

View from the Heights

February 2024

Pancake (Shrove) Tuesday Tuesday, February 13th

Join us on Main Street for a pancake breakfast. We will be serving pancakes and sausage from 9am-12:30pm. You can eat your meal with us or take it to go!

All meals will be sold for \$5 and proceeds will be donated to support the Wilfred Schlegel Hope Fund.

Residents on a meal plan will enjoy a delicious pancake lunch in the dining room!

Please join us at 2:30pm in Town Square for our annual pancake races.



Black History Month

Each week in February, we will be doing different programs showcasing the contributions from various Black individuals to their community as we celebrate Black History Month. We wanted to take this opportunity to educate team members, residents and visitors about the importance of this month and the individuals whom have been incredible advocates for the Black community. You can check out the table on Main Street for some facts and "Did You Know" self directed activities.

Family Day Monday, February 19th

LTC residents and families are welcome to join us on Main Street at 2:00pm for Little Ray's Reptile Zoo.

Retirement residents and families are welcome to join us in Town Hall at 2:30pm for a Family Day Magic Show with Tim Dickens,

Village Events

Details on Pages 10-11

Wentworth Heights is committed to creating a vibrant community for our Residents, and as such, we welcome family and friends to join us in our Village events and activities!



A Message From... *The General Manager*

Michelle Wood

The RESIDENT BILL OF RIGHTS States:

Every resident has the right to keep and display personal possessions, pictures and furnishings in their room subject to safety requirements and the rights of other residents.

Questions can be forwarded to my email

michelle.wood
@schlegelvillages.com
or call
(905)-575-4735
Ext. 8028

Please indicate if you would like to remain anonymous.

Dear Residents, Families and Team Members,

We're excited to share some news with you related to a new and expanding staffing complement in Retirement that we believe will greatly increase our team's capacity to serve the needs of our retirement residents. By the end of February, we expect to have an additional Neighbourhood Coordinator in place, along with an Assistant Wellness Coordinator.

As you know, our Neighbourhood Coordinators are the critical conduits between our teams, leaders, residents and families. They are often the glue that binds our neighbourhoods together, and we are always grateful for their ability to support their teams while also ensuring residents needs are the highest priority. There is a lot to this role that takes place behind the scenes, however, from administration duties like payroll and scheduling, to the implementation of important Schlegel Villages priorities, such as Neighbourhood Team Development. This is important work that requires attention, which can sometimes take away from our NCs time in the neighbourhood with the residents and teams they serve, which is where they find the greatest rewards of the job. We believe that adding the additional NC position will allow each of our wonderful NCs more time to leverage their strengths in support of their respective neighbourhoods.

The Assistant Wellness Coordinator position will be a complement to the clinical side of our commitment to residents, helping us ensure we are looking holistically at each person's individual needs when it comes to care quality and quality of life. We want to do as much as possible to provide the right services for every resident, no matter how their health might change over time. The reality is, the needs of the retirement residents we serve have in many cases grown much more complex in recent years, and we must add new capacity in order to provide the best service we can.

The new Assistant Wellness Coordinator will help us as we strive to meet this goal. With their nursing experience, they will help with clinical assessments and care conferences as an additional set of eyes and expertise in our residents' lives.

Moreover, we are expanding our support for the Long-Term Care team by actively recruiting an Assistant Director of Care RN. This role aims to provide additional clinical oversight, clinical education and a focus on the quality of care and quality of life of our long-term care residents.

We will be seeking applicants through the coming weeks for all three of these new roles. We will provide more information with regards to any changes to our leadership support structure once established.

Sincerely,
Michelle Wood
General Manager

A Message From... *The Asst. General Manager*

From the desk of Sara Calder

Dear Residents, Team Members, and Family Members,

We are pleased to inform you about the recent installation of a new camera system at select entrances of our long-term care facility. This initiative has been undertaken to enhance safety and security for everyone in our community.

Please note that these cameras are not monitored regularly but serve as a valuable tool in case any concerns arise. The primary focus is on maintaining a secure environment while respecting privacy.

In the coming weeks, we plan to extend this security measure by adding outdoor cameras to cover parking lots and the perimeter. This additional step aims to further strengthen our commitment to the well-being of our residents and the entire community.

We appreciate your understanding and cooperation as we work towards ensuring a safer living and working environment for all.

Best regards,
Sara

Nursing Update

From the desk of Chris Micheletti

Happy February Wentworth Heights!



As we get deeper into winter and the days get colder, we commonly see an increase in influenza (the flu) cases around this time of year so I wanted to take this opportunity to write about influenza.

What is influenza?

Influenza is a common virus that affects our upper respiratory tract (nose, sinuses and throat). It is commonly called "the Flu." It is quite contagious and can pass easily from a sick individual to a healthy individual.

How can I avoid getting the flu?

The best way to help prevent yourself from getting the flu is to get your annual flu vaccine as the more people that get the annual flu shot, the closer we get to herd immunity and can help prevent it from passing around our community and around our village.

Another important thing to do to avoid getting the flu is to assure you are taking good care of yourself, this means lots of rest, a healthy diet and drink lots of water to keep your body in tip top shape.

Is there treatment for the flu?

Yes there is actually a treatment for the flu that is available from your doctor with a prescription.

What happens if I get the flu?

For a visitor or team member, we ask that you don't come into the village while you have symptoms and please return once your symptoms have resolved completely. For residents you will be tested when you have symptoms and will need to remain in isolation until your symptoms have been resolved for 24 hours.

Have a happy and safe February everyone!

Neighbourhood

News

From the desk of Marianne Pelayo

Dear Residents, Families and Team Members,

Welcome to our February newsletter!

As we embark on the month of love and kindness, we would like to focus on an important topic that affects many members of our Village – dementia.

Dementia can present challenges in daily life, affecting memory, cognition, and overall functioning. It can be a difficult journey for both individuals living with dementia and their caregivers. This month, let us remember to be supportive, understanding, and compassionate towards those living with dementia.

Schlegel Villages "Living in My Today" Program starts to roll out in Egerton this month, after Emma's neighborhood completed it.

Let's take this opportunity to educate ourselves and others about dementia, its symptoms, and ways we can help. Simple gestures like offering assistance, reminiscing about shared memories, or engaging in activities that stimulate the mind can make a world of difference to those living with dementia.

Remember, a little bit of understanding and kindness goes a long way in creating a more inclusive and supportive community for those facing dementia. Together, let's make February a month of love, empathy, and support.

Stay safe and take care.

Warm regards,
Marianne Pelayo, RPN
Interim Neighborhood Coordinator- Emma's and Egerton

Environmental Update

From the desk of Barbara Taylor-Bhagwan



Hello Wentworth Heights Residents:

As your Environmental Team, we are here to help and we appreciate each and every one of you. Our main goal is to assist you and be the best at what we do. We take pride in providing a clean and safe for everyone in our village.

In order to ensure your surroundings are safe and easier to manage as you age, we kindly request that you take some time to assess your suite; room by room. Identifying potential problems and safety issues, once identified we (you and our environmental team) can work together to address them promptly. If you come across any immediate dangers, please do not hesitate to contact us at 8085. Simply place a maintenance request, and we will send a member of our team to take a look and correct any dangers that may pose a risk to you. Loose stair railings and poor lighting are examples of issues that should be reported immediately.

Furthermore, we are excited to announce the release of an abundance of new linen to the residents on Emma's, Egerton, and Williamsburg. Our aim is to ensure that all residents are comfortable and well cared for. We understand the importance of a cozy and clean-living space, and we will do our best to provide you with the utmost comfort.

As Valentine's Day approaches, let's take a moment to reflect on the true meaning of this special day. It is not just about romantic love but also about showing appreciation and kindness to others. Let's strive to be good neighbours and extend love and support to one another. Small acts of kindness can go a long way in creating a warm and harmonious living environment for all of us.

Remember, we are here for you, and your safety and satisfaction are our top priorities. If you have any concerns or questions, please do not hesitate to reach out to us. Together, we can make our village the best it can be.

Your Environmental Services Department

Hospitality News

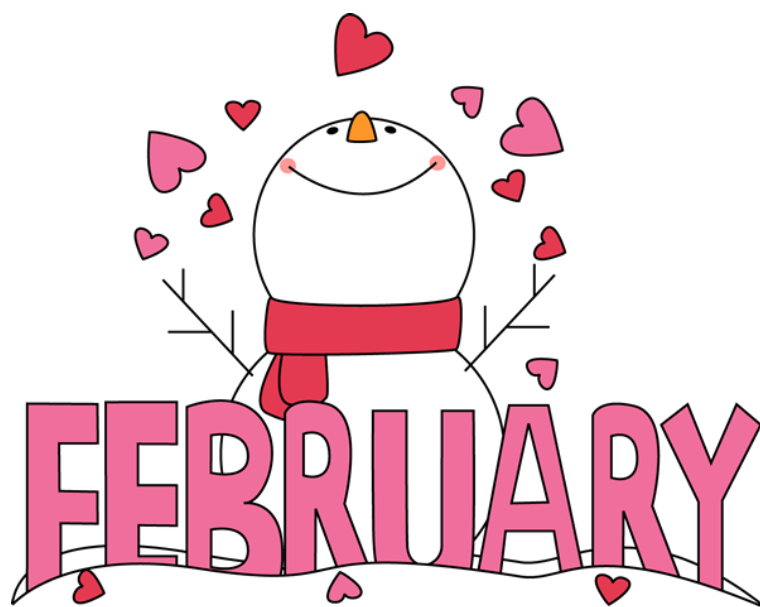
From the desk of Tina Provo

February is the month of love. Celebrate your loved ones and spread love wherever you go!

Residents & Family of the Village of Wentworth Heights,

We have now completed four full weeks of the new Winter/Fall menu. We have heard lots of positive feedback regarding the new menu items. During our previous "Lettuce Talk" we discussed changes for the first two weeks and now it is time to review the remainder of the menu. Please join us at our next "Lettuce Talk Food" meeting on Tuesday, February 13th at 10:30am in our Hobby Shop to discuss all things menu, dining and food!

I look forward to seeing you all in the dining room!



The Ruby

FEBRUARY

As we welcome February we are thrilled to share some exciting updates and events happening at The Ruby this month.

We are pleased to announce the return of some of our most beloved events this month. From live music nights to the very popular Pie In The Sky, we have something for everyone. Check your Rec Event calendar, which will be shared with you soon. Get ready to immerse yourself in unforgettable moments of joy and entertainment!

We sincerely appreciate your continued support and patronage. We look forward to welcoming you to our restaurant this February as we fine tune our menu and prepare to remain open weekly! Official communication is still yet to come.

Coming mid-month; every week, we will present different and unique culinary creations crafted by our talented chefs. From mouthwatering specials to seasonal delights, our menu is designed to surprise and satisfy your taste buds. Be sure to keep an eye on the TV's on Main Street for more details!

As the winter chill lingers, we understand the need for warmth and comfort. Our restaurant is the perfect place to seek refuge from the cold. Join us for a hot, hearty meal that will not only tantalize your senses but also warm your soul.

Warm regards,
The Ruby Team

**FOR MORE INFORMATION
OR TO BOOK YOUR RESERVATION
905-575-4735 X8086**

UPCOMING EVENTS

RED AND WHITE NIGHT

WED. FEBRUARY 14TH

Join us for an evening filled with elegance and sophistication as we celebrate the month of love. Indulge in a specially curated menu featuring delectable dishes. It's an event you won't want to miss!

\$35+ tax per person

PIE IN THE SKY RETURNS!

TUES. FEBRUARY 20TH

Back by popular demand, we are so excited to have another pizza night with you all!

Choice of pizza: Pepperoni/Hawaiian/Vegetarian with a half pound of wings, drink and a dip for only \$15!

Pre-orders encouraged but not necessary

MUSIC OF THE NIGHT: CARIBBEAN THEME

TUES. FEBRUARY 27TH

After a very fun 50's night, we're looking forward to hosting a Caribbean theme dinner experience with the Rec team at the end of the month. Secure your table by signing up in the Rec event binder!

\$25 tax incl. per person

Village Events

Joint LTC & RH

- Sunday, February 11th—Jersey Day
- Tuesday, February 13th—9-12:30pm Pancake Breakfast
- Tuesday, February 13th—2:30pm Pancake Races —TS
- Friday, February 23rd—2:00pm Arm Chair Travel: Germany—TH
- Saturday, February 24th—2:30pm Chinese New Year Presentation—TH
- Wednesday, February 28th—Pink Shirt Day

Long Term Care

- Thursday, February 1st—3:15pm Resident's Council—CC
- Friday, February 2nd—8:30am Men's Breakfast—CC
- Saturday, February 3rd—2:00pm Pub with Joe Callura—MS
- Saturday, February 10th—2:00pm Entertainment with Dave Shakespeare—Carrington
- Sunday, February 11th—2:00pm Tailgate Party—MS
- Wednesday, February 14th—2:00pm Travelling Cart: Hot Chocolate and Cookies
- Saturday, February 17th—2:00pm Entertainment with Blue-Eyed Bill—Stonechurch
- Monday, February 19th—2:00pm Little Rays Reptile Show—MS
- Wednesday, February 21st—12:00pm Ladies Lunch—CC
- Wednesday, February 28th—5:00pm Diner's Club: My Buddy's Greek—MS

Retirement

- Sunday February 11th—Jersey Day for Superbowl Sunday
- Sunday February 11th— 6:30 pm Superbowl Kick Off—TH
- Monday February 12th—10:30 am Pharmacy Chat "heart health" - TH
- Wednesday February 14th—1pm Ash Distribution-C
- Wednesday February 14th—3pm Valentine's Day Party with Kevin Beedy—TS
- Friday February 16th—3 pm Happy Hour with Brad James (Em)
- Monday February 19th— 9am Breakfast Club (sign up)
- Monday February 19th—2:30 pm Family Day Magic Show with Tim Dickens
- Wednesday February 21st—5pm Diners Club \$
- HTAL Learning Series—Every Wednesday at 10am in the Schoolhouse —Last session Feb 21st

Village Outings

LTC

- Friday, February 9th—1:00pm Walmart Outing
- Sunday, February 18th—10:00am Winter Wonderland Drive
- Tuesday, February 27th—1:00pm Flamboro Downs Casino

LTC Residents, please drop into the Community Centre any time to sign up for outings.

Retirement

- Thursday February 1st– 1:30 pm Coffee Drive (Em/Eg)
- Monday February 5th—10am Brantford Casino
- Tuesday February 6th—1:30 Giant Tiger
- Monday February 12th– 11:30 Mandarin Lunch Outing
- Tuesday February 13th– 1:30 Fortinos
- Thursday February 15th—1:30 Country Drive (Em/Eg)
- Wednesday February 21st– 1 pm Royal Botanical Gardens
- Thursday February 22nd—1:30 Walmart
- Thursday February 29th—10 am Coffee Drive
- Thursday February 29th 1 pm Freshco

For those of you unfamiliar with sign up day; on the allotted day, drop in to the Art Studio between 10am-3pm and fill out a ballot for each outing or special event you wish to attend.

Each outing will be filled with residents by random draw to ensure fairness for everyone. Waiting lists will still exist with overflow. If you cannot make it out to sign up day you can sign up any time after by signing your name on the list in the White binder for whichever outing you want. Binder is located in the Hobby Shop.

Sign-up day will be held:

10am-3pm Thursday February 1st in the Hobby Shop.

You can sign up alone or with a friend/spouse on the same ballot.
One Ballot per person/partners per outing.

Please check the sign-up binder, in the Hobby Shop, to see which outing you are on after sign-up day. You will receive a call from Recreation to remind you of the outing in advance.

*Please ensure you sign up/cancel **MINIMUM 24 hours** before the scheduled date for an outing or special event so we can fill your spot with someone from the wait list.*

THANK YOU!



Update

From the desk of Moses Genat

Happy February Wentworth Heights!

February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease. Here are a few ways you can show your heart some love while staying healthy as you age:

MAINTAIN REGULAR CHECK-UPS

Visit your primary care physician at least once per year. Follow your healthcare team's recommended treatment plans.

EXERCISE REGULARLY

Staying active for 30 minutes a day, or 2.5 hours per week dramatically reduces the risk of developing heart-related illnesses. Some low-intensity exercises that you can do within a home environment include: walking, dancing, yoga, and even strength training.

HAVE A HEART HEALTHY DIET

Eating a well balanced diet filled with foods rich in antioxidants and nutrients keeps the heart in peak condition. Additionally, having a nutritious diet lowers the risk of weight related conditions that can impact cardiovascular function.

FIND WAYS TO DE-STRESS

Whether you're journaling, reading, watching television, or talking to family and friends, having an activity that can help you decompress each day aids in eliminating the possibility of developing long-term complications from stress.

MANAGE YOUR MEDICATIONS

Consult with your physician and pharmacy to ensure you're taking prescribed medication correctly and discuss any concerns about your cardiovascular health with your doctor. They may recommend taking a daily medication to reduce your risk of high blood pressure or other conditions that affect cardiovascular health.

IMPROVE YOUR SLEEP

Having a consistent routine and getting a restful night's sleep is imperative to heart health. A lack of sleep, or a disrupted sleep cycle can increase your risk of developing high blood pressure. Healthy adults need roughly 7-8 hours of sleep per day.

Stay active,
Your PAL team.



Happy Valentine's Day!

Please visit our website: www.riverstonespasalon.com to find the services offered. Riverstone Spa and Salon is open to family members, team members and open to the community.



Foot Care

The foot care clinic for Williamsburg, Egerton and Emma's will be on February 22nd and 23rd. The foot care clinic for Becker and Ailsa Craig neighbourhoods will be on Monday February 26th at the Riverstone Spa and Salon.

Please call extension 8090 to book your appointment.

Chaplain's

Corner

Janet Kennedy & Ankit Harry ext. 8045

Blessings of Joy and Love to Everyone! The shortest month of the year, February, is just beginning! I hope that during this month, you will take some time to tell me what you love to do!

I am looking forward to getting to know you better. If you are interested in having a visit, please let me know or call extension 8045. It is important that you know that I care about you, and I want to listen to what you want to share. When I visit to get to know you, it will always be up to you, if we include spirituality, prayer or special readings. I want you to know that I am here for you. Perhaps you will join me for a game of cards, or Pictionary on Wednesday afternoon? Or perhaps to sing hymns or songs? Maybe join me for a discussion or movie!

During this month, we will begin a new type of group called "Gathering".

A "Gathering" for those who are grieving
A "Gathering" for those who are Caregivers
A "Gathering" for those who would like to meet with others to discuss various topics
Please let us know if you are interested in joining us. Let's get to know each other!
Jody McDonald ext. 8305 Chaplain Janet ext. 8045

A reminder that our Chapel is for everyone. We hope you find it a peace-filled place to find some solitude or gather with your family or a few friends.

February 14th is Ash Wednesday. There will be several opportunities where you can receive ashes. At 10:30 am, Ash Wednesday service with Janet. At 1:30pm, there will be a Roman Catholic Service, and Janet will be offering in the neighbourhoods.

On Tuesday, a Roman Catholic Communion will be held in the Chapel beginning at 10:00am. The Chaplet of Divine Mercy and Rosary will be held at 3:00pm in the Town Hall. All residents are welcome.

Shalom,
Janet

February Services

In Person Church services will be held every Sunday at 10:00am by Ankit and 2:30pm by Janet with the exception of the 1st Sunday of the month we will only have an afternoon service with Ankit.

Each afternoon service is followed by fellowship at 3:15pm in the Community Centre. All residents are welcome to join for the social.

Roman Catholic Mass is held on the third Wednesday of each month at 10:30am.

****Please check the Chapel Update Sheet and Recreation calendars to confirm times and dates for Services, Bible Study and other Spiritual Activities****

In Memoriam...

The Board of Directors,
Leadership, Team Members, and
Residents of the Village of
Wentworth Heights remember...

Samuel (Paul) Fazakas

John Haiko

Agnes Lelievre



We extend our sincere condolences
to these families as they grieve their loss and remember
their loved one.

Our next Celebration of Life Service will be held on
Monday, February 26th at 2:30pm.

Volunteer Update

From the desk of Andrew Sangster

Hi there,

It has been great to see volunteering alive and well in the village. In the month of January, we have seen volunteers support many activities, outings, special events etc. It is wonderful to have such amazing volunteers spending time in the village supporting our residents. If you or one of your loved ones are interested in volunteering, please reach out.



If you are interested in available volunteering opportunities please e-mail Andrew Sangster at Wentworth.volunteers@schlegelvillages.com or call me at 905-575-4735 ext. 8009.



Schlegel Villages'
Volunteers

General Store Update



General Store Hours: Tuesday, Thursday and Saturday 10-4

Please stop by the General Store to buy a Valentine's Day greeting card for your loved ones.
Only \$2.00 each and stamps are \$1.00.

Do you need:

Milk, butter, eggs, yogurt, margarine....
Juice, pop, candy bars, gum, licorice, cough drops....
Stamps, greeting cards....
Canned soup, cookies, crackers, cereal, bread, chips, boxed juice.....
And... our volunteer handmade knitted items
Drop in anytime and meet our volunteers.

Are you interested in volunteering in the General Store?
We are always looking for new volunteers.

If you're interested, please e-mail
Andrew Sangster at
Wentworth.volunteers@schlegelvillages.com or at
905-575-4735 ext. 8009



Reaching For New Heights (RFNH)

Reaching For New Heights is the name of our Village Advisory Team (VAT) or Culture Change Committee.

"Culture change is an ongoing transformation in physical, organizational, psycho-social, & spiritual environments based on person-centered values. Culture change restores control to seniors *and* those who work closest with them." (Pioneer Network)

The Village Advisory Team is responsible for driving the culture change movement forward, being advocates for the residents and for helping the Village leadership team choose which Schlegel aspirations we are going to focus on this year.

Schlegel Villages Aspiration statements are:

1. Promote cross-functional teams—"Working together to put LIVING first"
2. Create opportunities for meaningful and shared activities—"Live life to the fullest"
3. Connect research and innovation to Village life—"Challenge the status quo"
4. Offer flexible living—"Live life your way"
5. Foster authentic relationships—"Know me, respect me"
6. Honour diversity in Village life—"Embraced, just as I am"
7. Promote resident empowerment—"Residents are our leaders"
8. Cultivate the ultimate team member experience—"You can be you while being apart of our family"

For more details on the aspiration statements, please visit
www.schlegelvillages.com/our-aspirations

We are always looking for new team members and residents to join our committee! Both LTC & Retirement welcome! The VAT meets one time a month. Meetings are paid for all team members. If you are interested in joining Reaching For New Heights please contact Jody McDonald at jody.mcdonald@schlegelvillages.com or Andrew Sangster in LTC Recreation

NEXT MEETING: Tuesday, February 27th at 3:00pm

A Chance for... YOUR VOICE TO BE HEARD

RH Residents' Council

Your 2024 Executive Council Members:

**Mary Millar
Denise Mowatt
Barbara Jepson
David Walton-Ball
Barbara Hillmer**

Our next meeting will be held on
**Thursday February 15th
@ 2:30 pm**

Any questions or concerns can be
directed to Retirement Recreation
Supervisor– Sherri Young.

LTC Residents' Council

Residents Council will be held monthly for
all residents at 3:15pm in the Community
Centre. As per vote at a prior meeting,
meetings have been moved from the 3rd
Thursday to the 1st Thursday of the month

Next meeting:
Thursday, February 1st at 3:15pm

This is an opportunity for our Residents to
share their concerns and suggestions that
will lead to enhancing life within the Village!

Any questions or concerns can be directed
to Jody McDonald (Resident Support
Coordinator) or Marie Vanlouwe as the
Team Liaisons for Residents' Council.

This is your chance to get details and follow-up of events of common interest, to join in
discussions and to share our appreciation for the work of management in our Village.

You can request team member or leadership guest speakers to attend the meeting to discuss
common questions related to their department. Management team members will present an
update on happenings in their areas.

Make the Residents' Council meeting a time to meet with your fellow residents, the management,
and the Executives for the betterment of everyone.

Please note that Residents' Council Meetings will be followed by a Wine and Cheese Social.

LTC FAMILY COUNCIL:

We are excited to share that we will be hosting LTC Family Council in the
new year on **Thursday, February 15th at 6:30pm**. If you would like to be a
part of Family Council or would like more information, please get in touch
with our Resident Support Coordinator, Jody McDonald via email
jody.mcdonald@schlegelvillages.com.



Family
Councils
Ontario

Room Reservations

Room Reservation Policy...

We are happy to try to accommodate Family requests to have parties and special celebrations at the Village so that your loved one can continue to be a part of your family's get-togethers!

Our space for these bookings is limited as these spaces are also enjoyed by our Residents for programs, visiting, and independent leisure activities.

Please speak to the Village office regarding room bookings and cost.

Community Centre -Available **after** 4:30p.m.

Maximum of 20 people.

Library LTC –Available after 4:30p.m. Maximum of 20 people

Country Kitchens—Available upon Request

School House– Maximum 20 people

Education Room (LL)– Maximum 40 people

Please note: If your group size exceeds the maximum for the space, we respectfully ask you to book at an external venue or contact the Ruby for a catering event. Thank-you for your understanding.



Upcoming Services

Denture Services

Direct Denture Services provides on-site denture services to residents living in long-term care and retirement.

To book an appointment on site as needed, please scan QR code, call 416-482-3700 or email us at reception@directdenture.ca

Alternatively, you can ask the Nurse to send a referral form to our office.



Footcare

STEP AHEAD is a partnership of specially trained and equipped nurses, who have been retained to provide foot care.

Williamsburg, Emma's and Egerton:
February 22nd & 23rd

Becker and Ailsa Craig:
February 26th

Long-Term Care:
February 1st & 2nd

Please contact the Riverstone Spa x8090 to make a foot care appointment or to arrange a standing appointment.

Hearing Clinic

Upcoming dates on:
February 7th and 21st

Please visit us in council chambers on retirement Main Street.

Please call 1-888-745-5550 to book an appointment.

Please see page 26 for more details.

Dentist

The Smile Room offers a mobile dentistry service in the Village.

Please call 1-888-274-9569 to book an appointment.

NO VISIT SCHEDULED

Please keep an eye out for posters and the newsletter for upcoming dates.

Eyecare Services

On-Site Specialists offers comprehensive eye care services in the Village, including complete eye examinations, full assortment of eyeglass and optical needs, etc.

Please call (905) 326-9900 or email consult@onsitespecialists.com to book an appointment.

In addition, please speak with your Nurse for a consent form which can be internally sent to our office.

NO VISIT SCHEDULED

Please keep an eye out for posters and the newsletter for upcoming dates.

Spa and Salon

The Riverstone Spa and Salon, located on retirement Main Street offers a variety of services, including:

Hair care for both men and women,
Manicures,
Pedicures,
Facial Waxing,
And more!

Please call 289-678-0021 or ext. 8090 to book an appointment.

For a full list of services, please visit Riverstone Spa and Salon in-person or on their website: www.riverstonespasalon.com

**** Dentist and Eyecare Services: Clinic frequency is dependent on the registration for the service ****

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.

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.



RESEARCH MATTERS

RIA FEATURE

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.

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