



The Village of  
**ARBOUR TRAILS**

**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.**



**OCTOBER 2024**

**226-251-3065**

32 Bayberry Drive,  
Guelph, ON, N1G 0C9

Ailsa Craig Neighbourhood:  
115 Cherry Blossom Circle,  
Guelph, ON, N1G 0A3

**Volume 12, Issue 10**

**Page 2:** Resident Birthdays

**Page 3:** A Message from  
Residents' Council

**Page 4:** A Message from the VBA

**Page 5:** Getting to Know

**Page 6:** Dining News

**Page 7:** Program for Active  
Living

**Page 10:** Spiritual Care News

**Page 11:** Village Outings

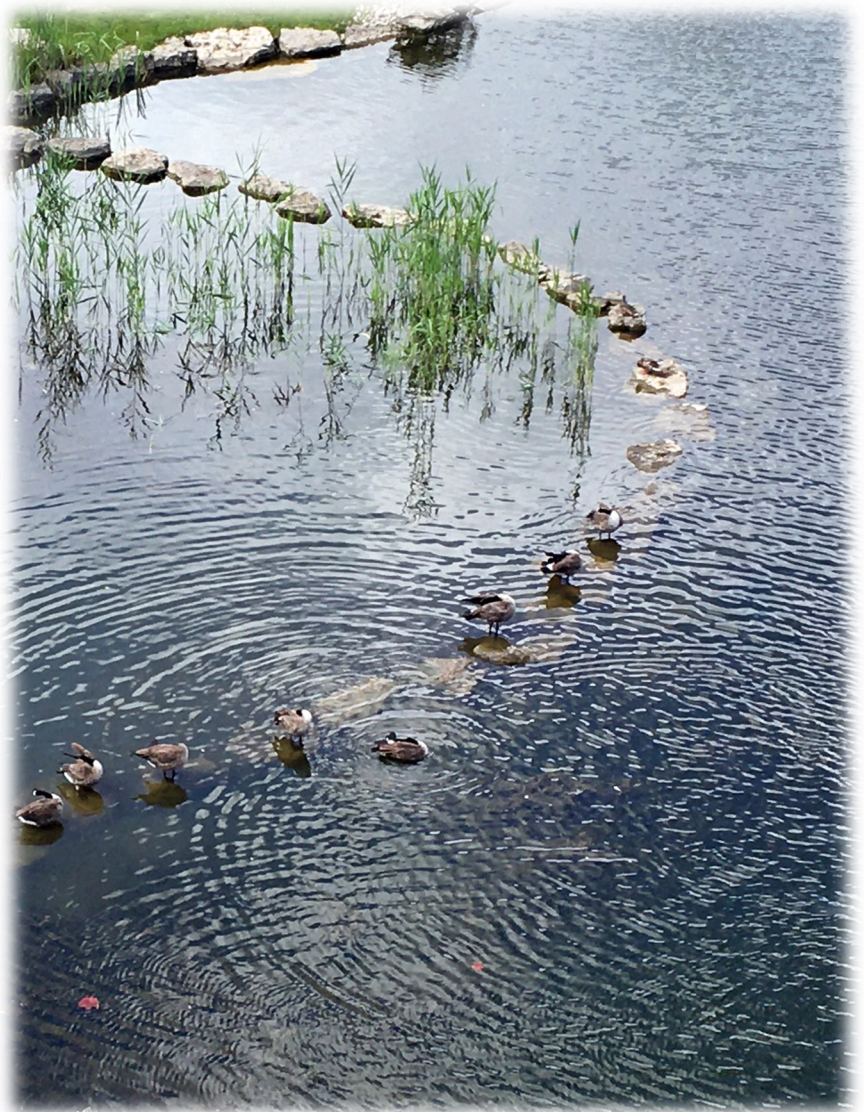
**Page 12:** Village Life

**Page 21:** Schlegel Villages  
Connections

**Page 23:** Research Matters

**Page 24:** Monthly Movies

**Page 26:** Village Team  
Directory



**Photo:** Visiting Geese. Photo submitted by a resident of Arbour Trails





# Birthday Parties

See your neighbourhood  
monthly calendar for the  
location and time!

*Let's  
Celebrate*

If you would prefer not to have your birthday displayed in the newsletter or village, **please** let **Katie Lammert** know at: **226-251-3065 ext. 807**

# A Message From Residents' Council

Dear Residents,



Are you enjoying our beautiful September? On a recent trip to the center, I walked through the green and sat for a while. It was just a perfect day—clear blue skies above the canopy of the trees, the smell of freshly mown lawn, and the scent of ripe crab apples. What more could we want? I encourage you to take this walk; I guarantee you will enjoy it.

With September here, things are becoming more active. Our new Euchre club is off to an excellent start! Join us on Mondays and Fridays in the social club at 2:30 PM.

The dining room crew is now busy planning for Thanksgiving.

On September 14th, we celebrated the 30th anniversary of the VBA, thanks to the dedication and planning of the committee. The festivities began with a classic car inspection and parade, accompanied by bands playing at various spots—Arbor Trails, the patio to the west of the center, and in front of the building on the green. There was free coffee, three food trucks to satisfy every taste, and, of course, ice cream!

I hope we have some pictures of the lineup for that event. It was such a joyous day with weather that couldn't have been better. As you can imagine, that was a concern for the planning committee. I wish, as I'm sure many do, that Oran Ried could have been there to celebrate his dream come true. He would have been a very happy man, and those of us who had the pleasure of knowing him feel privileged.

There are several events scheduled for the end of the month, which I will include in my letter on November 1st. Where is the time going? It will almost be Christmas!

Enjoy Halloween!

Warmly,

Marilyn Wax  
President of Residents' Council

**NEW RESIDENTS—Would you like to join the VBARA?**

Village by the Arboretum Residents Association

former residents renewal OR become a new member! Receive the monthly newsletter "Tree Talk," and participate in over 100 activities available and much more.

**Contact me at suite #171 or 519-837-3076 if you would like to learn more about VBARA!**

# A Message From The VBA



Hello,

It was wonderful to see so many of you out and about as we celebrated 30 years of the Village by the Arboretum (VBA) on Saturday, September 14, 2024. It was a glorious day as we came together to enjoy the classic car viewing and parade, the food and coffee trucks and the very popular ice cream being served in the afternoon. The October Skies jazz band followed by the drum circle added to the day as did the bands providing music throughout the VBA.

It was a highlight as Aileen Nodwell, who purchased the first home in the VBA and now resides in Arbour Trails, took her place in the lead vehicle of the car parade. Aileen turned to me and said, “Orin Reid would have been proud of this day” and with a wave, she was off to tour the village in Charlie Trimble’s classic car. The keychain delivered to your door in recognition of this 30<sup>th</sup> anniversary is a nod to founder Orin Reid, as it is modelled after the original gift he gave to residents as they moved into the village.

Thanks to the planning committee who organized the event including Lyn McLeod of Ailsa Craig and Norma Coole and Marilyn Wax of Arbour Trails (see photo). We’re grateful for the generous support of Pauline Donovan of Schlegel Villages, Jason Campbell of Reid’s Heritages Homes, Mikaela Klie and Kaitly Markl of Prime Care Pharmacy and the VBARA leadership.



And now, we go forward. Thanks again for joining us!

All the best,

**Pat Sorbara**

President of VBARA (Village by the Arboretum Residents’ Association)

# Getting to Know: The Village Team

**Name:** Cila Egete-Sandor

**Position:** Housekeeper

**About Me:** Hello! My name is Cila and I am a housekeeper here at Schlegel Villages! I am originally from Serbia (which was part of Yugoslavia) and moved to Guelph with my family in 2013. I have two kids - my son and daughter - and a baby - my husband! I speak Hungarian, Serbian/Croatian, English, and a little German!



## **Quick Hits!**

**Favourite music and movie:** I enjoy Romantic, Christmas, and Action movies - such as the "Escape Plan."

**Three things I can't live without:** My family, flowers, and some good food - like spaghetti!

**What is your prized possession?** Health and my family!

**What has been the greatest accomplishment of your life?** My family, with my two children and husband!

**What is on your bucket list?** An adventure to Australia to be able to hug a koala as they are my favourite animal.

**What is your best childhood memory?** Sitting around the dinner table on Christmas Eve with my family, where we prayed and indulged in the delicious food before us. Later, we played fun children's games with walnuts!

---

**Name:** Diane Manalastas

**Position:** Assistant Director of Wellness

**Extension:** 877

**About Me:** I came to Canada in 2014. I started a job here at Arbour Trails as a PCA in Emmas, then as med cert in Williamsburg and Emmas before becoming Lead Nurse in 2017. Now, I was given the opportunity to support the Village as Assistant Director of Wellness. I have 2 boys (ages 8 and 4) and they keep me busy, but they are my greatest possessions. My wish my parents can visit and see how great this country is and get to experience snow for the first time.



## **Quick Hits!**

**Favourite music and tv show:** Coldplay and Friends

**Three things I can't live without:** Family, friends and our car

**What is on your bucket list?** Asian tour like South Korea, Japan and Thailand

# Dining News



Event	Date	Time	Location
<b>Food Committee Meeting</b>	Thursday October 3rd	2:30 p.m.	The Library

## Thanksgiving Menu

### **Main Course**

Roast turkey with cranberry sauce, garlic mashed potatoes with gravy and harvest vegetables

### **Dessert**

Pumpkin Pie

**\*\*\* Deadline for reservations is October 4<sup>th</sup>**

## Dining Room Reservation Info:

We understand the importance of sharing meals together and we encourage family and guests to join their loved ones for a meal in the village. In order to accommodate everyone, we kindly request a 24-hour notice to ensure that a table can be set up for you and your loved one.

**To make a reservation, please contact our reservation number at:  
(519) 836-2464.**

**For any room bookings that require catering, set up, or tear down services, we kindly request a minimum of 7 days' notice to ensure that we can meet all your needs.**



To book a room and arrange for these services, you can speak with our Administrative Assistant, Marika, in the Main Office or contact our reservation line. Our Dietary team will connect with you to discuss our services and confirm any bookings.



We appreciate your understanding and cooperation in providing us with adequate notice for your visit or any special requirements you may have.





## Happy October Arbour Trails!

The month of October is finally here and it is crazy to think that summer has come and gone so quickly. We now welcome the cooler weather, colored leaves and of course, HALLOWEEN. October is famously known for the spooky season of Halloween...from the costumes and candy to the pumpkin carving and decorations – this is a time of year we can all look forward to!

However, the start of October also marks the beginning of **ACTIVE AGING WEEK!** Active Aging Week begins September 30<sup>th</sup> and is a weeklong campaign celebrated internationally to highlight the positive aspects of aging and how an active lifestyle can make **ALL** the difference. To age actively means something different to everyone – for some it may be exercising or making sure they get out for their daily walk, to others it may mean partaking in hobbies that allow them to use their bodies in purposeful ways (i.e. gardening, baking, painting, sport) and for others, aging actively may simply involve maintaining as much independence as possible and helping to look after one's self to the best of their ability.

Please see next page, or reach out to Megan or Miranda for more information on activities happening for Active Aging Week!

### Fitness Classes at a Glance

(see calendar for changes)

Fitness Centre (FC)  
Jack Purcell Lounge (JPL)  
Hobby Shop (HS)

#### Mondays:

**Von Exercise Class:**  
11:00 — Ailsa Craig (JPL)

**Better Balance:**  
10:00 — Standing Class (FC)  
3:00 — Ailsa Craig (JPL)

**Get Active:**  
2:00 — Seated Class (FC)

#### Tuesdays:

**Fun & Fitness:**  
10:00 — Egerton  
11:00 — Emma's

**VON Exercise Class:**  
11:00 — Ailsa Craig (JPL)

**Stretch Class:**  
3:30 — Open to All (FC)

#### Wednesdays:

**VON Exercise Class:**  
9:30 — Open to All (FC)  
11:00 — Ailsa Craig (JPL)

**Get Active:**  
10:00 — Standing Class (FC)  
2:00 — Seated Class (FC)  
3:00 — Ailsa Craig (JPL)

#### Thursdays:

**Chair Yoga (FC):**  
10:00 — Open to All

**Fun & Fitness:**  
11:00 — Egerton  
**VON Exercise Class:**  
11:00 — Ailsa Craig (JPL)  
**Gentle Exercise:**  
3:00 — Open to All (FC)

#### Fridays:

**VON Exercise Class:**  
9:30 — Open to All (FC)  
**Fun & Fitness**  
11:00 — Emma's  
**Hand Therapy:**  
2:30 — Open to All (HS)

#### Saturdays:

**Fun and Fitness:**  
10:00 — Emma's  
11:00 — Egerton



# Program For Active Living (PAL) Corner!



## ACTIVE AGING WEEK SPECIAL EVENTS

### Monday, September 30th:

**Step Challenge Begins** – Aim to take 15,000 steps by the end of the week on foot or on the NuStep machine (step counters available in the Fitness Center)

### Tuesday, October 1st:

**Feature Stretch Class** – Come try out our afternoon Stretch Class @ 3:30pm in the Fitness Center

### Wednesday, October 2nd:

**Home Exercise Program Printouts** – Come by the Fitness Center to pick up a pre-made exercise program to try at home

### Thursday, October 3rd:

**Outdoor Gentle Exercise Class** - Come try out our afternoon Gentle Exercise Class @ 3:00pm on the Back Patio (weather permitting)

### Friday, October 4th:

**Outdoor Group Walk** – Meet at the Café @ 3:30pm for a 30-minute walk around the VBA

### Saturday, October 5th:

**Total Body Bootcamp** - Come help trial run our new bootcamp class @ 2:30pm in the Fitness Center

Reach out to Megan and Miranda in the Fitness Center with any questions!






## Slips, Trips and Falls




Slips, trips and falls are an extremely common cause of injury amongst residents and team members. Although these incidents are common, together we can be proactive to eliminate hazards and prevent these types of injuries from occurring within our Arbour Trails community. Please see the below precautions and responsibilities outlined by the Ministry of Labour.

### Hazards:

- 
- Slippery surfaces (seasonal – ice, snow, sleet)
  - Wet or dry spills
  - Changes in walking surface (slope, mats, unlevel ground)
  - Poor lighting
  - Obstacles on walking surfaces
  - No clear walking path (clutter, unorganized space)
  - Defective equipment



### Safe Work Practices:

- 
- Report known slip, trip or hazard immediately
    - Ensure appropriate signage (i.e. Wet Floor sign)
  - Report any defective/absent equipment
  - Use/wear appropriate equipment, PPE or clothing
  - Clean up spills promptly
  - Remove clutter from walking surfaces
  - Clean floors with appropriate solutions

Together we can work to identify and eliminate hazards, follow safe work practices and minimize the risk of preventable injuries to our residents, our colleagues and our friends here at Arbour Trails due to slips, trips and falls.

## In Memoriam

### Agathe Charbonneau

As a Village, we extend  
our heartfelt condolences  
to their loved ones.

## Chaplain Info

### **Beverleigh Broughton:**

**Phone:** (226) 251-3065 Ext. 845  
**Email:** [beverleigh.broughton@schlegelvillages.com](mailto:beverleigh.broughton@schlegelvillages.com)

### **Philip Gearing:**

**Phone:** (226) 251-3065 Ext. 845  
**Email:** [philip.gearing@schlegelvillages.com](mailto:philip.gearing@schlegelvillages.com)

### **Chapel Service**—Sunday at 3:00 p.m. in the Chapel

- October 6—led by Chaplain Beverleigh
- October 13—Thanksgiving Service—led by Chaplain Philip
- October 20—led by Chaplain Philip
- October 27—led by Rev. Dr. Barbara Sykes

### **New! Community of Christ Church Service**—Sundays at 10:30 a.m. in the Chapel (note: other scheduled dates will be included on the sign outside of the Chapel)

- October 6 & 13 at 10:30 a.m.

### **Catholic Communion**—Monday at 10:30 a.m. in the Chapel

- October 7/14/21/28 (led by Betty Rowsell)

### **Guelph United Ministries Communion Service**—Friday, October 25 at 10:30 a.m. in the Chapel (led by Rev. Emmy Beauchamp)

### **Praying the Rosary**—Tuesday, October 1 at 3:00 p.m. in the Chapel (led by Luisa McMaster)

### **Bible Study**—Thursday at 10:30 a.m. in the Chapel (led by Chaplain Beverleigh)

- October 3/10/17/24/31 (note: October 10 & 17 led by Marguerite)

### **Men's Conversation Connection**—Wednesday at 10:30 a.m. in the Chapel (led by Chaplain Phil)

- October 23—Open Discussion on Multifaith (open to all residents as part of Spiritual Health Awareness Week)
- October 30 — Rescheduled to this date instead of October 9

### **Film of Faith**—Tuesday, October 8 at 2:30 p.m. in Town Hall—"Sweet Autumn" (85 minutes)

### **For the Soul (Emma's)**—Thursday at 1:30 p.m.

- October 3 & 24 (led by Marguerite)
- October 17 (led by Chaplain Beverleigh)

### **Hymn sing (Egerton)**—Wednesday at 2:30 p.m.

- October 30 only (led by Chaplain Philip)

### **Conversation Café (JPL—Ailsa Craig)**

- Thursday, October 24 at 2:30 p.m. (led by Chaplain Phil)

### **Seminar Series: "Through Loss to Life"—A six-part learning series exploring topics of loss, grief, and finding hope**

- Week 1 — "The Reality of Loss" — Tuesday, October 29 at 2:30 p.m. in Town Hall (led by Chaplain Beverleigh)

### **Spiritual Health Awareness Week:**

- October 20-26— see display in Town Square for information and calendar for planned activities during the week



Our in memoriam is  
located outside of the chapel and is updated  
on a regular basis.

# Transportation



## Independent Shopping Shuttle

### Drop-off/Pick-up locations:

- Arbour Trails Front Entrance
- Ailsa Craig Front Entrance
- Metro
- Walmart
- Indigo: Stone Road Mall
- Farm Boy
- Shoppers Drug Mart & LCBO: Scottsdale Road
- Hartland Zehrs
- No Frills

You will be picked up **1 hour** after your drop off time at the same location. **SIGN-UP REQUIRED**

## Shopping Shuttle Schedule

Every Thursday at:

**10:00 a.m.** — Front Entrance

**10:05 a.m.** — Ailsa Craig  
Front Entrance

**2:15 p.m.** — Front Entrance

**2:20 p.m.** — Ailsa Craig  
Main Entrance

## Accessible Transportation Resources



**Just Call Lynda**  
Phone: 519-827-5571  
Email: justcalllynda@gmail.com



**VON Canada**  
Phone:  
1-888-506-6353

## Do you Have Suggestions for Outings?

Join the Outings Committee!

### Next meeting:

Tuesday  
October 8th

At 2:30 p.m.

In the Hobby Shop



# Village Life *Last Month in Photos*



**Top:** Residents enjoying the VBA's 30th anniversary celebration!

**Middle:** Williamsburg and Becker Neighbourhood Barbeque

**Bottom:** Ailsa Craig Neighbourhood Barbeque



## LIVE Entertainment

### **Piano Music with Parsa Tabesh**

Mondays and Fridays  
at 7:30 p.m. in Town Square

### **Royal City Ukulele Ensemble**

Tuesday October 8  
At 7:30 p.m. in Town Hall

### **The Black Forest Band**

Tuesday October 22  
At 7:30 p.m. in Town Square

### **Grace Cowley**

Friday, October 25  
at 2:30 p.m. in Town Square

### **The Beautiful Noise Band**

Thursday, October 31  
at 2:30 p.m. in Town Square



## Vendors

### **The Clothing Chick**

Wednesday, October 2  
from 11-3 in the Hobby Shop

### **Bella Boutique**

Wednesday, October 9  
from 10-2 in Town Square

### **Flowers, Fair & Gifts**

Friday, October 11  
from 10-2 in the Town Square

### **Creations Boutique**

Friday, October 18  
from 10-2 in the Hobby Shop

### **Nelly's Comfort Shoes**

Monday, October 28  
from 11-4 in Town Square

### **Barbs Produce**

Last day is Thursday October 3rd  
from 9-1 Outside the Front Entrance




## **Happy Hour!**

**Featuring LIVE music with Arbour Trails  
resident "Bill Parker"**


Wednesdays & Saturdays at 3:00 p.m.  
in the Main Floor Café

(see daily boards for updates or changes)

# Village Life *October Happenings*



**THANKSGIVING  
PIE  
Social**



**MONDAY  
October 14th  
at 3:00pm**

**in the Main Floor Cafe**

## **Oktoberfest**

**TUESDAY, OCTOBER 22**



**2:30 Oktoberfest Parade  
3:00 Beer Stein Holding Contest  
& Pretzel Tasting  
7:30 Special Entertainment by "The  
Blackforest Band" in Town Square**

If you are interested in being part  
of the parade, please see  
neighbourhood sign up binder  
for details



## **Pumpkin Carving Contest**



*Judging on:*

**Thursday, October 31**  
from 10 a.m. to 2:30 p.m.  
in Town Square



## Halloween **MASQUERADE** PARTY

**Thursday, October 31<sup>st</sup>**  
at 2:30 p.m.  
in Town Hall



With Musical Guests  
"Beautiful Noise"

Wear orange, black, or a  
costume! Masks will also  
be available at the event.



# Village Life *October Happenings*

*New! Join the Arbour Trails*  
**Euchre Group**

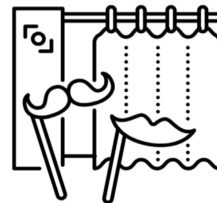


Mondays & Fridays  
at 2:30 p.m.  
in The Social Club

all levels are welcome - no  
competition, just fun!

*World*  
**SMILE DAY**

Friday, October 4<sup>th</sup>



Visit our World Smile Day  
Photo Booth  
at 2:30 p.m.  
in the Main Floor Café

**VISION LOSS  
REHABILITATION™**  
CANADA

**INFO BOOTH**

**Tuesday, October 8**  
from 12:30 p.m. - 3:30 p.m.  
in Town Square

Vision Loss Rehabilitation  
Canada (VLRC) is a not-for-  
profit national healthcare  
organization and provider of  
rehabilitation therapy and  
healthcare services for  
individuals with vision loss.

**WORLD  
MENTAL HEALTH  
DAY**



**THURSDAY, OCTOBER 10**

**RESOURCES AVAILABLE IN  
TOWN SQUARE**

# Village Life

## INTERNATIONAL INFECTION PREVENTION WEEK

October 14 to 18, 2024

### MONDAY

Scavenger Hunt



### TUESDAY TO THURSDAY

Come find out Just how clean are your hands

### FRIDAY

PPE (Personal Protective Equipment) Race

### ALL WEEK

Crossword & Word Find



*Prizes will be given out for the Scavenger Hunt, PPE race and completed Crosswords & Word find by a draw. **Look for us throughout the Village***

## VACCINATION UPDATES

Hello Everyone!

We would like to start by thanking everyone for all you are doing to keep yourself and the Village safe. It is evident by the few and short outbreaks we have had this year.

We are gearing up for our Fall Vaccine campaign. We will be hosting Vaccine Clinics here in the Village over the next few months. Starting with the RSV Vaccines first for those Residents who missed out earlier this year. This needs to be completed by end of September. Soon after, we will be following up with Flu Vaccines and Covid Vaccines.

Please stay tuned for these upcoming dates. In the mean time, I ask that you continue to be diligent with your hand washing and using hand sanitizer. Please stay in if you are not feeling well and contact the charge Nurse at ext. 505. Let's keep working together in making our Village a safe and happy Home!

**Luisa McMaster RPN, DOW**  
**Diane Manalastas RPN, ADOW**  
Your Infection Control Team



## THE THISLE REPORT

BY KAREN HIMMER

### REMEMBERING JOHNNY HOCKEY & HIS BROTHER MATTHEW

While the hockey community is mourning the tragic loss of the Gaudreau brothers that happened on the eve of their sister's wedding, my thoughts have been a mixture of grief and thanksgiving. My article's focus is my gratitude for their exemplary lives taken far too soon. Impaired driving has been a sad reality for years. However, that is not my focus. Faith, family and friends were important to both Johnny and Matthew. Their death close to the family home is comparable to Classical Greek tragedy, worthy of Sophocles. During this month, I am reflecting on their lives. I am thankful for my faith, my family, and friends here in the Village of Arbour Trails. I hope to cling to that trio that begins with the letter F. I do not want to take life for granted. The Gaudreau legacy will live within the hearts of those that were touched throughout the NHL and Boston College. I wish my Arbour Trails' family a blessed and safe Thanksgiving.



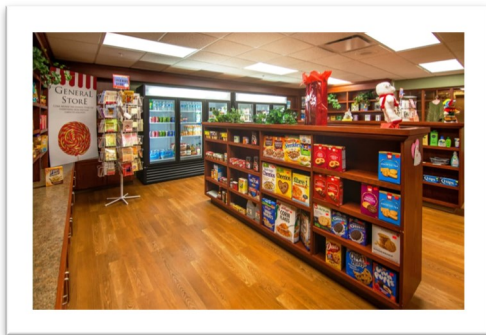
# Village Life

## Visit Our General Store!

**Hours:**  
Monday—Friday  
1:30 p.m. to 3:30 p.m.

**CASH ONLY**

To learn more about the store contact Katie Lammert at 226-251-3065 extension 807 or [katie.lammert@schlegelvillages.com](mailto:katie.lammert@schlegelvillages.com)



## **We carry a variety of Items!**

- Personal hygiene products
- Assorted breads
- Milk & other dairy products
- Assorted snacks, pop, juice & candy
- Assorted cereal & breakfast items

**And much more!**

## **We are accepting magazine donations!**

Drop-off your gently used magazines in the General Store (during its open hours). We thank you in advance!

## **We are looking for occasional general store volunteers!**



Contact Marilyn Wax at Suite #171 if you're interested!

## Connect with Arbour Trails!

The monthly calendars and Newsletter can be found online at:

[www.schlegelvillages.com/arbourtrails-guelph](http://www.schlegelvillages.com/arbourtrails-guelph)

'Like' us on Facebook! [www.facebook.com/ArbourTrails](http://www.facebook.com/ArbourTrails)

Follow Arbour Trails on Twitter @ArbourTrails

Follow Arbour Trails on Instagram @ArbourTrails



## A Message From Maintenance

Our annual fall window cleaning is scheduled to start this month!



**When:** September & October

**Time:** From 9:00 a.m. to 4:00 p.m.

If you have any questions or concerns regarding the window cleaning schedule or process, please reach out to:

**Anuj Solomon**

Director of Environmental Services  
226-251-3065 x 825



# Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

It is our pleasure to offer full Audiology services to all Schlegel Village residents.



These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

Our services are located at your Retirement Village, and appointments are required.

For more information or to book an **appointment** please call

**1-888-745-5550**

[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)

# Big Smiles Mobile Dental Hygiene



**647-286-0958**

## Dental hygiene in the comfort of your own home!

A travelling dental hygienist, I come to you – chair and all!

**Carolyn Maloney**

Registered Dental Hygienist  
[bigsmilesmobiledh@icloud.com](mailto:bigsmilesmobiledh@icloud.com)  
f Big Smiles Mobile Dental Hygiene

## Guelph Public Library Bookmobile

Wednesday, October  
from 3:00-4:00 p.m.

**Outside the Arbour Trails  
Front Entrance**

If you have questions about how to get signed up, call the Recreation Team at **226-251-3065 x 811**



**Make an  
appointment at  
519-840-1500**

Haircuts, massage, skin care, manicures, pedicures and waxing services available!

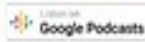
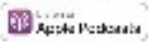


# Stories from the **GREEN BENCH** Podcast

Your seat on the green bench is ready and waiting.



**SUBSCRIBE**



[ElderWisdom.ca](http://ElderWisdom.ca)

*Wisdom  
from mistakes*

**What is one piece  
of wisdom  
that you would  
like to share  
with others?**

**WISDOM** *of the*  
**ELDER**



# innovation 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!



# Schlegel Villages – CONNECTIONS



THERE'S  
*always*  
SOMETHING TO BE  
*thankful*  
FOR

With the colours of Autumn marking another change of season, we reflect on the spirit of gratitude we have within Schlegel Villages. We are grateful so many people choose to make their home with us and we know that without the dedication, compassion and commitment of our amazing team members, we couldn't offer the care our residents deserve. We are thankful for all they do every day.

We are also grateful that this year we have seen fast progress in the construction of four new long-term care Villages, which when complete will allow us to expand upon our mission to offer our social model of living and our concept of Village Life to more of our neighbours. Across Ontario, there is a great need for new long-term care capacity, and Schlegel Villages is proud to be part of the solution.

# Schlegel Villages – CONNECTIONS

## ACTIVE AGING — WEEK —

The **Michael T. Sharratt Program for Active Living (PAL)** is one of the three Signature Programs that distinguishes Schlegel Villages among care providers, and during **Active Aging Week** from **September 30 to October 6**, we are reminded how fortunate we are to have such a program.

Our kinesiologists and exercise therapists work with partners and other team members to create individualized approaches to physical well-being for the residents we serve, and we encourage everyone to take advantage of the opportunities they offer.

We see the impact of their efforts in many ways, and take this opportunity to share our gratitude for all of our PAL team members.



Schlegel Olympics, Summer 2024

## Understanding Insomnia and How to Treat It

As we age, we often sleep less and experience poorer quality sleep. Many older adults struggle with insomnia, meaning they have trouble falling asleep, staying asleep, or waking up too early. Chronic insomnia, which lasts for more than three months, can significantly impact our health and quality of life because sleep is essential for our bodies and minds to recover.

Dr. Sophiya Benjamin, Schlegel Chair in Mental Health and Aging, studies these sleep changes and offers advice on managing insomnia.

- **Go to bed only when you're sleepy**, and if you're awake in bed for more than 20 minutes, get up and do something quiet like reading or listening to soft music until you feel sleepy again. Try to wake up at the same time every day to keep a regular sleep schedule.
- **Spend less time in bed if you can't sleep.** If you're lying in bed but not sleeping, try spending less time in bed. For example, if you're usually in bed for 9 hours but only sleep for 5.5 hours, try reducing your time in bed to 6 hours. This method works by increasing your body's sleep drive. You can slowly increase your time in bed as your sleep improves.
- **Relax before bed.** Try deep breathing, tensing and then relaxing your muscles, or



mindfulness exercises to help calm your mind and body. Remind yourself that it's okay to have a bad night's sleep once in a while. Your body will catch up, and being relaxed about it can actually help you sleep better.

- **Keep naps short.** If you need to nap, try to keep it under 20 minutes and avoid napping after 3 p.m.
- **Watch what you drink.** Avoid coffee or other caffeinated drinks after noon.
- **Talk to your pharmacist or doctor** to see if your medications might be affecting your sleep.

Understanding and accepting these natural changes in sleep as we age can help us take steps to improve our sleep quality. For more resources, visit [mysleepwell.ca](http://mysleepwell.ca) or consult with your doctor.

For more helpful content to enhance your life, subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews).

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the Arbour Trails  
Movie Crew



**New members  
are welcome!**  
See your recreation  
calendar for date, time,  
and location of meetings

**Monday Movies**  
**2:30 p.m. & 7:30 p.m.**  
**in Town Hall**

**October 7 — “New Waterford Girl” (1999)**  
A gifted teenager dreaming of life beyond her small town becomes inspired when a 15-year-old girl from New York moves in next door.  
**1h 37m**  
**Cast: Liane Balaban, Tara Spencer-Nairn**

**October 14 — “The Saddest Music in the World” (2003)**  
A musical of sorts set in Winnipeg during the Great Depression, where a beer baroness organizes a contest to find the saddest music in the world. Musicians from around the world descend on the city to try and win the \$25,000 prize.  
**1h 40m**  
**Cast: Isabella Rossellini, Mark McKinney**

**October 21 — “The Straight Story” (1999)**  
Alvin Straight, a 73-year-old, learns his estranged brother, Lyle is critically ill. Unable to drive, Alvin embarks on a journey from Iowa to Mt. Zion, by riding a lawn mower. Will he succeed?  
**1h 52m**  
**Cast:**

**October 28 — “Rain Man” (1988)**  
After a selfish L.A. yuppie learns his estranged father left a fortune to an autistic-savant brother in Ohio that he didn't know existed, he absconds with his brother and sets out across the country, hoping to gain a larger inheritance.  
**2h 13m**  
**Cast: Dustin Hoffman, Tom Cruise, Valeria Golino**

**Thursday Movies**  
**2:30 p.m. & 7:30 p.m.**  
**in Town Hall**

**October 3 — “The Chariots of Fire” (1981)**  
Two British track athletes, one a determined Jew and the other a devout Christian, are driven to win in the 1924 Olympics as they wrestle with issues of Pride and conscience.  
**2h 5m**  
**Cast: Ben Cross, Ian Charleson**

**October 10 — “The African Queen” (1951)**  
In World War I East Africa, a gin-swilling Canadian riverboat captain is persuaded by a strait-laced English missionary to undertake a trip up a treacherous river and use his boat to attack a German gunship.  
**1h 45m**  
**Cast: Humphrey Bogart, Katharine Hepburn**

**October 17 — “Pretty Woman” (1990)**  
Edward, a rich entrepreneur, hires Vivian, a prostitute, to accompany him to a few social events. Trouble ensues when he falls in love with her and they try to bridge the gap between their worlds.  
**1h 59m**  
**Cast: Richard Gere, Julia Roberts**

**October 24 — “Waking Ned Devine” (1998)**  
When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money.  
**1h 31m**  
**Cast: Ian Bannen, David Kelly**

**October 31 — “Butch Cassidy and the Sundance Kid” (1969)**  
In 1890s Wyoming, Butch Cassidy and the Sundance Kid lead a band of outlaws. When a train robbery goes wrong, they find themselves on the run with a posse hard on their heels.  
**1h 50m**  
**Cast: Paul Newman, Robert Redford**





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**Friday Movies 2:30 p.m. & 7:30 p.m.**  
**in Town Hall**

**October 4 — “The Ministry of Ungentlemanly Warfare” (2024)**

The British military recruits a small group of highly skilled soldiers to strike against German forces behind enemy lines during World War II.

**2h 2m**

**Cast: Henry Cavill, Alan Ritchson, Alex Pettyfer**

**October 11 — “I Care A lot” (2020)**

A crooked legal guardian who drains the savings of her elderly wards meets her match when a woman she tries to swindle turns out to be more than she first appears.

**1h 58m**

**Cast: Rosamund Pike, Peter Dinklage, Eiza Gonzalez**

**October 18 — “Being the Ricardos” (2021)**

Follows Lucy and Desi as they face a crisis that could end their careers-and another that could end their marriage.

**2h 11m**

**Cast: Nicole Kidman, Javier Bardem, J.K Simmons**

**October 25 — “The Call of the Wild” (2020)**

Buck is a big-hearted dog whose blissful domestic life gets turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon in the 1890s. As the newest rookie on a mail-delivery dog sled team, Buck experiences the adventure of a lifetime as he ultimately finds his true place in the world.

**1h 40m**

**Cast: Harrison Ford, Omar Sy, Cara Gee**



# Arbour Trails Team Directory

<b>Lead Nurse</b>		<b>505</b>	<b>Can be reached at this extension</b>
<b>Charge Nurse</b>	<b>Emma's &amp; Egerton</b>	<b>880</b>	<b>Can be reached at this extension</b>
<b>Med Certs</b>	<b>Emma's (879), Egerton (883), Williamsburg &amp; Becker (875 &amp; 876)</b>		
Pauline Donovan	General Manager	803	pauline.donovan@schlegelvillages.com
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Diane Manalastas	Assistant Director of Wellness	877	Diane.manalastas@schlegelvillages.com
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Danna Bawa	Ailsa Craig Administrative Assistant	895	<b>Can be reached at this extension</b>
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Beverleigh Broughton & Philip Gearing	Chaplains	845	beverleigh.broughton@schlegelvillages.com philip.gearing@schlegelvillages.com
Recreation	Recreation / The Hobby Shop	811	arbourtrails.recreation@schlegelvillages.com
Maintenance	<b>For maintenance requests contact 887, 888, or 889</b>		
Dining Room Reservations		834	519-836-2464
Riverstone Spa		843	519-840-1500