

The Glendale Gazette

October 2024



Forever Thankful



A Message from...

*The General
Manager*

From the desk of Cindy Awde

Fall is one of my favourite times of year. I enjoy seeing the changing of the leaves. Although it feels like September has been more of a summer month than fall, I expect we will have cooler weather coming in October. I enjoy going for walks in the fall with my family and 2 dogs. It's a great time of year to be active in the outdoors.

If you haven't had a chance to book a meal at the Ruby, now would be an excellent time. The view of the fall leaves is wonderful and a great background for a lovely meal.

Thanksgiving is fast approaching and this is always a nice time to spend with family and friends.

Cindy Awde



Chaplain's Corner



As we enter October, we anticipate cooler weather, the leaves changing colours, and even pumpkin spice lattes. But perhaps what we look forward to the most is a traditional Canadian "Thanksgiving". Although many Americans claim that Thanksgiving is rooted in their Pilgrims giving thanks for the harvest, we Canadians can look further back in our history to the first Thanksgiving. Canada's Thanksgiving dates back to 1578 when Sir Martin Frobisher and his crew discovered what is now called Nunavut. It is said thanks was given to God with the ship's Chaplain while they feasted on salt beef, mushy peas, and biscuits. I think we can all be thankful that our traditional Thanksgiving meal has evolved to turkey, mashed potatoes and stuffing! Twenty eight years later on the east coast, Samuel Champlain incepted a series of rotating feasts held more than just once a year in Port Royal, Nova Scotia that were then called "Ordre de Bon Temps" (Order of Good Cheer). Yes, Thanksgiving is rooted in Canadian history and you would be hard pressed to find a person who does not enjoy the family get togethers and a great meal.

"IN EVERY THING GIVE THANKS" (1 THESSALONIANS 5:18)

The above verse was written by the Apostle Paul. He exhorts us to give thanks "in every thing". Of course it is easy to give thanks when things are going our way, but how and why should we give thanks when things are going bad? I do not believe that Paul is saying we should ignore or make light of the bad times. Lamentation is also prescribed in the Scriptures. But perhaps when tough times come our way, we need to remind ourselves of the big picture of life. The famous Welsh minister and medical doctor Martin Lloyd-Jones once preached on Psalm 42. In this Psalm the writer asks this question: "Why art thou cast down, O my soul?" So Dr. Lloyd-Jones encouraged his parishioners to "talk" to and encourage their souls, rather than "listen" to their souls. Sometimes the best way to be thankful is to remind ourselves of the blessings we've enjoyed.

This past week I spoke to someone who had recently lost their spouse. This person was feeling a pain that I have never experienced. What could I say to comfort him? Well, I did not tell this person to "just give thanks", ignore their pain and move on, but rather I encouraged him to remember the many decades they had together as a couple. And as this person recalled to me how they met, how they travelled the world together and how they loved one another, I believe he saw the treasure that this marriage had given him and he was truly thankful for it. Being a thankful person is not only about the words we say, but rather it starts with cultivating a thankful heart. The old hymn tells us to "Count Our Blessings, Name Them One by One". Giving thanks is therapeutic for your soul. Enjoy your Thanksgiving and give thanks for the blessings.

THE ART OF THANKSGIVING IS THANKS-LIVING.

(AUTHOR UNKNOWN)



Wishing you a
Happy Birthday!

Our Residents

*"Don't just count
your years...
Make your years
count!!"
~Ernest Meyers*

LTC

Reid H Oct. 7
Doreen G Oct. 12
George B Oct. 12
Fred S Oct. 16
Shirley M Oct. 17
Larry R Oct. 18
Tim Q Oct. 20
Gloria L Oct. 21
Larry C Oct. 25
Vivian S Oct. 30
Harold Y Oct. 31

RH

Pamela F Oct. 3
Katherina A Oct. 6
Angela M Oct. 9
Sharon D Oct. 10
Dorothy W Oct. 12
Don R Oct. 13
Elizabeth K Oct. 16
Alan B Oct. 20
Mary Louise Oct. 21
Mary Jane M Oct. 22
Eileen C Oct. 23
Rayman T Oct. 25
Florella E Oct. 26
Ivan S Oct. 26
Marilynn G Oct. 26
Anne W Oct. 28
Helen Y Oct. 29
Alice Y Oct. 31



In Memoriam

The Board of Directors, leadership team and team members were saddened by the passing of:

*LTC– Marjorie S, Henry S
RH– Joe V, Tim W, Delores V*



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Recreation Updates

As the crisp autumn air settles in, it's time to embrace all the seasonal activities that make October so special. From colourful foliage to festive events, our October recreation calendar is packed with opportunities for you and your family to enjoy the season to its fullest.

I wanted to announce that Tina Lancaster has moved into a Neighbourhood Coordinator and we have recruited a new Recreation Supervisor. I would like to introduce to the Retirement Home side your new Recreation Supervisor, Taylor Morin. (see photo below) Taylor has been with the Village since July of 2020 as a Recreation Team Member on the Long Term Care side. She is creative, organized and I know will bring great things to the Retirement Side. She is always willing to listen to the ideas of her residents and bring them forward and will always be a listening ear to anyone who needs it. Her and I will work together to create fun events for the Village as a whole!

I wanted to wish the Retirement Side a Happy One Year Anniversary of being opened! It's been amazing to watch it grow and flourish into a vibrant community that we are all a part of.

There is lots of changes to the Recreation Teams so I would like to list them for you:

Westminster-Full time Gurjit K. Part time Mawada E.

Glanworth-Full time Aish J. Part time Karen V

Brighton-Full time Rose Ann Q, Part Time TBA

Byron-Full time Elena J, Part time Dahlia V

Pondmills-Full time Jean G, Part Time Sheila V

Lambeth-Murshid G, Part Time Sharan K

Williamsburg, Ailsa Craig, Becker-Full time Ashley D, Part time Brikshya T

Emma's-Full time Ana V., Part time Paige H

Egerton-Full time Bailey G, Part time Bukola B

We do have that beautiful bus sitting out front, thank-you for your ongoing patience while we try and find a bus driver!

As always, please let us know if you have any ideas for upcoming events!

Take Care Everyone,

Erin Seldon Director of Recreation



Taylor Morin – Rec. Supervisor RH



Erin Seldon- Director of Rec. LTC

Spotlight on You!

Hello everyone, we wanted to get your attention for this month's person on center stage! Her name is Barbara Birkinshaw.

Barbara as we call her, resides on our Lambeth Neighbourhood, and although new to the Village, everyone recognizes her!

She like sipping tea and coffee while watching television in the Lambeth open area.

Barbara was born at St. Joseph Hospital in Hamilton. She has three daughters and one son. She is of the Anglican faith. She loves spending time with her family while having turkey dinner, especially during Easter and Thanksgiving. She loves feeding birds and likes plants/flowers also.

She loves to sing, you may see her singing along in the open area.

If you see her, she would love to be greeted, as it makes her day warm.



A Note From Co-Editor Heather

Just a reminder to save the date: October 14th is Thanksgiving Day. Do you have anyone or anything you are thankful for? Another important date is October 31st, it is Halloween! If you like to dress-up in costumes, have fun! Do you like music? Let Erin or Maria know your favourites and they can play them for you! Happy Thanksgiving! Happy Halloween!

Your Co-Editor,
Heth



Word from the Dining Room

From the desk of Jeff Tucker

The Ruby restaurant is open for business!

Thank you for your patience as I know that many of you have been eagerly awaiting it to be ready. Rob and Hardeep are Glendale's Ruby Chefs and they are excited to be open and offering their services.

The Ruby's regular hours (after October 10th) will be Wednesdays 4pm-6:30pm & Thursday, Friday and Saturday noon-2pm and 4pm-6:30pm. Every Wednesday there will be a table set-up on Main Street Retirement from 11:30-2pm for our Ruby on the Run. This will include packaged meals, assorted desserts and specials. Cash, Debit and Credit are all available as payment options.

During the first week of October, The Ruby will be open for dinner, by reservation only, but after that our regular hours will begin. Reservations are preferred but walk-ins will be seated based on availability.

Rob and Hardeep (and The Ruby) are also available to cater events (birthdays, anniversaries, etc.). You can arrange a meeting with them to discuss the details of your event and what The Ruby can offer.

(519) 668-5600 ext. 8224



Word on the Neighbourhood

From the desk of Shannon Dafoe

As we transition into fall, it's hard to believe how quickly summer has passed. This summer was filled with memorable adventures for my family. We spent a week at a cottage, where my children tried fishing for the first time and experienced remarkable beginner's luck. Additionally, we welcomed a new puppy named Tillie into our home, who has been lively and full of energy, keeping us on our toes.

Fall is a perfect time for reflection on the beauty of change. This sentiment is particularly relevant as we celebrate nearly a year of building relationships within our community. It has been a rewarding experience to witness The Village thrive over the past twelve months, as new residents, families, team members, and leaders have been warmly embraced.

As we enter the cooler months, I look forward to cozying up and enjoying our favorite fall activities. They include preparing for Thanksgiving and Halloween both here in The Village and with my family at home.



GRAND OPENING REVELRY AT THE VILLAGE OF GLENDALE CROSSING

Posted September 16th, 2024

By Kristian Partington

Ron Posno stands by the gazebo in the Town Square at the Village of Glendale Crossing looking over the hundreds of names listed upon the “Founder’s Circle” placard unveiled on this, the official grand opening celebration day.

Ron and his wife Sandy were among the first to arrive in the fall of 2023 and their names will be a permanent fixture as part of the circle. As the final preparations are made for the afternoon celebration, Ron speaks about the past 11 months as part of the Village community and he couldn’t be happier with the choice they made.

Through his advocacy work in the development and evolution of Canada’s Medical Assistance in Dying laws and processes, Ron had seen plenty of seniors living arrangements and he knew the type of community he wanted to be part of. Glendale Crossing was it, and he was also swayed by the Schlegel Family’s dedication to research and innovation, some of which paralleled research concepts he was also interested in.

“Everything I’ve learned in the past 11 months being here in the Village leads me to continue to support it all the way,” Ron says. “The staff here is wonderful; I tell people here and people thinking of coming here that the fundamental



Residents and dignitaries are celebrating the Grand Opening at The village of Glendale Crossing.

aspect of this place is to understand that we all live together, we all support each other. When you wake up on the morning, get up and go for a walk and talk and socialize.”

He points across the square to the café, which he says is jammed every morning by 10 a.m. with neighbours catching up, visiting and getting to know more about one another.

Schlegel Villages founder Ron Schlegel later has the opportunity to address the gathered residents, teams, neighbours and friends, and he speaks of the vision he had in mind when he began developing the Village concept, and it was always about fostering connections between people. The full café as Mr. Posno describes, is that vision in action.

“This is a place where people come to live and to thrive,” says Mr. Schlegel. “We didn’t want to just build hotels; we wanted to build

community – a true Village, and that’s what we have here.”

In his remarks, London Mayor Josh Morgan underscores the dedication of the Schlegel Family in the city, where in 1953, Ron Schlegel’s father Wilfred purchased the Egerton Private Hospital, which operated as a 30-bed nursing home.

“The Schlegel family’s deep-rooted legacy in our city continues to flourish through this expansion. Glendale Crossing not only offers a welcoming home for aging Londoners but is a testament to the unwavering commitment of the Schlegel family to enriching the lives of others,” Morgan says.

And lives are truly enriched here, as resident Jack Eizenga says in his remarks just prior to the official ribbon cutting. The following is a transcript of his remarks:

It is truly an honour to stand before you at the grand opening of this

beautiful new retirement home, the Village of Glendale Crossing.

What really helped me to fall in love with the Village of Glendale Crossing was the staff. They are always cultivating love, either by a small embrace, by listening or just a simple touch. They are also prepared to offer understanding and compassion.

As someone who has had the privilege of living a long life, I can say this is not just a building, but a new chapter filled with hope and promise.

From the moment I walked through the doors, I felt the warmth and the care that has gone into creating this outstanding design. The surroundings are beautiful, but what truly makes Glendale Crossing remarkable are the people. Each and everyone of you have come together to make this dream a reality. The care and attention to detail that you have put into every aspect is truly extra special. It is clear you have thought of everything, from the comfort of those who need a little extra assistance to the independence of those who are living on their own.

I thank God for the Village of Glendale Crossing; it is more than just a place to live. It is a community where we feel valued and supported. Your dedication to our well-being has fostered a positive and uplifting environment, where we can thrive.

Thank you for providing us with a home where we can step into the next season of our lives, with dignity, comfort and joy.

To share your story, please contact Kristian at PWITINGSTUDIOS@GMAIL.COM, or call 705-772-5182.

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

Village Events

Combined Village Events with Retirement and Long Term Care

Every Sunday at 2:45 Church Service in Town Hall

Every Friday Evening at 6:30 & 7:45 Documentary Hour in Town Hall

Every Monday Evening at 6:30 Musical Entertainment in Town Hall

Thursday October 3 Dream Team Garage Sale 10-2 in Town Hall

Tuesday October 8 Young at Heart Singers 2:30pm in Town Hall

Wednesday October 9 Catholic Mass 10:15 in Town Hall

Saturday October 12 Music with Jim Cocchetto 2:45 in Town Square

Tuesday October 29 Halloween Music with Scallywag 2:45 in Town Hall

Resident Bill of Rights

4. Every resident has the right to freedom from abuse.

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 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.

LTC Family Council

Our LTC Family Council will be hosting a Meet and Greet at their next meeting on Monday October 21, 2024 at 3:00pm in the LTC Library.



WANTED

FAMILY MEMBERS and/or CAREGIVERS
WHO....

- ☺ Have a loved one living at The Village of Glendale Crossing.
- ☺ Have an interest in residents' wellbeing and would like to advocate on behalf of your loved one. Input is forwarded to leadership on behalf of all residents with a view to improve their everyday life.
- ☺ Have passion to learn about LTC policies, regulations and legislation throughout the province of Ontario.
- ☺ Have ideas and/or suggestions for enhancing quality of care for your loved ones.
- ☺ Have a desire to feel supported, encouraged and to connect with other caregivers.

Monthly meetings are held the 3rd Monday of every month in the library or virtually at 3pm.

For more information, please contact Family Council Staff Liaison:
Erin.Seldon@SchlegelVillages.com



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!

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.



There were so many nominations (which is amazing) that we can not type them all out. They all will be given to who was being recognized!

The winners will get 25 points on our Bucketlist app to spend, one winner from each side of the Village per month

The winner for the Long Term Care side is: Murshid G.

The winner for the Retirement side is: Jennifer V.

Congratulations!!

News from Nursing

From the desk of Cherie Lynn Palmeter

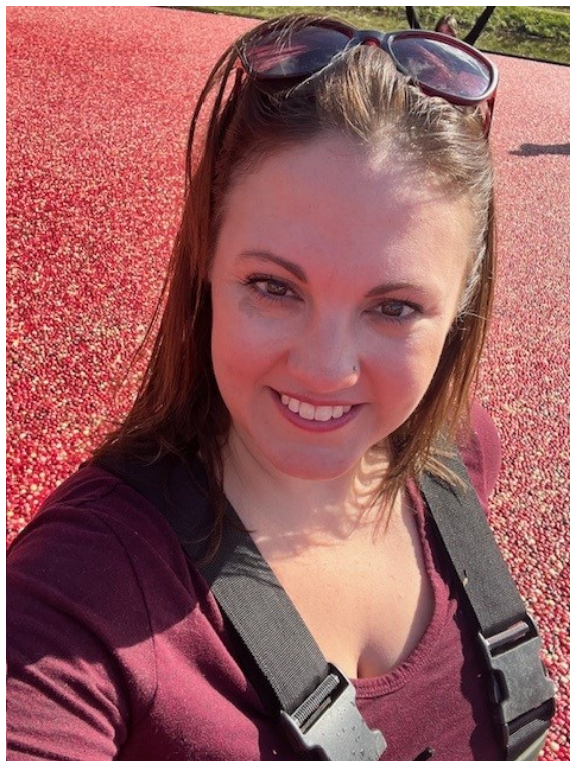
Dear Glendale Crossing,

I hope this message finds you well. My name is Cherie-Lynn Palmeter, and I am excited to have joined the team as the Director of Wellness at Glendale Crossing – Retirement. I have been nursing for over 15 years and worked for Schlegel Villages for almost 9 years. One of my most memorable nursing moments was when I have the opportunity to go to Haiti after the earth quake in 2010 to provide medical supports for isolated communities.

Just a reminder as we approach flu season, our commitment to infection control within our village is crucial. We would like to encourage everyone to get their flu vaccine and Covid-19 Boosters. Clinics will be offered to all residents and team members in October/November 2024.

Sincerely,

Cherie-Lynn Palmeter, RPN
Director of Wellness



Contact us...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

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.

Long Term Care Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
Holly Ross	Assistant General Manager	X 8003	Holly.Ross@schlegelvillages.com
Melissa Green	Director of Care	X 8005	Melissa.Green@schlegelvillages.com
Kendall Dougherty	Assistant Director of Care	X 8037	Kendall.Dougherty@schlegelvillages.com
Maria Martin	Assistant Director of Care-Ipac Lead	X 8024	Maria.Martin@schlegelvillages.com
Janna Cook	Assistant Director of Care	X 8019	Janna.Cook@schlegelvillages.com
Erin Seldon	Director of Recreation	X 8007	Erin.Seldon@schlegelvillages.com
Greg Lee	Director of Environmental Services	X 8006	Greg.Lee@schlegelvillages.com
Valery Smith	Director of Food Services	X 8004	Valery.Smith@schlegelvillages.com
Tracey Moore	Assistant Director of Food Services	X 8012	Tracey.Moore@schlegelvillages.com
Lindsay Tansey	Registered Dietitian	X 8009	Lindsay.Tansey@schlegelvilages.com
Angela Farrish	Administrative Coordinator	X 8202	Angela.Farrish@schlegelvillages.com
Elvira Mujin	Administrative Assistant	X 8001	Glendale.Admin@schlegelvillages.com
Mandeep Panesar	Neighbourhood Coordinator	X 8017	Mandeep.Panesar@schlegelvillages.com
Amanda Verberne	Neighbourhood Coordinator	X 8023	Amanda.Verberne@schlegelvillages.com
Nicole Daley	Neighbourhood Coordinator	X 8020	Nicole.Daley@schlegelvillages.com
Ryan Morin-R. Kin.,	Director of PAL Services	X 8008	Ryan.Morin@schlegelvillages.com
Morgan Sullivan—R. Kin.,	PAL Coordinator	X 8016	Morgan.Sullivan@schlegelvillages.com
Maria Campbell	Student Services/Volunteer Coordinator	X 8046	Glendale.Volunteers@schlegelvillages.com
Shannon Brady	Resident Support Coordinator	X 8014	Shannon.Brady@schlegelvillages.com
Tracy King	Director of Quality and Innovation	X 8057	Tracy.King@schlegelvillages.com
Amera Elnamara	Nurse Practioner	X 8013	Amera.Elnamara@schlegelvillages.com
Hans Van Eyk	Chaplain	X 8043	Glendale.Chaplain@schlegelvillages.com

If any Resident would like a copy of the newsletter delivered monthly, please contact Erin Seldon at extension 8007, or let your Recreation Team Member know.

Contact us...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

Retirement Home Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
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Tanveer Mann	Assistant Director of Wellness	X 8235	Tanveer.Mann@schlegelvillages.com
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Shannon Dafoe	Neighbourhood Coordinator	X 8208	Shannon.Dafoe@schlegelvillages.com
Tina Lancaster	Neighbourhood Coordinator	X 8289	Tina.Lancaster@schlegelvillages.com
Taylor Morin	Recreation Supervisor	X 8207	Taylor.Morin@schlegelvillages.com
TBD	Exercise Therapist	X 8216	
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Holly Albion	Director of Lifestyle Options	X 8231	Holly.Albion@schlegelvillages.com
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Robert Fagan	Ruby Restaurant Team	X 8224	Robert.Fagan@schlegelvillages.com
Hardeep Kumar (chef)	Ruby Restaurant Team	X 8224	Hardeep.Kumar@schlegelvillages.com

