

View from the Heights

September 2024

Grandparents Day Sunday, September 8th

Long-Term Care residents and families are welcome to join us on Main Street at 10:00am for a Magic Show (The Art of Illusion) with Brad Toulouse.

Soup Fest Wednesday, September 11th 11:00am to 1:00pm

Please join us for Soup Fest on retirement Main Street to try some delicious soups. Only \$5.00 for three small bowls of soup and a bun. All funds raised will be donated to the team member compassion fund.

If you would like to donate a soup, please speak to Amy Radford (Director of Recreation) or Sherri Young (Recreation Supervisor).



September is World Alzheimer's Month



Education Session Wednesday, September 18th

"Caring Connections: Navigating Dementia Together." This session will take place on **September 18th from 2pm to 3pm** in the Town Hall. It's designed to provide valuable insights into the progression of dementia, effective communication strategies, and practical tips for supporting loved ones.

World Alzheimer's Day Saturday, September 21st Coffee Break Fundraiser

Please join us from 10:00am-12:00pm to help raise funds for the Alzheimer Society. We will be serving specialty coffee and donuts from Sweet Paradise.

Village Events

Details on Pages 13-14

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!



The Village of
WENTWORTH HEIGHTS

A Message From...

The General Manager

Michelle Wood

The RESIDENT BILL OF RIGHTS States:

Every resident has the right to be afforded privacy in treatment and in caring for their personal needs.

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.

As we step into September, it is hard to believe that summer is already coming to a close. It has been a great summer in the Village and I am looking forward to the coming months while we enjoy the fall weather and festivities. This month, I wanted to share a Village Voice story written by Kristian Partington, which highlights the Olympic events that our Village team and residents attended last month. Congratulations once more to all who participated in this event and to Kathe Kleinau for bringing home the silver medal in the Canoe Slalom, and to Freda Smouter for bringing home the gold medal in the parallel bars event.

It is grey and overcast with threatening rain clouds above the City of London as athletes from across the Western Schlegel Villages arrive at The Village of Glendale Crossing to kick off the first live, interactive Schlegel Olympic games to be held since 2018. There's a competitive edge in all of us, no matter our age, and the Schlegel Olympics taps into that for residents. Each Village holds a series of events for residents, which eventually culminates in a gathering of all Villages to find to best from east and west. The events are part of the organization's larger Wisdom of the Elder signature program, which recognizes that a person's will to compete or share their passions, knowledge and wisdom doesn't fade simply because they've moved into a long-term care or retirement setting.

To raucous applause on the morning of July 30, resident athletes from eight western Villages and their support teams are welcomed into Glendale Crossing. They'll compete in five separate events: Olympic Shooting; Sprint; Slalom; Parallel Bars and Soccer. While there is fun and excitement nestled within the spirit of competition, the energy sparking through the Village as the athletes arrive is really what the games are all about. It represents the epitome of Schlegel Villages culture in action, where residents, team members and friends thrive together under the true social model of living.

Before the official opening of the games is complete, Glendale Crossing resident Bob Nickerson recites the Athlete's Oath, committing on behalf of all who have gathered to enjoy the day in the spirit of togetherness and friendly competition. Bob later reflects on his days playing hockey, baseball and golf in his younger days, and though he is now in his later years, he says he "can still compete with the best of them." "I think this is great," Bob says, considering the excitement in the Village air. "Where else do you get an opportunity to bring these eight homes all together to really enjoy themselves and compete against each other for medals? It is excellent fun."

Main Street in both Long-term Care and Retirement are packed with shouting fans and supporters from the Villages as the athletes compete in the Sprint and Slalom events respectively. In Slalom, athletes self-propel through a series of 8 cones, vying for the quickest time, advancing through two rounds. During the sprint, athletes square off in braces, each set upon a nu-step machine. In the course of 90 seconds, athletes must record the highest number of steps, with the top four moving onto the finals.

Continued on page

Continued from page two...

During Olympic shooting, the athletes are set up at distance vying to sharpshoot the greatest number of cups off a table, advancing through three rounds at greater distance until the winner is decided. Through all three events, the smiles upon the faces and the fierce cheering of their supporters underscores the excitement that has built through weeks of preparation. Jack Klassen kisses his wife Carolyn after he wins gold in the Slalom event, then he raises his arms in triumph; the cheers for all the competitors ring loudly along Main Street. "I'm going to be 90 years old shortly," he says. "I compete and have fun every day," he adds with a broad smile.

Not far away, team members from The Village of Wentworth Heights have gathered around silver medalist, Kathe Kleinau, offering hugs and congratulations. "This is wonderful," Kathe says. "It is like coming home; everything is familiar and the welcome when we walked in was tremendous. I had tears in my eyes with all the people cheering." As organizers prepare for the finals in the Olympic shooting event, University Gates Program for Active Living Coordinator Karen Belfall nervously watches as Don Steinman, the resident she supports, prepares for his final shots. "I'm passionate," she says, echoing much of the sentiments offered by her fellow team members from across the organization. "I felt the joy from the minute we walked in and everyone cheering everyone on; it has just been a delight."

Leanne Hagarty walks down Main Street as her father Bruce is congratulated by friends and strangers alike for his gold medal win in the Sprint event – a sweep of golds for University Gates this morning. Leanne looks around, soaking up the jovial atmosphere, where long-term care residents and those from retirement compete together. "It's absolutely amazing to see him (her father) so engaged and so supported by the team and pushing himself physically, but that's also a part of your mental and social health." She said she recalls touring The Village of Winston Park in 2016 as the team was preparing for that year's Olympic event, so she wasn't surprised the opportunity arose again in 2024. Yet the scale of the excitement and the feeling in the air still outstripped what she had imagined, especially considering her father is competing eight years later.

"We know Schlegel Villages," she says; "they prioritize engagement of residents and living and having fun." She adds that it has been a special treat to see team members her father knows from the time he lived at Winston Park before moving to University Gates. "There's a community here, even across all the homes," she says.

"I say never die," says 95-year-old Babe Scott with a big smile upon her face after she finishes the final performance of the parallel bars. Her daughter, Susan, sits beside her and smiles – she's used to her mother wowing audiences, mostly her six children. "I would do just about anything," Babe says. "If you are going to do it, do it!" Babe says she was a little disappointed she wasn't able to participate in Winston Park's upcoming Skydiving adventure, but the Olympics is an opportunity she would not have missed.

Sitting just behind her is Freda Smouter from the Village of Wentworth Heights who competed in the same event. Freda is sitting with her daughter, granddaughters and great grandchildren, who came to Glendale to cheer her on. "I was kind of nervous," Freda admits, but her team members who watched with emotion welling in their eyes says her hard work paid off, regardless of where she places. "She just did so well and she worked so hard," says recreation supervisor Sherri Young. "It is amazing." Eileen Cook has just finished receiving her silver medal in the soccer competition, but as a resident of host Village, Glendale Crossing, she says she doesn't ever want to talk about herself. "I always talk about my Village," Eileen says, and her final words sum up the day of camaraderie and competition. "Everyone did a marvelous job planning this event; I'm really very proud."

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

From the desk of Barbara Taylor –Bhagwan

Greetings to All Family & Friends of The Village of Wentworth Heights!

Wow, this year has certainly flown by. Just like the old phrase, “Time flies when you’re having fun.” We have had a great summer filled with BBQs, entertainment, and even a fire drill, to name just a few highlights. We want to extend our heartfelt thanks to each and every one of you for part of these special events. September marks the end of summer and the beginning of the fall season. While we all enjoyed the summer heat, I am most excited to see the leaves changing colors as fall begins to unfold!

We have a jam-packed schedule this September, and we encourage you to take a look at our September Calendar to stay updated on the upcoming fall festivals and activities. As our fall festivals begin, we are reminded once again of what makes The Village of Wentworth Heights truly special: Our wonderful residents.

We are committed to focusing on your comfort, helping you have fun, and assisting you in living life to the fullest. Your participation and enthusiasm are what make our Village vibrant and unique, and we are immensely grateful for each and every one of you. Your presence and involvement have truly made this summer unforgettable, and we look forward to sharing the joys of fall with you.

Please feel free to call me if you have any questions or if there is anything I can assist you with.

Best wishes for a splendid fall season!

Barbara Taylor-Bhagwan
Interim Assistant General Manager
Phone: 8075



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

From the desk of Sara Calder

Happy September!

I am excited to announce some key updates to our Long Term Care leadership team, that will guide us as we continue to enhance our work within the Village.

First, please join me in welcoming Amy Radford back from her maternity leave on September 3rd, 2024. Amy will be resuming her role, as Director of Recreation, and we are thrilled to have her energy and expertise back with us.

I would also like to extend a heartfelt thank you to Melissa Marks-Truscello for her outstanding support in Amy's absence. Melissa will now be transitioning into her new role as the Neighbourhood Coordinator (NC) for Scotsdale and Carrington, where I know, she will continue to make a positive impact.

Additionally, I am pleased to announce that Andrea Cicci-Walker, will be transitioning to a new position on our team, as the new Director of Quality and Innovation. Andrea has been supporting in the NC role while Melissa was supporting in recreation. Andrea brings a wealth of experience and a fresh perspective. I am confident she will lead us in new and innovative directions as well as support our compliance directives.

Lastly, Sammi Delisser has accepted a part-time role as a Payroll Specialist with our Support Office. Sammi will continue in our Village part-time as our Administrative Assistant. Amanda Smith, who is our long-term care scheduler, will be supporting in the office, on the days that Sammi is away.

These are all exciting changes within our Village. Thank you in advance for your support and patience of these leaders during their transitions. Your dedication to our team and our mission is what makes our Village strong.

Best regards,
Sara Calder
Assistant General Manager—Long Term Care

Nursing Update

From the desk of Sumeya Aleman

As we enter September, I would like to take a moment to recognize that this month is World Alzheimer's Month—a time dedicated to raising awareness about Alzheimer's disease and other forms of dementia, as well as challenging the stigma that often surrounds these conditions.



Dementia, including Alzheimer's disease, is something that touches many lives, both within our Village and in the broader community. Whether it is a resident living with the condition, a family member caring for a loved one, or a team member providing support, the impact of dementia is far-reaching. Here in our Village, we are committed to not only providing the highest quality of care but also fostering a supportive and understanding environment for everyone affected.

One of the ways we do this is through our Living In My Today program, which is specifically designed to support residents living with dementia. This program focuses on understanding and honoring each resident's current reality, ensuring that care is delivered in a way that is compassionate, person-centered, and respectful of their individual needs. By meeting residents where they are in their journey, we can create meaningful moments and improve their overall well-being.

We continue to prioritize education and awareness among our residents, families, and team members to ensure that our Village remains a place of compassion and respect. Our team is dedicated to providing personalized care plans and engaging activities that enhance the quality of life for residents living with dementia.

To further support our community's understanding of dementia, I'm pleased to invite you to a special educational session titled "*Caring Connections: Navigating Dementia Together.*" This session will take place **on September 18th from 2PM to 3 PM** in the Town Hall. It is designed to provide valuable insights into the progression of dementia, effective communication strategies, and practical tips for supporting loved ones.

Whether you are a family member, a resident, or a team member, this session will offer helpful information and resources to better navigate the challenges of dementia. I encourage you to attend and take advantage of this opportunity to learn and connect with others who share similar experiences.

As we observe World Alzheimer's Month, let's take this time to renew our commitment to supporting those living with dementia and their families. Through education, compassionate care, and a community that values every individual, we can make a meaningful difference in the lives of our residents.

Thank you for your ongoing support and dedication. Together, we can continue to create a village where everyone feels valued, understood, and cared for.

Warm regards,
Sumeya Aleman
Assistant Director of Wellness

Neighbourhood

News

From the desk of Michelle Roukema

Hello and Happy September!

Last month, we initiated new care routines in our Stonechurch and Carrington Neighbourhoods which means we were able to add a fifth personal support worker (PSW) to our day and afternoon teams in these neighbourhoods. With adding a fifth PSW, we were able to move to dedicated care in these neighbourhoods which means that our ratio is now six residents to one PSW. With dedicated care, each resident will be part of a specific team members care assignment for consistency and familiarity. We also have worked with the team to promote meaningful and active engagement with our residents and have seen some excellent success stories! Our team members have had the opportunity to spend time with residents in their rooms, in the living room using activity supplies, sitting outside, going for walks off the neighbourhood, enjoying shows with residents and watching and talking about the Olympics with residents.

We are very thankful to our team members for working together with these new routines and are so happy to see an increase in engagement and meaningful moments with our residents.

As we continue to work through these routines, we are encouraging our team members to read resident ME (My Experience) Forms. These forms allow our team members to get to know who our residents are as it focuses on the seven domains of wellbeing. If you have not yet filled out a ME form for your loved one, please let me know and I will be happy to get you a copy to fill out. These ME forms are important and valuable just like our individual resident care plans.

If you see a special moment happening on the Neighbourhoods, please tell a team member, it will make their day!

See you around the Village,

Michelle Roukema

From the desk of Blessing Iwegim

Did you know that our Emma's Neighbourhood is designed with specific standards to better serve residents living with dementia? Many of these design elements have already been implemented, and some are currently being worked on to enhance the living experience for the residents living in this neighbourhood.

For example, thoughtful design principles are used to create an environment that supports positive engagement and makes daily navigation easier for residents. Here's a glimpse of what has been done and what is on the way:

Private Spaces – Resident Rooms

Blue wall behind the toilet and blue toilet seat: These features make the toilet more noticeable, helping residents easily identify it.

Bathroom night light: Installed to aid residents in finding their way at night.

Toilet decal on the door: This helps residents quickly recognize their washrooms.

My Top 10 Frame inside every suite: This frame showcases personal insights about each resident, encouraging meaningful interactions with our team. Our team will be working on these over the coming months.

Common Spaces – Corridor

This is Me Frame & Suite number: These are located outside each suite to assist with wayfinding.

Interactive Galleries: With themes like Nature and Travel, these displays change seasonally to engage residents with familiar, comforting scenes.

Family Gallery: A special space where photos of neighbourhood families are displayed, adding a personal touch to the environment.

Additionally, updates in the Dining Room, Den, and Country Kitchen provide visual cues and support daily activities.

These design standards are part of our commitment to creating a space that truly feels like home, tailored to the needs of those living with dementia.

Thanks,
Blessing (Neighbourhood Coordinator for Emma's and Ailsa Craig)

Environmental

Update

From the desk of Heather Bell Livingstone



My name is Heather Livingstone. A huge thank you to all of you. Such a warm heartfelt welcome. It's been a pleasure meeting most of you casually. Please if I have not met your acquaintance, do not hesitate to reach out, share, drop me a line or email. My door is always open.

I am thrilled to have joined The Village of Wentworth Heights leadership team on an interim basis. I have been with Schlegel Villages for over four years. I have held several team member roles. Some of these roles, included COVID-19 screener, Laundry, Housekeeping, Dietary Aide and PSW. Most recently I assisted with the COVID-19 research alongside McMaster as a Research Co-ordinator at both The Village of Tansey Woods and Hamilton Continuing Care. For the past 18 months, I have served as the Neighbourhood Co-ordinator and Director of Environmental Services at Hamilton Continuing Care. I strongly believe in being cross-functional and **"If I Can, I Will" is my motto**. The weeks and months ahead will be spent learning and absorbing the intricacies of the Village. Thank you in advance for your patience and understanding.

We do have an amazing team here and I am looking forward to my journey at the Village. I invite you to share some positive messages with me; what is it you like or most enjoy here at The Village of Wentworth Heights?

With gratitude,
Heather Bell Livingstone

Hospitality News

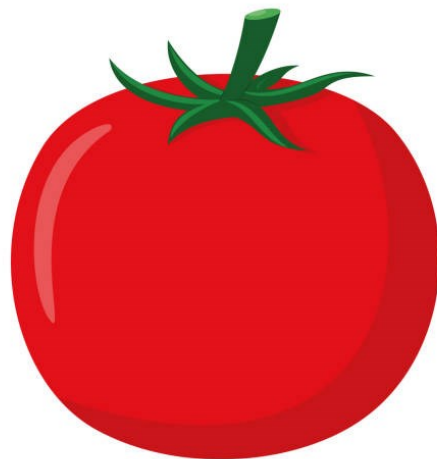
From the desk of Michelle Piccolo

Thank you all for saying goodbye to the end of summer with us! It was truly a wonderful evening. I hope you are all ready to enter the “Ber” months. September is here and you know what that means.... It is Harvest season! This is the best time of the year for all sorts of fresh local fruits and vegetables, one of my top favourites are tomatoes. There is nothing better than fresh tomatoes from the garden or local market. We understand that sometimes we can not always get to the market... so we thought we would bring the market to you! Please come check out our Harvest Market on Thursday, September 26th from 2-4pm while supplies last! Can not wait to see you all there.

This month's Lettuce Talk Food meeting will be on Tuesday, September 10th at 10:30 in the hobby shop. Please come fully equipped with ideas and thoughts. We love to hear from you always.

Happy September,

The Hospitality Team



Happy September from The Ruby!

Chef Kevin has so much to offer this month! Come check out Apple themed Ruby on the Run on Wednesday, September 25th from 11:30am to 1:30pm while supplies last!

Chef Kevin will be featuring:

- Apple Butter
- Apple Chutney
- Apple Turnovers
- Apple Tartlets
- Apple Bread
- Apple Cobbler
- Apple Dumplings
- Apple Fritters

Lunch options:

- Cider Brined pulled pork
- Roasted Cauliflower apple and bacon soup

Hope to see you there!

Thank you all for supporting The Ruby!



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!**

Village Events

Joint LTC & RH

- Thursday, September 5th— 11:00am-3:00pm The Boutique (Vendor) –MS-\$
- Wednesday, September 11th—11:00am-1:00pm Soup Fest—MS
- Sunday, September 15th—10:30am Terry Fox Walk—BP
- Tuesday, September 17th—11:00am-4:00pm Nellies Comfort Shoes (Vendor) –MS-\$
- Wednesday, September 18th—2:00pm-3:00pm Dementia Education—TH
- Saturday, September 21st— 10:00-12:00pm -World Alzheimer's Day –coffee/donuts TS
- Monday, September 23rd— 10:30am Gardening Club with Guest Speaker— TH
- Tuesday, September 24th—2:00pm Arts & Aging: Craft Workshops (see poster)
- Wednesday, September 25th—2:30pm Armchair Travel: Texas—TH
- Thursday, September 26th—11:00am-3:00pm Traditions Alive (Vendor)—MS \$
- Thursday, September 26th—2:30pm Spirit of Song: Indigenous Music & History—TH
- Saturday, September 28th—2:30pm Oktoberfest Party with Filipa Sousa—TS
- Monday, September 30th—National Day for Truth and Reconciliation (Wear Orange)

Long Term Care

- Thursday, September 5th— 2:00pm Entertainment with Anne Grisdale on Stonechurch
- Friday, September 6th—8:30am Men's Breakfast—CC
- Saturday, September 7th—2:00pm Pub with Kelly Davies—MS
- Sunday, September 8th—10:30am Grandparents' Day Magic Show—MS
- Thursday, September 12th—2:00pm Happy Hour with Dave Shakespeare—MS
- Saturday, September 21st—2:00pm Entertainment with Gerry Larkin on Carrington
- Wednesday, September 25th—5:00pm Diner's Club: Appetizer Night - MS
- Friday, September 27th—2:00pm Birthday Bash—CC

Retirement

- Saturday, September 7th—2:00pm Florin Contin—(EG)
- Thursday, September 12th—9:15am Breakfast Club—HS (sign up)
- Saturday, September 14th—2:30pm Zack Erikson Performs –TH
- Thursday, September 19th—2:30pm Residents' Council Meeting— TH
- Friday, September 20th— 3:00pm Happy Hour (Emmas) with Blue Eyed Bill
- Friday, September 27th—2:15pm HTAL Fall Series— David Crombie-Greenbelt-SH

Village Outings

LTC

- Tuesday, September 10th—11:00am Hutches on the Beach
- Saturday, September 14th—4:00pm Hamilton Tiger Cats Game
- Friday, September 20th—2:00pm Country Drive and Donuts

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

Retirement

- Wednesday, September 4th—1:30pm Sobeys (Stone Church) Shuttle
- Wednesday, September 11th—1:30pm Metro & Shoppers (Fennel) Shuttle
- Thursday, September 12th— 2:00pm Royal Botanical Gardens-\$
- Friday, September 13th— 10:30am Picnic Lunch (EM/EG)
- Monday, September 16th— 11:00am Outing to Hutch's Lunch -\$
- Monday, September 16th—2:30pm Freshco Shuttle –Rymal-\$
- Tuesday, September 17th— 12:30pm Port Dover Theatre—sign up \$
- Monday, September 23rd –10:30am Brantford Casino-\$
- Monday, September 25th—1:30pm Giant Tiger (Upper Ottawa) shuttle-\$
- Thursday, September 26th— 10:30am Men's Club Fort George/Lunch \$
- Friday, September 27th—10:30am Pottery Painting (EM/EG) - \$

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 Monday, September 2nd 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!

NEW PLANS FOR A COMMUNAL GARDEN IN THE SUMMER OF 2025



The raised garden beds in backyard patio have not been as successful as hoped. This area is shared by both long-term care and the retirement sides. So, we are looking for a better way to take advantage of this gardening space. We want it to bring enjoyment to all residents.

So, for the Summer of 2025 we propose:

- 1) A Garden Club of volunteers. We know that there are residents who have had gardens and enjoy the healthy activity it offers as well as the produce.
- 2) Planning would begin in the Fall of 2024 so that an inventory of needs can be prepared.
- 3) Meetings during the new year to learn and discuss:
 - the best use of raised gardens e.g. the best vegetables, herbs etc.
 - care of different plants such as planting times, pruning, watering etc.
 - trips to Garden Centre to obtain plants
 - involve long-term residents in planned planting times. They can have planned activities around the garden
 - shared responsibility for care of the garden.

These are only a few of the possibilities!

ARE YOU A GARDENER OR ARE YOU INTERESTED IN LEARNING MORE?

JOIN US FOR AN INFORMATION SESSION
in Town Hall on Monday, September 23rd @ 10:30am
With guest Adriaan Sizoo (Director of Landscaping and Exterior Maintenance at Schlegel Villages)



From the desk of Dan Lazniewski

The Importance of Proper Footwear

Proper footwear is crucial for seniors, impacting overall health, mobility, and safety. Choosing the right shoes can prevent injuries and enhance comfort, making everyday activities more manageable and enjoyable. Here is why proper footwear matters and how to select the best options:

Prevents Falls: The right shoes provide excellent grip and stability, reducing the risk of slips and falls. Look for shoes with non-slip soles and good arch support to help maintain balance.

Supports Foot Health: Proper footwear helps prevent common foot problems such as blisters, calluses, and bunions. Shoes that fit well and offer adequate cushioning can alleviate discomfort and prevent foot pain.

Enhances Mobility: Comfortable, supportive shoes make walking easier and more comfortable. Proper arch support and cushioning can improve gait and reduce fatigue, encouraging more physical activity.

Reduces Risk of Injury: Well-fitted shoes with proper cushioning absorb shock and protect joints and bones from impact. This can be particularly beneficial for those with arthritis or other joint conditions.

Promotes Proper Alignment: Good footwear supports proper alignment of the feet, ankles, and legs, which can prevent misalignment and related issues in the knees, hips, and back.

Choosing the Right Footwear:

- **Fit Matters:** Ensure shoes fit well with enough room for toes to move comfortably. Avoid shoes that are too tight or too loose, as they can cause discomfort and increase the risk of falls.
- **Look for Support:** Opt for shoes with good arch support and cushioning. Orthopaedic or specially-designed shoes may be necessary for those with specific foot health concerns.
- **Non-Slip Soles:** Choose shoes with non-slip, textured soles to provide better traction and reduce the risk of slipping on smooth or wet surfaces.
- **Avoid High Heels:** Stick to flat or low-heeled shoes. High heels can lead to balance issues and increase the risk of falls.
- **Consult Professionals:** If in doubt, consult a podiatrist or healthcare professional for personalized recommendations on footwear that meets specific health needs.

Proper footwear plays a vital role in maintaining senior health and safety. By choosing the right shoes, seniors can enhance their comfort, reduce the risk of falls, and enjoy greater mobility.

If you have any questions or would like some advice, speak to your PAL team.



Retirement

The Foot Care Clinic for Williamsburg and Egerton neighbourhoods will be on September 19th and Emma neighbourhood will be on September 20th. The Foot Care Clinic for the Becker and Ailsa Craig neighbourhoods will be on September 23 at the RiverStone Spa and Salon.



Long Term Care

There will be no Foot Care Clinics in the month of September

The next Foot Care Clinic for Long Term Care will be the week starting October 6th

Please contact the RiverStone Spa and Salon with any questions or to book an appointment at 289 678 0021 ext 8090

Have you heard?

We want to display your wedding 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 to display your **WEDDING PICTURE**

We will take **VERY GOOD CARE OF IT!**

They will be stored and displayed in a plastic sleeves.

On the night of Sunday, September, 1st ,we will be displaying the pictures after dinner. We need “person-power” to get it accomplished and we urge you to offer to help with organizing and helping execute this.

All help would be appreciated.

Thank you so much to everyone who brought us their pictures, volunteered their time,

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

As the colours of Fall greet us! September will be a busy month as we introduce a few new programs!

GATHERING group for **Life Transitions** led by Elizabeth. Group will meet on Monday, September 9th in the library at 10:30am.

GATHERING of **New Residents!** Will be held in the Library on Wednesday, September 18 at 10:30am.

Bible Study with Janet — '**Women of the Bible**'. Join us for discussion on Wednesdays at 2pm September 4, 11 & 25 in the Chapel.

Sing-a-long with Janet on 2nd and 4th Wednesday at 10:30am in the Chapel.

Please check the monthly calendar for times and dates!

Movie with Janet - Call of the Wild

Bible study with Ankit

If you would like to have Communion with your family or friends, please let me know.
Shalom,
Janet

September 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

World Wide Communion will be held on Sunday, October 6th.

In Memoriam...

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

Valerie Dadswell
Marie Ellen Howie
Andrew Markowski
Nancy Wilson

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

Our next celebration of life will be Wednesday, October 30th, 2024.



Volunteer Update

From the desk of Andrew Sangster

Hello,

As we wrap up the summer season, we have post secondary students finishing their placement hours with us. We hope they enjoyed their time at the Village which includes learning the skills and techniques needed to be successful in their chosen field. We hope to see our summer placement students grow into team members who will continue to support our village community and the residents who live in it.

As we all know, September is the start of the school year. New students will be able to begin their journey of growth and learning at the Village. Please take the time to welcome new students when we see them in the Village.

Throughout the summer, we have had volunteers support many different programs and activities. We have also had many new faces start volunteering. You may have noticed new faces or socialized with volunteers while attending an activity. Volunteers are enjoying the time they are spending in the Village. Please welcome new volunteers so that they may feel welcome as a part of our village community.

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.

RxPharmaChoice

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

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

Next meeting:
Thursday, September 12th 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:

We are excited to share that we will be hosting LTC Family Council on
Thursday, September 26th at 6:30pm. 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 provide foot care.

Retirement:

Williamsburg & Egerton:
September 19th

Emma's:

September 20th
Becker & Ailsa Craig:
September 23rd

Long-Term Care:

Week of October 6th

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

Hearing Clinic

Upcoming dates on:
September 4th and 18th

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.

**September 23rd and
October 1st**

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:

September 4th and 18th

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

September can be hot

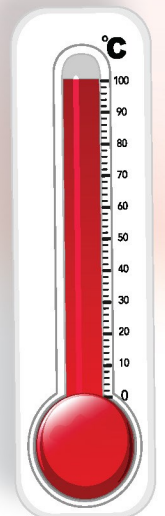
Keep cool and have fun!

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

INDOORS
REST
SUNSCREEN
HAT
POPSICLES

COOLSHOWER
LIGHTACTIVITY
HYDRATE
FAN
SUNGLASSES

LIGHTCLOTHING
UMBRELLA
SHADE
WATER





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!

Conversation

café



Which aspiration do you want Schlegel Villages to focus on in 2025?

- Promote Resident Empowerment
- Honour Diversity in Village Life
- Offer Flexible Living
- Create Opportunities for Meaningful and Shared Activities
- Promote Cross-functional Teams
- Connecting Research and Innovation to Village Life
- Cultivate the Ultimate Team Member Experience
- Foster Authentic Relationships

Vote!



Voting closes
Wednesday, September 25



SCHLEGEL VILLAGES

Schlegel Villages – CONNECTIONS



National Day for Truth and Reconciliation

The First Nations, Inuit, and Métis peoples shared their knowledge and wisdom with the first settlers in Canada, guiding them through an unfamiliar land. Over time, this relationship deteriorated as greed and dogma drove the expansion westward, disregarding the deep-rooted wisdom of Indigenous peoples.

In the 19th and 20th centuries, this relationship reached its darkest point, with government- and church-sanctioned efforts to suppress and erase Indigenous cultures. On Sept. 30, we join millions across Canada in recognizing this painful history as we observe the National Day for Truth and Reconciliation. We wear orange in memory of Phyllis Jack Webstad,

whose orange shirt was taken away on her first day at residential school, symbolizing the broader injustices faced by First Nations children, families and communities.

At Schlegel Villages, our doors remain open as we come together in the spirit of learning and reflection, recognizing always have more to do. We honor diversity and encourage everyone to learn from the past, engage in meaningful conversations, and reflect on the strength and resilience of Indigenous peoples. Together, we remember, and together, we move forward toward a more equitable future for all.



SEPTEMBER 24

WELCOME STUDENTS

As the cool nights of August lead us into September, we are reminded of the hopeful days of the beginning of a new school year. It is a constant among generations that nearly everyone has experienced in life, the excitement and nervousness of new classes, teachers and classmates; within our Villages, those feelings are something we relate to, for we are part of so many students' lives.

We offer a warm welcome to all of the many students who will be part of our communities this fall. They come from

The students who come to learn and grow alongside our team members are an important part of Village Life, and we're always thankful that they choose us!

high schools as volunteers or on co-op placements, and from colleges and universities through hands-on placement opportunities in practically all aspects of Village Life. In several of our Villages, they are also part of our Living Classrooms, brought to us in partnership with different Ontario Colleges, like Mohawk, Conestoga or Sheridan. These future healthcare professionals all have the potential to help us transform the healthcare system, and we hope many will stay and grow with us.



A guide to embracing art as an older adult

Studies have shown that the arts can enhance a person's physical, mental, emotional, social and spiritual life. Participating in activities like gardening or being a part of a book club can bring people together, encourage personal growth, and create fond memories!

What counts as an arts-based activity?

There's no one answer when it comes to this question. Some people think the arts are limited to things like dancing and painting, but you can also be creative by doing things like baking or even fixing up a broken clock. Everyone has their own ways of being creative and there's no limit to how you can enjoy the arts and its benefits.

How can I start taking part in arts-based activities?

Many people are afraid that they aren't very artistic – they may have been told from an early age that they shouldn't dance because they have two left feet. It's important to let go of these thoughts and try something new, you might be surprised by how much fun you have!

Not feeling particularly creative one day but still want to do something arts-based? You can simply observe! Just attending a play, watching a performance or listening to your favorite song will be good for your mood and health.



There are lots of ways you can express your creativity! Here are just some ideas:

- Reading
- Painting
- Drawing or sketching
- Writing
- Playing an instrument or singing
- Acting
- Knitting
- Sewing or quilting
- Dancing

What is Arts and Aging Day Canada?

Arts and Aging Day Canada happens every year on September 24. From virtual events you can join from your home to admiring others' creations on social media, this day is all about expressing creativity and sharing the impact the arts have made on the lives of older adults.

Visit the Arts and Aging Day Canada web page to learn how you can participate: the-ria.ca/events/arts-and-aging-day

YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

Michelle Wood – General Manager Michelle.wood@schlegelvillages.com	Ext. 8028
Sara Calder – Assistant General Manager Sara.calder@schlegelvillages.com	Ext. 8060
Lori Ross – Administrative Coordinator Lori.ross@schlegelvillages.com	Ext. 8027
Amy Radford – Director of Recreation Amy.radford@schlegelvillages.com	Ext. 8035
Daniel Lazniewski – Kinesiologist/Exercise Therapist Daniel.lazniewski@schlegelvillages.com	Ext. 8113
Jody McDonald – Resident Support Coordinator Jody.mcdonald@schlegelvillages.com	Ext. 8305
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Danica Milos – Assistant Director of Nursing – RAI Coordinator Danica.milos@schlegelvillages.com	Ext. 8066
Michelle Roukema – Neighbourhood Coordinator for Rymal & Stonechurch Michelle.roukema@schlegelvillages.com	Ext. 8036
Melissa Marks-Truscello – Neighborhood Coordinator for Carrington & Scotsdale Melissa.marks@schlegelvillages.com	Ext. 8048
Andrea Cicc-Walker – Director of Quality and Innovation Andrea.walker@schlegelvillages.com	Ext.1306
Heather Bell Livingstone – Interim Director of Environmental Services Heather.bell.livingstone@schlegelvillages.com	Ext. 8070
Donna Padget – Director of Food Services Donna.padget@schlegelvillages.com	Ext. 8015

YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

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Barbara Taylor-Bhagwan – Interim Assistant General Manager Barbara.taylorbhagwan@schlegelvillages.com	Ext. 8075
Lori Ross – Administrative Coordinator Lori.ross@schlegelvillages.com	Ext. 8027
Sherri Young – Interim Recreation Supervisor Sherri.young@schlegelvillages.com	Ext. 8332
Moses Genat – Kinesiologist/Exercise Therapist Moses.genat@schlegelvillages.com	Ext. 8031
Sumeya Aleman – Assistant Director of Wellness Sumeya.aleman@schlegelvillages.com	Ext. 8301
Courtney Roarke – Neighbourhood Coordinator for Egerton and 3rd Floor Becker Courtney.roarke@schlegelvillages.com	Ext. 8077
Chanelle Cavey – Neighbourhood Coordinator Williamsburg & 4th and 5th Floor Chanelle.cavey@schlegelvillages.com	Ext. 8080
Blessing Iwegim – Neighbourhood Coordinator for Emma’s and Ailsa Craig Blessing.iwegim@schlegelvillages.com	Ext. 8081
Heather Bell Livingstone – Interim Director of Environmental Services heather.bell.livingstone@schlegelvillages.com	Ext. 8070
Duro Brajic – Environmental Service Supervisor Duro.brajic@schlegelvillages.com	Ext. 8071
Michelle Piccolo –Director of Hospitality Michelle.piccolo@schlegelvillages.com	Ext. 8074
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	Ext. 8069
Lead Nurse Call this number for any health related emergency	Ext. 8079