

Riverside REVIEW

Vol. 26 Issue 5 May 2024

Message from our General
Manager
Pg. 2

Chaplain's Corner
Pg. 3

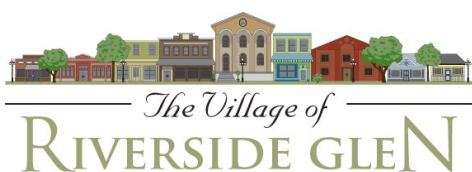
Welcome New
Residents!
Pg. 4

Coming Up In May
Pg. 7

Activity Sheet
Pg. 14

Birthday List
Pg. 15

Mission Statement
Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.



Message from

BRYCE MCBAIN

Residents, Families, and Team Members,

We gave thanks to our volunteers for making a difference at The Village of Riverside Glen during National Volunteer Week in April. We appreciate the kindness and the support that our volunteers provide in our village. We honoured Diana Perrotta with our Barb Schlegel award, an award that was created in Barb Schlegel's honour to recognize the exceptional contributions a volunteer makes in our village every day. Diana has made a significant impact on our LTC-Arthur neighbourhood where she supports our resident dining experience. She is seen as a valued member of our community by residents, families, and team members.

Mental Health Awareness Week is May 13th – 19th. Please make time for self-care as much as you care about others in your community. Let us know if or how we may support you.

Please also plan to join me in recognizing our compassionate, committed, and caring team members on Caregiver's Week, May 13th-19th. Friday, May 17th from 1-4pm (weather permitting) we invite everyone to participate in our Caregivers' Carnival in our rear parking lot behind our Long-Term Care Erin Neighbourhood to celebrate all caregivers.

THANK YOU, caregivers, for your dedication to caring for and serving our residents at The Village of Riverside Glen.

We hope that our readers enjoy our May newsletter.

Sincerely,

Bryce

General Manager

Chaplain's Corner

To: Residents, Family, and Team Members

“April showers bring May flowers.” This saying reminds us that miracles of growth can be discovered in this season. Spring brings signs of new life, of colour, flowers and fruit that will come in the weeks ahead. Plants need the right conditions to thrive. They need warmth, light from the sun, rain and nutrients from the soil.

Just like a plant, our spirit needs to be nourished in order to thrive and grow. This is an opportunity to ask ourselves, “What gives me a sense of purpose in my life? What give me a sense of meaning and nurtures my healthy identity; my sense of who I am?”

Researcher C. Puchalski defined the spiritual as “ the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature and to the significant or sacred.”

Author D. Koepke sees spirituality at our core and it impacts our physical life, our social life, our religious life, our intellectual life and our vocational life. So,also, a healthy spirit will affect all those other aspects of our life. For example, if anything has impacted our physical body or our relationships with those we love, it has an impact on the health of our spirit. Our spiritual health is important.

We understand that all of us have circumstances in our lives that are affecting us. Perhaps there has been something that has impacted your life recently that you know has impacted your spirit or your physical well-being or your sense of purpose or another aspect of you life.

Just like the plants in Spring need warmth, light, nutrients, and water, we all need encouragement in order for our spirits to thrive. We also need each others' support, compassion, care, and reminders of who we are and our value. Who can you reach out to if you need encouragement in some area? Chaplains and of course other staff are here for you. Also, who can you show compassion to, in order to provide nourishment to their meaning and purpose in this day and each day?

Let's look forward together to seeing the growth of hope, joy, peace and meaning in these coming days of Spring within the Village of Riverside Glen.

Eileen Harbottle, RP,

Spiritual Care Provider working part-time alongside Chaplain Brenda Woodall

C. Puchalski et al, Improving the quality of spiritual care as a dimension of palliative care: the report of the Consensus Conference. *J Palliat Med* 2009 Oct;12(10):885-904

Koepke, D., *The Essential Spirit*, 2016 pp2-3

In Memoriam

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

Patrick R
Michael H
Dorothy M
Margo S

Julia T
Esmeralda K
Dusan M
Brenda T

Helen K
Richard C
Edith K
James Y



Riverside Glen *welcomes new residents*

to our community



Ē Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Marlene C

Ann A

Harry S

Long Term Care

Jean C

Muriel C

Bruce T

Joline P

Naureen F

Carol R

Vivan M

Anne T

Diane H



RESEARCH MATTERS

RIA FEATURE

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.

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

PHOTO REVIEW OF APRIL



COMING UP IN MAY

| | |
|-------------------|---|
| Thursday, May 9 | Helicopter Rides |
| Monday, May 13–17 | Caregiver's Week |
| Tuesday, May 21 | Multicultural Fair on Main Street RH |
| Tuesday, May 28 | Community Garden Grand Opening |
| Friday, May 31 | Parrot Show |

Vendors

Patricia's Creations Boutique

Monday, May 13th: 10-2 in RH

Cameron Cards

Thursday, May 9th: 10-2 in RH

Plant Sale

Thursday, May 23th: 10-2 Outdoor Gazebo



Schlegel Villages – CONNECTIONS



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**



April 2024

Athlete of the Month: Helen Twerdun



Helen is our athlete of the month for April! She tries to exercise every day by going for walks and by participating in her 1-on-1 exercise program. Helen's favourite type of exercise is to go for outdoor walks. She likes to go as often as she possibly can. She is very motivated to exercise because she wants to be able to keep walking for as long as she can. Helen wants to encourage everyone is to find a particular kind of exercise that works for you and stick with it. And she wishes everyone the best of luck in doing so! Thank you, Helen for being a great example for us all, congratulations!



On the Menu...

When it comes to the meals we serve, we are always examining ways we can enhance the dining experience by focusing our efforts on creating items our residents really enjoy.

We will offer two choices of protein at lunch and dinner and we look forward to carrying on our Sunday brunch options, as well as our traditional roast dinners on Sundays.

We look forward to a range of local fruits and vegetables available to complement all meals. Our dessert choices will also reflect feedback we have heard from residents who have said they'd prefer more cookies or squares as opposed to cakes, for example.

We admit that one of our great challenges is recognizing the fact that it can be extremely difficult to please everybody when it comes to menu planning. We do welcome feedback, of course, and we encourage all our residents to attend their villages resident's council/food committee/food forums

Additionally, we will certainly look forward to the specialty events that happen throughout the warmer Spring and Summer days. The team in the kitchen and dining room will continue to strive to offer residents quality meals and options to enhance the dining experience overall.

Food Services Leadership



EMMA NEIGHBOURHOOD TRAVEL GALLERY

We are looking for donations
of **magnets** and **postcards**
from all over the world to
display on our neighbourhood
map!

**Please drop off to the
village office in
retirement.**



DO YOU HAVE ANY EXTRA YARN?

Our Yarn Clubs are asking for new or gently used yarn donations. All donations can be dropped off at either
Main Entrance for
Recreation Supervisor,
Karleigh Herd, ext. 620
or
Director of Recreation,
Kadri Phillips, ext. 811





Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Riverside Glen, please call

1-888-745-5550

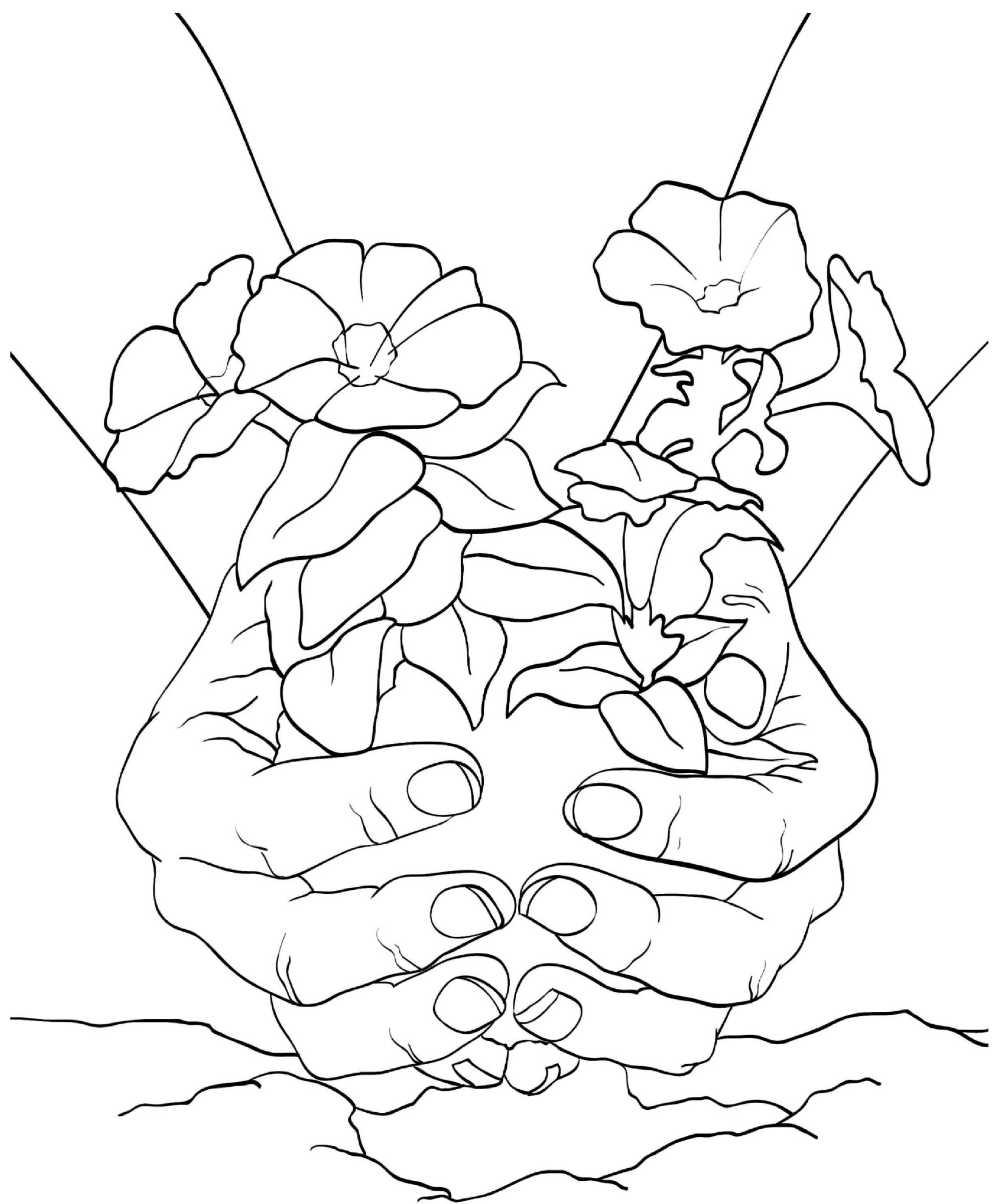
retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com





Happy Birthday

VILLAGE VOICE NEWSLETTER

Read these stories and more on the Villages website. Sign up online to receive the email newsletter.

www.schlegelvillages.com



@Riverside_Glen



www.facebook.com/RiversideGlen



[google.com/+VillageOfRiversideGlenGuelph](https://plus.google.com/+VillageOfRiversideGlenGuelph)



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

Resident Birthdays

| | |
|--------------|--------|
| Gloria M | May 01 |
| Daniel S | May 01 |
| Jean C | May 03 |
| Elzbieta P | May 03 |
| Claire M | May 03 |
| Frances I | May 03 |
| Willemenia E | May 05 |
| Benny M | May 05 |
| Janet H | May 06 |
| Ralph S | May 07 |
| Bruce T | May 07 |
| Dianne K | May 07 |
| Hennie R | May 07 |
| Marlene C | May 08 |
| Jennifer S | May 09 |
| Mervyn W | May 09 |
| Erallyn A | May 09 |
| Renee E | May 09 |
| Graham T | May 09 |
| Kornelia S | May 10 |
| Ronald W | May 10 |
| Billie F | May 11 |
| Ruth R | May 11 |
| Tamara P | May 17 |
| Robert S | May 17 |
| Frances H | May 18 |
| Karen V | May 19 |
| Barclay B | May 21 |
| Robert L | May 21 |
| Elizabeth M | May 21 |
| Mary S | May 22 |
| Josephine W | May 25 |
| Violet S | May 26 |
| Louis T | May 26 |
| Andy H | May 27 |
| Mildred H | May 27 |
| Vernon A | May 28 |
| Norman C | May 28 |
| Myriam W | May 28 |
| Marion D | May 28 |
| David P | May 28 |
| Bartolomea O | May 29 |
| Elinor N | May 30 |
| Sidney E | May 30 |
| John S | May 31 |

Team Member Birthdays

| | |
|------------------|--------|
| Kiseri T | May 01 |
| Christy C | May 02 |
| Anisha V | May 02 |
| Aishwarya A | May 03 |
| Angela G | May 03 |
| Arlene E | May 05 |
| Jack M | May 05 |
| Emily P | May 06 |
| Justina A | May 08 |
| Nadia M | May 09 |
| Akhil M | May 09 |
| Lucie O | May 09 |
| Alberta A | May 11 |
| Lorie L | May 11 |
| Leslie K | May 12 |
| Sabrina B | May 13 |
| Senelisiwe S | May 13 |
| Parmila C | May 14 |
| Lilianeth A | May 15 |
| Drew C | May 16 |
| Pawandeep K | May 16 |
| Tanya B | May 17 |
| Lhex Cornelius L | May 17 |
| Frances G | May 18 |
| Manveer K | May 18 |
| Cassidy H | May 19 |
| Amanda M | May 19 |
| Mariola S | May 20 |
| Venicea K | May 22 |
| Mislal B | May 24 |
| Semhar S | May 24 |
| Sofonias G | May 26 |
| Wendy P | May 26 |
| Tanya K | May 27 |
| Leny T | May 27 |
| Dawn G | May 28 |
| Gloria A | May 31 |

Birthday Celebrations

Retirement Birthday Party

Monday, May 27th @ 2:00pm in the Café with Elvis' 3 Brothers

Long Term Care Birthday Party

Friday, May 17th @ 2:00pm in the café with Martin Wall

The Village of Riverside Glen Directory

Phone 519.822.5272

Retirement Home

| | |
|---|-----------|
| Bryce McBain, General Manager | Ext. 815 |
| Lynn Lake, Assistant General Manager RH | Ext. 761 |
| Michelle Mayhew, Director of Wellness | Ext. 812 |
| Sherri Henderson, Assistant Director of Wellness | Ext. 8667 |
| Dylan Pust, Egerton Neighbourhood Coordinator | Ext. 836 |
| Madalyn MacIntyre, Emma's Neighbourhood Coordinator | Ext. 807 |
| Karleigh Herd, Williamsburg Neighbourhood Coordinator | Ext. 893 |
| Shaleena Campbell, Director of Hospitality and Food Services | Ext. 840 |
| Dayna Brinton, Recreation Supervisor RH | Ext. 620 |
| Adrienne White, Director of Program of Active Living | Ext. 826 |
| Melissa Gareri, PAL Coordinator RH | Ext. 821 |
| Tammy Smith, Director of Environmental Services | Ext. 804 |
| Vinny Setia, Assistant Director of Environmental Services | Ext. 857 |
| Karen Murray, Director of Lifestyle Options | Ext. 759 |
| Jaycel Nabua, Director of Lifestyle Options | Ext. 865 |
| Brittany Burton, Volunteer and Student Services Coordinator | Ext. 863 |
| Brenda Woodall and Eileen Harbottle, Spiritual Care Providers | Ext. 871 |
| Sue Rice, Hair Salon RH | Ext. 816 |
| Jen Jimenez, Administrative Coordinator | Ext. 805 |
| Vrushank B, Administration RH | Ext. 800 |

The Village of Riverside Glen Directory

Phone 519.822.5272

Long Term Care Home

| | |
|---|----------|
| Bryce McBain, General Manager | Ext. 815 |
| Devon Richards, Assistant General Manager LTC | Ext. 841 |
| Deb Guthrie, Director of Nursing Care | Ext. 801 |
| Raman Mander, Assistant Director of Nursing Care | Ext. 797 |
| Vincent Domosmog, Assistant Director of Nursing Care | Ext. 763 |
| Puneet Gill, Assistant Director of nursing Care | Ext. 848 |
| Cheyenne Boyce, Assistant Director of Nursing Care | Ext. 780 |
| Cheryl Ridler, Director of Quality and Innovation | Ext. 798 |
| Jenny Kardash, Nurse Practitioner | Ext. 853 |
| Brandon Wilton, Mapleton/Eramosa Neighbourhood Coordinator | Ext. 298 |
| Angela Gualtero, Puslinch/Nichol Neighbourhood Coordinator | Ext. 794 |
| Angela Keller, Erin/Arthur Neighbourhood Coordinator | Ext. 834 |
| Amy Hasson, Food Services Manager | Ext. 873 |
| Milyn Calicdan, Assistant Food Services Manager | Ext. 747 |
| Kadri Phillips, Director of Recreation | Ext. 811 |
| Adrienne White, Director of Program of Active Living | Ext. 826 |
| Emily Nagel, PAL Coordinator LTC | Ext. 835 |
| Tammy Smith, Director of Environmental Services | Ext. 804 |
| Brittany Burton, Volunteer and Student Services Coordinator | Ext. 863 |
| Brenda Woodall and Eileen Harbottle, Spiritual Care Providers | Ext. 871 |
| Jane Frizzel, Hair Salon LTC | Ext. 860 |
| Jen Jimenez, Administrative Coordinator | Ext. 805 |
| Helen S, Administration LTC | Ext. 858 |