

The Winston Word

July 2024 NEWSLETTER, VOLUME 7 ISSUE 7

JULY 2024

Cruise Night 2024



EAR & HEARING CLINIC

at Winston Park

For an appointment with an
Audiologist please call

1-888-745-5550

Hearing Tests, Hearing Aids,
and Repairs.

Juliane Shantz
Doctor of Audiology

Happy Birthday
to our residents
and staff who are
Celebrating July
birthdays!

Meet Our Chaplains



Kathleen & Hector!

Kathleen's focus will be serving the
residents of LTC.

Hector supports both sides of the
Village. He works on Retirement
Monday nights, Tuesday and
Wednesday and supports LTC on
Fridays

Please stop in the Chapel
to say Hello.

In Memoriam


*Support Office, Leadership and Team Members
were saddened by the passing of:*

Cynthia E

Birte J

Fay L

Emma V

Bonnie W

Village



The Village of
WINSTON PARK

Events

July Events

Canada Day Celebrations

Williamsburg- 3 PM Dynamic Duo
Strasburg 2 PM Hubert Hynes
Roseville 2:30 PM Canadian Party
Don't forget to wear Red

Little Hobby Farm

July 5th the Animals will visit
3 neighbourhoods
10:30 Emmas
1:30 Roseville
3:00 Waldau

Timbit Day is July 9th Each Neighbourhood

Enjoy some free Timbits

VENDORS -11-3 Library

July 2nd –EZ Fit Shoes
July 6th –Traditions Alive

Strawberry Social

July 3rd—Check your calendar for details

King Street Brass Band

Sunday July 14th at 2:30 by the Pond

Schlegel Olympics

After all the competitions have taken place the winners will go to Glendale Crossing to see if they can win competing against our other villages. Go WINSTON GO!

WELCOME TO THE VILLAGE!

In June we welcomed:

Rita C
Frances C
Edward C
William G
Herbert H
William N
Leonard Q
Pamela Q
Emma V
Patricia W
...to The Village of Winston Park.

Reminder To Our Pet Owners

As the weather gets nicer we are seeing more furry friends in the village.

Just a reminder to drop off your pet vaccinations at either office. Our ministry encourages an up-to-date record of these.

If you have any questions—feel free to email Rebecca.harnock@schlegelvillages.com



A Message from Brad

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Happy Canada Day Everyone July 1st is a great opportunity to celebrate the fantastic country that we call home. I hope that everyone has a wonderful and safe holiday week-end however you choose to celebrate our great country!

Success Awards – a few months ago, we asked everyone to take some time and nominate a well deserving team member for one of our five Success Awards which are based on our Customer Service Training program. The five Success credos are:

Know Me; this team member demonstrates the meaning of true connection and takes the 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. **And the winner of this award is Meryl Labra.** Meryl is a PCA Med Tech in our Egerton Neighbourhood. Please join me in congratulating Meryl.

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. **And the winner of this award is Eunice Abari.** Eunice is a PSW in LTC working in our Kingsdale Neighbourhood. Please join me in congratulating Eunice.

Walk In My Shoes; This team member practices true empathy through connection; they listen with an open heart and have the capacity to understand what another person is thinking or feeling. **And the winner of this award is Kevin Bradshaw.** Kevin is part of the Retirement Recreation team and works in our Emma's Neighbourhood. Please join me in congratulating Kevin.

Earn Trust; This team member creates a sense of safety and comfort by delivering on our promises and taking that responsibility seriously, earning the trust of others and making them feel valued. **And the winner of this award is Zephania Ferdinand.** Zeph is a PSW working in LTC in the Strasburg Neighbourhood. Please join me in congratulating Zeph.

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. **And the winner of this award is Bailey Koop.** Bailey is an RPN in LTC and works in the Roseville Neighbourhood. Please join me in congratulating Bailey.

First of all, a very big thank you to everyone who made nominations for our team. We had a total of 157 nominations – quite an accomplishment. Secondly, a very big congratulations to the 5 winners. All extremely deserving recipients.



A Message from Brad

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Honouring Diversity: The month of June is PRIDE month. Organizationally we take the month to focus on and celebrate PRIDE. I would like to take this opportunity to thank everyone who participated in our PRIDE Day celebrations on June 12th. It was a very successful and fun day. Over the past 7 years we have been focusing on diversity in our village with a specific focus of creating a welcoming Village for the **LGBTQ** community. During that time, rainbow flags have been posted on the 4 main entrances of the building, as well, the rainbow flags are flying in front of the Retirement main entrance (door #1) and the LTC main entrance (door #2) all year long. I am very proud of this Village for being so accepting and welcoming to all. Thank you for all the support. Just as a reminder, the following is an explanation of the colours that make up the PRIDE Flag;

- Red** Life
- Orange** Healing
- Yellow** Sun - be yourself; don't hide in the shadows
- Green** Nature
- Blue** Serenity
- Purple** Spirit - Purple is always at the bottom of the flag

The new Progress Pride Flag (shown above) includes new colors and a new design that are meant to represent people of color, as well as people who are transgender, intersex, or non-binary.

The Rainbow Flag is a symbol of safety, indicating a place where you know that you can be you without fear of repercussions. **It is a very powerful symbol.** This year we did experience some negative actions towards our celebrations of PRIDE – a number of our Pride Month posters were covered in derogatory, hurtful messages by a faceless, nameless person. We certainly understand that people have their own opinions and thoughts related to diversity and the LGBTQ2s+ community but there is no room for those kind of actions within our Village or organization. We are happy to sit and have a conversation with anyone on this topic. Please feel free to reach out to myself or one of the leaders.

Welcome - to all of our new residents and their families/visitors, we welcome you to the Village. We look forward to getting to know you and hope you are enjoying your new home.



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Congratulations to our wonderful Marketing team in winning Schlegel Villages' newest award, the Prospect Centered Approach award. This award will be presented each year to the Village that demonstrates a focus on putting their prospects first. Thank you Gillian, Katie and Jane!

Family Council

Family Council is a group of family members and friends of the residents of a long-term care home who gather together for peer support, education, and to improve the experiences of all people in long-term care.

We are seeking general members.

The last meeting was held on May 22nd. Minutes will be posted at the LTC main entrance (door #2)

If you want to find out more please contact Winstonpark.familycouncil@schlegelvillages.com

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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.

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Movin and Groov-



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FREE DENTURE SCREENING AVAILABLE FOR:



The Village of Winston Park



IF INTERESTED 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.

Direct Denture Services will be coming on-site for a day to do a **FREE DENTURE SCREENING** for all denture wearing residents and for residents who may be interested in getting dentures.

We want to inform the residents and families of the current condition of the dentures and mouth, and to discuss any findings and possible treatments.

The screening is completely free and there is no obligation.

If you are interested in being seen on the denture screening day, please email us for a **Denture Screening Consent Form** and email it back to our office. Alternatively, you can contact us to be placed on the list. **416-482-3700** or reception@directdenture.ca

Thank you—

Mark Blanch B.Sc., DD
Denturist, Founder

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Help us give hope!

Join us for a beautiful
afternoon of golf
while raising funds
for the Wilfred
Schlegel Hope Fund.

THURSDAY SEPTEMBER 26

12:15 p.m. – registration and lunch
1 p.m. shotgun start

Victoria Park East Golf Club

1096 Victoria Road South, Puslinch

Foursomes for sale

\$600 per foursome or \$150 per player.
• Includes lunch, dinner
and 18 holes of scramble golf.

To buy your tickets visit
schlegelvillages.com/GolfForeHope
or scan the QR code



All profits raised go
to the Wilfred Schlegel
Hope Fund.

#iGiveHope

WILFRED SCHLEGEL
Hope Fund


SCHLEGEL VILLAGES

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Schlegel Villages – CONNECTIONS



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



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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.

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Signs and symptoms of heat illness



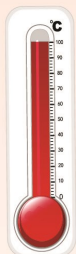
Heat exhaustion

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 |  Headache |
|  Muscle cramps |  Rapid breathing and heartbeat |
|  Dizziness or fainting |  Extreme thirst |
|  Nausea or vomiting |  Dark urine and decreased urination |
|  Heavy sweating | |

Heat stroke

- | | |
|--|---|
|  High body temperature |  Dizziness or fainting |
|  Confusion and lack of coordination |  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.

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Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

Upcoming Dates

July 11,18
August 1,8,22,29
September 12,19
October 3,10,24,31
November 14,21
December 5,19
January 9, 23 -2025

For more information or to book an appointment at The Village of Winston Park, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

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Retirement Home Leadership Directory

Brad Lawrence	General Manager	Ext.8003
Tara Rosenow	Assistant General Manager (Ret.)	Ext. 8010
Gillian Alexander	Director of Lifestyle Options	Ext. 8002
Katie March	Director of Lifestyle Options	Ext. 8008
Jane Panta	Village Experience Coordinator	Ext. 8015
Matthew Walsh	Director of Hospitality	Ext. 8004
Brad Rideout	Director of Environmental Services	Ext 8006
Sarah Linton	Retirement Recreation Supervisor and Volunteer Coordinator	Ext. 8062
Shirley Tulk	Neighbourhood Coordinator-Williamsburg	Ext 8215
Joelle Duchaine	Neighbourhood Coordinator- Egerton & Becker	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator-Emma's	Ext.8012
	Dining Room Supervisor	
Carmen Niculescu	Wellness Coordinator	Ext. 8029
Christine Partridge	Assistant Wellness Coordinator	Ext. 8209
Hector Pineda	Chaplain	Ext. 8011
Karena Nnebo	Administrative Assistant (Retirement)	Ext. 8001
Tiffany Menjivar	Administrative Coordinator	Ext. 8013

All Email addresses are FIRST NAME.LAST NAME@ schlegelvillages.com

LTC Nursing Directory

Long Term Care Charge Nurse	Ext. 8101
Strasburg Nurse—2nd floor	Ext. 8240
Aberdeen Nurse— 3rd floor	Ext. 8241
Roseville Nurse—4th floor	Ext. 8242
Kingsdale Nurse—5th floor	Ext. 8243
Sandhills Nurse—6th floor	Ext. 8244
Waldau Nurse—7th floor	Ext. 8245
Haysville Nurse—8th floor	Ext. 8246

Retirement Nursing Directory

Becker & Williamsburg 2 & 3 Nurse	Ext. 8118
Emmas and Egerton Nurse	Ext. 8120

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Long Term Care Leadership Directory

Brad Lawrence	General Manager	Ext.8003
Luke Denomme	Assistant General Manager (LTC)	Ext. 8188
Rabina Simovic	Director of Nursing Care (LTC)	Ext. 8014
Jill MacQueen	Director of Nursing Care (LTC)	Ext. 8264
Morgan Bonnell	Assistant Director of Nursing Care (LTC)	Ext. 8275
Cathy Hu	Assistant Director of Nursing Care (LTC)	Ext. 8269
Mary Hedrich	Assistant Director of Nursing Care (LTC)	Ext. 8187
Gagan Sangha	Assistant Director of Nursing Care (LTC)	Ext. 8319
Karen Norris	Assistant Director of Nursing Care (LTC)	Ext. 8268
Gina Almeida	Resident Support Coordinator	Ext. 8254
Rada Jokic	Neighbourhood Coordinator Roseville & Kingsdale	Ext. 8182
Vesna Venceljovski	Neighbourhood Coordinator Newberry, Trussler & Eby	Ext. 8005
Alyson Haffner	Neighbourhood Coordinator Sandhills and Waldau	Ext. 8266
Meredith Herr	Neighbourhood Coordinator Haysville	Ext. 8270
Alysha Voigt	Director of Quality and Innovation	Ext. 8271
Brad Rideout	Director of Environmental Services	Ext 8006
Joe Bischof	Assistant Director Environmental Services	Ext 8116
Rebecca Harnock	Director of Recreation	Ext. 8007
Sarah Linton	Volunteer Coordinator	Ext. 8062
Daniel Juteram	Food Service Manager	Ext. 8009
Samantha Olsen	Food Service Manager	Ext. 8258
Milyn Calicdan	Assistant Food Service Manager	Ext. 8273
Carlyn Martin	Director of PAL Program	Ext. 8265
Michelle Nguyen	PAL Coordinator	Ext. 8262
Kathleen Sorensen	Chaplain (LTC)	Ext. 8011
Gopikrishna Sudheer	Administrative Assistant (LTC)	Ext. 8207
Garry Sharma	Neighbourhood Coordinator Aberdeen & Strasburg	Ext. 83
Yvonne Madueke	Nurse Practitioner	Ext. 8371

All Email addresses are **FIRST NAME.LAST NAME@schlegelvillages.com**

The Village Of Winston Park 695 Block Line Rd. Kitchener, Ontario N2E 3K1 519-576-2430