

The Winston Word

NEWSLETTER VOLUME 7 ISSUE 8

AUGUST 2024

Hopping into August



**Come visit our new friends
Cosmo and Wanda in Egerton!**



Ear & Hearing Clinic
at Winston Park

For an appointment with an
Audiologist please call
1-888-745-5550

Hearing Tests
Hearing Aids
Repairs

Juliane Shantz
Doctor of Audiology

Happy Birthday
to our residents
and team who are
celebrating
August birthdays!

Meet Our Chaplains

Kathleen & Hector!



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

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

Please stop by the Chapel
to say hello.

in **Memoriam**

*Our Team Members, Leadership, and
Support Office were saddened by the
passing of the following residents.*

Isobel R
Robert A
Earl N
Elizabeth P
Inez V
Penny B
George P
Ann K

Village



The Village of
WINSTON PARK

Events

August Events

Timbit Day is August 13th
Each Neighbourhood
Enjoy some free Timbits!

VENDORS 11-3 Library
Aug 6: Nelly's Comfort Shoes
Aug 28: Factory Shoes
Aug 30: Vicky's Gems & Jewels*
* in Pinehaven Community Room

National Watermelon Day
August 3rd
Please check your calendar for
your neighbourhood's activity.

Family BBQ Series
Each Neighbourhood is having
their own BBQ— **RSVP is due**
3 days in advance—
please RSVP at the office
to get your ticket.

Chinese Dancers
Aug 10th
3pm in Williamsburg Dining Room

Multicultural Festival
Aug 21st
2pm on Main Street

WELCOME TO THE VILLAGE!
In July we welcomed the following
residents to Winston Park:

Jean T	Barry O
Pamela W	Marie S
Mircea R	Karen P
Donald G	Philip M
Helga B	Helen K
Margaret B	Edwin S
Jose S	Mary S
Shirley O	Richard T
Kenneth B	Terrance K
Edgar S	Peter M
Helena W	Lois L
William C	George B
Donald B	Ruby R
Marlene D	

Reminder To Our Pet Owners

We are happy to see so many furry friends
visiting our village this summer.

Please drop off a copy of your pet's
vaccination records at either office. The
Ministry of Long-Term Care requests that
we keep these records.

If you have any questions, please email
Luke.Denomme@schlegelvillages.com





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

The Winston Word

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AUGUST 2024

A Word From Brad Lawrence, Our General Manager

Here we are in the "Dog Days of Summer" – as we roll into August, the weather is getting hotter, steamier, and sunnier! Please make sure that you are staying well hydrated and that you are wearing your sunscreen/hat!

We were so happy to see that many people are out and about enjoying the outdoors. When we have really hot weather days, we will be posting notices on the main entrances as a reminder to be cognizant of the weather if you're going out. Again – please stay hydrated.



Construction Update – we are thrilled to let you know that construction has come to an end! The first residents moved into the renovated original Winston Park on July 29th. By the end of August, we will be welcoming 64 new residents and their family and friends into the village. We thank everyone for their patience throughout the 5 years that we have been working on our new LTC.

Parking – is always a hot topic. In LTC, we have expanded the visitor parking to include spots on both sides of the main entrance at Door #2. We realize that there may be times when visitors to LTC are not able to find a spot directly in front of the building; however, please know there is parking all around the village. We have experienced many incidents of people choosing to park in Fire Routes and Accessible Parking spaces. Moving forward, vehicles can be ticketed for these offences as per bylaw regulations. Ticket fines are as follow:

- ◆ Parking in a Fire Route - \$75
- ◆ Parking in an Accessible spot without authorization - \$300

Our goal is safety for residents, team and visitors, so we thank everyone in advance for your cooperation regarding parking.

Welcome - to all of our new residents and their families/visitors, welcome to the Village. We look forward to getting to know you and hope you are enjoying your new home. August is Family BBQ month and we hope to see you. Please see the activity calendar or recreation team members for details about the date/time of the BBQ in your neighbourhood, and RSVP at the office at least 3 days ahead.





HAWAIIAN BBQ NIGHT

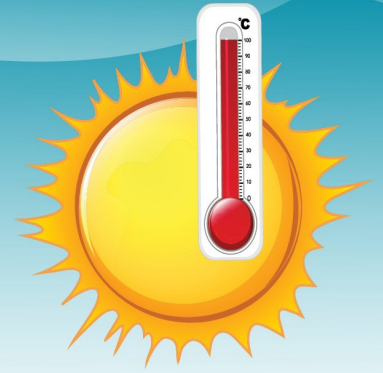
Aloha! Join us for a tropical escape filled with delicious food and entertainment. Let's Lū'au!

**Check your neighbourhood
calendar for more details.**

\$25
PER GUEST

RSVP
to the Village Office
or call 519-576-2430

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



**Ribbon-Cutting
in our new
LTC Neighbourhoods**



Canada Day Spirit



The Winston Word

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Be Our Guest! RIA Friends & Family Day

Thursday, September 26
10 am - 3 pm

Tour the building, meet our researchers and learn how we're enhancing the care and quality of life for older adults! Plus, learn how you can get involved in our work.



Let us know if you can come!

Email info@the-ria.ca or call us 519-904-0660

RIA RESEARCH
INSTITUTE
for AGING
Schlegel • UWaterloo • Conestoga

Enhancing Life

LTC Family Council

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

The last meeting was held on July 24.
Minutes will be posted at the LTC main entrance (Door #2)

To find out more please contact winstonpark.familycouncil@schlegelvillages.com

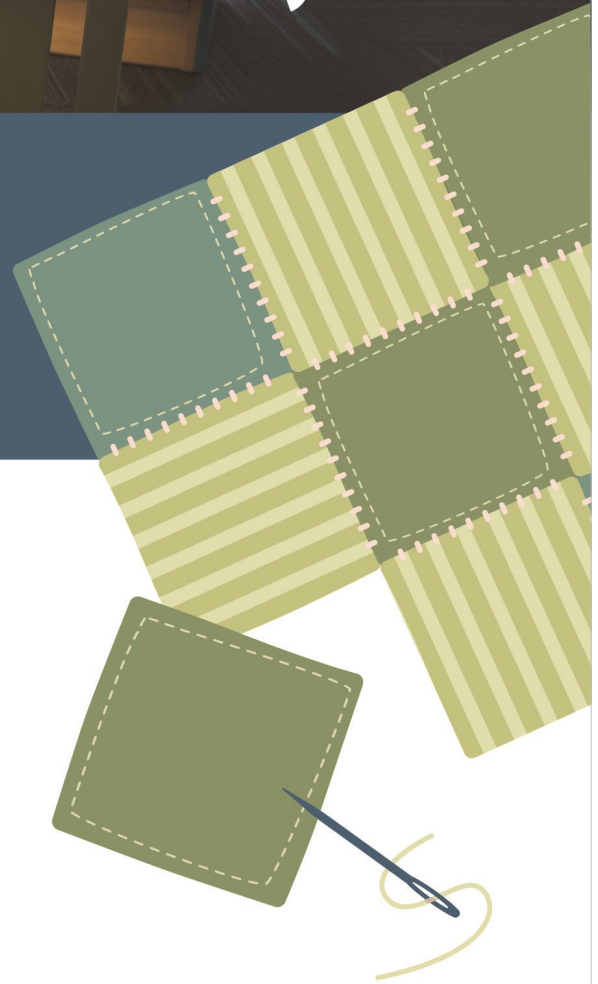
Schlegel Villages – CONNECTIONS



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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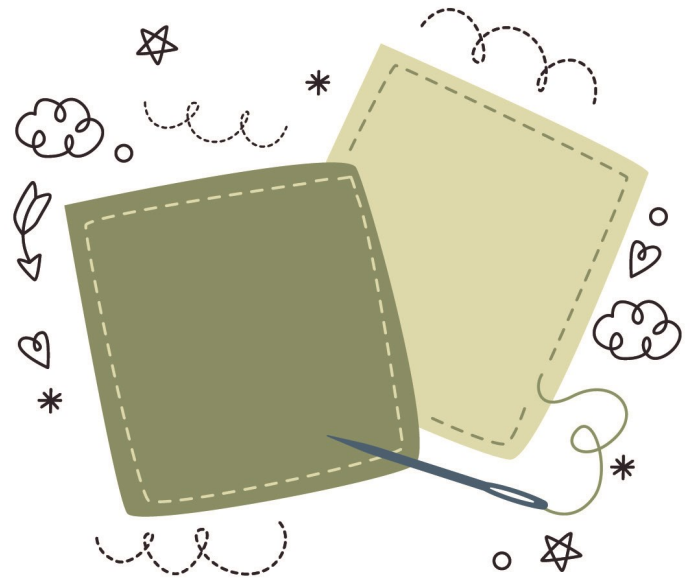
Schlegel Villages – CONNECTIONS

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 Day

Monday, August 5

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.

YOUR VAT TEAM PRESENTS...

THE 3RD ANNUAL MULTICULTURAL FESTIVAL



WED AUG 21
2pm - 4pm

**TO REPRESENT YOUR COUNTRY
OR CULTURE, CONTACT**

tara.rosenow@schlegelvillages.com

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.



Audiology & Hearing Health Services for You and Your Loved Ones

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

Upcoming Dates

August 1, 8, 22, 29

September 12, 19

October 3, 10, 24, 31

November 14, 21

December 5, 19

January 9, 23 2025

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

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

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AUGUST 2024

Retirement Home Leadership Directory

Brad Lawrence	General Manager	Ext. 8003
Tara Rosenow	Assistant General Manager (Ret.)	Ext. 8010
Gillian Alexander	Director of Lifestyle Options	Ext. 8002
Katie March	Director of Lifestyle Options	Ext. 8008
Jane Panta	Village Experience Coordinator	Ext. 8015
Matthew Walsh	Director of Hospitality	Ext. 8004
Brad Rideout	Director of Environmental Services	Ext. 8006
Joe Bischof	Assistant Director of Environmental Services	Ext. 8116
Sarah Linton	Retirement Recreation Supervisor and Volunteer Coordinator	Ext. 8062
Shirley Tulk	Neighbourhood Coordinator Williamsburg	Ext. 8215
Joelle Duchaine	Neighbourhood Coordinator Egerton & Becker	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator Emma's	Ext. 8012
	Dining Room Supervisor	
Carmen Niculescu	Wellness Coordinator	Ext. 8029
Christine Partridge	Assistant Wellness Coordinator	Ext. 8209
Hector Pineda	Chaplain	Ext. 8011
Karena Nnebo	Administrative Assistant (Retirement)	Ext. 8001
Tiffany Menjivar	Administrative Coordinator	Ext. 8013

All email addresses are FIRSTNAME.LASTNAME@schlegelvillages.com

LTC Nursing Directory

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

Retirement Nursing Directory

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

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AUGUST 2024

Long-Term Care Leadership Directory

Brad Lawrence	General Manager	Ext. 8003
Luke Denomme	Assistant General Manager (LTC)	Ext. 8188
Rabina Simovic	Director of Nursing Care	Ext. 8014
Jill MacQueen	Director of Nursing Care	Ext. 8264
Morgan Bonnell	Assistant Director of Nursing Care	Ext. 8275
Cathy Hu	Assistant Director of Nursing Care	Ext. 8269
Mary Hedrich	Assistant Director of Nursing Care	Ext. 8187
Gagan Sangha	Assistant Director of Nursing Care	Ext. 8319
Karen Norris	Assistant Director of Nursing Care	Ext. 8268
Gina Almeida	Resident Support Coordinator	Ext. 8254
Vesna Venceljovski	Neighbourhood Coordinator Eby, Trussler, Newberry	Ext. 8005
Garry Sharma	Neighbourhood Coordinator Strasburg & Aberdeen	Ext. 8370
Rada Jokic	Neighbourhood Coordinator Roseville & Kingsdale	Ext. 8182
Alyson Haffner	Neighbourhood Coordinator Sandhills & Waldau	Ext. 8266
Meredith Herr	Neighbourhood Coordinator Haysville	Ext. 8270
Alysha Voigt	Director of Quality and Innovation	Ext. 8271
Brad Rideout	Director of Environmental Services	Ext. 8006
Joe Bischof	Assistant Director Environmental Services	Ext. 8116
	Director of Recreation & Volunteer Services	Ext. 8007
Sarah Linton	Volunteer Coordinator	Ext. 8062
Daniel Juteram	Food Service Manager	Ext. 8009
Samantha Olsen	Food Service Manager	Ext. 8258
Carlyn Martin	Director of PAL Program	Ext. 8265
Michelle Nguyen	PAL Coordinator	Ext. 8262
Kathleen Sorensen	Chaplain	Ext. 8011
Gopikrishna Sudheer	Administrative Assistant	Ext. 8207
Yvonne Madueke	Nurse Practitioner	Ext. 8371

All email addresses are FIRSTNAME.LASTNAME@schlegelvillages.com

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