

The Glendale Gazette

July 2024



Our Senior Proms



Musings From Your Chaplain

From the desk of Hans Van Eyk

Greetings my friends. It's the month of July and was once called "Julius" after Julius Ceasar. July has been called the, long dog days of summer, Blueberry Month, National Picnic Month, National Hot Dog Month, even National Pickle Month. And most of you can remember back a few years when summer brought you family reunions, beach days, barbecues and lazy days in the sun. Well Al from Byron is still enjoying his lazy days in the sun.

July is also a month of celebrations, Canada Day, US Independence Day and also ushers in the Islamic New Year on July 7. And one of the more famous statements in history was uttered on July 20, 1969, when astronaut Neil Armstrong, after stepping onto the surface of the moon, declared, *"That's one small step for man, one giant leap for mankind."* I'm sure most of you were glued to your TV's on that day 55 years ago.

Oh, and we have the Summer Olympics in Paris and at the Village of Glendale here this month to look forward to.

Friends, we have so much to be thankful for. Health specialists say cultivating an attitude of thankfulness can bring better health, contentment, less depression, better sleep and will cheer up others. The Bible says, *"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."*

In Arabic, there's a common expression called Shukran which means thank you. And people use it in their everyday interactions with others. Let us all have a thankful spirit and may the peace, the love, the joy and the presence of God surround you all each day.



A Message from... *The General Manager*

From the desk of Cindy Awde

Welcome to July! It's the time of year when we get to get out and enjoy the beautiful sunshine and warm weather. I know I am looking forward to spending as much time outside enjoying the nice weather when I am away from work.

I am happy to provide a few updates that are happening in the village.

I am thrilled to let you know that we have now hired two individuals to get The Ruby up and running. Congratulations to Rob Fagan and Hardeep Kumar on being those successful team members. Rob has been the Dining Room Supervisor on Retirement since the it opened last fall. Hardeep has been a full time cook for Retirement as well since opening. We have posted both of their current roles for fulfillment.

The two will be working to getting some training for The Ruby and will be getting it set up to open. Please keep an eye out for posters on when events will be in The Ruby and when we will start opening for lunch and dinner.

I am also excited to let you know that we will be holding the official Grand Opening for the Retirement building on Friday September 13, 2024 from 2pm-4pm. There will be posters advertising the event closer to the date.

At the end of July, we will be hosting the Schlegel Olympics! Good luck to all those that will be competing in the events. It will be a busy day in the village, as we will be welcoming other villages to Glendale.

Have a great summer,
Cindy Awde





Wishing you a
Happy Birthday!

Our Residents

*"Don't just count
your years...
Make your years
count!!"
~Ernest Meyers*

LTC

Laura S July 3rd
Barb B July 4th
Sam C July 5th
Lauraine S July 6th
Betty H July 6th
Rudy S July 7th
Annabell July 7th
Soon H July 9th
Sharon S July 13th
Helen D July 14th
Jack K July 17th
Dan T July 18th
Marion T July 21st
Arlene A July 24th
Henny R July 27th
Valerie G July 30th
Albert P July 30th
Roger S July 31st

RH

Alda M July 1st
Chloe S July 4th
Dennis B July 7th
Lucille P July 7th
Anne B July 10th
John A July 10th
Marion R July 17th
Maria K July 23rd
Peter T July 23rd
Doreen E July 24th
Helen L July 24th
Sharon L July 25th
Simonne W July 26th
John K July 29th
Joyce B July 31st
Don T July 31st



In Memoriam

The Board of Directors, leadership team and team members were saddened by the passing of:

*LTC– May M, Myles M, June M, Annette K, Patricia R
RH– Sandra S, Gunars L, Doug C, David S, Beryl B*

News from the Greenhouse

From the desk of Monika Semma-Good

THE LANGUAGE OF FLOWERS

Due to their strict social etiquette and rules, people in the Victorian era developed a whole series of meanings and messages associated with particular flowers, so that they could communicate outside of the confines of their society. Today in Japan, Hanakotoba is an evolving art form that, like the Victorian language of flowers, assigns a set of poetic meanings and symbolism to many flowers as a beautiful form of gift giving. Let's take a closer look at the meaning behind common plants grown in Ontario in July.



NINEBARK

A relative to the Hawthorn tree and part of the Rose Family, Ninebark foliage or flowers are thought to represent hope and love --especially familial or platonic love.



HOSTAS

Because of their unique ability to survive and thrive in many different conditions, Hostas are thought to symbolize devotion and grit.



SEDUM

These beautiful flowers have spiritual meanings in many different cultures and are thought to be linked to re-birth, transformation, and the joy sparked by embarking on new adventures.



SUNFLOWER

Sunflowers have some of the most interesting folklore and because of their tendency to follow the sun, they're said to represent enduring love and Happiness.



CARNATIONS

Carnations show up in many different religious rites and stories and have a rich history of meanings depending on their colour. There's a lot of mystique surrounding how they got their name but they're thought to represent the positive bonds of friendship and family.



GOLDEN ROD

This wildflower has an unfair reputation, but is actually a largely beneficial plant in our ecosystem. It is also thought to symbolize wealth and there might actually be a little bit of science behind that thought too, as they're thought to grow most prolifically near underground water springs.



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Word from the Dining Room

From the desk of Valery Smith

My name is Valery Smith, and I am proud to serve as the Food Service Manager at The Village of Glendale Crossing.

I have been a part of the Schlegel Villages family for almost seven years now. I began my journey as an FSA for the Westminster neighbourhood and quickly moved up to the role of Assistant Director of Food Service. In July 2022, I was promoted to the position of Food Service Manager, a role that brings me great satisfaction.

With a full house of five children, my life is a whirlwind of activity and family is at the core of who I am, and I cherish the time spent with my loved ones, whether it's going on hikes, swimming or simply being present for all the precious moments.

I believe in bringing this same sense of family and warmth into my workplace. I have a deep love for the residents we care for, and I am truly passionate about the work I do. I am grateful for the experience and the opportunity to make a positive impact in the lives of those we support.



Word on the Neighbourhood

From the desk of Nicole Daley

Nicole here, the NC for Byron and Westminster...

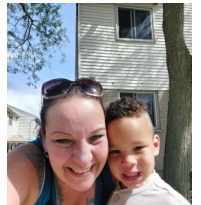
Here's to hoping everyone is staying cool and enjoying this beautiful summer weather. Beaches, camping, flowers and frozen beverages...all of those memory makers...

My fondest are our weekends at the family trailer park. Those were the days!!

In LTC, I hope you join in some of our fun recreation activities involving all of those things, trips to the beach, trip to Shady Pines Campground, our horticulture programs and our pubs of course or grab a ceasar or a daquiri at our Canada Day Celebration!

But now, wearing hoodies, drinking pumpkin spice anything and watching a football game under the stadium lights, is where my happy place is!! Bring on the FALL, whose with me?

Stop by and say HI, my door is always open!!



A Word From Your Co-Editor

Well, summer has began! July begins soon, so if you have any travel plans let us know! Also, if you like to volunteer like I do, I'd say go for it! Just let Erin know! I just got back from NYC with my Mom and younger sister, Becky! Have a great summer! Hope everyone had fun at the Prom and let us know if you have any ideas for events! Erin and Tina are your Best Friends for Recreation programing!

Thanks!

Co-Editor,

Heth



Village Events

Combined Village Events with Retirement and Long Term Care

July 1st @ 2:30 Happy Hour with Music and Games in the Back Patio

July 6th at 2:45 Music with Jim Cochetto in Town Square

July 6th 11:00-3:00pm Ruth's Fashion Show in Town Hall

July 9th 10:30-3:00 Factory Shoe Sale in Town Hall

July 18th 10:00-2:30 Fashion Boutique on RH Main Street

July 20th @ 2:00 Movie & Popcorn in Town Hall

July 24th 1:00-3:00 Ice Cream Truck RH Front Patio

July 30th Schlegel Olympics—All Day

Plus our regular music night on Mondays, Documentary Hours on Fridays and Church Service on Sundays!

Resident Bill of Rights

1. Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's inherent dignity, worth and individuality, regardless of their race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability.

Recreation News

From the desk of Tina Lancaster

July already! June was such a busy month in the world of recreation. We had our Elder Wisdom event at the Bostwick Public Library, a Pride celebration in our back patio, got our gardens planted, celebrated our many Fathers in the Village, held our first Senior Prom and even had a trip to Heeman's for our strawberry social. All that and then some!

Being in Recreation, we are constantly looking ahead to the next month, next event, next holiday, so I often get my months mixed up and forget what day it is.

July is not only a special month due to Canada Day, but we are also hosting our Summer Schlegel Olympics here at Glendale on July 30th. We will have 8 other Villages come and join us for a day of fun and competition. We have 5 events that the Villages will be competing in; Canoe Slalom, Nustep Sprint, Parallel Bars, Olympic Shooting Event and Soccer. Residents have been selected from both Long Term Care and Retirement to compete in these events.

It will be an exceptionally busy day for all those involved, we do ask for all your patience as we try to navigate all the events.

With that being said, I do appreciate all your patience in regards to bus trips. We have gotten word that our bus is almost ready for pick up! We will be hiring a driver shortly and will be able to offer more trips and shuttles, so get your suggestions in now!

Thanks to all the residents and team members for making Glendale Crossing an amazing environment to come to work in everyday, you make my job easy!

Happy Summer everyone!



Nursing News

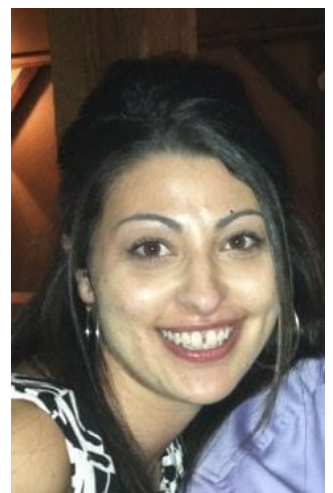
From the desk of Maria Martin

Happy Summer!

Now that we are getting into the summer months, this is generally when we see less viruses and illnesses circulating; unfortunately with COVID-19, we continue to see spurts of outbreaks pop up all year round, which is why the Ministry of Health (MOH) recommended all LTC homes to conduct a Spring COVID-19 Booster clinic.

The Covid spring booster clinic provides a crucial service in the ongoing battle against the pandemic. It offers an opportunity for eligible individuals, particularly the elderly and those with underlying health conditions, to receive an additional dose of the vaccine. This booster aims to enhance immunity and protect against emerging variants of the virus.

On the LTC side at Glendale, we conducted our COVID-19 booster clinic on June 13th where we had approximately 65 residents partake in the clinic. Stay tuned for a possible Fall COVID-19 booster clinic, details to come closer to.





Four foods for healthy aging

Most older adults are not consuming enough important nutrients to stay healthy. The best way to get the nutrients our bodies need is through food – that’s why it’s important to choose foods rich in protein, fibre, vitamins and minerals.

Heather Keller, Schlegel Research Chair in Nutrition and Aging, leads the Nutrition in Disguise project, which creates healthy recipes by adding nutrient-dense ingredients to popular recipes, such as lentils in brownies. Below are some of Keller’s favourite nutrient-dense foods to add to recipes or enjoy on their own.

Almonds

Add them sliced to salads, granola, trail mix, or as a topping for desserts, yogurt or cereal. They are a great source of vitamin E – a powerful antioxidant that is also important for the health of your brain and eyes. Other vitamin E-dense foods: sunflower seeds, peanut butter and avocado.

Dark chocolate

Need an excuse to have dark chocolate in your life? Dark chocolate (at least 70%) is packed with magnesium and iron. Magnesium is important for your muscles, and keeps your heart and immune system strong. Iron helps maintain

many important functions of the body, including energy and focus.

Wheat Germ

There are countless ways to add wheat germ to your diet – in yogurt, oatmeal, meatballs or meatloaf, smoothies, muffins, granola or toppings for parfaits. Wheat germ is a great source of omega-3, which has been shown to help prevent heart disease and stroke, and may prevent some cancers and other conditions. Wheat germ is also loaded with fibre and vitamin E.

Flax seeds

Similar to wheat germ, these seeds can easily be added to baked goods such as muffins, breads or loaves; or as a topping on yogurt, salads or cereal. Flax seeds contain a lot of fibre – a nutrient crucial for our digestive health and regular bowel movements. It also helps us feel fuller for longer, and can improve cholesterol and blood sugar levels. Omega-3 is also found in flax seeds.

[Click here](#) to subscribe to Aging 360 and receive more healthy aging tips.

SPOT the dot!

Tell us who is connecting the dots and delivering an extraordinary experience.

Easy as 1, 2, 3!

- 1 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**.
- 2 Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- 3 Take the matching sticker, find the team member and present it to them.



There were so many nominations (which is amazing) that we can not type them all out. They all will be given to who was being recognized!

We are now doing a draw monthly and the winner will get 25 points on our Bucketlist app to spend!

The winner for the Long Term Care side is:
Cass Pringle!!

The winner for the Retirement side is:
Mya Elabd!!

Congratulations!!

Schlegel Villages – CONNECTIONS



SCHLEGEL OLYMPICS *Summer* 2024

The Schlegel Olympics is an exciting, organization-wide event that brings our east and west Villages together in the spirit of friendly competition.

As part of our Wisdom of the Elder Signature Program, the games help us recognize that regardless of someone's ability and the fact they reside in a long-term care or retirement setting, their competitive nature still vibrates within and their past experiences and wisdom are worth celebrating.

The games within each Village are a time of laughter, bonding, and relationship building as team members support competitors who are cheered on by their Village neighbours. We look forward to the events held within each Village and especially the events at Taunton Mills and Glendale Crossing that bring all of our people from across the province together.

Let the games
BEGIN!

Tuesday, July 30

The Village of Glendale Crossing

Thursday, August 1

The Village of Taunton Mills

EVENTS



Slalom



Soccer



Parallel
Bars



Olympic
Shooting



Sprint



Schlegel Villages – CONNECTIONS



As the summer rolls on and we reflect on a busy first six months of 2024, it's exciting to note that construction is well underway in four new communities: Ridgeview Court in Milton, Stouffer Mills in Stouffville; Millers Creek in Ajax; and Riverbank Terrace in Ottawa. We're also thrilled to be nearing completion of the next phase of expansion at The Village of Winston Park in Kitchener.

When we think of the sense of community we find across this great country on Canada Day every July 1, we can't help but recall how proud we are to be a Canadian company, proudly owned and operated

by a family that has been caring for older adults for more than 70 years! We continue to grow, bringing our philosophy of service to new communities, and for that we are extremely proud.

Looking ahead, we are a short time away from honouring the Schlegel family's community-building mission during **Wilfred Schlegel Day on August 5.**

This is a time for Village's to work together to give back to their community in any number of ways, and we look forward to the many initiatives we'll see on the Civic holiday in August.

Secret Beach Quote

Follow the instructions to cross off words in the table.
What do the remaining words say?

1. Cross off all words that rhyme with *sand*.
2. Cross off all birds.
3. Cross off all creatures that make seashells.
4. Cross off all articles of clothing.
5. Cross off all words that are things you carry down to the beach.

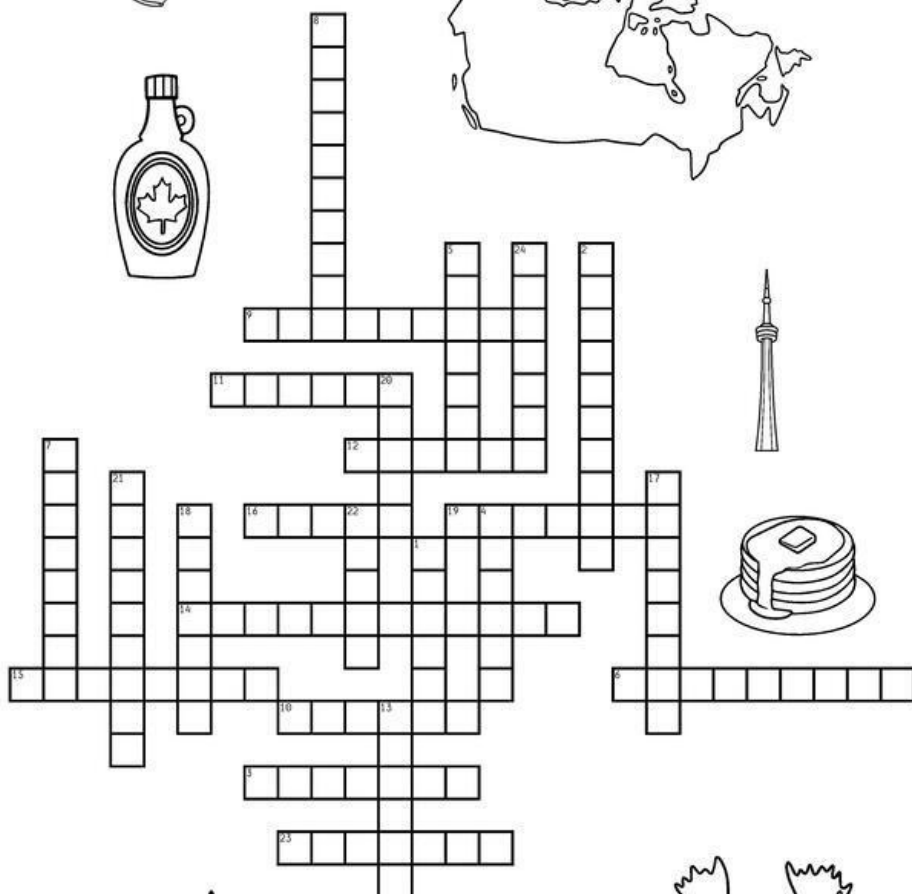
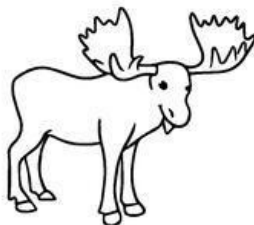


towel	at	hand	land
the	flip-flops	cockle	conch
sanderling	beach	pelican	chair
band	bikini	time	pigeon
sand dollar	bucket	shorts	you
shovel	grand	enjoyed	brand
clam	wasting	oyster	gull
loon	cooler	T-shirt	gland
heron	albatross	worm snail	sunscreen
is	radio	sunhat	not
sandpiper	fanned	ball	wasted



CANADA CROSSWORD

READ THE CLUES AND FILL IN THE CORRESPONDING SQUARES ON THE PUZZLE.



DOWN

1. POPULAR IN CAPE BRETON MUSIC
2. BUILDING WHERE CANADIAN LAWS ARE DECIDED
4. THE LOCATION OF THE NATIONAL GALLERY OF CANADA
5. A ROCK LANDMARK USED FOR NAVIGATION BY INUITS
7. SNOWY SPOT CLOSE TO VANCOUVER
8. CANADIAN PASTRY OFTEN TOPPED WITH CINNAMON AND SUGAR
13. ANIMAL THAT USES WOOD TO CREATE ITS HABITAT
17. LOCATION OF THE 1976 SUMMER OLYMPICS
18. A CANADIAN OFFICER ALSO KNOWN AS AN 'RCMP'
20. CANADIAN BIRD THAT FLIES IN A V-FORMATION
21. NATURAL ELEVATIONS IN THE CANADIAN LANDSCAPE
22. TOPPING OFTEN USED ON WAFFLES
24. WESTERN CANADA'S FAMOUS CITY

ACROSS

3. NATURAL WONDER ON CANADA-US BORDER
6. WESTERN CANADIAN CITY WITH A SCIENCE WORLD ATTRACTION
9. ENGLISH AND FRENCH ARE SPOKEN BY THIS PERSON IN CANADA
10. FRENCH-SPEAKING CANADIAN PROVINCE
11. BACKPACKERS OUTDOOR ACTIVITY
12. ICE BATTLE WITH A NET
14. HOME OF ST. JOHNS, IN CANADA
15. GRASSY LANDS FOUND IN WESTERN CANADA
16. LARGEST MEMBER OF THE DEER FAMILY IN CANADA
19. CITY WITH A DISTINCTIVE CITY HALL BUILDING
23. LAKE LOUISE IS LOCATED HERE



OH CANADA! WORD SEARCH PUZZLE



ALBERTA
BRITISH COLUMBIA
CARIBOU
EDMONTON
HOCKEY

MANITOBA
MAPLE LEAF
MONTREAL
MOUNTIES
NEW BRUNSWICK

NOVA SCOTIA
ONTARIO
OTTAWA
QUEBEC
TORONTO

VANCOUVER
VICTORIA
WINNIPEG
YELLOWKNIFE
YUKON

Contact us...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

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.

Long Term Care Leadership Team

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If any Resident would like a copy of the newsletter delivered monthly, please contact Erin Seldon at extension 8007, or let your Recreation Team Member know.

Contact us...

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