

Riverside REVIEW

Vol. 26 Issue 6 June 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



Message from

BRYCE MCBAIN

Residents, Families, and Team Members,

We gave thanks to our volunteers for making a difference at The Village of Riverside Glen during National Volunteer Week in April. We appreciate the kindness and the support that our volunteers provide in our village. We honoured Diana Perrotta with our Barb Schlegel award, an award that was created in Barb Schlegel's honour to recognize the exceptional contributions a volunteer makes in our village every day. Diana has made a significant impact on our LTC-Arthur neighbourhood where she supports our resident dining experience. She is seen as a valued member of our community by residents, families, and team members.

Mental Health Awareness Week is May 13th – 19th. Please make time for self-care as much as you care about others in your community. Let us know if or how we may support you.

Please also plan to join me in recognizing our compassionate, committed, and caring team members on Caregiver's Week, May 13th-19th. Friday, May 17th from 1-4pm (weather permitting) we invite everyone to participate in our Caregivers' Carnival in our rear parking lot behind our Long-Term Care Erin Neighbourhood to celebrate all caregivers.

THANK YOU, caregivers, for your dedication to caring for and serving our residents at The Village of Riverside Glen.

We hope that our readers enjoy our May newsletter.

Sincerely,

Bryce

General Manager

Chaplain's Corner

To: Residents, Families, Team Members

Daily we are bombarded with phone calls from strangers asking us, "How are you?" How bizarre is that! Does a stranger care how I am. Then how about the same question being asked by people we know as they hurry by us. "How are you?" I recently read an article in the Christian Reformed magazine on this topic, which made me think, how many times do I engage people with this question, as I, too, rush past them.

Flippant greeting disorder; it's not a clinical disorder, but coined by a retired minister and mental health counsellor. Let me quote him (Ken Nydam): "Flippant greeting disorder is not only a people-care mistake unthinkingly practiced in our culture. It also makes no sense. "How are you?" does not by any stretch of the imagination mean the same as "Hello". When I challenge people to refrain from using this question...they usually are surprised at how automatic it has become. Flippant greeting disorder desensitizes us to the value of this tool for connecting to hurting people. Saying "How are you?" has become a meaningless gesture." He then suggests some actions to stop it: don't ask the question and don't answer the question or answer it truthfully (try that, especially if you are having a bad day and would love to tell someone how you REALLY are—it might cure them from ever asking you again!!) On the positive side—model more appropriate greetings: "Good Morning", "Hope you have a nice day", "Nice to see you today." Maybe we can restore our true connections by truly greeting each other. "How are you?" should only be asked when we really care about the answer and we have the time to listen to the response. I challenge myself with these thoughts and I challenge you.

Blessings to you,
Rev. Brenda Woodall

In Memoriam

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

Betty C

Lawrence L

Verna M



Riverside Glen *welcomes new residents*

to our community



Ē Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Marilyn S

Kenneth D

Ivan P

Vera S

Long Term Care

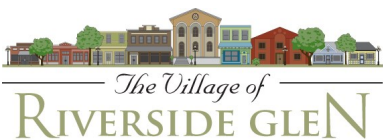
Wayne P

Mary M

Margaret C

Connie A

Robert S



RESEARCH MATTERS

RIA FEATURE

Expert tips on medication management

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

Keeping track of your medications

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

Talk to your pharmacist if you have difficulty...

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

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



Questions to ask when you're prescribed a new medication

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

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

PHOTO REVIEW OF MAY



COMING UP IN MAY

Saturday June 1	Grandbend Motor Track Outing
Wednesday June 12	Drag Bingo night
Sunday, June 16th	Father's Day Festivies
Thursday, June 20th	Indigenous Drumming
Monday, June 24	Elder Wisdom Library Event

Vendors

Patricia's Creations Boutique

Monday, June 3rd: 10-2 Mainstreet RH

Cameron Cards

Thursday, June 13th: 10-2 Mainstreet RH

Cathy's Scarves and Gifts

Friday, June 28th 10-2 Mainstreet RH



Schlegel Villages – CONNECTIONS



#ElderWisdom

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

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

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

Join the **CONVERSATION**

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

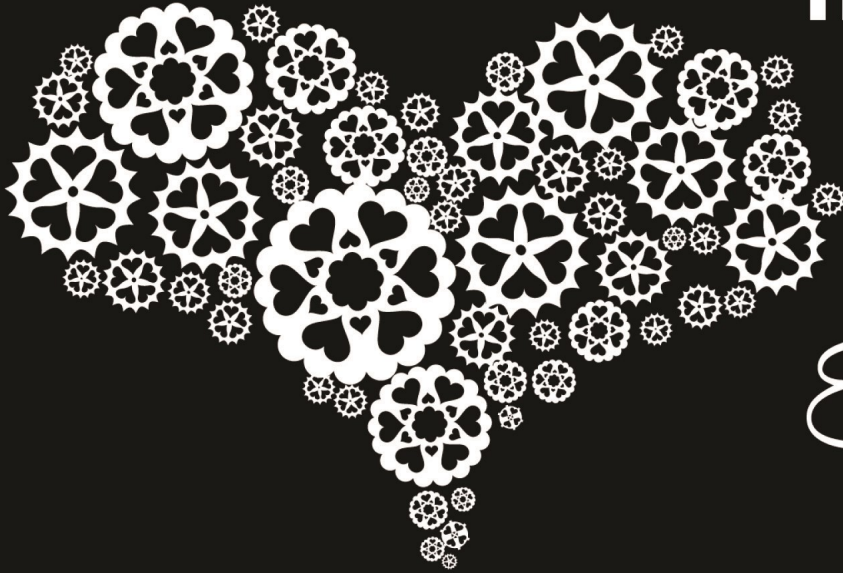
Our participating cities!

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

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

"Stories are the BRIDGES between GENERATIONS"

Schlegel Villages – CONNECTIONS



Honour diversity in Village Life

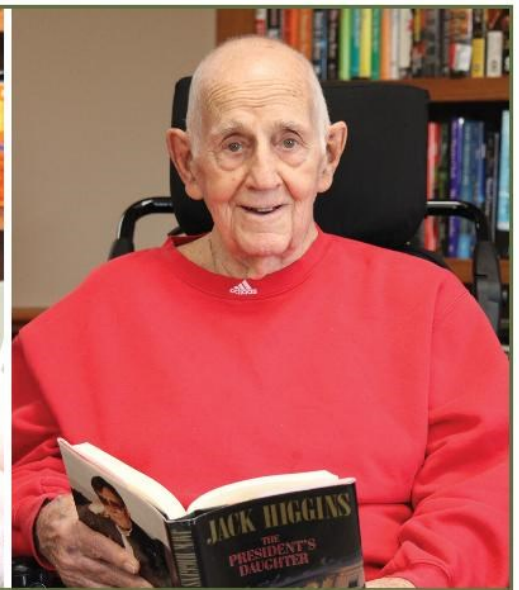
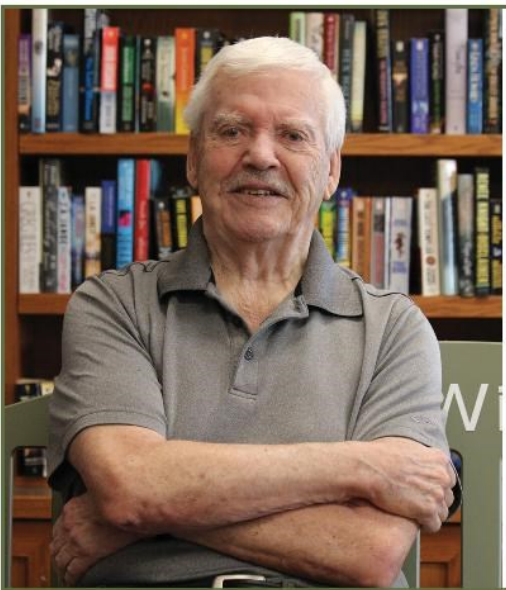
Embraced,
just as **I am.**

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

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

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





#ElderWisdom

Join the CONVERSATION

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

Have a
seat

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



Share
online

Use #ElderWisdom on social media to link your message about senior empowerment and wisdom to the greater conversation across the globe.

**Monday,
June 24th**

1pm - 4pm

**Guelph Public Library
Main Branch**

100 Norfolk Street, Guelph ON

"Stories are the BRIDGES between GENERATIONS"

elderwisdom.ca



Pride Day

@ Schlegel Villages

Join us

Wednesday, June 12

as we celebrate Pride Day across Schlegel Villages as part of Pride Month with the goal to 'Honour Diversity in Village Life'.

Let's honour our residents, team members, volunteers and community partners across the organization.



Event listings

Pride Parade

Join us as we celebrate everyone's individuality with pride! We will have great music and cold treats!

2:15pm | LTC Parking Lot

Drag Queen Bingo

Come play a game of bingo hosted by two wonderful Drag Queens!

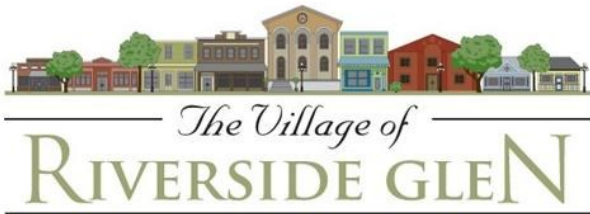
7pm | Retirement Dining Room

Wear Your Pride Colours!

All residents, team and visitors are invited to show your support and pride in rainbow clothing and accessories!

All Day | Anywhere





Happy June from the PAL team! June is Alzheimer's Awareness month!

In honour of Alzheimer's Awareness month we are focusing on various brain and physical activities.

DID YOU KNOW?

- Alzheimer's is the most common neurodegenerative disease
- Research suggests that mild-moderate activity helps reduce symptoms of Alzheimer's disease
- Brain challenging activities are designed to improve reasoning, memory, planning, and attention

ACTIVITIES TO TRY!

Brain Activities

1. Puzzles & Crosswords
2. Reading
3. Meditation
4. Board games

Physical Activities

1. Walking
2. Dance
3. Strengthening exercise
4. Yoga

WHY IS IT IMPORTANT?

→ Giving your brain a challenge forces it to engage in rarely used or new mental pathways, minimizing the risk of cognitive decline

→ Physical activity helps maximize brain function and reduce risk of dementia

Your PAL Team Adrienne, Emily, Melissa & Mary



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

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

1-888-745-5550

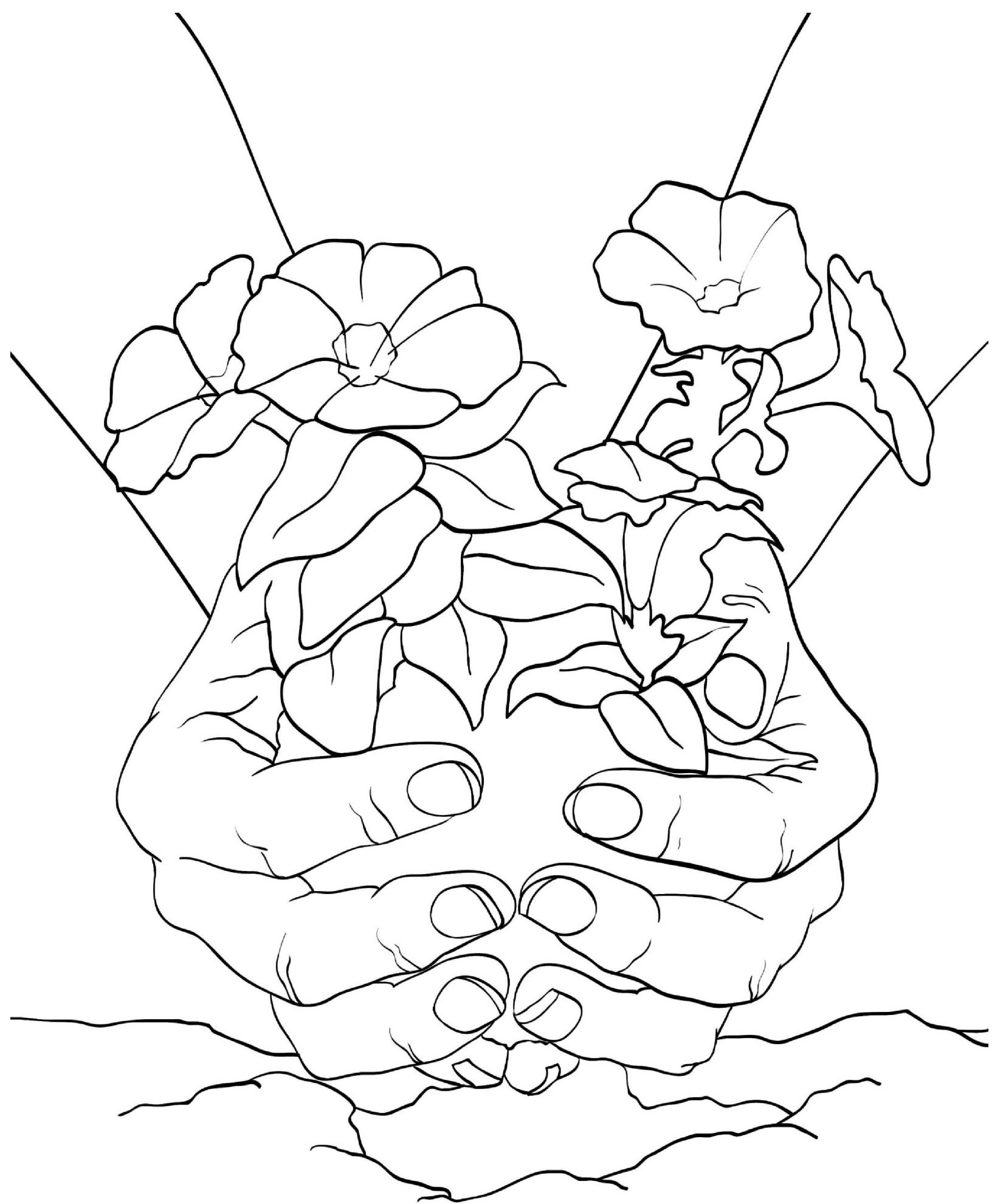
retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com





Happy Birthday

VILLAGE VOICE NEWSLETTER

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

**www.
schlegelvillages.com**

Resident Birthdays

Gloria M	May 01
Sheila M	June 01
Anna D	June 05
Frank D	June 06
Nancy B	June 08
Isabel W	June 09
Joan Z	June 10
Gillian G	June 11
Anna B	June 13
Anette N	June 14
Hearty M	June 14
Helen T	June 16
Ann H	June 16
Edward K	June 16
Kenneth D	June 17
Paula G	June 17
Phyllis W	June 18
Loretta S	June 18
Mary D	June 19
Linda G	June 19
Kenneth M	June 19
Elizabeth K	June 20
Helen K	June 23
Bernardette M	June 23
Joline P	June 23
Barbara M	June 24
Patricia H	June 25
Hendricka C	June 25
Sandra D	June 28
Helen A	June 28
Dennis V	June 29
Douglas J	June 30
Carl V H	June 30

Team Member Birthdays

Timothy B	June 01
Judy K	June 01
Dennis L	June 02
Trina R	June 03
Jennifer A	June 03
Gail B	June 04
Becky S	June 05
Perlita K	June 06
Miral K	June 06
Linda E	June 07
Ilana B	June 08
Sandra P	June 08
Milka T	June 09
Heaven T E	June 10
Beata B	June 11
Maryam F	June 12
Randolph A	June 12
Sean G	June 13
Winta B	June 15
Melvin A	June 15
Ruben P	June 15
Rowena R	June 15
Chulanie D S	June 16
Barbara L	June 17
Aedrienne M	June 17
Devanshi T	June 18
Alexia-May B	June 21
Swathy D	June 21
Eunice C	June 24
Happy P	June 24
Jenilyn R	June 24
Maria S	June 24
Ibrahiem E-S	June 24
Donna C	June 25
Luwam G	June 26



@Riverside_Glen



Www.facebook.com
/RiversideGlen



google.com/
+VillageOfRiversideGlenGuelph



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

Birthday Celebrations

Retirement Birthday Party

Tuesday, June 18th @ 2:00pm in the café with Aidan Purnell

Long Term Care Birthday Party

Friday, June 7th @ 2:00pm in the café with Leavin' Tracks

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