

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

September

Make your autumn special!

- Hot chocolate
- Plaid towel
- Apple pie
- Raspberry jam
- Pumpkin soup

Message from

BRYCE MCBAIN

Dear residents, families, and team members,

We continue to offer our sincere gratitude to each one of our team members for their care and services to you and our Village.

We celebrated our team members on Wednesday August 28th at our Team Member Appreciation event.

Every success we experience in the Village is a result of exceptional team members and their dedication to delivering on a memorable customer experience. The recipients of our 2024 Connect the Dots *The Schlegel Villages Customer Experience Credo Awards*:

Know Me- Amabelle Z

Be Present- Alexis-May B

Walk in My Shoes- Hilda M

Earn Trust- Gurkawaldeep S

Follow Through- Melvin A

We also recognized team members for 5, 10, 15, and 20 years of service. We are fortunate for our staff longevity, and the stability and quality of care that our caregivers help to provide.

Congratulations to all our Service Award and Success Award recipients!!

Sincerely,

Bryce

Chaplain's Corner

Becoming a Friendship Detective.

To Residents, Family and Staff :

When you have a moment, look around you, and you'll see faces of others who, like you, have experienced some of the biggest transitions of their lives, fairly recently. The transitions have led them to start living their lives in this new place called Riverside Glen.

Each person has a story of what brought them here.

In the midst of adjusting to change it is helpful to find supportive friendships. We all need friends; someone to share stories with, to ask opinions of, and to do activities with. Having friends is vital to our emotional health. We need support and humour and someone to join us on our journey.

It may take some detective work to discover a new friend.

I recently asked some Riverside Glen residents if they had any tips on how to develop new friendships.

Two women playing a game together in the cafe shared their experiences on meeting new friends. One offered, "I got out of my room and went to activities and got to know people through lots of activities.

You just have to try things. You don't have to be good at it."

Her friend remembered, "We met at our dining table."

"I came here for respite care after surgery and she (her friend) took me under her wing and we have never looked back.", one woman recalled.

One person noticed someone crocheting, and then approached her and invited her to join the knitting club. Their friendship has grown from there, as they have many things in common and encourage each other. Wise advice for meeting new friends from another resident is; "Smile and say, "Good morning" and if you see someone in need, offer to help."

Sherlock Holmes had great powers of observation. **Your detective work is to find someone who shares your interests, likes and values.** As you get to know each other, you can enjoy each other's company and support each other in times of difficulty.

Be encouraged to step out and do the detective work of discovering who you can get to know and become friends with on your journey.

Happy Sleuthing!!

Eileen Harbottle - Spiritual Care Provider

In Memoriam

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

Velma S

James M

Emiko "Kay" V

Daniel S

Rachel K

Elizabeth K

Jacqueline W

Robin M

Roberto C



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!

We hope you are having a terrific summer! We had an increase in the turnout of family members at our August 8th meeting, where we discussed the Continuous Quality Improvement Report, did a "Round Robin" of what is going well and what needs some work for our loved ones, and discussed inviting the Registered Dietician in for a Q&A in September! You can find our full minutes from our meetings posted in the white binder opposite Helen's desk in the main lobby.

Today I want to talk to you about a federal tax credit that you or your loved one may be missing out on - The Disability Tax Credit. It applies to anyone over the age of 18 who meets the criteria. The criteria and form can be found on the Canadian Revenue Agency website. The form to claim this tax looks very lengthy, which is why it took us so long to get around to completing it, only to find when we did do it that the applicant/family member just fills out the first page, and the rest is filled out by a healthcare professional. It can also be done online, which may make it easier. Everyone residing in long term care meets the criteria, and many of our seniors in retirement or at home do as well. Filling out this form lies outside of the healthcare professionals regular duties, so they may charge a small fee for their time.

When I asked my mom's doctor at Riverside Glen why a form was needed and the credit couldn't just be applied automatically to residents in long term care, she said that it was because the criteria for qualifying may have been met before entering long term care. If your loved one has paid any income tax out since they met the criteria for the credit, they will get some of that money back, and the credit will apply for their upcoming tax years as well. We received several years of back payment for my dad, and are now waiting for the results for my mom.

Are you wondering how a doctor here can evaluate your loved one from before they came to Riverside Glen? They can obtain the information from the resident or a close family member and enter it. For example, difficulties with basic tasks such as eating, bathing, dressing may have started for years before coming into long term care. I know, as caregivers, you are all really busy, and the last thing you want to do is to fill out yet another form, but I am also telling you it is very worthwhile.

Also pay attention to the inside of the ELEVATORS at Riverside Glen, they have fun recreational events for your loved ones listed on the walls that you won't necessarily see in the newsletter, or on the recreational calendars. This especially applies to you with family members on the first floor, (since you don't take the elevator), or for those who take the stairs. I think these events have been scheduled after the recreational calendars are printed to take advantage of good weather or sudden fun opportunities. Our recreational staff is working hard to bring as many different experiences to the residents as possible. Do join us, if you can, for the "Songbird Choir" concert September 4th at 10:30 am. Both the long term care and retirement residents have been working hard on a lovely assortment of songs.

Our next meeting will be September 12 at 6 pm, and we will have Melissa, a Riverside Glen Registered Dietician with us for part of that meeting. Jackie Swan will send out the Zoom link invitation to all family members who are on her list on Monday September 9, so watch for the link. We look forward to seeing you at the meeting. Please come. It is informal. Dress as you please, (but do wear something), eat, work out, or do a jigsaw puzzle while you are watching. Just show up. We need you. It is by working together that we can fully optimize this experience of community living for our loved ones!

Wendy Presant Interim Chair

Riverside Glen *welcomes new residents*

to our community



Ē Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Jane M
Alberto F
Janice H
Glenna R

Long Term Care

Jane C
Suzanne P
Kay L
Jean S
James J
Vangelia M



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



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 AUGUST



COMING UP IN SEPTEMBER

Wednesday September 4	Songbird Choir: Goodbye Summer Concert
Sunday September 8	Grandparents Day Party
Tuesday September 10	St. Jacob's Market Outing
Wednesday September 11	Drive in Movie Night
Monday September 16	Toonie for Terry Fox Walk
Saturday September 21	World Alzheimers Day Motorcycle Cruisers
Monday September 23	Fall Formal Dinner
Thursday September 26	Wilfred Schlegel Golf Tournament Fundraiser
Monday September 30	Truth & Reconciliation: Sault St Marie Broadcast

Vendors

Cameron Cards

Thursday September 12: 10-2 Mainstreet RH

Hilda's Alterations

Tuesday September 24th 2-4 Mainstreet RH

Bella Boutique

Thursday September 26: 11-2 Mainstreet RH



Schlegel Villages – CONNECTIONS

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.



Schlegel Villages – CONNECTIONS



MONDAY,
SEPTEMBER 30

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.



ARTS & AGING
DAY CANADA



SEPTEMBER 24

September can be hot

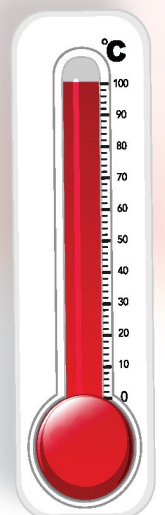
Keep cool and have fun!

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

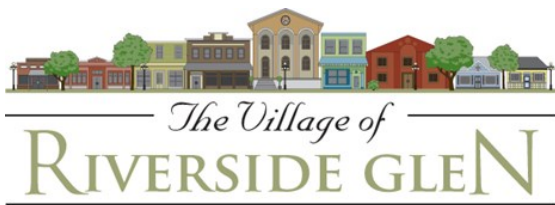
LIGHTCLOTHING
UMBRELLA
SHADE
WATER



Athlete of the Month: Marjorie Calbery

Marjorie is our athlete of the month for September! Marjorie is always excited and eager to participate in her 1-on-1 exercises as well as attending every group class she can. Marjorie is very motivated to keep her strength up and wants to be able to stand again. Marjorie loves spending her free time crocheting and knitting and also enjoys participating in choir, arts and crafts, and other recreational activities with her friends. She was also very passionate about painting and running as these were her favorite hobbies when she was younger. Marjorie emphasizes how exercise is good for your heart, your breathing and your overall health, she firmly believes that engaging in physical activity will improve your mood and overall well-being. Thank you Marjorie for setting a great example for us. Congratulations!





Happy September from the PAL team! September is Arthritis Awareness month!

WHAT IS ARTHRITIS?

- Arthritis is a term used to describe a disorder that affects the joints.
- Symptoms usually include joint pain, stiffness, redness, swelling, and decreased range of motion.

DID YOU KNOW ?

- The cause of arthritis can be a result of disease, infection, genetic defect, injury, or overuse.
- There are over 100 forms of arthritis related to diseases, one of the most common being osteoarthritis.
- There is no cure for arthritis but early diagnosis is essential for treatment and pain management.

What can YOU do to reduce symptoms and relieve pain?

Physical Activity

- ⇒ Exercise will help to keep your joints flexible and strengthen muscles to provide support for joints
- ⇒ Walking, cycling, Tai Chi, and chair exercises are all great options!

Healthy Diet

- ⇒ Follow a diet rich in fruits, vegetables, and whole foods (anti-inflammatory diet)
- ⇒ Avoid processed foods and added sugar

Rest And Relaxation

- ⇒ Balance physical activity with rest!
- ⇒ Do things like meditation, journaling, deep breathing, etc. to relax

Your PAL Team Adrienne, Emily, Melissa & Mary

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.



EMMA NEIGHBOURHOOD TRAVEL GALLERY

We are looking for donations of **magnets** and **postcards** from all over the world to display on our neighbourhood map!

Please drop off to the **village office in retirement.**



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





Happy Birthday

Resident Birthdays

Team Member Birthdays

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)

Bruna G	Sept 02
Anne T	Sept 02
Thomas W	Sept 02
Elizabeth U	Sept 04
Paola M	Sept 04
Phil R	Sept 06
Margaret B	Sept 08
Darlene B	Sept 09
Shelley B	Sept 12
Patrick L	Sept 13
Joan V	Sept 15
Margaret L	Sept 15
Phyllis M	Sept 18
Kathleen M	Sept 19
Gerald T	Sept 19
Wilhelmina S	Sept 20
Lawerence G	Sept 21
Mary M	Sept 22
Clarence J	Sept 23
Sheila D	Sept 24
Walter B	Sept 24
Roberta G	Sept 24
Eileen M	Sept 25
Margaret B	Sept 26
Tim I	Sept 26
James H	Sept 27
Donna Ri	Sept 30

Jennifer T	Sept 01
Louise M	Sept 03
Taylor T	Sept 03
Lovepreet S	Sept 04
Tsion A	Sept 05
Madison S	Sept 05
Luz Antoinette V	Sept 05
Esther O	Sept 08
Kahlan B	Sept 09
Hirut B	Sept 09
Eyorusalem Z	Sept 11
Aleasha S	Sept 12
Nana-Ama A	Sept 13
Manjinder K	Sept 13
Treasa B	Sept 14
Mackenzie H	Sept 14
Karie C	Sept 15
Paul G	Sept 15
Sarah H	Sept 16
Devanshi J	Sept 16
Serena Alexander L	Sept 16
Sharon M	Sept 16
Kamaldeep K	Sept 17
Lisa D	Sept 18
Aukse I	Sept 18
Kate K	Sept 18
Nancy S	Sept 18
Efua I	Sept 19
Joanne C	Sept 21
Dominga L	Sept 21
Gurkawaldeep S	Sept 21
Sumanpreet K	Sept 22
Preethi R	Sept 22
Navjot S	Sept 23
Anshika M	Sept 24
Arshdeep K	Sept 25
Melita W	Sept 26
Carol Ann D	Sept 27
Ashley L	Sept 27
Slavica S	Sept 27
Johanna V	Sept 28



@Riverside_Glen



Www.facebook.com
/RiversideGlen



google.com/
+VillageOfRiversideGlenGuelph



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

Birthday Celebrations

Retirement Birthday Party

Thursday, September 26 @ 2:00pm in the café
with Grace Ingrid

Long Term Care Birthday Party

Postponed due to outbreak

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