

Riverside REVIEW

Vol. 26 Issue 8 August 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

Dear residents, families, and team members:

It is hard to believe it is already August!

This month I share our appreciation for all our team members who serve at The Village of Riverside Glen and thank everyone who nominated a team member for each of our annual team member Connect the Dots Customer Service Credo Awards; **Know Me**, **Be Present**, **Walk in My Shoes**, **Earn Trust** and **Follow Through**. Winners will be announced at our Team Appreciation gala on August 28th.

Congratulations to our Riverside Glen Olympic Winners: Elizabeth H, Lyle K, Anne T, Kelly K, Paula and Benny M! For the Schlegel Village Olympics in London, we sent well wishes along with our village champions: Ken D & Betty U in Soccer, Lyle K in Shooting, Mary M in Canoe Slalom, Elizabeth H in NuStep and Lillian P in Parallel Bars. Thank you for representing our Village at the Schlegel Villages Olympics. Watching our athletes compete has brought a lot of joy to our village. It was amazing to see how our Riverside Glen and Schlegel Villages Olympics brought so many people together to share in the excitement of the games and pride in athletes' achievements. Thank you to everyone involved in making our Olympics a success!

Our residents continue to prove when you focus on possibilities you will have more opportunities.
Never be afraid to try something new because life can get boring when we stay within the limits of what we already know.

We hope that you have a great August and enjoy the rest of summer.
Sincerely,

Bryce

Chaplain's Corner

To: Residents, Family, and Team Members

We're in the midst of the lazy-hazy days of summer, so thought I'd pass along a bit of humour for you to enjoy. Remember church bulletins with all the parts of the service printed in them and at the end you'd find the announcements. Well, here are sentences which actually appeared in church bulletins:

1. This afternoon there will be a meeting in the south and north ends of the church. Children will be baptized at both ends.
2. Tuesday at 4 pm there will be an ice cream social. All ladies giving milk, please come early.
3. Wednesday the Ladies Literary Society will meet. Mrs. Johnson will sing, "Put Me in my Little Bed" accompanied by the Pastor.
4. Thursday at 5 pm there will be a meeting of the Little Mothers Club. All wishing to become Little Mothers will please meet the Minister in his study.
5. This being Easter Sunday, we will ask Mrs. Johnson to come forward and lay an egg on the altar.
6. On Sunday, a special collection will be taken for the defraying of our expenses for the new carpet. All those wishing to do something on the carpet, please come forward and get a piece of paper.
7. A bean supper will be held Saturday evening in the church basement. Music to follow.
8. There will be a time for prayer and medication near the close of the worship service. The ushers will eat latecomers during the second hymn.

Hope you enjoy a little laugh!

I will be away from August 10-August 19.

Sunday Church services on Aug. 11 and 18 will be live-streamed and there will be no Church Service on Wed. Aug. 14.

Blessings to you,
Rev. Brenda Woodall

In Memoriam

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

Ruth F
Carol T
Rosie C
Marida M

Kornelia S
Kathleen F
Douglas J



Message from Your Long-Term Care Family Council

Family Council News for families and friends of Riverside Glen **Long Term Care** Residents:

Hello Family and Friends of Riverside Glen!

I hope you are enjoying some summer weather and activities. I am currently serving on the Family Council as Interim Chair. Both of my parents live in Riverside Glen Long Term Care, my Dad since September 2021 and my Mom since May 2023. I invite anyone who is supporting someone in Riverside Glen Long Term Care to join us virtually, at 6 pm on Thursday August, 2024. Please note the earlier starting time than previously. I will open up the meeting at 5:45 for a time to chat. If Jackie Swan has your email address, you will be receiving the Zoom invitation link. If she does not, or if you would like her to contact you by a different link than the one she has, please send her a quick email at jackie.swan@schlegelvillages.com. Family Council is a space to ask questions, offer support, problem solve and be informed about the latest happenings in the Village.

Admitting and supporting a loved one to long term care is not an easy process for the resident or the family. The resident may have waited for years for admittance, or perhaps it all happened rather quickly, due to a crisis. They are usually feeling grief and loss of what was, including their abilities, residence, freedoms and possessions. As family members we may share some of the same feelings that our loved ones experience, such as grief and loss of what their role in our life was, or our role in their life. Your role may have changed from caregiver to care advocate, for example, which is different but just as important. We know, however, that change is just a part of life, and making the most of what we have now and celebrating life as best we can with our loved one is what is of the utmost importance.

We can best help our loved ones accept and adapt to the changes in their life by remaining positive, including by talking about accounts of "life at home", encouraging family members and friends to visit, and celebrating life with them at Riverside Glen. Remember that our loved ones still need to feel valued and useful and to know how important they are to their family.

Before entering Riverside Glen to visit your loved one, you may feel exhausted, anxious, guilty, inadequate, worried, confused, angry or all of theseall at once! These are all perfectly normal emotions, and ones common to our caregiving experience. I find that just sitting in the car for a few minutes, closing my eyes, taking a few deep breaths, and thinking about what kind of person I want to be when I visit my parents before I go inside Riverside Glen is helpful. I want to be positive, caring and compassionate. I want to be a calm, articulate problem solver. I want to be a good listener and I want to express my love and appreciation.

Can you share some uplifting or humorous accounts to make your loved one smile when you visit? A good goal is to try to have the person you are visiting feeling better after your visit than they did before. We know how good happy feelings are for the immune system. In fact, you could call laughter a "longevity elixir".

To help your loved ones enjoy Village life, consider taking a photo of the activity calendar hanging in their room for you to refer to at home, and then visit during a scheduled event they may be interested in. Attend with them so that they can feel comfortable in "giving it a try". Try dropping by when there is a live special event or performance taking place and share the excitement. Bring in some seasonal flowers, a pet, a family photo album or play some of their favourite songs on your phone. Take a walk or roll out to the fishpond or community gardens with your loved one and breathe in the fresh air. I find that visiting my parents as a daughter without as many caregiver duties to attend to, has given us more time to share stories and experiences together, which I treasure.

I hope to virtually see you all in August where we will take time to connect and share, so if you have any questions, positive experiences or things you would like improved, or if you just want to sit and enjoy being with a group of people who understand what you are going through, please join us!

Sincerely, Wendy Present

Riverside Glen *welcomes new residents*

to our community



Ē Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

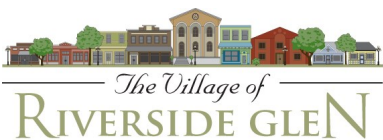
Karibuni

Retirement

Bonnie S
Daphne M
Bill H
Sheila M
Neil M

Long Term Care

Byung Tae T
John M
David T
Sandy F



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.



inn **vation** summit

spark ideas. ignite change.

October 29-30

DoubleTree by Hilton
30 Fairway Road South, Kitchener

Schlegel Villages and the
**Research Institute for
Aging (RIA)** are excited to
be hosting our 9th annual
Innovation Summit!

This two-day event is an opportunity to learn and celebrate our collective passion for innovation, continuous improvement and research.

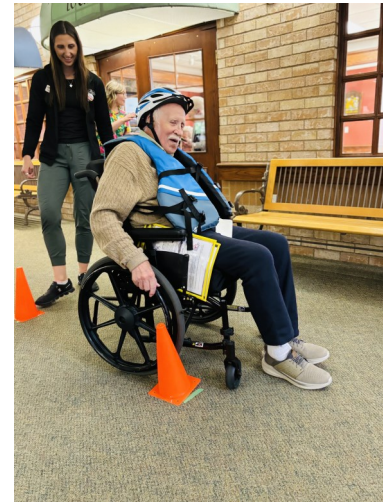
Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

Sessions will include:

- Villages sharing creative solutions and innovations
- Researchers discussing current and future projects
- Innovators demonstrating technologies that have the potential to improve Village Life
- Updates on projects presented at previous Innovation Summits

We look forward to
seeing you there!

PHOTO REVIEW OF JULY



COMING UP IN AUGUST

Monday August 5th	Wilfred Schlegel Day
August 8th and 9th	Camping at Shady Pines
Tuesday August 13th	Taste of France: Wine and Cheese Club
Thursday August 15th	Lilt and Laughter Storytelling Outing
Tuesday August 20th	Bookshelf Movie Theatre: Thelma Outing
Wednesday August 28th	Learn About Dementia

Vendors

Patricia's Boutique

Friday, August 2nd: 10-2 Mainstreet RH

Ruth's Boutique

Wednesday August 7th, 11-3 Mainstreet RH

Cameron Cards

Thursday August 8th: 10-2 Mainstreet RH

Hilda's Alterations

Tuesday August 27th 2-4 Mainstreet RH

Schlegel Villages – CONNECTIONS

September 8

Grandparents Day

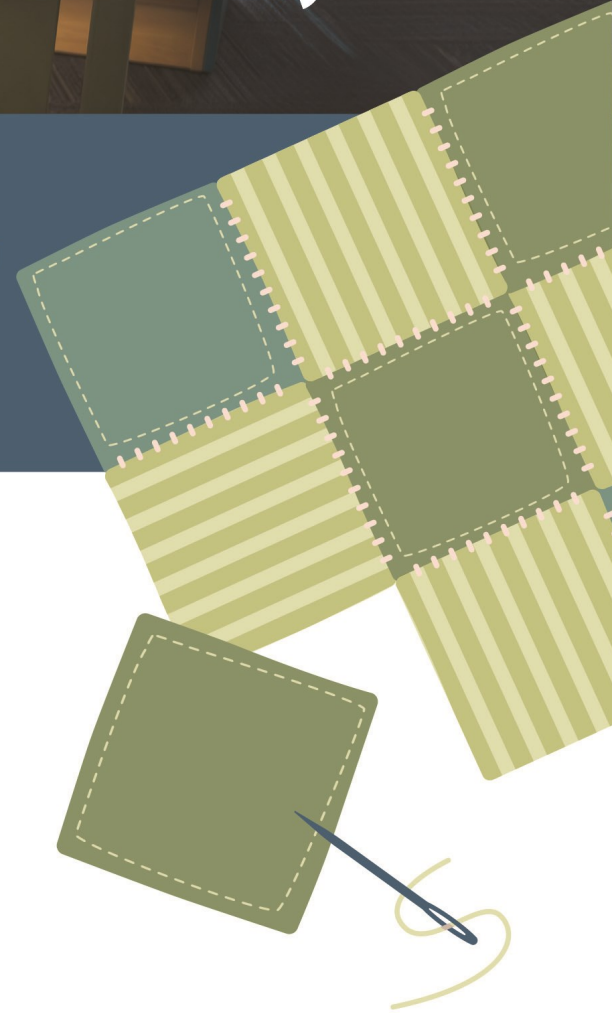
The **GRANDEST** **GRANDPARENT** *Legacy quilt project*

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.

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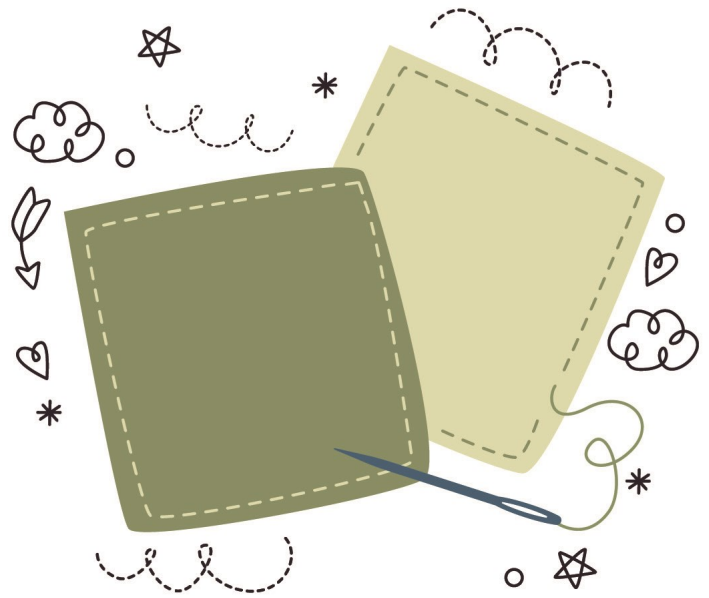
Schlegel Villages – CONNECTIONS

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.

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

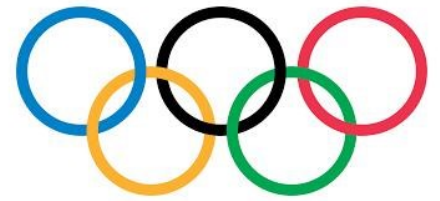


Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking

Our Village Olympic Winners!



Elizabeth H.

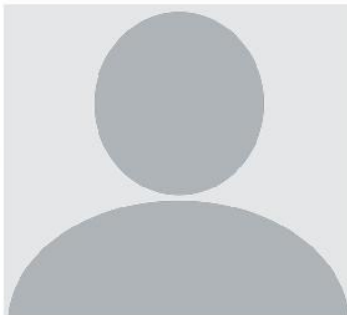
Elizabeth won 1st place in the Village Olympic NuStep event achieving 263 steps in 90 seconds



Fun Fact: Elizabeth has competed in every Village Olympics since the very first Olympics held in 2010 where she won the wheelchair race!

Anne T.

Anne won 1st place in the Village Olympic Parallel bar event scoring 24 out of 25 points



Fun Fact: Anne loves going for walks and doing wordsearches. She also loves hockey and was a big hockey mom to her two boys!

Lyle K.

Lyle won 1st place in the Village Olympic shooting event hitting 5 out of 12 cups



Fun Fact: Lyle's greatest passion was horse racing. Lyle competed against numerous rivals, excelling in multiple events, which led to racing across Ontario!

Our Village Olympic Winners!



Paul & Benny M.

Paula & Benny M. won 1st place in the Village Olympic Soccer event scoring 5 goals



Fun Fact:: Paula and Benny have married for 60 years and enjoy doing village activities together.

Kelly K.

Kelly won 1st place in the Village Olympic Canoe Slalom event with time of 29.00 seconds



Fun Fact:: Kelly loves fashion! She is always experimenting with colours and style, she is always dressed to impress!

SPOT the dot!

Tell us who is connecting the dots and delivering an extraordinary experience.



Easy as 1, 2, 3!

- 1 Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- 2 Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- 3 Take the matching sticker, find the team member and present it to them.



DO YOU HAVE ANY EXTRA YARN?

Our Yarn Clubs are asking for new or gently used yarn donations. All donations can be dropped off at either Main Entrance for Recreation Supervisor, Dayna Brinton, ext. 620 or Director of Recreation, Kadri Phillips, ext. 811





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

Searching for August

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



BACKYARD

ICED TEA

SHADE

BONFIRE

KAYAK

STURGEON MOON

FISHING

LEO

SUNGLASSES

GOLF

PARK

SUNSET

HAMMOCK

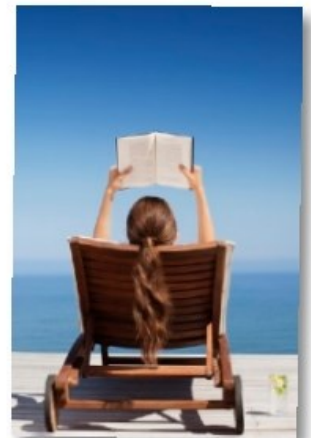
POOL

VACATION

ICE CREAM

READING

VIRGO





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](http://www.schlegelvillages.com)

Resident Birthdays

Joanne L	Aug 01
Lawrence H	Aug 02
Joan H	Aug 02
Irene H	Aug 04
Jacqueli W	Aug 04
Susan R	Aug 04
Andrea N	Aug 05
Djonna N	Aug 05
Robert C	Aug 06
Vivian M	Aug 10
Richard C	Aug 11
Marilyn S	Aug 11
Robert M	Aug 13
John F	Aug 13
Karen W	Aug 14
Anneka H	Aug 15
Irene P	Aug 16
Rocco I	Aug 20
Carol M	Aug 22
Elizabeth W	Aug 22
Betty J	Aug 24
Peter V	Aug 24
Carol W	Aug 27
Roderick M	Aug 27
Karen M	Aug 28
Regina A	Aug 28
Carol S	Aug 28

Team Member Birthdays

Navi B	Aug 01
Kamaljeet K	Aug 01
Kayla W	Aug 01
Prabhshan K	Aug 02
Sydney B	Aug 04
Kelly P	Aug 07
Elmer S	Aug 07
Jennifer N	Aug 10
Sophia T	Aug 10
Terrance Y	Aug 11
Roxanie Ann L	Aug 12
Amandeep K	Aug 12
Conner M	Aug 13
Jovelyn G	Aug 14
Nancy N	Aug 14
Amrinder K	Aug 15
Amandeep K	Aug 15
Amrinder K	Aug 15
Harnet K	Aug 15
Vincent G	Aug 18
Olusegun A	Aug 18
Pawandeep K	Aug 18
Jessa A	Aug 18
Fatima D	Aug 19
Suhaniben P	Aug 19
Arcilla S	Aug 19
Joelly Cleer A	Aug 20
Sheena May C	Aug 22
Mandeep K	Aug 22
Varun S	Aug 22
Chenneces C	Aug 23
Navpreet J	Aug 23
Kelsey K	Aug 23
Ravneet K	Aug 24
Simranjeet K	Aug 27
Cory D	Aug 28
Mark Adrian T	Aug 28
Vandana P	Aug 28
Betty P	Aug 30
David O	Aug 31
Diksha D	Aug 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, August 8th @ 2:00pm in the café with Martin
Francisco

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
Kryssy Freeman, 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