

View from the Heights

July 2024

Canada Day Saturday, July 1st

Join us for a Canada Day celebration!

Amazing Race (Canada Edition) 10:00am

Open to all residents and families (including children), as we race across Canada performing mental and physical challenges to gain clues to win the grand prize.

Canada Day BBQ (12:00pm)

We will be celebrating Canada Day with a BBQ at noon with burgers, hot dogs, potato salad, coleslaw, chips, pop, beer, and ice cream sandwiches.

Entertainment (2:00pm)

Please join us for entertainment with Jay Vasquez out front (weather permitting) at 2:00pm.



Summer Olympics



Schlegel Villages is once again hosting its own version of Olympic competition, with residents in all villages competing for a spot in the main events to be held at the Villages of Glendale Crossing in London on July 30th and Taunton Mills in Whitby August 1st.

Throughout the month of July, each village is getting into the spirit of friendly competition through five events: sprint (NuStep), soccer, Olympic shooting, canoe slalom and parallel bars.

The Schlegel Olympics, which have been previously held to coincide with the summer and winter games, falls under the organizational quest to celebrate the Wisdom of the Elder. The games 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.

We will be hosting our internal Olympics and tryouts from July 8th to July 12th.

We will be competing against the West villages at the Village of Glendale Crossing in London on Tuesday, July 30th.

Village Events

Details on Pages 11-13

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 proper accommodation, nutrition, care and services consistent with their needs.

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, Team Members and Families,

July is here, and with it comes the excitement of the Schlegel Villages Olympics! This month, our residents will have the opportunity to compete in the internal games at Wentworth Heights, vying for the chance to represent our village in the grand event. Winners of each competition will advance to compete against athletes from other villages, with this year's main event hosted at The Village of Glendale Crossing in London.

The internal games at Wentworth Heights will kick off the week of July 8th. If you have a competitive spirit or simply want to challenge yourself, we invite you to come out and participate in the games of your choice. The events include Soccer, Canoe Slalom, Sprint, Parallel Bars, and Shooting.

Don't miss this chance to showcase your skills and be part of this thrilling event. Let us come together to support our athletes and cheer them on to victory!

In Other News

I am happy to share that Mariana Iacob has accepted the role of Dining Room Supervisor supporting Retirement. Mariana has been serving in our dining room for the last few years, demonstrating our values of hard work, hands-on involvement, and passion. She has a great focus on providing exceptional customer service and has fostered wonderful relationships with the residents she serves.

Recently, Mariana had an opportunity to support two of our sister Villages, gaining experience and strengthening her leadership skills. We are proud of the growth Mariana has demonstrated over the last year and are looking forward to seeing her continued growth as she leads the retirement dining team. Please help me in congratulating Mariana on this new opportunity.

Michelle Wood

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

From the desk of Gabriela DeSousa

Dear Residents and Families,

I hope this newsletter finds you all in good spirits and health.

Starting the fourth week of July, I will officially be going on maternity leave as my husband and I get ready to welcome our baby boy into the world. My husband and I are both thrilled about this new chapter in our lives. We've been busy preparing, and the nursery is mostly put together with a charming Winnie the Pooh theme, which brings a great touch of warmth to our home.

During my absence, you will be in the capable hands of Barbara Taylor- Bhagwan, who will be taking over as interim Assistant General Manager in Retirement. Barbara is dedicated and experienced, and I have full confidence in her abilities.

I want to thank each of you for your understanding and support during this time. Rest assured, our team is well-prepared to continue supporting you with the best care and customer experience.

I look forward to sharing more updates with you all and introducing my little one. I have already made arrangements with Norie in the front office for a spot on the door.

Until then, please do not hesitate to reach out to Barbara or any member of our team for any support you may need.

Thank you,

Gabriela DeSousa



Thank you

Dear Wentworth Heights Residents,
Team Members and Family Members,

I would like to thank you for welcoming me as part of the Village family. I will be moving East to be closer to family and friends and will be leaving the Director of Quality and Innovation role July 17th. I will miss you dearly and will certainly be back to visit when I come to Hamilton in the future.



Best wishes,
Sarah Roberts

Nursing Update

From the desk of Sumeya Aleman

Staying Safe During Hot Weather: Important Precautions

As the summer heat intensifies, it is essential to stay informed and take necessary precautions to ensure everyone's well-being. High temperatures and humidity can pose serious health risks, especially for older adults. Here are some important tips and precautions to help you stay safe and comfortable during hot weather.



Understanding Heat Stress

Heat stress can affect anyone but is particularly dangerous for seniors. Factors such as body weight, general health, age, and certain medications can influence how heat impacts individuals. It is crucial to recognize the symptoms of heat stress early, which include dizziness, fatigue, headache, nausea, and excessive sweating. If you experience these symptoms, take a break, drink water, and inform someone immediately.

- **Drink Plenty of Water:** Even if you do not feel thirsty, make it a habit to drink water regularly. Staying hydrated is the most important step to prevent heat stress.
- **Avoid Alcohol and Caffeine:** These beverages can increase dehydration, making you more susceptible to heat-related illnesses.
- **Wear Light Clothing:** Choose loose-fitting, light-colored clothing that allows your body to cool naturally. Cotton is a good fabric for hot weather.
- **Use Sunscreen and Hats:** Protect your skin from the sun by applying sunscreen and wearing a hat when you go outside.
- **Avoid Outdoor Activities During Peak Heat:** Try to stay indoors during the hottest parts of the day, usually between 10 AM and 4 PM. Plan your outdoor activities for early morning or late evening when it is cooler.
- **Take Breaks in Cool Areas:** If you need to be outside, take frequent breaks in the shade or in air-conditioned spaces to cool down.
- **Keep Curtains Closed:** Close curtains or blinds during the hottest parts of the day to keep your suite cooler.

Recognizing the Signs of Heat-Related Illness

- **Heat Exhaustion:** Symptoms include heavy sweating, weakness, cold, pale, and clammy skin, a fast, weak pulse, nausea or vomiting, and fainting. If you experience these symptoms, move to a cooler location, lie down, loosen your clothing, sip water, and seek medical attention if necessary.

- **Heat Stroke:** This is a severe condition requiring immediate medical attention. Symptoms include a high body temperature (above 103°F), hot, red, dry, or moist skin, rapid and strong pulse, and possible unconsciousness. If you suspect that you have heat stroke, call the lead nurse at ext. 8079, and move to a cooler environment while waiting for help. By staying informed and taking these precautions, we can enjoy the summer safely and comfortably. Let us work together to ensure everyone stays healthy during these hot months. For more information, or if you have any concerns, please feel free to reach out to a member of the clinical team.

Stay cool and safe!

Neighbourhood

News

From the desk of Courtney Roarke

Hello everyone,

It has been a while since you have heard from me as I was on Maternity Leave with my daughter Adelaide for the past 12 months! I enjoyed every single moment with her and feel nothing but pure joy being a first time mama. Now that I am back to work, I am looking forward to catching up with everyone. I am fortunate to still be the Neighbourhood Coordinator for Egerton but I am also equally excited to now support Becker 3rd floor and cannot wait to get to know more residents and families along the way. If you have any questions, concerns, or just want to meet and greet - please don't hesitate to come say hello to me on the 2nd floor!

As we welcome the Summer months, I'd like to wish you all a Happy Canada Day and hope you can join us here at The Village to celebrate together. We are going to have delicious BBQ foods and drinks, entertainment, and LOTS of fun!!

Thank you,
Courtney Roarke (Neighbourhood Coordinator – Egerton & Becker 3rd Floor)

Here is a little Canada Day Trivia to kick start your JULY!!

1. What is Canada's national animal?

- A. Polar Bear
- B. Moose
- C. Beaver
- D. Wolverine

2. Which famous superhero was co-created by a Canadian?

- A. Wolverine
- B. Superman
- C. Spiderman
- D. Batman

3. A “barrel roll” is a trick in Canada’s national summer sport. What is that sport called?

- A. Fishing
- B. Basketball
- C. Football
- D. Lacrosse

4. Canada is the world’s largest exporter of what fruit?

- A. Blueberries
- B. Apples
- C. Grapes
- D. Raspberries

From the desk of Barbara Taylor-Bhagwan

We are committed to making your living environment as pleasant and comfortable as possible, and we would like to share some important updates and reminders.

Garbage Disposal:

To keep our Village clean and friendly, please remember to separate your waste and utilize the designated bins for recycling. Please remember, general waste must be placed down the shoot, not on the floors in the garbage rooms. Let us be mindful of our neighbourhoods.

Enjoying Outdoor Spaces:

As the weather gets warmer, we encourage you to take full advantage of our beautifully maintained gardens and walking paths. Outdoor activities can be beneficial for your health and well-being. Please remember to carry your litter back with you to the nearest bin to keep these areas pristine for everyone's enjoyment.

Housekeeping:

Our housekeeping team works diligently to maintain the cleanliness of common areas. You can help by ensuring your personal spaces are tidy and reporting any spills or messes immediately.

Maintenance:

To enhance your living experience, please report any maintenance issues, such as faulty lighting, plumbing, or heating, to our maintenance team as soon as possible. We strive to address all concerns promptly and efficiently.

Thank you for your usual co-operation in making Wentworth Heights such a wonderful Home.

Hospitality News

From the desk of Michelle Piccolo

I am so happy that I can officially say WELCOME TO SUMMER!

I love this time of year, the sunshine, the nice weather and especially, BBQs! Our BBQs this month are on July 1st (Canada Day), July 17th and July 31st. Please join us on these dates to enjoy the tasty BBQ lunches. We will see you there!

BBQ Menus:

Canada Day:

Hamburger or Hotdog with all the fixin's
Potato salad
Coleslaw
Chips
Ice cream

July 17th:

BBQ chicken on a bun
Macaroni salad
Chips
Ice cream

July 31st

BBQ sausage on a bun
Broccoli slaw
Chips
Ice cream

Thanks to all who came out to our "Lettuce Talk Food" meeting last month! We will see you again on July 9th at 9:30am for Emma's and Egerton Neighbourhoods and then at 10:30 in the Hobby shop for Williamsburg, Becker and Ailsa Craig.

HAPPY CANADA DAY AND EAT WELL!

The Hospitality Team

The Ruby

JULY

Welcome to the month of July at The Ruby! As the sun shines brightly and the days grow longer, we are thrilled to welcome the vibrant season of summer with open arms. It's a time to embrace the beauty of nature, bask in the warmth of the sun, and savor the simple pleasures that this season has to offer.

Aloha everyone! Get ready to embark on a tropical escape right here at The Ruby with our upcoming Tropical Luau. Put on your best Hawaiian attire, grab a lei and indulge in a feast of tropical delights and island-inspired dishes right here at home!

Mark your calendars and bring your friends for a night of good food, great music, and even better company at this month's Music of the Night! Sign up with Rec to join us for a fun-filled evening of mouthwatering barbecue dishes and live toe-tapping tunes that will have you grooving all night long.

Just a friendly reminder that we've got your back this summer with Ruby on the Run every Wednesday from 11:30 am to 2:00 pm! Yes, that's right, even on days when we're having a Village-wide BBQ lunch, we've still got you covered.

At The Ruby, we are all about creating unforgettable moments for our guests, and we are so excited to share these special events with you! Come join us this July for a month packed with scrumptious food, wonderful company, and loads of fun!

Always,
Your Ruby Team

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

UPCOMING EVENTS

TROPICAL LUAU

FRI. JULY 26TH

Escape the ordinary and immerse yourself in the spirit of aloha at our Tropical Luau Themed Dinner Event. Whether you're a seasoned hula dancer or just looking to enjoy a taste of the tropics, this event promises to be a memorable evening filled with laughter, good food, and great company!

\$25+tax per person

Reservations encouraged, but not necessary

MUSIC OF THE NIGHT:

SIZZLING BBQ

TUES. JULY 16TH

Get ready to fire up the grill and turn up the music at our upcoming BBQ Themed Music Night! Join us for a sizzling evening filled with delicious barbecue delights and toe-tapping tunes that will have you dancing all night long

\$25 per person

Sign up with Rec

HOURS OF OPERATION

WEDNESDAY TO SATURDAY

Wednesday:

Ruby on the Run on Main

St. at 11:30am-2:30pm

Open for dinner: 4-7pm

Thursday through Saturday:

Open for lunch: 12pm-3pm

Open for dinner: 4pm-7pm

(Last reservation is taken at 6:30pm)

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!**

Village Events

Joint LTC & RH

- Monday, July 1st—Canada Day (Dress in Red and White)
- Monday, July 1st—10:00am Amazing Race: Canada Edition
- Monday, July 1st—2:00pm Entertainment with Jay Vasquez
- Monday, July 8th to Friday, July 12th—Internal Wentworth Heights Olympics
(please see page 13 for more information)
- Tuesday, July 9th—10:00am-3:00pm Hardt Designs -\$ vendor –MS
- Thursday, July 18th—2:30pm Armchair Travel: Africa—TH
- Tuesday, July 23rd– 10:00am-3:00pm The Boutique-vendor \$– MS
- Tuesday, July 23rd—2:30pm Summer Parade—MS
- Tuesday, July 30th—10:00am-3:00pm EZ Fit Shoes—vendor -\$

Long Term Care

- Thursday, July 4th—3:15pm Residents' Council—CC
- Friday, July 5th—8:30am Men's Breakfast—CC
- Friday, July 12th—2:00pm Flying Furball Dog Show—Back Patio
- Saturday, July 13th— 2:00pm Entertainment with Michael Thornton on Stonechurch
- Friday, July 19th—3:00pm Happy Hour with Antonella Vizzini—MS
- Thursday, July 25th—12:00pm Ladies' Lunch—CC
- Friday, July 26th—2:00pm Birthday Bash—CC
- Saturday, July 27th—2:00pm Luau Party with John Pebble on Carrington
- Wednesday, July 31st—5:00pm Diner's Club: Pizza & Wings

Retirement

- Thursday, July 11th– Breakfast Club– sign up
- Saturday, July 13th– 2:00pm Ronnie Russell –EG
- Tuesday, July 16th– 10:30am Recreation Feedback Session—HS
- Tuesday, July 16th– 5:30pm Ruby Music of the Night—Bruce Tourney \$
- Friday, July 19th—3:00pm Happy Hour with Susie Z Live –EM
- Thursday, July 25th—Diners Club—Pollies Pizza and Wings–sign up \$
- Saturday, July 27th– 2:30pm—Ron Tansley performs– TH

***Please note that the Paris Summer Olympics begin Friday, July 26th at 1:00pm-TH**

Village Outings

Joint LTC & RH

- Tuesday, July 30th—Schlegel Villages West Olympics—Village of Glendale Crossing

LTC

- Thursday, July 4th—11:00am Blue Jays Game (Blue Jays vs. Astros)
- Friday, July 19th—11:00am Hutch's on the Beach

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

Retirement

- Tuesday, July 2nd— 10:30am Country Drive (EM/EG)
- Tuesday, July 2nd—1:30pm Walmart Shuttle
- Tuesday, July 9th—1:00pm Fielding Estates Wine Tour- \$
- Wednesday, July 10th— 10:00am-3:00pm Niagara Casino
- Monday, July 15th -10:30am Morning Swim at the YMCA
- Monday, July 15th -2:00pm Gage Park (EM/EG)
- Tuesday, July 16th—1:30pm Freshco
- Monday, July 22nd— 10:30am Whistling Garden Picnic -\$
- Tuesday, July 23rd—1:30pm NoFrills (Rymal)
- Thursday, July 25th—9:30am Mens' Club Outing
- Sunday, July 28th—12:30pm Port Dover Lighthouse Theatre- (sold out)
- Monday, July 29th—1:30pm Dutch Mill
- Tuesday, July 30th—7:00am Olympics –Glendale Crossing (Olympians)
- Wednesday, July 31st –2:00pm –Bayfront Park Picnic (EM/EG)

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 Tuesday, July 2nd in the Hobby Shop.

Due to Canada Day Events we will host sign- up a day later. For outings scheduled on July 2nd we will have a small sign- up on July 1st.

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

COMING SOON!

SCHLEGGEL

OLYMPICS

JULY 8 - 12

SPRINT - NUSTEP



- MONDAY JULY 8TH
 - 2:30 PM OPENING CEREMONIES W/ ENTERTAINMENT: ESCAPADES
 - SPRINT - NUSTEP (TOWN HALL)

SOCCER



- TUESDAY JULY 9TH
 - 2:00PM (LTC - MAIN STREET)
 - 2:30PM (RH - MAIN STREET)

OLYMPIC SHOOTING



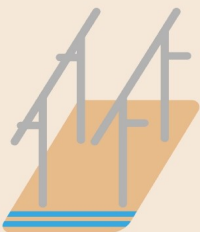
- WEDNESDAY JULY 10TH
 - 2:30PM (TOWN HALL)

CANOESLALOM



- THURSDAY JULY 11TH
 - 2:00PM (LTC - MAIN STREET)
 - 2:30PM (RH - MAIN STREET)

PARALLEL BARS



- FRIDAY JULY 12TH
 - 2:00PM (FITNESS CENTER)

**INTERESTED? CONTACT DAN (EXT. 8113)
OR MOSES (EXT. 8031)**



Retirement

There will be no Foot Care Clinic in the month of July.



The next clinic will be August 8th and 9th. The Foot Care Clinic for the Becker and Ailsa Craig neighbourhoods will be on August 12th 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 July 14th.

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

Scavenger Hunt in July

~ Come to the salon to find out more ~

Have you heard?

We want to display your picture on Main Street.

That is the goal of an interesting and “never been done before” project for the entertainment of the residents, staff, visitors, and families.

It will be open **September 30th** for two weeks.

We need your help and your **WEDDING PICTURE**

The last couple of weeks in June there will be tables set up by the gazebo and there will be people there seated to receive your picture and get some personal information from you (names, floor #, how many years married).

We will take **VERY GOOD CARE OF IT!**

They will be stored and displayed in a plastic sleeve.

We need some people to volunteer to sit at the tables to receive and tag them.

On the night of Sunday, September, 29th, we will be hanging the display after dinner. We need “person-power” to get it accomplished and we urge you to offer to help with organizing and hanging -tall people, short people, seated people and others. It may take half into the night but the more help we have the shorter the night!!

If you are willing and able to loan a picture and or help, please give your name to:

Barbara Sackett -2615

Karen Cook- 2813

Barbara Hillmer- 2527

Barb Jepson- 2318

THE FUN PART:

For the first two weeks the names will be hidden. There probably will be guessing games and prizes. Identities will be revealed the second week and you will hear: “Is THAT you?”



Chaplain's

Corner

This July, Wentworth Heights will host our own Olympic Games!

As a student counsellor, my event could begin with, "On your mark, get set, Listen!" And with the support of the Village, I am hitting my stride. In June, Janet and I hosted a Gathering of recently arrived

residents. With their participation, I hope to establish a recurring group to support future incoming residents.

Times and dates for programs with Janet and Ankit are in the monthly calendar.

Movie with Janet: A Mystery Movie!

Bible study with Ankit

Sing-a-long with Janet

Please note that Janet and I plan to offer a Grief Gather group in the fall. Details to follow.

With gratitude,
Elizabeth

July Services

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

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

World Wide Communion will be held on Sunday, October 6th.

In Memoriam...

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

**Marie Bertrand
Theresa Crawford
Charles Eleveld
Ada Rideout
Anne Schmidt**



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, October 30th, 2024.

Volunteer Update

From the desk of Andrew Sangster

Hello all,

Welcome to the volunteer section of the newsletter! As we enter the heart of summer, we are grateful for each of you who continue to dedicate your time and effort to the Village and residents. Your commitment makes a meaningful difference in our village community, and we are excited to update you all things regarding volunteers and students.

I hope that you will get a chance to meet some of the new volunteers that have decided to join us. They may be assisting with the programs and activities that you attend and enjoy. When you see them around the village, please assist by giving them a warm welcome and as they embark on their newly found volunteer journey.

In July, we will have many Mohawk College students begin a practical placement. They will be placed and spread throughout village neighbourhoods. They are excited to learn along side the village team. Please welcome them as they come to the village to learn and practice their respective theory and skills. We hope that they will enjoy their time with us and have an exceptional placement experience.

As always, if you are interested in available volunteer opportunities, please email Andrew Sangster at Wentworth.volunteers@schlegelvillages.com or by telephone at 905-575-4735 ext.8009

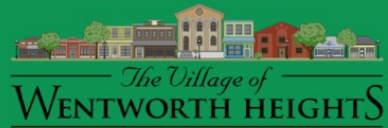
Thank you



Schlegel Villages'
Volunteers



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 ALL ITEMS!**

Located at the end of Main Street in retirement.



\$2

Greeting Cards



\$1

Assorted Pop



\$1

Muffins (Tuesdays)



\$1.50

Canned Soup



\$3.50

Cookies



\$1.50

Chocolate Bars

Open Tuesday, Thursday and Saturday 10am-4pm.
NOW OPEN WEDNESDAYS 10am-6pm.

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, September 19th,
@ 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, July 4th 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) or Marie Vanlouwe
(Recreation Team Member).

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, July 25th 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.



Room Reservations

Room Reservation Policy...

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

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

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

Community Centre -Available **after** 4:30p.m.
Maximum of 20 people.

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

Country Kitchens—Available upon Request

School House— Maximum 20 people

Education Room (LL)— Maximum 40 people

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



Upcoming Services

Denture Services

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

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

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



Footcare

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

Retirement:
NO CLINIC SCHEDULED THIS MONTH

Long-Term Care:
Week of July 14th

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

Hearing Clinic

Upcoming dates on:
July 3rd, 17th and 31st

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.

July 11th

Clinic will be held in the Rymal neighbourhood country kitchen.

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 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

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



Audiology & Hearing Health Services for You and Your Loved Ones

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- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

In Council Chambers on Retirement Main Street:

July 3rd, 17th and 31st

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

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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OUR NEXT DATE:

JUL 11th

It's a great chance to get healthier and
experience the feeling of a refreshed mouth :)

Signs and symptoms of heat illness



Heat exhaustion

If you or someone you are with experience any of these symptoms, immediately move to a cool place and drink fluids; water is best. Alert a registered team member as soon as possible.



Skin rash



Muscle cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination

Heat stroke



High body temperature



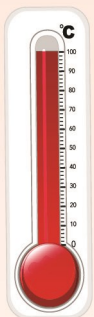
Confusion and lack of coordination



Dizziness or fainting



No sweating, but very hot, red skin



Heat stroke is a medical emergency – immediately report to a registered team member or call 911 if away from the Village. While waiting for help-cool the person right away by:

- Moving them to a cool place, if you can;
- Remove excess clothing (layers);
- Applying cold water to large areas of the skin; and
- Fanning the person as much as possible.

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



Happy Canada Day

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.

RESEARCH MATTERS

RIA FEATURE

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.

YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

Michelle Wood – General Manager Michelle.wood@schlegelvillages.com	Ext. 8028
Sara Calder – Assistant General Manager Sara.calder@schlegelvillages.com	Ext. 8060
Lori Ross – Administrative Coordinator Lori.ross@schlegelvillages.com	Ext. 8027
Melissa Marks-Truscello – Interim Director of Recreation Melissa.marks@schlegelvillages.com	Ext. 8035
Daniel Lazniewski – Kinesiologist/Exercise Therapist Daniel.lazniewski@schlegelvillages.com	Ext. 8113
Jody McDonald – Resident Support Coordinator Jody.mcdonald@schlegelvillages.com	Ext. 8305
Gina Yukich – Interim Director of Nursing Care Gina.Yukich@schlegelvillages.com	Ext. 8034
Chris Micheletti – Assistant Director of Nursing Chris.micheletti@schlegelvillages.com	Ext. 8329
Danica Milos – Assistant Director of Nursing – RAI Coordinator Danica.milos@schlegelvillages.com	Ext. 8066
Michelle Roukema – Neighbourhood Coordinator for Rymal & Stonechurch Michelle.roukema@schlegelvillages.com	Ext. 8036
Andrea Walker – Interim Neighborhood Coordinator for Carrington & Scotsdale Andrea.walker@schlegelvillages.com	Ext. 8048
Barbara Taylor-Bhagwan – Director of Environmental Services Barbara.TaylorBhagwan@schlegelvillages.com	Ext. 8070
Donna Padget – Director of Food Services Donna.padget@schlegelvillages.com	Ext. 8015

YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

Michelle Wood – General Manager Michelle.wood@schlegelvillages.com	Ext. 8028
Gabriela DeSousa – Assistant General Manager Gabriela.desousa@schlegelvillages.com	Ext. 8075
Lori Ross – Administrative Coordinator Lori.ross@schlegelvillages.com	Ext. 8027
Sherri Young – Interim Recreation Supervisor Sherri.young@schlegelvillages.com	Ext. 8332
Moses Genat – Kinesiologist/Exercise Therapist Moses.genat@schlegelvillages.com	Ext. 8031
Marianne Pelayo – Director of Wellness Marianne.pelayo@schlegelvillages.com	Ext. 8072
Sumeya Aleman — Assistant Director of Wellness Sumeya.aleman@schlegelvillages.com	Ext. 8301
Courtney Roarke – Neighbourhood Coordinator for Egerton Courtney.roarke@schlegelvillages.com	Ext. 8077
Chanelle Cavey – Neighbourhood Coordinator Williamsburg and Becker Chanelle.cavey@schlegelvillages.com	Ext. 8080
Blessing Iwegim – Neighbourhood Coordinator for Emma’s and Ailsa Craig Blessing.iwegim@schlegelvillages.com	Ext. 8081
Barbara Taylor-Bhagwan – Director of Environmental Services Barbara.TaylorBhagwan@schlegelvillages.com	Ext. 8070
Duro Brajic – Environmental Service Supervisor Duro.brajic@schlegelvillages.com	Ext. 8071
Michelle Piccolo —Director of Hospitality Michelle.piccolo@schlegelvillages.com	Ext. 8074
Nicole Andreatta & Bradley Hiltz —Director of Lifestyle Options Nicole.andreatta@schlegelvillages.com & Bradley.hiltz@schlegelvillages.com	Ext. 8067/8068
Holly Ross – Interim Village Experience Coordinator	Ext. 8069
Lead Nurse Call this number for any health related emergency	Ext. 8079