

The Gates Gazette



Preparing for the Schlegel Village Olympics



2024 Elder Wisdom Event



Sundaes for Seniors Month

Village News

Long-Term Care

Residents' Council

July 11 at 2pm in
the Chapel

Food Committee

July 24 at 2pm in
the Chapel

Canada Day July 1

Come join us at 2pm on Retirement Patio for a Canada Day Party with Bill Loeb sack! Ice cream and strawberries will be served during the event. (If weather is bad the celebration will be moved to LTC Main Street)

YMCA Campers Visit

Wednesdays at 10:00am we will be having a group of YMCA campers visit on Main Street. Join us for a morning of fun, intergenerational activities.

We can't wait to see you all there!



Happy Birthday!

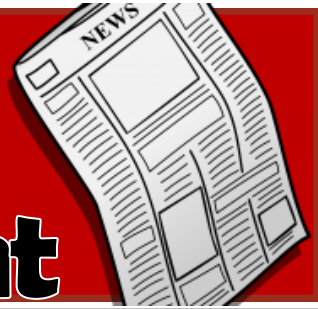
Beulah F.
Robert A.
Vera L.
Margaret A.



Myrna W.
Eman A.
Barbara F.
Daphne G.

Village News

Retirement



Canada Day July 1

Come join us at 2pm on Retirement Patio for a Canada Day Party with Bill Loeb sack! Ice cream and strawberries will be served during the event.
(If weather is bad the celebration will be moved to LTC Main Street)

Coming soon
in August 2024...

Retirement Item Swap

Start sorting through the items you wish to donate. More details coming soon!!

RESIDENT COUNCIL

Neighbourhood Reps Meeting:

July 24th 3:00pm
In Council Chambers

Vendors Coming to the Village



July 5 The Boutique
10-2:30

July 11 Vicky's Gems
10-3

July Birthdays!

Anna B.
David C.
Elizabeth C.
Bruce C.
Vernon C.
Martha D.
Dulcie F.
Phyllis F.
Wilhelmina G.
Olga G.
Allan G.

Brigitte H.
Ann H.
Janet H.
Lee K.
Jack K.
Larry L.
Phyllis L.
Ken L.
Alice M.
Larry M.
Kenneth M.

Joseph M.
James O.
Peter R.
Waltraud S.
Ellen S.
Suzanne S.
Carl S.
Beryl S.
Ted W.
Jean W.

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)*

KINDNESS

/'kain(d)nəs/ noun

1. Loaning someone your strength instead of reminding them of their weakness.

ENLIGHTENED
CONSCIOUSNESS

Special & Religious Holidays This Month

1st Canada Day

7 Muharrum (*until August 4)

16 Ice Cream Day

24 International Self Care Day

26 Olympics (*until August 11)



Spiritual Life Gatherings

- Tuesdays **9:30am** Rosary Service
- Thursdays **9:30am** 'Hymns' Chapel Service.
- Wednesday afternoons 3pm 'Spiritual Conversations. Meeting in the Chapel July 3, 24, & 31

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

The Friend Who Cares *(Henry Nouwen)*

When we honestly ask ourselves which persons in our lives mean the most to us, we often find that it is those who, instead of giving much advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not-knowing, not-curing, not-healing, and face with us the reality of our powerlessness, that is the friend who cares.

The Beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.

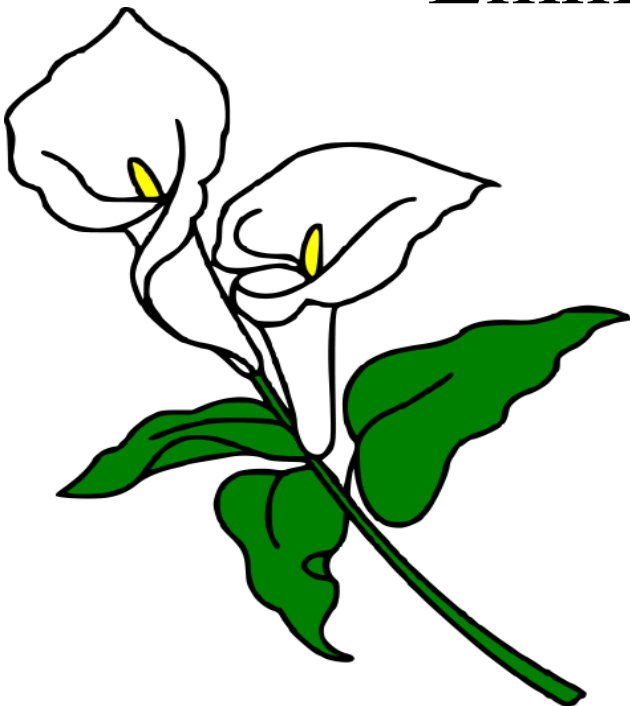
Thomas Merton

You will never look into the eyes of someone God does not love.
Always be kind.

We Remember



Phillip C. (LTC)
Georgia D. (LTC)
Leonhard F. (LTC)
Shu M. (LTC)
Sheila T. (LTC)
Adolf M. (RH)
Emma V. (RH)



*Thank you for sharing
your time with us*

Our Spiritual Life Together

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

a

519-904-0650 x 8249

**July! A time to sit back
and enjoy the beauty
and freedom of
summer days!**



**What does the month of July
bring to mind for you? Ice cream?
Sandcastles? Making hay? Sail-
boats and sunsets? May you bask
in the simple pleasures of this July
as you hold warm memories of
July's past.**

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

**Two Spiritual Life Gatherings:
Tuesday, July 16th with Jane
and July 30th with Mike Zenker
- both at 2:30 in the Town Hall.**



Other weekly gatherings:

**Thursdays at 10:15 in Egerton and at 11 'Good morning God!' group
in the library (devotion & prayer)**

Sunday evening "Let's Sing!" Our time of singing
together will be somewhat more spontaneous
and casual during the summer months—Meet at
7:30 in the Town Hall if you'd like to sing with
some neighbours!



Roman Catholic Communion and Prayers (Town Hall, then Egerton):

Sunday July 7th at 10:45, Sunday July 21st at 10:30

Communion and Rosary: Thursday July 11th at 2:00 pm

Mass: Friday July 26th 11am with Father Jamroz (confession available
before and after)

A MESSAGE FROM YOUR PAL TEAM

WATERLOO PARK RETIREMENT WALKING GROUP

WHEN: EVERY MONDAY

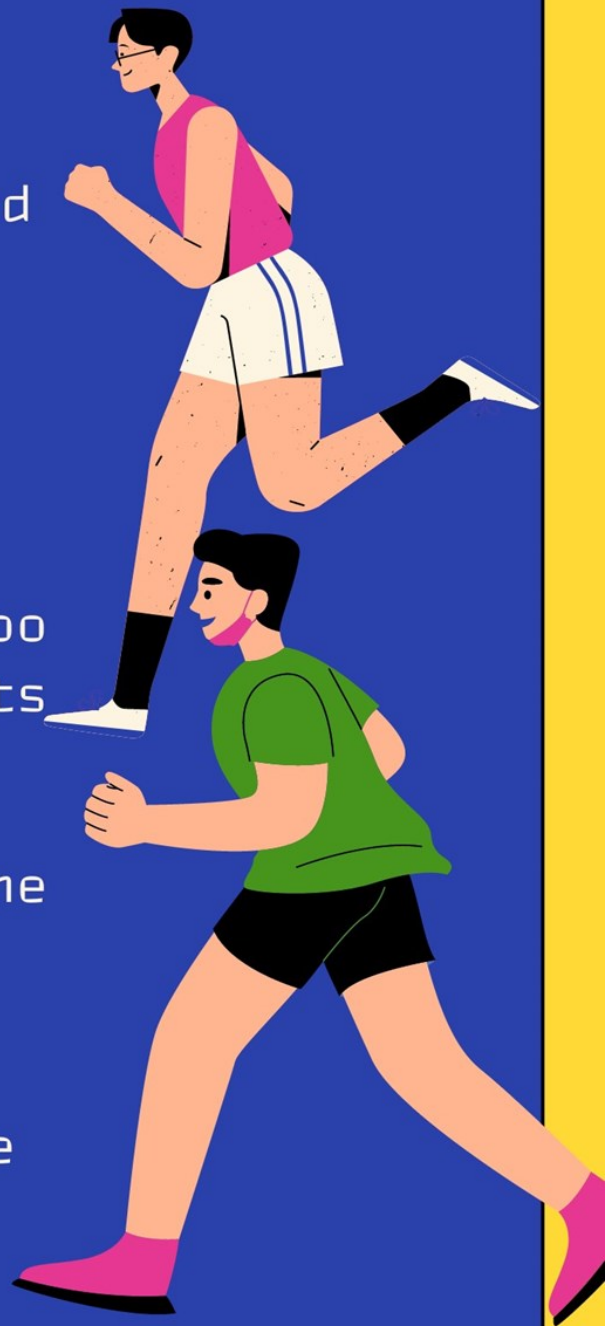
Sign ups will be posted
at hobbyshop due to
limited spaces

TIME: 2:30-4:00 PM

Enjoy walking around
silver Lake in Waterloo
park if weather permits

Rain location will be
the indoor track at the
Waterloo Rec Centre

We will be bussing to
Waterloo Park from the
village



June Athlete of the Month

Penny Robertson

Penny is a motivated athlete who is always willing to attend any exercise class or try a new exercise, even if it's something she has never done before.

She always makes time to exercise even if she is busy or not feeling 100%! Penny really enjoys doing sit-to-stands at the hallway railing to improve her lower body strength



About Me

- Penny is a book worm! She especially enjoys historical fiction.
- Penny loves singing and likes to help out with the Baby Jamboree here in the village
- Penny used to teach 1st grade and was a teacher for 35 years! She is also proud that her granddaughter has followed in her footsteps and is a teacher as well



Fitness Goals

Penny is working hard towards building her strength and endurance to be able to stand and walk independently!

Fun Fact!

Penny used to be in multiple choirs!



Quality & Innovation

LTC Quarterly Update



Quality Improvement and Innovation

- Quality Improvement Plan submitted to Ministry of Long-Term Care on March 29, 2024 – see Family Council or Resident Council minutes for details
- Innovation Team began on April 29, 2024 – first innovation cycle will focus on usage of MealSuite (program used to track diets, food, drink)
- Innovation Catalyst attended Innovations in Dementia Day on June 3-4, and is working on development and testing of an innovative idea related to supporting residents with dementia

Quality Assurance & Risk Management

- Prevention of Abuse, Neglect & Retaliation continuous quality improvement audit score improved from 73% in 2023 to 93% in 2024
- Audit of neighbourhood medication carts saw overall 75% improvement in scores between 2023 and 2024
- Additional team member added to the Personal Expression Resource Team to support with care in the evenings
- Trialing new orientation content, with hopes of ensuring consistency
- Amalgamating action plans and goals tracking to increase speed of goal completion

Informatics

- **Decrease** in incidences of residents with infection (including UTIs) in the last quarter – UG is consistently below Ontario average each quarter over the last year
- **Improved** bladder continence in the last quarter– UG is consistently above Ontario average
- 23 Critical Incidents reported to MLTC in Q1, **decreased to 14** in Q2
- Percentage of potentially avoidable Emergency Department visits significantly better than Ontario and Schlegel Village averages, **at 13.1%**

We would like to extend a Big Thank You to our team whose hard work every day makes these improvements and initiatives possible!

For More Information, please join us on July 18, 2024 or email me at tricia.bakelaar@schlegelvillages.com



• Resident Right 24

Every resident has the right not to be restrained, except in the limited circumstances provided for under this Act and subject to the requirements provided for under this Act.

YOU'RE INVITED TO
UNIVERSITY GATES'
OPENHOUSE

Family & Resident
Information Fair

VISIT MAIN STREET
2PM-7PM

THURSDAY JULY 18TH

MEET OUR VILLAGE TEAM,
EXPLORE BEHIND THE SCENES
OPERATIONS
&
LEARN HOW WE SUPPORT THE VILLAGE



The Village at
UNIVERSITY GATES

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.



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

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



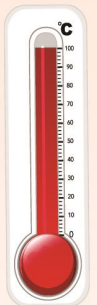
Confusion and lack of coordination



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.

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.

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

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



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RH Residents each have private phone numbers



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: Theresa / 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