice

Whole wheat pasta

Protein foods:

Eggs

Nuts and seeds

Fish and shellfish

Beans, peas, and lentils

Lean red meats like wild game

Lower fat dairy products like milk and yogurt

Fortified soy beverages, tofu, soybeans and other soy products



Your sense of thirst may decrease as you age, but it is important that you drink water regularly throughout the day even if you do not feel thirsty. Try to avoid sugary drinks when you are thirsty and stick with water.

There are other foods that you can drink to stay hydrated:

Lower fat white milk

Low sodium soups

Vegetables and fruits

Unsweetened fortified plant-based beverages

<https://food-guide.canada.ca/en/tips-for-healthy-eating/seniors/>



# Schlegel Villages – **CONNECTIONS**

SCHLEGEL VILLAGES ACKNOWLEDGES

## **BLACK** **HISTORY MONTH**

The roots of Black History Month are found in the remarkable legacies of two men whose contributions to black history are monumental. Frederick Douglass was born into slavery on a February day in 1817 or 1818 – there was no official record but he wrote that he marked his birthday as the 14th of February because his mother always called him her “little Valentine.” Douglass would become one of the most powerful abolitionist voices in history when he became a free man, and his speeches and writings offer an incredible first-person account of the struggles of history.

Abraham Lincoln, who was born on February 12, 1809, is immortalized in history in large part because the emancipation proclamation he signed in 1863 was a major catalyst for the official end to slavery in the United States.

Black communities in the United States began to celebrate the contributions of these two titans of history on their birthdays, and eventually Black History Month would be recognized in February in the United States and beyond.

Equality has been an elusive ideal, however, and within our Villages we have residents and team members who continue to represent the black community with distinction in all they do. We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.

# Schlegel Villages – CONNECTIONS

## NATIONAL Heart Month ♥ FEBRUARY ♥

The heart is the image of Valentine's Day, and during the month of February Canadians shine a spotlight on the importance of a healthy lifestyle to promote good heart health.

We're proud that we have the Michael T. Sharratt Program for Active Living (PAL) in our Villages as a core signature program, and encourage all residents to take advantage of the experience we have in our PAL teams to help everyone stay active and healthy.





## Living safely with new in-home health monitoring technology

Imagine a future where your home could monitor your health and daily activities without cameras or needing to wear a device. There was a time this idea only existed in science fiction, but researchers at the University of Waterloo and the RIA have developed a new system that can do just that.

The team of researchers, led by George Shaker, PhD, adjunct associate professor, University of Waterloo created a state-of-the-art facility at the RIA that allows researchers to test technology solutions designed to help older adults take control over their health and well-being.

The Monitoring, Intervention, and Response for Aging Demo Apartment (MIRADA) is a space where researchers can study and demonstrate advanced monitoring systems to help address the unique challenges faced by aging populations.

The research team recently showcased an in-home monitoring system that uses radar sensors and artificial intelligence to detect a person's location and movements within a home without the use of cameras or other devices. The sensor emits low-power radio waves – less than those emitted by a WiFi internet system – that reflect off a person's body. This data can identify specific activities like walking, sleeping, eating, and even falling.

According to Shaker, this technology has exciting potential for health care. "Continuously monitoring



health and activities at home could mean declining health is noticed earlier," he explained.

Quick fall detection in any living space can save lives. The technology can also monitor bathroom visit frequency and duration, which provides insight into hydration and medical conditions, such as urinary tract infections.

Beyond falls and bathroom monitoring, walking information can be monitored. Walking changes often occur before health decline, and with this system, walking is measured daily rather than once in a while during clinic visits. Doctors can use the system to track small changes, triggering a closer look when needed.

This system offers an exciting glimpse into how wireless sensing and artificial intelligence could support healthier living. While further research is still required, the future looks bright for technologies that enhance care options without invading privacy.

Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews) to stay up-to-date on the latest news, 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 Zdrengeha	8204
Administrative Coordinator: Elena Oprea	8202
Admin Assistant: Joan & Mithra (LTC)	8001
<b>Neighbourhood Coordinators</b>	
Hagey & Johnston (LTC): Brandy Douey	8031
Wright & Matthews (LTC): Kim Boyes	8025
Downey & Pollock (LTC): Lee-Ann Air	8037
<b>Department Directors</b>	
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
<b>Nursing</b>	
Charge Nurse LTC	8055
<b>Psychosocial and Spiritual Well-being</b>	
Janessa Mostert: Resident Support Coordinator (LTC)	8057
Mike Zenker: Chaplain (LTC)	8011
Noreen Blount (LTC): Volunteer & Student Services	8010
<b>LTC Riverstone Spa and Salon</b>	8095

# THE GATES GAZETTE

WHO TO CONTACT WITH QUESTIONS OR CONCERNS  
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*RH Residents each have private phone numbers*



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: Clare / Stella (RH)	8201
<b>Neighbourhood Coordinators</b>	
Egerton & Becker (RH): Jennifer Allen	8208
Williamsburg & Emma's (RH): Sandy Taylor	8205
<b>Department Directors</b>	
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
<b>Nursing</b>	
Lead Nurse (RH)	8255
<b>Psychosocial and Spiritual Well-being</b>	
Jane Kuepfer: Chaplain (RH)	8249
Noreen Blount (LTC): Volunteer & Student Services	8010
<b>Marketing</b>	
Dirs. of Lifestyle Options: Sahar/Nicolette	8041/8248
Village Experience Coordinator: Sophia Heimpel	8048
<b>The Ruby Dining Room</b>	8224 (bar)
<b>RH Riverstone Spa and Salon</b>	8227