

View from the Heights

August 2024

August is Country Western Month!

**Cornfest
Friday, August 16th**



Join us in the morning at 10:30am on the back patio or in the Community Centre for corn husking. Corn husking will be followed by country western entertainment—Kelly Davies Duo at 2:30pm, for all neighbourhoods in the back courtyard

Don't forget to wear plaid and jeans, or your best country western attire for the day!

**End of Summer BBQ
Wednesday, August 28th**

We will be ending off the Summer with our annual End of Summer BBQ. This year the menu, entertainment and dress code will all be Country themed! Dinner will be at 4:45pm and 6:15pm. Lora Lee will be entertaining from 5:00– 6:30pm Sign up at the Village Office if you do not have a meal plan. Families and friends are welcome to join.

Don't forget your country themed shirts or dresses!



Village Events

Details on Pages 12-13

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!



A Message From... *The General Manager*

Michelle Wood

The RESIDENT BILL OF RIGHTS States:

Every resident has the right to be told both who is responsible for and who is providing the resident's direct care.

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,

Gabriela DeSousa AGM-RH went on her maternity leave effective July 17th, and Barbara Taylor-Bhagwan has officially started in her role as interim Assistant General Manager in Retirement. We are also happy to report that Heather Livingstone from our sister village, Hamilton Continuing Care (HCC), has accepted the role of interim Director of Environmental Services. Heather will begin her onboarding on August 5, 2024.

Heather brings a wealth of experiences and has gained a passion for senior living when she joined Schlegel Villages at the beginning of the Pandemic when she answered a call to action and supported our villages in the important role of Screener. Heather is also a trained PSW, has background in research coordination, having worked closely with McMaster University and Schlegel Villages on COVID-19 study objectives and most currently, works as a Neighbourhood Coordinator and Director of Environmental Services at HCC. Heather holds certifications in Leadership in Senior-living from Conestoga College as well as Joint Health & Safety Committee Certification from OSG. Heather is passionate about people and is looking forward to building relationships with the Wentworth Heights residents and team members.

I am confident that Heather's experience and skills will significantly contribute to maintaining and enhancing the quality and safety of our community. Please join us in welcoming and supporting Heather in her new role.

Michelle Wood

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

From the desk of Sara Calder

To All Residents, Families, and Team Members

As we continue to prioritize the health and safety of our community, we are implementing mandatory masking requirements for all team members due to the recent rise in COVID-19 cases in our area. Effective immediately, all team members are required to wear masks while on duty.

We strongly encourage all residents and family members to also wear masks while in common areas and during visits. Your cooperation is crucial in helping us minimize the spread of the virus within our village.

Additionally, we kindly ask that if you are feeling unwell or exhibiting any symptoms of illness, please stay home and refrain from visiting or participating in group activities.

We deeply appreciate your understanding, dedication, and efforts in keeping our village safe during this time. Together, we can continue to maintain a healthy and supportive environment for everyone.

Thank you for your cooperation and commitment.

Stay well,
Sara

Nursing Update

From the desk of Chris Micheletti

Happy August Wentworth Heights!

With how hot and sunny this summer has been so far, I wanted to remind everyone about wearing their sunscreen and the importance of staying hydrated!



Now more than ever it is important to stay hydrated and avoid mid-summer day peak hours (mid to late afternoon) as these hours are when the sun and air are at their hottest.

With that in mind, it is very easy to become dehydrated in August as although the sun is not always out in the open, overcast days can be just as hot and dehydrate you just as fast.

Dehydration is where your body loses more fluids than it is able to take in. The common symptoms for dehydration are:

- Thirst
- Dry lips and dry mouth
- Flushed skin
- Headache
- Dizziness and fainting
- Increased, pounding heart rate.

If you feel any of these symptoms, you should go inside immediately and find somewhere cool and out of any direct sun to sit down. Once you are sitting, ask for a glass of water and let any team member know that you are feeling some of these symptoms and would like to see a member of the nursing team.

Health Canada no longer has any recommendation about number of glasses of water to drink per day, their current recommendation is to drink enough water until your lips are no longer dry and cracked, you don't feel dizzy or tired and that your mouth no longer feels dry.

Something else that is very important this time of year is using sun block. It is highly recommended by health Canada that you apply sunscreen anytime you are in sunlight (indirect or direct) and reapply it as per the bottles instructions. This includes even those cloudy days. Even a short exposure such as taking a walk to working on your garden can expose your skin long enough to the damaging UV rays from the sun to cause a burn.

Have a great summer Wentworth Heights!

Neighbourhood

News

From the desk of Chanelle Cavey

Happy August Wentworth!

I came across an entry reflecting on the month of August and what this summer month brings. I hope you enjoy reading as much as I have as it aids as a reminder to savor the moment, enjoy life and celebrate what life has to offer us.

"In Ontario, August is the month of peaches. The orchards, laden with fruit, become a paradise for those who savour the sweetness of summer. Each tree, heavy with peaches, stands as a testament to the season's peak, where every branch tells a story of sunlight, rain, and diligent care. Morning in the orchards begins with a soft, golden light filtering through the leaves, casting a dappled glow on the ripening fruit. The peaches, with their blushing cheeks, seem to glow from within, their fragrance filling the air with a promise of delight.

Farmers and pickers move through the rows with practiced ease, their baskets slowly filling with the vibrant bounty. The process of harvesting peaches is a delicate one. Each peach is cradled and twisted gently from its branch, ensuring it remains unbruised and perfect. There's a rhythm to the work, a soothing cadence that speaks to the harmony between the farmers and the land. The warm sun on their backs and the soft hum of bees add to the symphony of the orchard.

As the day progresses, the peaches make their way to markets and homes. Baskets overflow with the golden-pink fruit, each one a miniature sun, ready to be enjoyed. At roadside stands, the scent of peaches mingles with the earthy aroma of the fields, enticing passersby to stop and taste the season's offerings. In kitchens across the region, peaches are transformed into a myriad of delights. They are sliced and sugared, ready to top morning cereals or blend into smoothies. They are baked into pies and cobblers, their sweetness melding with buttery crusts and fragrant spices. Jars of peach preserves line pantry shelves, capturing the essence of August to be savoured throughout the year.

Evenings in August often see families gathering for peach-themed feasts. Tables are adorned with simple yet exquisite dishes, where the star ingredient is always the peach. From salads adorned with peach slices and balsamic glaze to grilled peaches served with a dollop of vanilla ice cream, every meal is a celebration of the harvest. The peach, with its soft skin and juicy flesh, symbolizes more than just a fruit; it embodies the spirit of summer in Ontario. It is a reminder of the warmth and abundance that the season brings, of the hard work and dedication of those who cultivate the land, and of the simple pleasures that come from nature's bounty.

As the sun sets, casting a warm glow over the orchards, there is a sense of fulfillment in the air. The baskets are full, the markets bustling, and the kitchens alive with activity. August peaches, with their fleeting season, remind us to savour the moment, to enjoy the sweetness of life, and to celebrate the harvest that sustains us."

Enjoy this month ahead and I hope you are able to get your hand on some local peaches and baked goods this month! My favourite place to go is Carluke's Orchard located off Shaver Rd in Hamilton. We also have the Winona Peach Festival to look forward to on August 23rd, 24th and 25th in Stoney Creek that serves the most amazing peach sundaes and various peach goods. Make the most of the sweet times ahead!

Take care,
Chanelle Cavey
Neighbourhood Coordinator- Williamsburg & Becker (floors 1, 4 & 5)



From the desk of Barbara Taylor-Bhagwan

Dear Residents,

Welcome to August! I do hope you are enjoying the summer and the beautiful weather outside. I am excited to share some important news about my career transition within our Village. As you have heard, I will be assuming the role of Interim Assistant General Manager—Retirement, and with that comes much more responsibilities. With that said I look forward to serving each and every one of you with the level of care, attention to detail, responsiveness, and respect that is required with every interaction. Your satisfaction is paramount to me, and I am dedicated to working diligently to ensure that we address your needs effectively and efficiently.

During this transition, I want to assure you that the Environmental Services Department will continue to run as smoothly and effectively as it always has. Heather Bell Livingstone, our new Interim Director of Environmental Services, along with Duro, Environmental Services Supervisor and our entire Environmental team, are fully prepared and committed to maintaining the high standards we have established together. They are dedicated professionals who will ensure that our services remain seamless and of the highest quality.

Our team's focus is on providing a clean, safe, and nurturing environment for all residents. We value the trust you place in us and are honoured to serve you with respect and hard work. We are always here to listen, support, and respond to your needs.

Thank you for being a vital part of our village.

Together, we will continue to strive for excellence and ensure a wonderful living experience for all.

Warm regards,

Barbara Taylor-Bhagwan
Interim Assistant General Manager—Retirement

Hospitality News

From the desk of Michelle Piccolo

Welcome to August! We have so much to look forward to this month! August is the best time of year for fresh fruit and vegetables. It's almost Harvest Season! I hope you all get a chance to enjoy farm fresh veggies and fruit.

Thanks to all who come out to our BBQs this summer. Please know, we are having our End of Summer BBQ Dinner on Wednesday, August 28th starting at 4:45pm. It will be \$30 for anyone joining who isn't on the meal plan. Purchase your tickets at the Village Office – ext 8085.

Everything that will be included with the \$30 meal ticket:
Menu:

BBQ ribs or chicken
Fresh corn on the cob
Potato salad
Ceasar salad
Dessert
Signature cocktail or beer/wine



Don't forget to join our next Lettuce Talk Food meeting on Tuesday, August 13th at 9:30 for Emma's and Egerton and 10:30 for the rest of the village in the School House.

Thank you from the Hospitality Team
Michelle Piccolo
Director of Hospitality



The Ruby

WENTWORTH HEIGHT'S HIDDEN GEM

AUGUST

We're back to announce some new and exciting things with The Ruby during the month of August!

Calling all peach enthusiasts! Get ready to embark on a juicy adventure on August 14th at our Ruby On The Run: Peach Market! Indulge in freshly baked pastries bursting with peachy goodness, sip on refreshing peach drinks, and take home a basket of the ripest, most succulent peaches you've ever tasted. Don't miss out on this peachy paradise – it's going to be a peach of a time!

Picture this: Every Wednesday evening for the month of August, a delectable array of our mouthwatering desserts awaits you at an irresistible half-price offer. We've transformed Wednesdays into a sweet escape, where you can savor the finer things in life and treat yourself to a moment of pure bliss. With purchase of any entree, enjoy your choice of dessert for 50% off!

We would like to take this time to inform our beloved On The Run patrons that on August 28th we will NOT be hosting our usual table on Main St. as we are supporting with the Village-wide Summer BBQ event taking place.

We deeply apologize for any inconvenience but encourage you all to join us! Tickets are available for purchase in the Main Office.

At The Ruby, our focus is on crafting memorable experiences for our guests, and we are thrilled to unveil a new lineup of different and exciting events for the month of August! Join us this month for a delightful array of delectable cuisine, delightful company, and plenty of enjoyment!

Always,
Your Ruby Team

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

UPCOMING EVENTS

PEACH MARKET

RUBY ON THE RUN

WED. AUG 14TH 1130AM-3PM

Step into a peach lover's paradise at our upcoming Peach Market event! Join us on Main St. for a celebration of all things peach, featuring a delectable array of peach-themed treats, baskets of locally sourced peaches, and much more!

(While supplies last)

We will be serving our soup/sandwich combo as well!

DISCOUNT DESSERT DAYS

Join us every Wednesday in August for Discount Dessert Days, where all desserts are half price! Indulge in your favorite sweet treats without breaking the bank. Treat yourself to a midweek pick-me-up and satisfy your sweet tooth with our delicious selection of desserts at unbeatable prices.

1/2 price Dessert (with purchase of entree)
Every Wednesday 4-6:30pm (Only)

HOURS OF OPERATION

WEDNESDAY TO SATURDAY

Wednesday:

Ruby on the Run on Main St:
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!**



Peach Market

Wednesday, August 14
11:30 a.m.–3 p.m. | Main Street

Enjoy fresh local peaches, peach baked treats, and peach-infused beverages, while supplies last.

The usual favourites will also be available!

Assorted Sandwiches	\$5
Soup of the Day	\$4
Lunch Combo (includes a drink)	\$10



Congratulations to our Resident Athletes!

We are thrilled to share that our athletes delivered an outstanding performance at the Village of Glendale Crossing on July 30th, 2024. We proudly secured second place overall in this year's West Schlegel Olympics! Please join us in congratulating all of our residents who competed.

A special congratulations goes to Freda Smouter, who dazzled everyone with her incredible strength and balance, and earned gold in the parallel bars event. We also celebrate Kathe Kleinau for her impressive silver medal finish in the canoe Slalom, with her impressive speed and accuracy. Your dedication and talent have made us all very proud.

A heartfelt thank you to all residents who participated and supported our team. Your enthusiasm and encouragement were invaluable to our success.

Long-Term Care

Shooting — Ludmilla Whidden

Soccer — Hildegard Bolter and Marie Henderson

Retirement

Canoe Slalom — Kathe Kleinau

Parallel Bars — Freda Smouter

Sprint — Duncan MacLellan



Village Events

Joint LTC & RH

- Monday, August 5th—Wilfred Schlegel Day
- Tuesday, August 6th –2:30pm Armchair Travel to Nova Scotia—TH
- Thursday, August 15th—2:30pm Spa Afternoon—TH
- Friday, August 16th—2:30pm Cornfest with Kelly Davies Duo—Back Garden **(Wear Your Country Western Attire)**
- Wednesday, August 21st—10:30am Legacy Readings – RH. Library
- Wednesday, August 28th -End of Summer BBQ - 4:45pm and 6:15pm Back Garden
- Wednesday, August 28th—5-6:30pm (During the BBQ) Entertainment at 5pm with Lora Lee in Back Garden **(Wear Your Country Western Attire)**

Long Term Care

- Friday, August 2nd—8:30am Men's Breakfast—CC
- Saturday, August 3rd—2:00pm Entertainment with Ron Tansley on Stonechurch
- Saturday, August 10th—2:00pm Pub with Susie Q—MS
- Wednesday, August 21st—5:00pm Diner's Club: Chinese Food—MS
- Thursday, August 22nd—6:15pm International Snack Battle: Egypt vs. Philippines - CC
- Friday, August 23rd—3:00pm Happy Hour with Cheryl Neal—MS
- Friday, August 30th—2:00pm Birthday Bash—CC
- Saturday, August 31st—2:00pm Entertainment with Zack Erikson on Carrington

Retirement

- Friday, August 2nd—International Beer Day—Happy Hour and (Craft Beer Tasting) –SC
- Saturday, August 3rd– 2:00pm Entertainment with Dave Thierry (EG)
- Thursday, August 7th– 2:30pm Tansley Trippers Information Session SH
- Wednesday, August 7th—10:00am—3:00pm Nellie's Comfort Shoes
- Thursday, August 8th—9:15am Breakfast Club HS (sign up)
- Saturday, August 10th— 2:30pm—IT Help with Jesse (Hobby Shop)
- Monday, August 12th—10:30am Electronic Medication Dispensing –TH
- Wednesday, August 14th– 11:00am– 3:00pm Ruth's Fashions –MS
- Thursday, August 22nd– 10:00am –2:00 pm Cathy's Scarves Jewellery
- Wednesday, August 21st—5:00pm Diners Club Chinese Food (\$) sign up
- Friday, August 23rd– Emma's Happy Hour with Gerry Larkin

Village Outings

LTC

- Tuesday, August 13th—11:00am Hutch's on the Beach
- Wednesday, August 14th—10:30am Walmart
- Sunday, August 18th—2:00pm Country Drive and Ice Cream

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

Retirement

- Tuesday, August 6th—2:30pm Hutches Outing (EM/EG)
- Thursday, August 8th—10:00am Mary Maxim
- Thursday, August 8th—2:00pm Fortinos
- Monday, August 12th—10:30am Royal Botanical Gardens (EM/EG)
- Thursday, August 15th—1:30pm and 2:15pm Lime Ridge Mall
- Sunday, August 18th—10:30am Burlington Art Gallery/Picnic Lunch (EM/EG)
- Tuesday, August 20th—9:30am Broadway Diner Brunch
- Tuesday, August 20th—1:30pm Food Basics
- Wednesday, August 21st—1:30pm Trolley and Ice Cream Pier 8
- Tuesday, August 27th—10:30pm Walmart
- Wednesday, August 28th—10:30am Casino Niagara

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 Thursday, August 1st in the Hobby Shop.

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

Please check the sign-up binder, in the Hobby Shop, to see which outing you are on after sign-up day. You will receive a call from Recreation to remind you of the outing in advance.

Please ensure you cancel **MINIMUM 24 hours** before the scheduled date for an outing or special event so we can fill your spot with someone from the wait list.
THANK YOU!



Update

From the desk of Moses Genat

Happy August, Wentworth Heights,

A new month is upon us, and we're excited to share some tips to help you make the most of the late summer season while staying healthy and active.

- **Enjoy the Outdoors Safely**

As temperatures remain high, continue to stay hydrated throughout the day. Remember, water, sports drinks, and juice are your best choices to beat the heat.

- **Sun Safety Tips**

Shield yourself from the sun's rays by wearing sunscreen with SPF 30 or higher and reapplying every two hours, especially if you are spending time outside.

- **Stay Cool and Comfortable**

Choose light-coloured and loose-fitting clothing made from natural fabrics like cotton to stay cool. Check the weather forecast before heading out.

- **Protect Your Eyes and Skin**

Wear sunglasses that provide UV protection and a wide-brimmed hat to keep your face shaded.

- **Healthy Summer Treats**

Treat yourself to seasonal fruits like watermelon and berries, which are hydrating and packed with essential vitamins.

It's important to be mindful of heat-related illnesses, so watch for symptoms such as excessive sweating, fatigue, dizziness, and headache. If you experience these signs, find a cool place to rest and drink fluids.

Stay safe and active this August,

Your PAL team.



Retirement

The next Foot Care Clinic for Egerton and Williamsburg neighbourhoods will be August 8th, Emma neighbourhood will be on the 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 August 25th.

Please contact the RiverStone Spa and Salon with any questions or to book an appointment at:

(289) 678 0021 or ext 8090

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 2nd** 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, 1st ,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!!

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

It seems like just a few weeks ago that we were welcoming summer and August is already here!

Our Gathering Group for New Residents will continue to meet, and if you are a **new** to the Village, we hope that you will join us!

In September, I will begin a new Bible Study—Women of the Bible—on Wednesdays at 10:30am in the Library.

If you are interested in gathering with our Grief Group in the fall, please let me know.

Please check the monthly calendar for times and dates!

Bible Study: “Women of the Bible”

Movie with Janet - a Musical

Bible study with Ankit

Sing-a-long with Janet

Gathering for New Residents

Please contact me if you have any questions.

Shalom, Janet

August 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. Rosary Prayers will begin at 10:45am.

World Wide Communion will be held on Sunday, October 6th at both Church Services.

In Memoriam...

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

**Lois Burch
Luigi Collura
Lorraine French
Ralph German
Sharon Stephens
Stanley Streker
Gunter Tamm
Diane Thornberry
Ronald Warren**



We extend our sincere condolences to these families as they grieve their loss and remember their loved one.

Our next Celebration of Life Service will be held on *Wednesday, October 30th at 11:00am*

Volunteer Update

From the desk of Andrew Sangster



Volunteers

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

NO TAX!

Open Tuesday, Thursday and Saturday 10am-4pm.

NOW OPEN WEDNESDAYS 10am-6pm.

The General Store has many more new items and new hours!
Open to everyone - located at the end of Main Street on retirement.



\$2

Greeting Cards



\$1

Assorted Pop



\$1

Muffins (Tuesdays)



\$4-\$7

Frozen Meals



\$7

Frozen Pizza



\$1.50

Chocolate Bars

**We are working diligently to improve the General Store.
Please feel free to speak with our volunteers about any ideas
you may have. We value your feedback.**

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 last meeting,
meetings have been moved from the 1st
Thursday to the 2nd Thursday of the month

Next meeting:
Thursday, August 8th 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:

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:
Williamsburg/Egerton—August 8th
Emma's—August 9th
Becker/Ailsa Craig—August 12th

Long-Term Care:
Week of August 25th

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

Hearing Clinic

Upcoming dates on:
August 7th and 21st

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.

NO CLINIC SCHEDULED THIS MONTH

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

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

In Council Chambers on Retirement Main Street:

August 7th and 21st

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

1-888-745-5550

retirement@earandhearingclinic.com

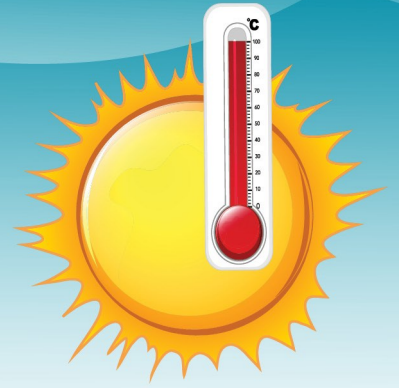


Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Stay hydrated!



FACTS



With the weather finally getting warmer, proper hydration is of increased importance for everyone but especially our residents



Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration



Evidence tells us that our residents need to drink at least 6-8 cups or 1500-2000 ml of water per day



Water in beverages (e.g. milk, coffee or tea) and foods counts!

TIPS



Drink water throughout the day



Eat foods with high water content such as fruit and vegetables



Drink together – when you consume water with others you are likely to drink more



Remind others to drink water regularly



Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking

Guardian

Your partners in health.

VILLAGE PHARMACIES

1620 UPPER WENTWORTH ST.
HAMILTON, ON
(289) 391-0097



About Us

Located in the Village at Wentworth Heights, we are your trusted medication experts and the trusted source for all your medication and wellness needs.

Our Services Include:



Prescriptions

Filling prescriptions, refilling prescriptions, easy prescription transfers and **custom prescription compounding**.



Health and Wellness

Advice on topics including smoking cessation, heart health, diabetes, hormone health, pain management, nutrition and more.



Injection Services

Administration of many common vaccines and others like Shingles, travel vaccines and more.



Medscheck Consultation

Ensure that you are taking the right medication, at the right dose, at the right time and are not at risk for complications.



Prescribing for Minor Ailments

Assessments and prescriptions for minor ailments including UTIs, dermatitis, cold sores and more.



Home Health Care

Products and services to support you with your health at home including compression stockings, mobility devices and more.



LIMERIDGE MEDICAL SUPPLIES
849 Upper Wentworth St. Hamilton, ON
905.385.9494

- SCOOTERS, WALKERS, POWER CHAIRS
- CERTIFIED COMPRESSION STOCKING FITTERS
- SCOOTER AND MOBILITY REPAIR
- ONTARIO DISABILITY SUPPORT PROGRAM PARTNER
- DIRECT INSURANCE BILLING AVAILABLE

Schlegel Villages – CONNECTIONS



September 8

Grandparents Day

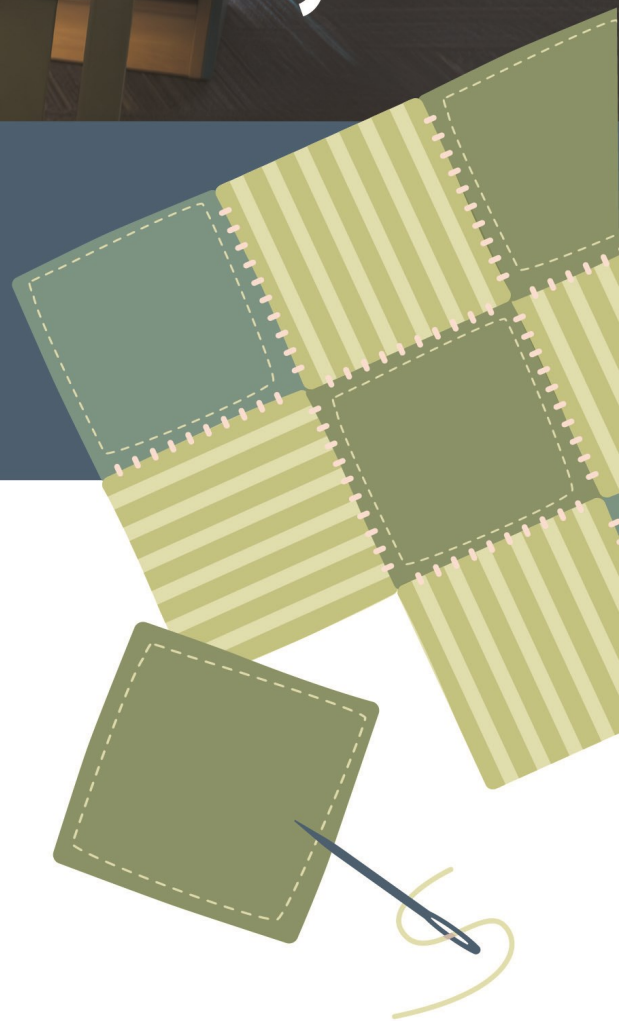
The **GRANDEST** **GRANDPARENT** Legacy quilt project

This year, Schlegel Villages is excited to celebrate Grandparents Day in a unique and heartfelt way! We invite all grandchildren to participate in our **Grandest Grandparent Legacy Quilt Project** by creating a personalized quilt square that showcases why their grandparent is the grandest.

Starting **August 15th**, we will provide 6x6 square materials at all our Villages and online for order. Grandchildren are encouraged to decorate their squares, leaving a 1/4 inch border on each side, and then send them back or drop them off at a Village. Along with their creative quilt square, participants should also submit a written piece explaining why their grandparent holds a special place in their hearts.

To make this project even more special, some of our Villages will host Grandparents Day programs on the second Sunday of September, where grandchildren and grandparents can come together to work on their quilt squares. This is a wonderful opportunity to bond, share stories, and create lasting memories.

Continued on next page



Schlegel Villages – CONNECTIONS

Once all the quilt squares are **collected by October 31st**, our team will connect them into a beautiful collective quilt. We will collaborate with skilled quilters to finish the quilt, which will then be proudly displayed at Schlegel Villages.

Each quilt square and accompanying story will be turned into a digital display for our SVTVs and social media platforms. Additionally, our online digital quilt will allow you to click on an image to see the story behind it, preserving these precious memories in a digital format for all to see.

Join us in this touching tribute to our beloved grandparents. For more information on how to participate, please visit our website or contact your local Village.

Let's celebrate

their legacy by creating a quilt filled with love, stories, and creativity!



WILFRED SCHLEGEL

Monday, August 5

Day

Wilfred Schlegel Day marks a month of giving back to the community through a variety of initiatives, no matter how large or small.

Every year on the first Monday of August, Schlegel Villages honours Wilfred Schlegel for the way he inspired his son and grandsons to strive every day towards the betterment of their community and for how his legacy inspires us all.

Keeping your mind active

Keeping your brain active is like giving it a workout, helping you to think, concentrate, and feel better about yourself. Studies have shown that by doing simple daily exercises, we can learn new strategies and stretch our mental abilities. Inspired by the “By Us For Us Guide: Memory Workout”, this article shares enjoyable activities to help you keep your mind active, slow down memory decline, and improve overall well-being.

Simple Exercises to Boost Memory

Crosswords and Word Searches: These are great for improving vocabulary. You can set a 20-minute timer and see how many words you can find, rather than focusing on completing the puzzle.

Rubik’s Cube: They don’t have to be solved; the act of trying helps keep your mind active.

Jigsaw Puzzles: Start with puzzles that have fewer, larger pieces. As you get better, move on to more complex puzzles.

Musical Instruments: Even if you are only able to use one finger, it will still get you thinking and help with coordination.

Math Games: Games like Yahtzee or dominoes help keep your math skills sharp. You can also practice making change to improve your practical math abilities.



Memorization Activities: Try reading an article several times, or making a list of 10 items, and then see how much you remember.

Tips for Successful Brain Workouts

- Create a routine and try to set aside an hour each day, three to five times a week, for these activities.
- Pick activities you find fun and interesting to make it easier to stick with the routine.
- Begin with easier tasks and gradually increase the difficulty as you improve.
- Focus on what you can do and celebrate small achievements. You might do better tomorrow. You might have done better yesterday. What matters is that you are doing the best you can in the moment.

Keeping your brain active is a lifelong journey. So, pick up a puzzle, grab a deck of cards, or try a new game today – your brain will thank you for it!

For more tips and information, refer to the “By Us For Us Guide: Memory Workout”: the-ria.ca/bufu.

YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

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Heather Bell Livingstone – Interim Director of Environmental Services Heather.bell.livingstone@schlegelvillages.com	Ext. 8070

YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

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Blessing Iwegim – Neighbourhood Coordinator for Emma’s and Ailsa Craig Blessing.iwegim@schlegelvillages.com	Ext. 8081
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Mariana Iacob —Dining Room Supervisor mariana.iacob@schlegelvillages.com	
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 Holly-Jean.Ross@schlegelvillages.com	Ext. 8069
Lead Nurse Call this number for any health related emergency	Ext. 8079