

# The Winston Word

NEWSLETTER VOLUME 7 ISSUE 10

OCTOBER 2024



**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  
October birthdays!**

**Meet Our  
Spiritual Care Team  
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.*

Herbert H  
Jane S  
Nicola F  
Irene C  
Anne D  
Jack B  
Ramona M  
Ronald S  
Joan L



The Village of  
**WINSTON PARK**

# Village Events

## October Events

### Memorial Service

Oct 4<sup>th</sup> at 2:30pm  
Williamsburg Dining Room

### Martha Hofstetter Art Sale

Oct 5<sup>th</sup>, 1-4pm  
John Sweeney Room

### LTC Grand Opening Celebration

Oct 16<sup>th</sup>, 2-3pm  
Eby Neighbourhood

### VENDORS 11-3 Library

Oct 18<sup>th</sup>: Adrian's Fashions

### Halloween Trick-or-Treaters

Oct 26<sup>th</sup> at 2pm  
Each Neighbourhood

## WELCOME TO THE VILLAGE!

In September we welcomed the following residents to Winston Park:

Heidi K  
Douglas S  
Diane H  
Wally K  
John D  
Ronald B  
Alan F  
Shelagh H  
Shirley H  
Carole D  
Harry H  
Marilyn S

## Reminder To Our Pet Owners

We are happy to see so many furry friends visiting our village these days.

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.







# Grand Opening

**WEDNESDAY, OCTOBER 16**

**10 A.M.-3 P.M.**

**SPEECHES 2-3 P.M.**

Join us as we celebrate the grand opening of our brand-new Long-term Care building, where we can harvest cherished memories together.



**FREE BBQ • COTTON CANDY • CAKE • ENTERTAINMENT**



695 Block Line Road, Kitchener



# The Winston Word

NEWSLETTER VOLUME 7 ISSUE 10

OCTOBER 2024

## A Word From Brad Lawrence, Our General Manager



October... and yet again, the year is flying by. Thanksgiving is very fast on the approach and is a time for families and friends to gather to celebrate the season.

I think at this point in the year we really need to stop and reflect on all that the things we can and should be thankful and grateful for in our lives. Wishing everyone a very happy and safe Thanksgiving. October is also a time to have some fun and celebrate Halloween and Oktoberfest! Here in the village, we will certainly find a way to have some fun with both these occasions! Keep an eye on your calendar for events.

**Fun Fact:** The first Oktoberfest was held in 1810, as a wedding feast honouring the union of Bavarian King Ludwig I and Maria Theresia of Saxonia. The royal shindig took place at the Theresienwiese (Theresia Meadow) in Munich where it continues to be held today. Happy Oktoberfest!

Flu Season is quickly approaching. Again, this year, we will be preparing to offer flu shot clinics to residents and team. Please keep in mind that there are other respiratory issues out and about in the community including colds and Covid-19. Please remember to be very diligent in your handwashing – this is a great way to help reduce the spread of germs. .... **hand wash, hand wash, hand wash!**  
A reminder to families: if you are feeling unwell, we ask that you do not visit the village.

Leadership Team Update – sharing a few changes to the leadership team:

- ⇒ Assistant Director of Wellness (Retirement) – unfortunately Christine Partridge has provided her notice and has moved onto a new opportunity in the community. We are currently in the process of recruiting for this position. Wishing Christine all the very best.
- ⇒ Food Service Manager (LTC) – Sam Olsen, one of our Food Service Managers has accepted a new role in the food service team at our Support Office. We wish Sam all the best on her new adventure. We are currently recruiting and will update you as we have information to share.
- ⇒ Retirement Physician – Dr. Ghali, who provides services to Emma’s and Egerton residents, has given his notice. He will be leaving the village at the end of November. We are currently recruiting and will keep you posted as we welcome a new physician to the village.

**Words to live by: Wake up, be kind, be amazing, be grateful, and repeat...**



# 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



## 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

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](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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





## 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](https://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](https://www.the-ria.ca/enews).





## **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 **Sept 18**.  
Minutes will be posted at the LTC main entrance (Door #2).

To find out more please contact [winstonpark.familycouncil@schlegelvillages.com](mailto:winstonpark.familycouncil@schlegelvillages.com)



# The Winston Word

NEWSLETTER VOLUME 7 ISSUE 10

OCTOBER 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	Volunteer and Student Services Coordinator	Ext. 8062
Shirley Tulk	Neighbourhood Coordinator <b>Williamsburg</b>	Ext. 8215
Joelle Duchaine	Neighbourhood Coordinator <b>Egerton &amp; Becker</b>	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator <b>Emma's</b>	Ext. 8012
Grace Nwanoshiri	Dining Room Supervisor	Ext. 8273
Carmen Niculescu	Wellness Coordinator	Ext. 8029
	Assistant Wellness Coordinator	
Hector Pineda	Spiritual Care	Ext. 8011
Karena Nnebo	Administrative Assistant (Retirement)	Ext. 8001
Tiffany Menjivar	Administrative Coordinator	Ext. 8013

All email addresses are [FIRSTNAME.LASTNAME@schlegelvillages.com](mailto:FIRSTNAME.LASTNAME@schlegelvillages.com)

## LTC Nursing Directory

LTC Charge Nurse	Ext. 8101	Eby Nurse—1st floor	Ext. 8103
Strasburg Nurse—2nd floor	Ext. 8240	Trussler Nurse—2nd floor	Ext. 8102
Aberdeen Nurse—3rd floor	Ext. 8241	Newberry Nurse—2nd floor	Ext. 8100

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

Becker & Williamsburg Charge Nurse	Ext. 8118
Emma's & Egerton Charge Nurse	Ext. 8120



# The Winston Word

NEWSLETTER VOLUME 7 ISSUE 10

OCTOBER 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 <b>Eby, Trussler, Newberry</b>	Ext. 8005
Garry Sharma	Neighbourhood Coordinator <b>Strasburg &amp; Aberdeen</b>	Ext. 8370
Rada Jokic	Neighbourhood Coordinator <b>Roseville &amp; Kingsdale</b>	Ext. 8182
Alyson Haffner	Neighbourhood Coordinator <b>Sandhills &amp; Waldau</b>	Ext. 8266
Meredith Herr	Neighbourhood Coordinator <b>Haysville</b>	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
Julia Slomke	Director of Recreation & Volunteer Services	Ext. 8007
Sarah Linton	Volunteer and Student Services 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
Matthew Veroude	PAL Coordinator	Ext. 8372
Kathleen Sorensen	Spiritual Care	Ext. 8172
Gopikrishna Sudheer	Administrative Assistant	Ext. 8207
Yvonne Madueke	Nurse Practitioner	Ext. 8371

**All email addresses are [FIRSTNAME.LASTNAME@schlegelvillages.com](mailto:FIRSTNAME.LASTNAME@schlegelvillages.com)**

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