

# View from the Heights

**May 2024**

## Caregivers Week

Help us celebrate our extraordinary team during caregivers week, May 6th—12th! We thank each and every team member for their hard work, dedication, passion and perseverance throughout the year. You will be seeing many activities happening throughout the week for our team members to enjoy.

## Mother's Day

The Ruby will be hosting a brunch from 11am-3pm on Sunday, May 12th to help residents and families celebrate Mother's Day. Please see page 11 for more details.

The recreation team will be delivering a special flower to all of the women living in the Village. Each one of our female residents has played a significant role in the lives of younger men and women, for this we celebrate you!

Take a look at your recreation calendar for Mother's Day High Tea in retirement, and wine and charcuterie afternoon in long-term care.

## Puzzle Sale

Starting on May 2nd, we will be having a puzzle sale on retirement Main Street. All puzzles are only \$1.00. All money raised will be donated to Alzheimer's Walk for Memories.

## Alzheimer's Walk for Memories

Thank you to everyone who helped support our coffee break with specialty coffee and Sweet Paradise donuts/apple fritters from January 17th. All of the proceeds from our coffee break will be donated to the Walk for Memories on May 27th.

Join our team at TB McQuesten Park and help us walk 11,000 steps on Saturday, May 25th at 10:00am to honour and celebrate the 11,000 individuals living with Dementia and Alzheimer's disease in the Hamilton Region.

If you would like to make a donation to our team, please use the link below:

<http://www.alzgiving.ca/goto/VillageofWentworthHeights>

## Village Events

Details on Pages 12-13

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!



*The Village of*  
**WENTWORTH HEIGHTS**

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

*Michelle Wood*

## The RESIDENT BILL OF RIGHTS States:

Every resident has the right to manage their own financial affairs unless the resident lacks the legal capacity to do so.

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 and Families,

We wanted to take a moment to inform you about some exciting changes in our leadership team and structure, that will enhance the quality of care and services we provide.

We are pleased to announce the addition of two leadership roles that will play a crucial part in supporting our residents and team members:

1. **Neighbourhood Coordinator:** We are grateful to introduce a third Neighbourhood Coordinator role to our team. Blessing Iwegim has accepted the role of Neighbourhood Coordinator and joins our team from our sister village in Windsor. As the primary point of contact for our Emma's (2<sup>nd</sup> Floor) and Ailsa Craig (6<sup>th</sup> -10<sup>th</sup> floors) neighbourhoods, Blessing will work closely with residents and families to coordinate personalized care and services.

2. **Assistant Director of Wellness:** This position is dedicated to enhancing the wellness programs and services offered at our home. Sumeya Aleman has accepted the new role of Assistant Director of Wellness. Her passion for improving the quality of life for seniors will be invaluable in supporting our wellness programs.

Many of you are aware that Chris Micheletti (former Wellness Coordinator) has moved into a new opportunity supporting our Long-Term Care Home as Assistant Director of Nursing RN. With change comes new opportunity and we are excited to share that Marianne Pelayo has accepted the role of Director of Wellness. Marianne joined our team as Lead Nurse and has since covered a maternity leave as Neighbourhood Coordinator supporting our Emma's and Egerton residents and team members. Marianne has proven herself to be a hands-on leader with dedication to promoting resident well-being.

With the addition of a 3<sup>rd</sup> Neighbourhood Coordinator, the support structure has changed slightly to ensure optimal support for residents, team member and family members.

Neighbourhood	Neighbourhood Coordinator	Contact
Williamsburg (1st Floor), Becker (4th and 5th Floors)	Chanelle Cavey	Chanelle.cavey@schlegelvillages.com Ext. 8080
Emma's (2nd Floor), Ailsa Craig (6th-10th Floors)	Blessing Iwegim	Blessing.iwegim@schlegelvillages.com Ext TBD
Egerton (2nd Floor), Becker (3rd Floor)	Courtney Roarke (returning May 20, 2024) Interim: Ola Popoola	Ola.popoola@schlegelvillages.com Ext. 8077

# A Message From... *The Asst. General Managers*

*From the desk of Sara Calder and Gabriela DeSousa*

Dear residents and families,

We are excited to share that from May 6th to May 12th, we will be Celebrating Caregivers Week here at the Village of Wentworth Heights. This special week is dedicated to honoring and appreciating the hard work and compassion of all our team members who support the residents in both our long-term care and retirement home.

We have planned a series of fun activities throughout the week to Celebrate and acknowledge the invaluable contributions each team member makes every day. Their dedication and care truly make a difference in the lives of our residents, and we want to take this opportunity to recognize and thank them for their incredible efforts.

On behalf of everyone at the Village of Wentworth Heights, we want to express our gratitude for the important work they do. Their commitment to our Village does not go unnoticed, and we are fortunate to have such a wonderful team. Please join us in thanking and celebrating our team members during caregivers week.

Thanks,  
Sara Calder and Gabriela DeSousa

# Nursing Update

*From the desk of Marianne Pelayo*



Dear Residents and Families,

I am humbled and delighted to introduce myself as the new Director of Wellness at our beloved village. It is with great honour and excitement that I step into this role, and I am filled with gratitude for the opportunity to serve each and every one of you.

As the Director of Wellness, my primary goal is to ensure that all residents receive the highest quality of care and support. I am committed to creating a nurturing environment where each individual's physical, emotional, and social well-being is prioritized. I will also be working on putting more education pieces to team members, residents and families aiming to provide more understanding on the journey of changes that some of our residents are experiencing.

I am truly passionate about promoting holistic wellness and creating engaging programs that cater to the unique needs of our residents. I believe that a supportive community plays a crucial role in enhancing the quality of life for all, and I am dedicated to fostering a warm and welcoming atmosphere where everyone feels valued and appreciated.

I am eagerly looking forward to getting to know each of you and working closely with our dedicated staff to create a vibrant and fulfilling living experience for all residents. Your well-being is my top priority, and I am here to listen, support, and collaborate with you every step of the way.

Please feel free to reach out to me with any questions, suggestions, or concerns you may have. My door is always open, and I am here to ensure that your voices are heard and your needs are met.

My email address is [Marianne.pelayo@schlegelvillages.com](mailto:Marianne.pelayo@schlegelvillages.com) and you can also reach me by phone at extension 8072.

With warm regards,

Marianne Pelayo  
Director of Wellness

# Neighbourhood

## News

*From the desk of Michelle Roukema*

Hello everyone,

Welcome to the month of May! I cannot wait to see the trees start to bud, and the gardens coming back to life. Once everything starts to green up, it really makes me happy!

As many of you may have noticed, we have been working really hard the past month at revamping the look of the Living Rooms, Country Kitchens, and Parlour Rooms in each of our Long-Term Care Neighbourhoods. The Living Room spaces are set up to have different areas to sit and socialize with others and provide unique opportunities for the Recreation Team to set up the neighbourhood for meaningful activity. The Recreation Team has been working hard at cleaning up the Country Kitchens to make them an inviting space for residents and families to use. With the parlour rooms we have set up new TV's and reorganized the spaces to be more inviting for residents to enjoy. Please feel free to check out these spaces and visit in them as you wish!

Another exciting change for our Neighbourhoods is the Recreation Team beginning their days with Neighbourhood Time in their Neighbourhoods. What you may have noticed is self-directed activities are set out to be used and spaces set up for Meaningful and Active Engagement. We encourage you to use these supplies and try something new! If you have any questions regarding Neighbourhood Time, please speak to Melissa Marks-Truscello (interim Director of Recreation) or a member of the Recreation Team.

We are continuing with making some changes in the Neighbourhoods that fit the *Thoughtful Design* Pillar of the *Living in My Today* and continue education with our team through the *Supportive Approaches to Care* pillar.

See you around the Village,

Michelle Roukema

# Neighbourhood

# News

*From the desk of Chanelle Cavey*

Greeting Wentworth Heights!

As the vibrant hues of spring surround us, we're delighted to bring you our latest newsletter, brimming with gratitude and appreciation for the remarkable individuals who enrich our lives in countless ways. Join us as we celebrate National Caregivers Week, express our heartfelt gratitude to our dedicated team members, and honor the nurturing spirit of mothers everywhere as we approach Mother's Day.

During National Caregivers Week, we pause to recognize the unwavering dedication and selflessness of caregivers who provide compassionate support to their loved ones. Whether caring for aging parents, family members with disabilities, or individuals facing health challenges, caregivers are the unsung heroes of our communities. Their tireless efforts and boundless love make a profound difference in the lives of those they care for. We celebrate our caregivers/team members from the week of May 6<sup>th</sup>-12<sup>th</sup>. Please use this opportunity to share our deepest appreciation to all caregivers for their invaluable contributions.

At Wentworth Heights, our community and culture is fueled by the passion, dedication, and teamwork of our exceptional team members and our wonderful residents and families. As we reflect on the past season, we are filled with pride and gratitude for the remarkable achievements of our team members. From overcoming challenges with resilience to going above and beyond to serve our community, each member of our team plays a vital role in caring for our families, residents and one another. On Friday, May 3<sup>rd</sup> we extend our heartfelt thanks to our incredible team for their unwavering commitment and outstanding contributions.

As Mother's Day approaches, we are reminded of the boundless love and nurturing spirit of mothers everywhere. Whether biological mothers, adoptive mothers, stepmothers, or mother figures, their unconditional love and guidance shape our lives in profound ways. Let us take this opportunity to honor and celebrate the remarkable women who have embraced the role of motherhood with grace, strength, and unwavering devotion. To all mothers, we express our deepest gratitude and admiration for the countless sacrifices you make and the immeasurable impact you have on our lives.

Stay tuned for exciting events and programs coming up this spring at Wentworth and keep an eye on the posters in the elevators and the program calendar for various opportunities!

As we embrace the spirit of renewal and growth that accompanies the arrival of spring, let us cherish the bonds of love and support that unite us as a community. Wishing you a joyful and uplifting spring season filled with love, appreciation, and gratitude.

Happy Spring,

Chanelle Cavey  
Neighbourhood Coordinator- Williamsburg & Becker





*News Letter May 2024*  
*From The Desk Of*  
*Barbara Taylor-Bhagwan*  
*Environmental Services Department*

Dear Residents and Families

As we embrace the of spring, and the season of “Spring Cleaning” we would like to remind you of our deep cleaning services for your suites.

Our dedicated team will take care of inner windows, high dusting, and carpet cleaning to help refresh your living space.

Prices start at just \$30.00 per hour per person, so let us take the hassle out of cleaning for you.

**Upcoming:**

**Outdoor Patio Furniture:**

With the warmer weather approaching, we are getting ready to open our outdoor seating area.

All the outdoor furniture will be placed outside on the weekend of April 27th and 28th for you to enjoy the sunshine and fresh air.

**Window Cleaning:**

Mark your calendars for our window cleaning schedule from May 1st to 3rd, where we will focus on the external windows to enhance your view and let more natural light into your home.

**Main Entrance Power washing:**

Additionally, we will be power washing the entrances of the LTC and Retirement buildings to ensure a pristine welcome to our village.



# Hospitality News

*From the desk of Michelle Piccolo*

Welcome to May! Hopefully this month is full of sunshine and warm weather!

Thanks to everyone who came out for our annual Captain's Table dinner on April 24<sup>th</sup>. It was such a good evening filled with lots fun, entertainment and great food! A very special thank you to our Captains who steered the ship for the evening.

We would like to wish all the mothers a very happy Mother's Day on the 12<sup>th</sup>. We will be having a Mother's Day themed lunch on the main menu that day as well as a complimentary drink of sparkling wine.

We apologize for having to cancel our Lettuce Talk Food meeting last month and will be back to normal having it this month on Tuesday, May 14<sup>th</sup> at 9:15am for Emma's and Egerton and 10:30 in the Hobby shop for anyone who wants to join. We will be showcasing the new Spring/Summer menus and launching them very soon after. Thanks for all your feedback as always and have a very happy May!

Stay tuned for BBQ season info coming your way!

Eat well!!

The Hospitality Team





# The Ruby

## MAY

Let's kick off May with a burst of flavour and fun! Get ready to tantalize your taste buds with our latest feature menu creations, spice up your month with exciting events, and savor some delicious deals coming your way!

This month, we're excited to celebrate "National Hamburger Month", join us each week as we showcase a new burger creation on our feature menu!

Pie in the Sky returns! Available for dine-in or take-out; we're excited to open up our doors to invite you to share the view with us while you enjoy some delicious fresh baked pizza and wings!

Celebrate Mom in style this Mother's Day with our special brunch! Treat her to a delightful culinary experience filled with love and delicious dishes. Reserve your table now and show Mom how much she means to you!

Don't miss out on our upcoming closure dates for May. Plan ahead and make the most of your time with us:

**Wed. May. 01** - Closed for dinner **only**  
*On The Run will happen as scheduled*  
**Fri. May 03** - Closed for dinner **only**  
**Wed. May 15** - Closed for dinner **only**  
*On The Run will happen as scheduled*

We apologize for any inconvenience this may cause and truly appreciate your flexibility and understanding as we work to communicate these closures and changes with you as quickly as possible.

Always,  
Your Ruby Team

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

## UPCOMING EVENTS

### PIE IN THE SKY!

FRI. MAY 10TH

**Pie in the Sky is back!**

**Choice of personal pizza:**

**Pepperoni, Hawaiian or vegetarian with a 1/2lb of chicken wings. Served with veggies and dip.**

**\$15+tax**

**Dine in- or take out ONLY.**

**Reservations encouraged, but not necessary**

### MOTHER'S DAY BRUNCH

SUN. MAY 12TH

11AM-3PM

**Join us this Mother's Day for a delicious brunch on the 10th floor!**

**Choice of entrée in addition to a cold buffet consisting of: pastries, parfaits, salads, as well as a specialty curated dessert buffet!**

**Coffee and tea is included.**

**\$35+tax per person**

**Reservations are encouraged to avoid disappointment**

### MUSIC OF THE NIGHT: MEXICAN THEME

TUES. MAY 14TH

**Join us for a fiesta filled with vibrant tunes, delicious drinks, and a lively atmosphere. Enjoy our special menu inspired by traditional Mexican flavors.**

**¡Viva la música mexicana!**

**Sign up with Rec - \$25 per person**

# The Ruby

SCHLEGEL VILLAGES' HIDDEN GEM



## Dining options

### Dine at The Ruby

Break bread with us.

Enjoy a delicious meal with a breathtaking view in our comfortably elegant dining room.

Or

### Take-out meals

Get it while it's hot.

Pick up a freshly cooked meal and enjoy it in your room or out in the courtyard.

**Wednesday** – 4–6:30 p.m.

**Thursday–Saturday** – 11:30 a.m.–3 p.m. | 4–6:30 p.m.

### Ruby on the run

Grab and eat now.

Enjoy freshly baked goodies and sweet treats.

**Every Wednesday on Main Street**  
**11:30 a.m.–2 p.m.**

### Catering

Celebrate special moments.

The Ruby is the perfect spot to host any special event or occasion.

**905-575-4735 x 8086**  
emma.balaban@schlegelvillages.com

Reservations are recommended but walk-ins are welcome! **905-575-4735 x 8086**

**Join us on the  
10th floor!**





# Mother's Day

## BRUNCH AT THE RUBY

**Sunday, May 12**  
11 a.m.–3 p.m.

**\$35** plus tax  
per person

*Buffet style*

### **Appetizers**

Start your meal with an assortment of pastries, parfaits, fresh baked breads and a salad bar with seasonal vegetables and chef's creations.

### **Desserts**

Finish off with a sweet selection of items created by our chefs.

Coffee and tea included.

### *Mains*

Choose **one** of the following dishes.

#### **Eggs benedict**

Served with a choice of smoked salmon or sliced ham.

#### **Bacon cheddar asparagus quiche**

Served with tender greens.

#### **Chicken and waffles**

Fried chicken served on top of fresh waffles.

#### **Ham and brie**

Ham and brie stuffed croissant sandwich.

#### **Quinoa salad bowl**

Tossed in a cashew ginger vinaigrette.  
Served with a choice of salmon or chicken.



**Join us on the top floor**

Call for a reservation **905-575-4735x8086**

*The Ruby*  
SCHLEGEL VILLAGES' HIDDEN GEM

# Village Events

## **Joint LTC & RH**

- Sunday, May 5th—2:30 pm Cinco de Mayo: Mariachi Band—TS
- Tuesday, May 7th—2:30pm Arm Chair Travel: Niagara Falls—TH
- Tuesday, May 21st—1:00pm—3:00pm Culture Fest—MS

## **Long Term Care**

- Thursday, May 2nd—3:15pm Residents' Council—CC
- Friday, May 3rd—8:30am Men's Breakfast—CC
- Saturday, May 11th—2:00 pm Wine and Charcuterie Afternoon—CC
- Sunday, May 12th—2:00pm Travelling Cart: Mother's Day Carnations
- Friday, May 17th—3:00pm Happy Hour with Jeff Giles—MS
- Wednesday, May 22nd—2:00pm Joyful Brass (Salvation Army Band)—TH
- Thursday, May 23rd—6:15pm International Snack Battle: France vs. Holland—CC
- Saturday, May 25th—2:00pm Entertainment with Leslie Taylor on Carrington
- Tuesday, May 28th—2:00pm Travelling Cart: McDonalds Hamburgers
- Wednesday, May 29th—5:00pm Diners Club: Fish & Chips at the Ruby
- Thursday, May 30th—2:00pm Floral Arrangement Workshop—CC
- Friday, May 31st—2:00pm Birthday Bash—CC

## **Retirement**

- Thursday, May 2nd—2:30pm Ancaster Guitar Performance Group—TH
- Thursday, May 9th—10:30am Breakfast Club—H (Sign Up)
- Saturday, May 11th—2:00pm Entertainment with Paula French (Eg)
- Sunday, May 12th—3:00pm Mother's Day High Tea—H
- Tuesday, May 14th—5:30pm Music of the Night: Mexican Theme (Ruby \$)
- Friday, May 17th—3:00pm Emma's Happy Hour with Peter Harding
- Saturday, May 25th—2:30pm Entertainment with Florin Conta—TH



# Village Outings

## Joint LTC & RH

- Saturday, May 25th 10:00am-12:00pm—Alzheimer's Walk for Memories at T.B. McQuesten Park

## LTC

- Wednesday, May 15th 1:00pm—Brantford Casino
- Sunday, May 26th 1:00pm—Spring Drive and Ice Cream

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

## Retirement

- Wednesday, May 1st—1:30pm Twin Valley Zoo (Em/Eg)
- Monday, May 6th—10:00am Brantford Casino
- Tuesday, May 7th—1:30pm Food Basics
- Monday, May 13th—1:00pm Ice Cream Drive (Hewitt's) (Em/Eg)
- Tuesday, May 14th—1:30pm Zarky's
- Tuesday, May 21st—1:30pm Farm Boy
- Wednesday, May 22nd—1:30pm Terra Greenhouse (Em/Eg)
- Thursday, May 23rd—10:30am Niagara-on-the-Lake
- Tuesday, May 28th—1:30pm Limeridge Mall

## Retirement

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 Black binder for whichever outing you want. Binder is located in the Hobby Shop.

Sign-up day will be held:

**10am-3pm Wednesday, May 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 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 Dan Lazniewski*

## Spring into Action: Physical Activity Ideas for Seniors

As the warmth of spring breathes new life into the world, it's the perfect time to embrace the outdoors and revitalize your physical health. With longer days and milder temperatures, there's a myriad of enjoyable activities to engage in. Here are some springtime suggestions tailored to seniors looking to stay active and vibrant:

1. Walking Clubs: Joining a walking club is a fantastic way to combine exercise with socialization. Gather a group of friends or neighbours and explore local parks, nature trails, or even just stroll through your neighborhood. Walking not only improves cardiovascular health but also strengthens muscles and joints.
2. Gardening: Dive into the earth and nurture your green thumb with gardening activities. Whether it's planting flowers, herbs, or vegetables, tending to a garden offers gentle exercise through digging, bending, and stretching. Plus, the satisfaction of watching your efforts bloom adds a therapeutic touch to the experience.
3. Tai Chi: Channel the graceful movements of Tai Chi amidst the beauty of nature. This ancient Chinese martial art focuses on slow, flowing motions that improve balance, coordination, and flexibility. The fitness centre and many community centers offer Tai Chi classes, providing a tranquil setting to connect with both body and surroundings.
4. Picnics and Outdoor Games: Gather friends and family for a picnic in the park, complete with healthy snacks and games like frisbee, bocce ball, or horseshoes. These light-hearted activities promote laughter, camaraderie, and gentle physical exertion.
5. Birdwatching: Grab a pair of binoculars and venture into nature to observe the vibrant birdlife that emerges in spring. Whether in your backyard or a nearby bird sanctuary, birdwatching encourages gentle walking, mindfulness, and appreciation for the natural world.

Remember, before starting any new physical activity regimen, it's essential to consult with your healthcare provider, especially if you have any underlying health conditions. With a doctor's guidance and these springtime activity ideas, seniors can embrace the season with vitality and joy, nurturing both body and spirit.

Happy spring, and happy moving!



## Retirement

The Foot Care Clinic for Williamsburg and Egerton neighbourhoods will be on May 16th and Emma's neighbourhood will be on May 17th. The Foot Care Clinic for the Becker and Ailsa Craig neighbourhoods will be on May 13th at the RiverStone Spa and Salon.



## Long Term Care

Step Ahead Advanced Nursing Foot Care will be going into long term care the week of May 12th.

Please contact the RiverStone Spa and Salon with any questions or to book an appointment at 289 678 0021 ext. 8090.

# Chaplain's

# Corner

## *May Greetings to everyone!*

May is a time for us to celebrate as we welcome our new student!

Greetings! My name is Elizabeth Eastwood, and I am a Masters student studying psychotherapy and spiritual care at Laurier University. As part of my studies I am beginning a 12-month placement here at the Village of Wentworth Heights, working alongside Chaplain Janet. I have already had the pleasure of meeting some village residents and team members, and I am grateful for the warm welcome I have received. I look forward to getting to know each of you in the coming weeks. Elizabeth

Please check the monthly calendar for *times and dates!*

**Soul Care Circle:** Come share your passions, hopes, concerns and dreams!

**Movie with Janet - "Stella Dallas"**

**Bible study with Ankit**

**Sing-a-long with Janet**

If you would like to have Communion with your family or friends, please let me know. Shalom, Janet

## May Services

Non Denominational Church services are held every Sunday at 10:00am with Ankit and 2:30pm with Janet.

\* Special Mother's Day service on May 12th.

We invite you to Join us for Fellowship at 3:15pm in the Community Centre. All residents are welcome !

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

## **COMMUNION**

Roman Catholic **Communion** served on Tuesdays at 10:00am in the Chapel

Pentecost Sunday **Communion** at 2:30pm on May 26th.

## **In Memoriam...**

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

**Vita Adile  
Marilyn Hoadley  
Ruth Marshman  
Maria Ramalheira  
Raymond Roach  
Iva Warner**



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

**Our next celebration of life will be Wednesday, June 26th, 2024.**



# Volunteer Update

*From the desk of Andrew Sangster*



The village is blessed to have many thoughtful and hard-working volunteers. This makes selecting one to receive an award difficult to say the least. We have many volunteers that embody the meaning of this award. Thank you to all our volunteers for supporting our village.

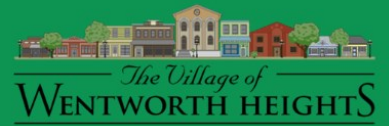
We are pleased to announce this year's recipient of the "Barb Schlegel Volunteer Award" is Adele Bulthuis. Adele is a volunteer who devotes her time in the Egerton neighbourhood. Adele is known for arriving early and working quietly and efficiently to help. Adele also designs greeting cards for our residents. Adele's volunteer work in our village is meaningful. Adele volunteers with heart and builds authentic relationships with residents and team members. We are proud that Adele chooses to volunteer at the Village of Wentworth Heights.

If you're interested in volunteering, please contact Andrew Sangster at [wentworth.volunteers@schlegelvillages.com](mailto:wentworth.volunteers@schlegelvillages.com).





Contact Us ext. 8087



# GENERAL STORE

Shop for your basic needs at the General Store. Open to all - residents, team members, family members, volunteers and more! No tax on items!

**Open Tuesday, Thursday and Saturday from 10am to 4pm.**



Greeting Cards



Assorted Pop



Muffins (Tuesdays)



Canned Soup



Cookies



Chocolate Bars

Mother's Day is quickly approached on Sunday, May 12th. Stop by the General Store for a greeting card and a potted plant/flower.

**Located at the end of Main Street in retirement**

# A Chance for... YOUR VOICE TO BE HEARD

## RH Residents' Council

Your 2024 Executive Council Members:

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

Our next meeting will be held on  
**Thursday, May 16th,**  
**@ 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, May 2nd 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  
Co-ordinator)

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 on  
**Thursday, May 23rd 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](mailto:jody.mcdonald@schlegelvillages.com).





# 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](mailto: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 nurses, who have been retained to provide foot care.

Williamsburg & Egerton:  
**May 16th**

Emma's: **May 17th**

Becker & Ailsa Craig: **May 13th**

Long-Term Care:  
**week of May 12th**

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

## Hearing Clinic

Upcoming dates on:  
**May 1st, 15th, 29th**

Please visit us in council chambers on retirement Main Street.

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

Please see page 24 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 CLINIC SCHEDULED THIS MONTH**

Please keep an eye on the newsletters and posters in the Village for upcoming clinic 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](mailto:consult@onsitespecialists.com) to book an appointment.

**NO CLINIC SCHEDULED THIS MONTH**

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

## 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](http://www.riverstonespasalon.com)

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



## 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

**In Council Chambers on Retirement Main Street:**

**May 1st, 15th and 29th**

For more information or to book an appointment at The Village of Wentworth Heights, please call

**1-888-745-5550**

[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)

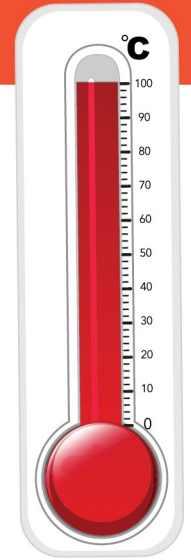


**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)

# Heat-related illness

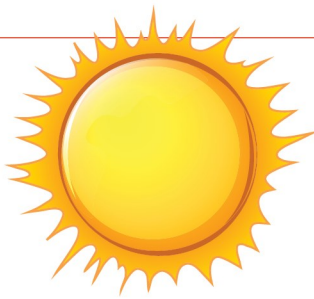


## Prevention and management

As warmer weather approaches, we want to provide a safe and comfortable environment for all residents.

Heat-related illnesses are a group of serious and escalating medical conditions which include heat rash, heat cramps, heat exhaustion and heat stroke, and can have a significant impact on the health of our residents.

Our heat related illness prevention and management plan will be implemented annually, beginning May 1st to September 30th, as well as any other time when the temperature is forecasted externally, or reaches internally 26 degrees.



## Hot weather tips

The signs and symptoms of heat related illness can occur quite quickly with little to no warning. Residents are assessed for heat risk annually and strategies developed. The following tips are general in nature.



### Staying cool

- With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather.
- Keep cool cloths handy to apply to the face, neck, and arms.
- Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.



### Clothing

- Wear loose, lightweight, light-coloured clothing.
- A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.



### Skin protection

- Stay out of direct sunlight by using shade trees, covered awnings or patio umbrellas.
- Sunscreen should always be applied, even in the shade. Remember to reapply as needed.



### Nourishment

- Frequent, smaller meals may be more easily tolerated during hot weather.
- Avoid dehydration by consuming fluids before, during and after meals, as appropriate.
- Hydrate with water and other cooling choices such as Popsicles and watermelon between meals.
- Alcohol may cause dehydration and should be avoided.



### Physical activity

- Keep outdoor physical activity to a minimum and take frequent rest periods.
- Attempt to stay indoors during the warmest part of the day.



# Schlegel Villages – CONNECTIONS



## CONNECT *the* DOTS

The Schlegel Villages Customer Experience

Our Exceptional Customer Experience Training Program that equips our team members with an understanding and service skills to create meaningful and memorable moments with those we serve.

# SPOT the dot!

**A fun way to keep our credo alive day to day in our Villages!** Recognize team members with a “Dot” for the amazing and impactful work they do every day.

**We are launching Spot the dot during Caregivers’ Week, May 12–18.**

### How it works

- Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- Take the matching sticker, find the team member and present it to them.

Let’s fill up the board with messages of gratitude for our team members and show them we recognize how hard they work to bring our mission and vision to life.



### Connect the dots – credo values



Draw on what you know about me to make things personally meaningful. Make me feel special, recognize what makes me unique.



Please give me your undivided attention. Practice patience, listen empathetically and with an open mind. Show respect, genuine interest and sincerity.



Ask questions to gain a deeper understanding, acknowledge and empathize with my experience and feelings. See through my eyes, feel what I feel, connect with me.



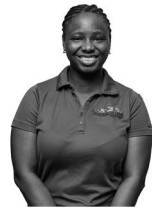
Be clear, genuine, and transparent in all communications. Take responsibility and confirm a shared understanding of action plans and commitments. Deliver on our promises.



Pay close attention to detail, going the extra mile. Show me how I will be taken care of and follow up throughout the process.



# Caregivers' Week: May 12-18



We are

# CAREGIVERS





## Late-life depression

Depression is not a natural part of aging, yet it affects up to 40 per cent of older adults. Recognizing and managing depression is important for improving quality of life.

### What is depression?

Clinical depression, or major depression, is not just about feeling sad. It's a serious condition where one may feel sad all the time and lack interest in activities that used to bring joy. Changes in sleep patterns or appetite, low energy, difficulty focusing, not maintaining personal hygiene, and feelings of guilt or worthlessness are other signs of depression.

### Risk factors for developing depression

There are some risk factors that increase the risk of depression as one ages:

- The loss of a friend or loved one
- Loneliness, which may happen more frequently as one ages
- Ongoing medical problems
- Struggles with thinking, focusing and memory
- Long-term hospital stays or diagnoses like strokes or Parkinson's disease

### Common myths

Common misconceptions about depression can prevent older adults from seeking help. Some of them include:



"It's a normal part of aging." Depression is *not* an inevitable part of aging and should be treated with the same concern as any health problem.

"There are no effective treatments." There *are* many effective treatments for depression, including medications, therapy, and lifestyle adjustments.

"It's just grief" or "I'm just tired." While grief and fatigue are common, persistent symptoms shouldn't be ignored.

### Seeking help

If you or someone you know might be experiencing depression, the first step is to talk to your family doctor. They can assess your symptoms, provide a diagnosis, and come up with a treatment plan specific to your needs. This may include therapy, medication, and/or lifestyle changes.

With the right support and treatments, a fulfilling life is not out of reach.

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Watch the full "Demystifying Depression in Older Adults" video [here](#) featuring Schlegel Chair in Mental Health and Aging, Sopiya Bejamin.



## YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

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<b>Donna Padget</b> – Director of Food Services Donna.padget@schlegelvillages.com	Ext. 8015
<b>Sarah Roberts</b> – Director of Quality & Innovation Sarah.roberts@schlegelvillages.com	Ext. 1306

## YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

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<b>Nicole Andreatta &amp; Bradley Hiltz</b> —Director of Lifestyle Options Nicole.andreatta@schlegelvillages.com & Bradley.hiltz@schlegelvillages.com	Ext. 8067/8068
<b>Holly Ross</b> – Interim Village Experience Coordinator	Ext. 8069
<b>Lead Nurse</b> Call this number for any health related emergency	Ext. 8079