

The Gates Gazette



Join the CONVERSATION

Foster intergenerational connections and celebrate the wisdom of the elder in your community during Senior's Month this June.



Have a *seat*

Come and sit on the bench and enjoy an insightful conversation with a senior.

**Saturday
June 22**

10 a.m.–noon

**Waterloo Public Library
Harper Branch**

500 Fischer-Hallman Road North, Waterloo

"Stories are the BRIDGES between GENERATIONS"

elderwisdom.ca

#ELDERWISDOM Month

Village Events

Team Member Appreciation 2024 Meet our 2024 Credo Award Winners

Isabel Harriman (LTC) Know Me



This team member demonstrates the meaning of true connection and takes time to know each person's unique life story. The natural, memorable moments these connections create make the Village a more vibrant place to live, work, and visit.

Brianna Woollings (RH) Be Present



In every interaction, this team member gives others their full attention and understands what it means to be present in that moment making every connection meaningful.

Jose Ramon Salmon (RH) Walk in My Shoes



This team member practices true empathy through connection; they listen with an open heart and has capacity to understand what another person is thinking or feeling.

Frida Blanco (RH) Earn Trust



This team member creates a sense of safety and comfort by delivering on promises and taking that responsibility seriously, earning the trust of others and making them feel valued.

Carolyn Fleet (LTC) Follow Through



This team member follows through all the way, earning a deep sense of gratitude, respect and loyalty from a happy and engaging community.

VILLAGE-WIDE JUNE EVENTS

June 12 PRIDE DAY: celebrating Diversity in Village Life. Official Pride Day June 12th: ***Wear Your Rainbow Colours!***

June 16 FATHER'S DAY: honouring all the important father figures in our village

June 21 NATIONAL INDIGENOUS PEOPLE'S DAY: recognition and education for Canada's indigenous peoples: **Wear Orange!**

**June 22 Green Bench
Elder Wisdom Event at
the John Harper
Library/YMCA from
10a.m. to 12p.m.**



Village News

Long-Term Care

Evening Mainstreet Programs!!

Enjoyable activities for anyone to join

Game Show Trivia Mondays at 6:30pm

Devotions Alternate Tuesdays at 6:30pm

Documentary & Popcorn First Wednesday of the month at 6:30pm

Active Games Thursdays at 6:30pm

Crafting Club Fridays at 6:30 pm



Wear your Neighborhood Pride colour on June 12

Red - Hagey

Orange - Downey

Yellow - Johnston

Green - Wright

Blue - Pollock

Purple - Matthews

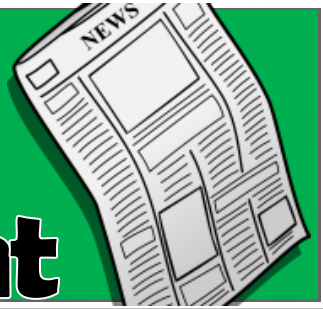
Happy Birthday!

Noreen P.
Peter M.
Catherine J.
Soogan R.
Alice P.
Husene M.
Allan W.

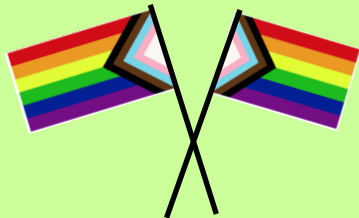


Paulette R.
Lillian C.
Donald N.
Marlene S.
David S.
Lois C.
Ian B.
Shu M.

Village News Retirement



You're invited to wear
PRIDE Colours on June 12
as we Celebrate PRIDE Day



Join us in the dining room on
June 6 for a wonderful show by
Centre Stage Dance Studio. The
show will be starting at 7:30 pm.



Neighborhood Reps:

June 19th 3:00pm
In Council Chambers

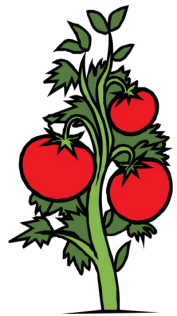
Resident Directory:

If you wish to have your
contact information added, or
need to update, please speak
to a member of the
Recreation Team.

Raised Patio Garden

The Garden Club will be planting some
herbs and flowers again!

Feel free to touch and sniff, and even
clip a little for your kitchen
(please be mindful of leaving enough
for others, as well as enough for the
plants to continue to grow!)



June Birthdays!

Raymonde A.
Hilde A.
Doris C.
Julie C.
Grace D.
Dorothy D.
Rosario G.
Donna G.

Elaine H.
John H.
Kenneth K.
Jack K.



Edgar L.
Barbara L.
Elizabeth M.
David M.
Therese M.
William M/
Pawel S.
James T.
Robert T.

May Athlete of the Month



Joe Marcos

If you're ever looking for Joe, you can probably find him in the fitness center! Joe's favourite exercise in the gym is using the hand bike, he is also an avid weight lifter!

Joe shows great determination and perseverance when it comes to exercising and working towards his fitness goals. He has a passion for exercise and is always staying active by using the equipment in the fitness center.

About Me

- Joe's favourite sports are soccer and hockey
- He is a huge Leaf's fan and Benfica fan
- Joe likes playing video games and card games in his spare time



Fitness Goals

- Improve mobility
- Maximize leg strength

Fun Fact!

Joe used to be a soccer coach!



Our Chaplain



Chaplain Rev Mike Zenker

Mike.zenker@schlegelvillages.com

519-904-0650 Ext. 8011

HOURS

Tuesday - Thursday Mornings

(*times may vary depending of events in the village)

Special & Religious Holidays This Month

11 Trinity Sunday

16 Father's Day

16-20 Eid al-Adha (Islamic Feast
Of Sacrifice)



Chaplain's Corner (Long Term Care)

Spiritual Life Gatherings

- Tuesdays **9:30am** Rosary Service
- Thursdays **9:30am** 'Hymns' Chapel Service.

Roman Catholic Communion & Prayers:

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



Spiritual Conversations

Would you like to learn about the faith practices and beliefs of others around you? Would you like to understand spiritual practices different that what you may have grown up with? This 'small group gathering' will provide an opportunity to expand your understanding.

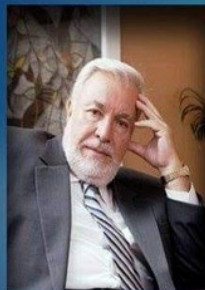
Join us in the Chapel at 3:00pm

Wednesday June 5

Wednesday June 19

Wednesday June 26

Freedom to think



There are two sentences in the Qur'an that are of utmost importance to me. The first is "for those who think" It's mentioned 11 times. The second is "for those who reason" It's mentioned 22 times. Yet some people want me to follow their traditions and not use reason or critical thinking to understand the Qur'an. The number one value that I see in the Qur'an is freedom to think and to choose.

Retirement Home Spiritual Care Team



**Spiritual Life
Facilitator:
Jane Kuepfer**

Usual Hours:
Tuesday afternoons
Thursday mornings

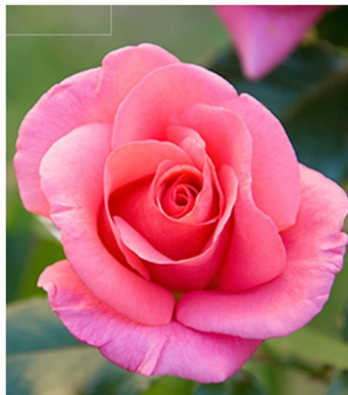


**Spiritual Care
Student:
Rachel Urquhart**

CONTACT us to
arrange for a visit:
jane.kuepfer@uwaterloo.ca
519-904-0650 x 8249

Our Spiritual Life Together

June! A month when everything feels so fully ALIVE! The grass is growing faster than mowers can keep up, children are getting excited for summer, roses and peonies are blooming, strawberries are ripe, and the sun is shining. June holds many memories of years past—of gardens planted, graduations or weddings celebrated, trips planned...



As we step into June of 2024, may we breathe deeply of all the blessings this beauty-full month brings!

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

**Our Weekly Spiritual Life Gatherings:
Tuesdays at 2:30 in the Town Hall.**

Watch for posters for topics through-



out June, including a speaker from the **Canadian Foodgrains Bank on June 4th**, and the **University Gates Choir on June 18th!**



GATHER (a small group for sharing and mutual support for anyone experiencing changes or challenges (moving, health, grief, caregiving...):
June 11 and 25 3:45 in the Town Hall
JOIN US!

**Other weekly gatherings:
Tuesdays at 1:00 in Emmas
Thursdays at 10:15 in Egerton**

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

Sunday evening Hymn Sings 7:30 in the Town Hall

Roman Catholic Communion and Prayers (Town Hall, then Egerton):
Sunday June 2nd at 10:45, Sunday June 16th at 10:30

Communion and Rosary: Thursday June 13th at 2:00 pm

Mass: Friday June 28th 11am with Father Jamroz (confession available before and after)

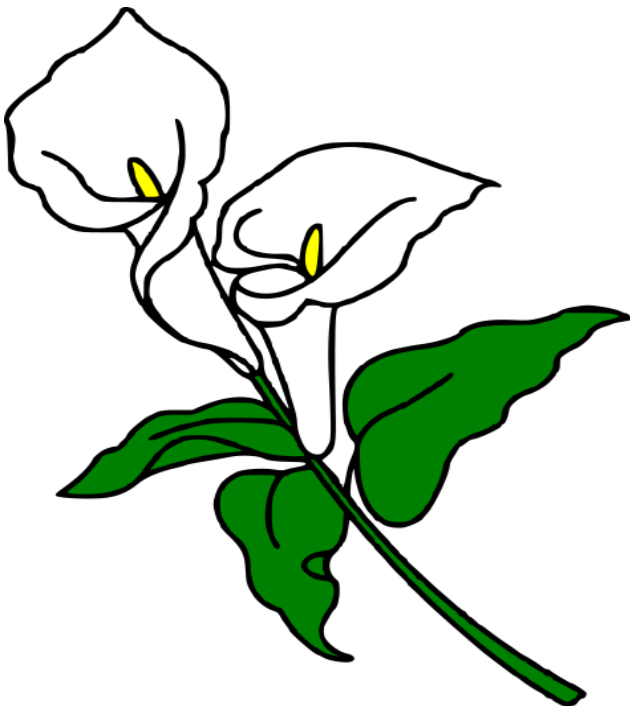
We Remember



Mato A. (LTC)

Julie T. (LTC)

Gail B. (RH)



*Thank you for sharing
your time with us*

Schlegel Villages – CONNECTIONS



Our residents inspire us every day; they share their lives and life stories with us, and in their spirit, we are reminded that time offers the gift of wisdom and experience.

Across the province throughout June, residents and team members will bring the #ElderWisdom Green Benches into their local communities to spend a day in conversation with their neighbours.

In doing so, we hope our communities cherish the gifts older adults offer and with each conversation, we help push past the sense of ageism that still permeates many aspects of our society.

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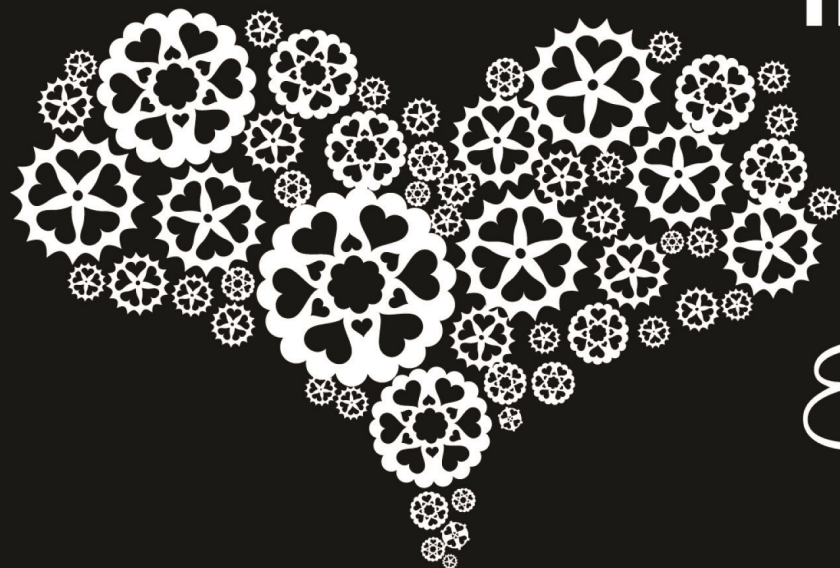
Our participating cities!

| | | |
|------------------|--------------------|------------------|
| Windsor | Guelph | Brampton |
| London | Hamilton | Etobicoke |
| Kitchener | Burlington | Whitby |
| Waterloo | Mississauga | Barrie |

For dates, times, locations and more information visit elderwisdom.ca

"Stories are the BRIDGES between GENERATIONS"

Schlegel Villages – **CONNECTIONS**



Honour diversity in Village Life

Embraced,
just as **I am.**

Just as we strive to be sure older adults truly feel included in our communities, we recognize Pride Month in June and look ahead to National Indigenous Peoples Day, where we recognize and celebrate the cultures and contributions of the First Nations, Inuit, and Métis Indigenous peoples of Canada.

We will continue to strive to be sure our Villages are inclusive of everyone, no matter their heritage, age, nor whom they choose to love. We remain committed to doing all we can to honour our diversity, inclusive of all, and this month we are reminded just how important each of these conversations is.

The more we seek to learn, the more accepting we will become as a collective force for good in the world.



• Resident Right 23

Every resident has the right to receive care and assistance towards independence based on a restorative care philosophy to maximize independence to the greatest extent possible



Warm weather facts



WHO IS AT RISK

Anyone can get heat stroke, but infants and the elderly are at higher risk as their bodies may not be able to regulate temperature effectively.



COPING MECHANISM

Your ability to cope with extreme heat depends on the strength of your central nervous system.



OCCUPATION

People with occupations that require physical labour in hot environments are susceptible to heat strokes.



MEDICATION

Diuretics, sedatives, tranquilizers, and heart and blood pressure medications affect your body's ability to regulate temperatures.



BEVERAGES

Caffeine (stimulant) and alcohol increase the risk of warm weather-related illness.



MEDICAL CONDITIONS

Sleep disorders, and problems with the heart, lungs, liver, kidneys, thyroid, or blood vessels increase the risk.



CLOTHING

Wearing heavy and tight clothing can increase the risk. Opt for light-colored, loose-fitting clothing made of natural fibers (cotton/silk/linen).



DISEASES

Certain diseases increase risk; cystic fibrosis, for example, affects the ability to sweat.

Expert tips on medication management

As we age, we often have to take more medications, making it more complex to manage how and when to take them. [Tejal Patel](#), pharmacist and Schlegel Specialist in Medication Management and Aging, aims to make managing medications easier and safer for older adults. Here, we share advice based on Patel's research to help you and your loved ones.

Keeping track of your medications

- Keep an updated list of your medications. This includes prescription medications, over-the-counter drugs, vitamins, and natural health products.
- Make sure to update this list whenever there is a change, such as starting a new medication, stopping a medication, or changing the dose.
- Keep a note of any allergic reactions or side effects you experience.

Talk to your pharmacist if you have difficulty...

- opening bottles or blister packs.
- swallowing pills.
- reading medication labels.
- understanding instructions.
- organizing your pills.

Your pharmacist can offer helpful solutions and personalized advice to help manage any of these challenges and more.



Questions to ask when you're prescribed a new medication

- Does it interfere with anything I am taking right now?
- What side effects should I look for?
- What should I expect from it and by when?
- What time of day should I take it?
- Should the medication be taken with food?
- How should I stop taking it?
- Do I need refills?
- How many times should I take it in a day?
- What should I do if I experience side effects?
- Is there a food or supplement I should not take it with?
- What should I do if I forget to take a dose?
- Is there anything I should or should not do while taking the medicine (for example, driving)?

For more information about medication management and other helpful content to enhance your life, subscribe to updates from the RIA at www.the-ria.ca/enews.

RIA Highlights - June 2024

What's New in the Building:

Have you noticed the new glass door at the end of the Main Street hallway? This leads to the Schlegel-UW Research Institute for Aging (RIA). The RIA is a charitable, non-profit organization that enhances the quality of life and care for older adults through research, education, and practice. We connect research to the real world and tackle the biggest issues facing an aging population.

Come and check out the bulletin board (on the first floor, on the wall outside the RIA office) for opportunities to get involved.

There is also a bookshelf in the Ideas Cafe on the first floor with free resources.

On the Table - June 7, 2:00 pm at the RIA:

On the Table is a Region-wide weekend of community conversations brought together by the Waterloo Region Community Foundation.

Please join us for afternoon tea and a lively conversation about **Aging Well in Waterloo Region**.

What does aging well mean to you? What changes can our community make to enable good aging for everyone? Come together with your neighbours and let your voice be heard!

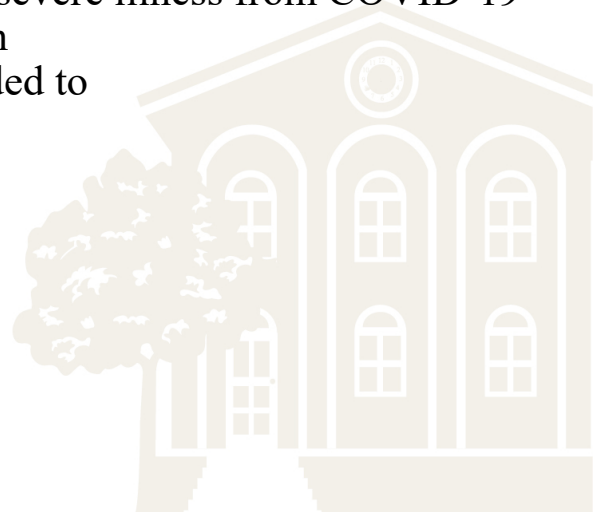
Registration is required for this event as space is limited. Register online: [On the Table](https://www.onthetable.ca) or by calling the RIA office at 519-904-0660.

NURSING NEWS



In alignment with NACI, individuals who are at increased risk of severe illness from COVID-19 may receive an additional dose of an XBB COVID-19 vaccine in Spring 2024. The Ontario Spring COVID-19 vaccine campaign will run from April to June 2024. The Ministry of Health is recommending that the following individuals receive an additional dose this spring: a. Adults 65 years of age and older b. Adult residents of long-term care homes and other congregate living settings for seniors c. Individuals 6 months of age and older who are moderately to severely immunocompromised (due to an underlying condition or treatment) d. Individuals 55 years and older who identify as First Nations, Inuit, or Metis and their non-Indigenous household members who are 55 years and older

Receiving a COVID-19 vaccine in Spring 2024 is particularly important for individuals at increased risk of severe illness from COVID-19 who did not receive a dose during the Fall 2023 program. Eligible individuals may receive an XBB COVID-19 vaccine in Spring 2024 if it has been 6 months from the previous COVID-19 vaccine dose or known SARS-CoV-2 infection (whichever is later). NACI notes that a shorter interval (3 to < 6 months) can be used to support program implementation (including timing of the Spring 2024 campaign relative to previous and future Fall campaigns). All other individuals are not currently recommended to receive a COVID-19 vaccine dose in Spring 2024 and should wait until further MOH recommendations. This includes individuals who are not at higher risk of severe illness from COVID-19 who did not receive an XBB COVID19 vaccine in Fall 2023, unless they are specifically recommended to receive a dose by their health care provider.





Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

It is our pleasure to offer full Audiology services to all Schlegel Village residents.



These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

Our services are located at your Retirement Village, and appointments are required.

For more information or to book an **appointment please call**

1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com

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.



Independance

**Why is
independence
important to you?**

*WISDOM
of the
ELDER*

THE GATES GAZETTE

WHO TO CONTACT WITH QUESTIONS OR CONCERNS
VILLAGE PHONE NUMBER: 519-904-0650



When calling an LTC resident directly please use the Resident Line 519-904-0653

RH Residents each have private phone numbers



LONG TERM CARE

| Role/Name | Extension |
|--|-------------|
| General Manager: Chris-Anne Preston | 8203 |
| Asst General Manager (LTC): Kelly Younger | 8003 |
| Asst General Manager (RH): Ion Zdrengha | 8204 |
| Administrative Coordinator: Elena Oprea | 8202 |
| Admin Assistant (LTC): Joan & Mithra | 8001 |
| Neighbourhood Coordinators | |
| Hagey & Johnston (LTC): Brandy Douey | 8031 |
| Wright & Matthews (LTC): Kim Boyes | 8025 |
| Downey & Pollock (LTC): Lee-Ann Air | 8037 |
| Department Directors | |
| Director of Nursing Care (LTC): Wendy Miller | 8005 |
| Assistant DNCs (LTC): Ruhab Muzaffar / Patricia Solik | 8054 / 8059 |
| Assistant DNCs (LTC): Vidhi Goyal | 8060 |
| Director of Environmental Services: Dilan Ganegoda | 8006 |
| Director of Recreation: Meghan Connelly | 8007 |
| Director of Hospitality: Lisa Price | 8004 |
| Food Services (LTC): Becky Golbeck/ Liz Barre | 8008 |
| Director of Program for Active Living (PAL): Liam Stiles | 8126 |
| Exercise Therapist (LTC): Karen | 8013 |
| Nursing | |
| Charge Nurse LTC | 8055 |
| Psychosocial and Spiritual Well-being | |
| Resident Support Coordinator (LTC): Janessa | 8057 |
| Chaplain (LTC): Mike Zenker | 8011 |
| Volunteer & Student Services (LTC): Noreen Blount | 8010 |
| The Ruby Dining Room | 8224 (bar) |
| Riverstone Spa and Salon | 8227 |

THE GATES GAZETTE

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RETIREMENT

| Role/Name | Extension |
|---|--------------|
| General Manager: Chris-Anne Preston | 8203 |
| Asst General Manager (LTC): Kelly Younger | 8003 |
| Asst General Manager (RH): Ion Zdrengeha | 8204 |
| Administrative Coordinator: Elena Oprea | 8202 |
| Admin Assistant: Clare / Arsha / Revathy | 8201 |
| Neighbourhood Coordinators | |
| Williamsburg: Jennifer Allen | 8208 |
| Emma's/Egerton: Sandy Taylor | 8205 |
| Becker: Victoria Leger | 8239 |
| Department Directors | |
| Director of Wellness (RH): Trish Baird | 8209 |
| Director of Environmental Services: Dilan Ganegoda | 8006 |
| Assistant Director of Environmental Service (RH): Jessica England | 8250 8234 |
| Maintenance Services (RH): Brad/ Will | |
| Director of Recreation: Meghan Connelly | 8007 |
| Recreation Supervisor (RH): Noah Bester | 8207 |
| Director of Hospitality: Lisa Price | 8004 |
| Director of Program for Active Living (PAL): Liam Stiles | 8126 |
| Exercise Therapist (RH): Emily Port | 8216 |
| Nursing | |
| Lead Nurse (RH) | 8255 |
| Psychosocial and Spiritual Well-being | |
| Chaplain (RH): Jane Kuepfer | 8249 |
| Volunteer & Student Services (LTC): Noreen Blount | 8010 |
| Marketing | |
| Dirs. of Lifestyle Options: Sahar/Sophia | 8041/8248 |
| Village Experience Coordinator: Alex Hamley | 8048 |
| The Ruby Dining Room | 8224 (bar) |
| Riverstone Spa and Salon | 8227 |