

# Riverside REVIEW

Vol. 26 Issue 7 July 2024

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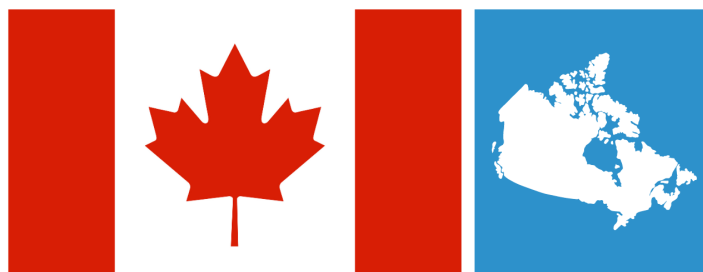
## Mission Statement

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



The Village of  
**RIVERSIDE GLEN**

# CANADA



GOVERNMENT	Federal parliamentary state
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CAPITAL	Ottawa
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POPULATION	36 million
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OFFICIAL LANGUAGES	English, French
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CURRENCY	Canadian dollar
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*Message from*

# BRYCE MCBAIN

Dear Residents, Families and Team Members,

Thank you to everyone who helped make our fathers feel special on Father's Day.

Thank you to all our residents and team members who helped us celebrate Senior's Month, Pride Month and June 27<sup>th</sup>, Canadian Multiculturalism Day. We are honoured to serve our elders and honour diversity in village life.

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

Throughout the first week of July, our village is getting into the spirit of friendly competition through five events: canoe slalom, parallel bars, shooting, NuStep race and soccer. In the broad scope, the Schlegel Olympics, which have been previously held in the villages to coincide with the true summer and winter games, falls under the organizational quest to always 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 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. That sense of togetherness spreads well beyond the villages as east and west converge for the main events. This is an opportunity for team members and residents to show village pride while connecting with the broader Schlegel Villages family, all in the name of seeking the all-important bragging rights as a champion team. Good luck to all participants in our Schlegel Villages Olympics!

Have a Happy Canada Day everyone!!!

Bryce  
General Manager

# Chaplain's Corner

To: Residents, Family, and Team Members

Last week I attended a day conference on Spirituality and Aging and the theme was “From Problem to Possibility”. So often we view aging as more problem than possibility, and this is often the way society acts towards aging. We joke about the aches and pains that seem to come with growing older. We talk about those “senior moments” when we lose our train of thought. Our speaker, however, spoke about the possibilities of aging. Did you know that the 80 plus age group is statistically the happiest and most content age group? Did you know that technology is connecting seniors, as they are learning to video chat with grandchildren, connecting with friends they can't physically visit, using learning opportunities on line? Statistically this is the opposite for young people; young people constantly on technology statistically are more disconnected, depressed, anxious; seems it has the opposite effect. The one major take-away I thought was a great idea was called the 3/3 suggestion. In the morning think of 3 things for which you are grateful. At night think of 3 things from your day for which you are thankful. That's 6 gratitude practices a day—good idea, wouldn't you say. Try it for a month and see what it does for you. I'm going to try it and I'll let you know.

One other note: On Sunday July 21 @ 3 we will be dedicating a bench by the bird feeders outside Retirement in memory of Lloyd Hetherington and his wife, Margaret. Many of you will remember Lloyd as one of our residents in Williamsburg who was very busy reaching out to residents through Church services and was instrumental in starting up The Buzz. Since he was a Salvation Army Officer, the Salvation Army Band will be here along with many of their family. So come out and enjoy outside the hair salon.

Blessings to you,  
Rev. Brenda Woodall

## In Memoriam

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

*Joseph W*  
*Joseph D*  
*Muriel C*

*Donna T*  
*Nealon J*  
*Ruth F*



# *Riverside Glen* *welcomes new residents*

*to our community*



*Ē Komo Mai*

*Bem-Vindo*

Welkom

## Welcome

Witajcie

*Benvenuto*

Bienvenue

*Karibuni*

### *Retirement*

Russ J  
Olga V  
Egil R  
Jim M

### *Long Term Care*

Renzo B  
Lawrence D  
Kate F  
Joan V



# 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.

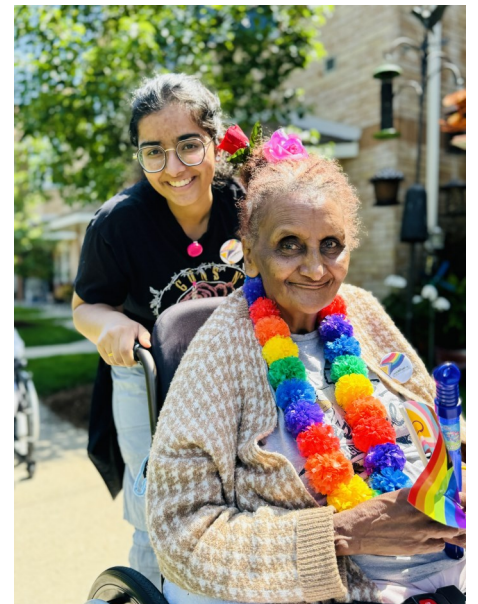
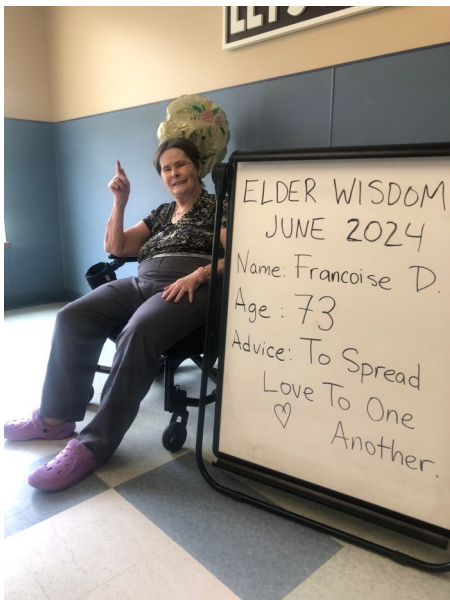
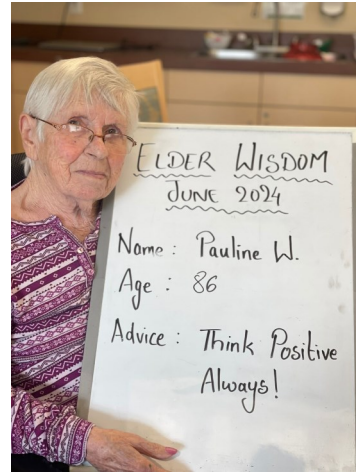
### Flax seeds

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.



# PHOTO REVIEW OF JUNE



# COMING UP IN JULY

Monday July 1st

Canada Day Celebration  
with The Piano Tuners

Wednesday July 3-5th

Riverside Glen Village  
Olympics Events

**Sunday, July 7**

**Boat For Hope**

Wednesday, July 10th

Summer 1930's Party

Sunday, July 21st

Garden Bench Dedication

Tuesday, June 30th

Schlegel Villages  
Olympics Outing

## Vendors

### **Tradition's Alive**

Monday, July 15th: 10-2 Mainstreet RH

### **Cameron Cards**

Thursday June 11th: 10-2 Mainstreet RH





# 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.



# 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



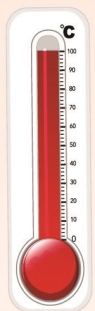
Confusion and lack of coordination



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.

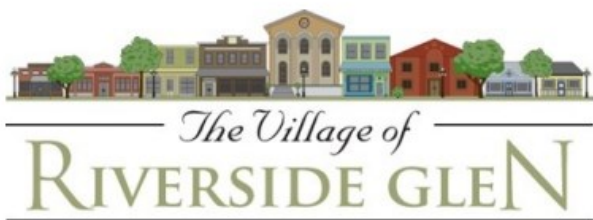
# Athlete of the Month: Lucy Louie!



This is Lucy Louie, July's Athlete of the Month! Lucy can be found exercising in group classes or getting her steps in. Lucy is very dedicated to keeping active and has maintained her independence. Lucy can always be seen walking with her daughters or on her own. Lucy is always up and ready to get into exercise mode and her independence proves it. Congratulations Lucy!







**Happy July From the PAL team!**  
**July will feature the Summer Olympics!**

## Did You Know?

- The first known Olympics were held in Olympia in 776 BC
- The first modern era summer Olympics was held in 1896 in Athens Greece where 280 male athletes from 12 different countries attended



PARIS 2024



A total of 40 sports are in the Olympics, 32 of these sports are featured in the upcoming Paris 2024 Olympics.

## Fun Facts!

- The Olympic symbol of the 5 rings represents the union of 5 continents bringing together athletes from all over the world
- The USA has won the most medals overall in the summer Olympics
- Women competed for the first time at the 1900 Games in Paris
- Running is the oldest Olympic sport from 776 BC to now

**Your PAL Team Adrienne, Emily, Melissa, & Mary**







## Audiology & Hearing Health Services for You and Your Loved Ones

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- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

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

**1-888-745-5550**

[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)



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# Paris in Summer

The **bold** words listed below can be found vertically, horizontally, diagonally, forward, and backward.

R B I N T E Y X T A T S C R T  
X I A B Y E C J J N B E A A R  
S N E D R A G A O P D L T O I  
H E O G Z I I P L X Q L A R A  
S A I P Y R D L C A S I C H N  
T I E F O T O G N W P A O E O  
E M G H F U U O E Z C S M T N  
K N K N V E T A L J A R B T C  
R A Q R U R L N E N I E S E U  
A Y E I E R B Q A B A V B L L  
M X V D A R T S F L D H P L T  
K F A S H I O N T B I C V I U  
J M R U E O C E R C A S R V R  
E Y R O T S I H A Q M V L A E  
U A Q U A B O U L E V A R D P



**AQUABOULEVARD**

**ART**

**BEAUTY**

**CATACOMBS**

**CULTURE**

**EIFFEL TOWER**

ESTATE OF **TRIANON**

**FASHION**

**GARDENS**

**HISTORY**

**LOUVRE**

**NOTRE-DAME**



**PALACE OF VERSAILLES**

**PARC DE LA VILLETTE**

**PONT DES ARTS BRIDGE**

**RUNGIS INTERNATIONAL MARKET**

**SACRÉ-COEUR BASILICA**

**SEINE**



# Happy Birthday

## Resident Birthdays

## Team Member Birthdays

### VILLAGE VOICE NEWSLETTER

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

**www.  
schlegelvillages.com**

Ruth W	July 01
Frederick S	July 04
Robert C	July 05
Doug G	July 05
Mary Kathe M	July 06
Elizabeth M	July 06
David K	July 08
Walter F	July 10
Mavis H	July 10
Noreen F	July 11
Urve A	July 11
Patricia S	July 12
Bozid R	July 13
Ferenc S	July 14
James G	July 14
Mary S	July 16
Milka H	July 17
Shirley K	July 18
William H	July 18
Helen P	July 19
Jocelyn A	July 19
Barbara S	July 23
Joanne M	July 25
Edward M	July 25
Elma N	July 26
Susanne B	July 27
Carol R	July 29
Doreen S	July 30
Thelma S	July 30
Doris H	July 31

Lakhvir R	July 01
Kiera C	July 02
Liliane N	July 03
Joanne L	July 05
Carol C	July 05
Becki L	July 06
Alexander W	July 07
Ayden B	July 08
Pragati P	July 08
Allison K	July 09
Meighan A	July 11
Annette S	July 12
Frank P	July 14
Michael A	July 15
Djrei D	July 17
Abigail V	July 18
Priya S	July 20
Joanna M	July 23
Akhila K R	July 26
Sudanthiramani S	July 29
Carrie W	July 31



@Riverside\_Glen



Www.facebook.com  
/RiversideGlen



google.com/  
+VillageOfRiversideGlenGuelph



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

## Birthday Celebrations

### **Retirement Birthday Party**

Tuesday, July 16th @ 2:00pm in the café  
with Aidan Purnell

### **Long Term Care Birthday Party**

Thursday, July 25th @ 2:00pm in the café with John &  
Sheila

# The Village of Riverside Glen Directory

Phone 519.822.5272

## Retirement Home

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

# The Village of Riverside Glen Directory

Phone 519.822.5272

## Long Term Care Home

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