

# The Gates Gazette

Grandparents Day | September 8



The **GRANDEST**  
**GRANDPARENT**  
Legacy quilt project

# Village Photos



# *Village Events*

THE UNIVERSITY GATES  
50'S THEMED

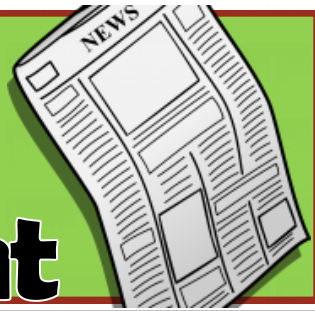
# CAR SHOW



FRIDAY, SEPTEMBER 20TH, 2024  
FROM 1:00PM TILL 4:00PM  
RETIREMENT PARKING LOT

JOIN US OUTSIDE TO LOOK AT SOME VINTAGE  
CARS, LISTEN TO SOME GREAT MUSIC AND  
ENJOY AN ICE CREAM FLOAT.

# Village News Retirement



Join us Monday, September 30th at 2:30 pm in Town Hall for an education video for Truth and Reconciliation Day the video is called Every Child Matters



Join us on Main Street at 2:30 for Entertainment by Juneyt on Main Street



## Neighborhood Reps

September 11th –3pm  
In Council Chambers

## Food Committee

September 12th—10am  
In Council Chambers

## Vendors coming to our village this Month

Vicky's Gems  
Thursday Sept 12  
The Boutique  
Tuesday Sept 17  
Stars of modern Jewelry  
Thursday Sept 26

## *September Birthdays!*

Joanne B.  
Irma B.  
Jeannette C.  
Noreen C.  
Brian J.  
Patricia K.  
Mary K.  
Peter K.

Randy K.  
Joan K.  
Robert L.  
Robert M.  
Dawna M.  
William R. M.  
Willa M.  
Walter M.

Margaret M.  
Elmer S.  
Alida S.  
Ru Van S.  
Wilhelmin W



# Village News

## Long-Term Care

### University Gates Ride for Dementia

Join us Saturday September 21st,  
11am LTC Main Doors  
Local motorcyclists to stop over as they Ride for  
Dementia for  
World Alzheimer's Day

### Resident Council.

Thursday  
September 12th  
at 2:00 pm  
Chapel

Monday, September 30th  
2:30 pm in the Chapel

For Truth and  
Reconciliation Day to  
View "Every Child Matters"  
Documentary



Join us for entertainment with Elvis' 3 Brothers  
on Sunday September 8th  
2-3pm on Mainstreet



## Happy Birthday!

Tai L.  
Isabel A.  
Charanjit K.  
Margaret H.  
Gunther S.  
Frank K.  
David T.  
Frank B.  
Lynn W.

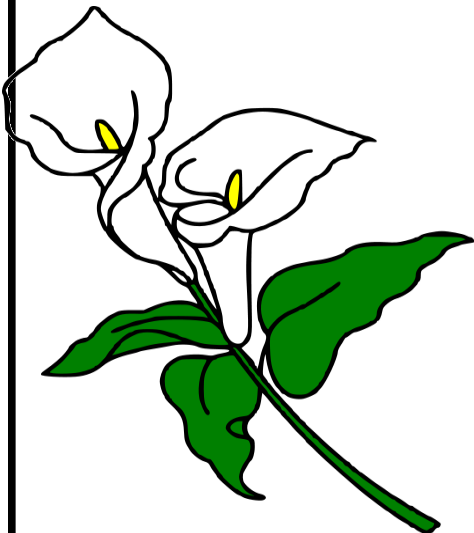


Hilda H.  
Linda K.  
Henry V.  
Cilly S.  
Caro L.  
Theodoor D.  
Sheri N.  
Brian M.

# *We Remember*



Barbara B. (LTC)  
Howard B. (RH)  
Marie H. (LTC)  
Valerie M. (RH)  
Ward H. (LTC)  
Robert R. (LTC)  
Sunny S. (LTC)  
Michael W. (LTC)  
Audrey S (RH)



*Thank you for sharing  
your time with us*

## Retirement Home Spiritual Care Team



**Spiritual Life  
Facilitator:**  
Jane Kuepfer

**Spiritual Care  
Students:**  
Rachel Urquhart



**Sandhya Dhanpat**

CONTACT us to  
arrange for a visit:  
[jane.kuepfer@  
uwaterloo.ca](mailto:jane.kuepfer@uwaterloo.ca)

519-904-0650 x 8249

# Our Spiritual Life Together

*September is a time of crisp mornings, turning leaves, and new beginnings. We begin September with fresh energy and eagerness to learn something new!*

*We welcome Sandhya Dhanpat as a new spiritual care student (she will introduce herself further in the October newsletter).*

THIS IS THE DAY THE  
LORD HAS MADE;  
WE WILL REJOICE AND  
BE GLAD IN IT.

PSALM 118:24 NKJV



This month, in the retirement home, you are invited to join us for:

### **Tuesday Spiritual Life Gatherings at 2:30 in the Town Hall**

Upcoming themes/speakers (watch for posters):

Sept 3 – Jane “School Days and Lifelong Learning”

Sept 10 - Anne Noice “What gives my life hope and meaning”

Sept 17 - Kyla from Ray of Hope “What does the Lord require of us?”

Sept 24 - Shirley Showalter "Leaving a Spiritual Legacy: The Greatest Gift of Grandparenting" (see poster)

**Ray of Hope**



**CONSIDER DONATING ADULT SOCKS and  
SCHOOL SNACKS (nut-free granola bars,**

**fruit cups, pudding cups, fruit snacks) for us to give Kyla on Sept 17th.  
There's a box in the hobby shop.**

### **Other weekly gatherings:**

**Thursdays at 10:15 in Egerton**

*You're invited!* and **at 11 'Good morning God!'  
group in the library (devotion,  
discussion & prayer)**



**Sunday evening Hymn Sings 7:30 in the Town Hall**

**Roman Catholic Communion and Prayers (Town Hall, then Egerton):**

Sunday September 1st at 10:45, Sunday September 15th at 10:30

**Communion and Rosary:** Thursday September 12th at 2:00 pm

**Mass:** Friday September 27th 11am with Father Jamroz (confession available before and after)

# Chaplain's Corner *(Long Term Care)*



**Chaplain Rev Mike Zenker**

[Mike.zenker@schlegelvillages.com](mailto:Mike.zenker@schlegelvillages.com)

519-904-0650 Ext. 8011

## HOURS

Tuesday - Thursday Mornings

*(\*times may vary depending of events in the village)*

## Special & Religious Holidays This Month

September 11-12 – Yom Kippur

September 15\* – Mawlid al-Nabi

Muslims celebrate Prophet Muhammad's birthday today. They honor this day as they believe he is a messenger of God.

September 17—Harvest Moon Festival

September 21 International Day of Peace

September 30—National Day for Truth and Reconciliation



## Spiritual Life Gatherings

- Tuesdays **9:30am** Rosary Service
- Thursdays **9:30am** 'Hymns' Chapel Service.
- Wednesday mornings TWICE a month—'Contemplating Life with Mike' (this will take place in the chapel 10am)

**Wed September 4th & September 18th**

### **Roman Catholic Communion & Prayers:**

- *See Retirement Chaplain's Page for monthly services. If you wish to attend, or your loved one wished to attend, please let us know and we will do our best to make sure they can participate.*
- ***In Long Term Care, Catholic Communion & Prayers of Blessing:*** We have a team of volunteers who come into the Long Term Care home and visit one-on-one with residents and administer Communion, pray a prayer of Blessing etc. *If you would like them to visit you (or your loved one), please send me an email and we will add them to the visitation list.*

## Contemplating Life With Mike

### Wednesday Mornings Twice A Month

This twice a month group gathering will provide an opportunity for anyone to share their perspectives on Life, Spirituality, or other events in their lives. We learn to take our eyes off of ourselves and become more 'others-centred' in how we see the world around us. It may also just be a great time to laugh at ourselves as our soul sometimes just needs a good chuckle once and a while! "Contemplating Life With Mike" should make your day 'a bit better' just for showing up! Looking forward to this new time and conversation name!



# A Message from...

## Your Library Helpers

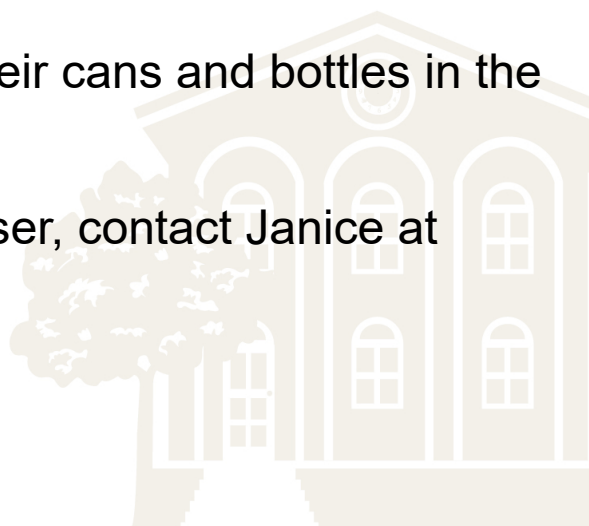
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In September of 2023, Janice Kutasinski was pondering how she and her husband, Reg could make some money to buy Large Print books for the University Gates library. Then she had a brilliant idea. If she and Reg collected beer cans and wine and liquor bottles and returned them to the Beer Store, the money could be used for additions to the library. So began their weekly collections from the blue boxes on each floor. When they had amassed enough cans and bottles, they loaded up their car and made the trip to the Beer Store. The amazing result of their endeavours is that they have donated \$400.00 to the library. Combined with other funds, library volunteers are able to purchase 56 large print books.

Kudos to Janice and Reg and their helpers for persevering through the daunting task of sorting through the residents' sometimes questionable discards in the blue boxes and dealing with the less than helpful staff at the Beer Store. Their hard work on our behalf has given those residents with aging eyes the opportunity to enjoy many new and rewarding reading experiences.

Thank you to residents who deposited their cans and bottles in the blue boxes.

Should you wish to help with this fundraiser, contact Janice at 548 288 3039.





# 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!

# August Athletes of the Month



**Don Steinman**

**Phil Fiess**

After stellar performances at the Schlegel Olympics, Don and Phil return to the village as Champions! With medals around their necks and a trophy in hand, they are this month's honorary athletes!

- Shooting down the most cups, Don was the best sharp shooter in the West, earning himself a gold medal in target shooting!
- Don displayed true Olympian qualities with his dedication to training and ability to perform under pressure

- Working hard for over a month perfecting his routine, Phil put on a show for the judges, earning him a silver medal in the parallel bars competition!
- Even though he's dressed as a Jester, Phil's inspiring success and determination is no laughing matter



# 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**

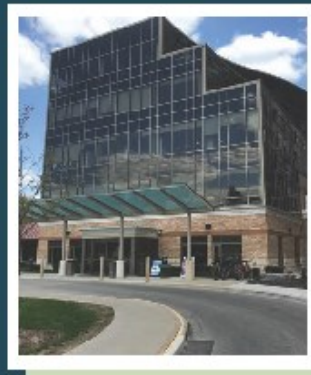
[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)

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

## Be Our Guest! RIA Friends & Family Day

*Thursday, September 26*  
10 am - 3 pm

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



Let us know if you can come!  
Click here to [RSVP](#)  
Email [info@the-ria.ca](mailto:info@the-ria.ca) or call us 519-904-0660





- Resident Right 26

Every resident who is dying or who is very ill has the right to have family and friends present 24 hours per day

# 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



## 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](http://the-ria.ca/events/arts-and-aging-day)



# THE GATES GAZETTE

WHO TO CONTACT WITH QUESTIONS OR CONCERNS

VILLAGE PHONE NUMBER: 519-904-0650



*The Village at*

UNIVERSITY GATES

*When calling an LTC resident directly please use the Resident Line 519-904-0653*

*RH Residents each have private phone numbers*



**LONG TERM CARE**

Role/Name	Extension
General Manager: Chris-Anne Preston	8203
Asst General Manager (LTC): Kelly Younger	8003
Asst General Manager (RH): Ion Zdrengha	8204
Administrative Coordinator: Elena Oprea	8202
Admin Assistant (LTC): Clare Legare	8001
<b>Neighbourhood Coordinators</b>	
Hagey & Johnston (LTC): Brandy Douey	8031
Wright & Matthews (LTC): Kim Boyes	8025
Downey & Pollock (LTC): Lee-Ann Air	8037
<b>Department Directors</b>	
Director of Nursing Care (LTC): Wendy Miller	8005
Assistant DNCs (LTC): Ruhab Muzaffar / Patricia Solik	8054 / 8009
Assistant DNCs (LTC): Vidhi Goyal	8060
Director of Environmental Services: Dilan Ganegoda	8006
Director of Recreation: Meghan Connelly	8007
Director of Hospitality: Lisa Price	8004
Food Services (LTC): Becky Golbeck/ Liz Barre	8008
Director of Program for Active Living (PAL): Liam Stiles	8126
Exercise Therapist (LTC):	8013
<b>Nursing</b>	
Charge Nurse LTC	8055
<b>Psychosocial and Spiritual Well-being</b>	
Resident Support Coordinator (LTC): Janessa	8057
Chaplain (LTC): Mike Zenker	8011
Volunteer & Student Services (LTC): Noreen Blount	8010
<b>The Ruby Dining Room</b>	8224 (bar)
<b>Riverstone Spa and Salon</b>	8227

# THE GATES GAZETTE

WHO TO CONTACT WITH QUESTIONS OR CONCERNS

VILLAGE PHONE NUMBER: 519-904-0650



The Village at  
**UNIVERSITY GATES**

*When calling an LTC resident directly please use the Resident Line 519-904-0653*

*RH Residents each have private phone numbers*



**RETIREMENT**

Role/Name	Extension
General Manager: Chris-Anne Preston	8203
Asst General Manager (LTC): Kelly Younger	8003
Asst General Manager (RH): Ion Zdrengeha	8204
Administrative Coordinator: Elena Oprea	8202
Admin Assistant: Theresa / Arsha / Melod	8201
<b>Neighbourhood Coordinators</b>	
Williamsburg: Jennifer Allen	8208
Emma's/Egerton: Sandy Taylor	8205
Becker: Victoria Leger	8206
<b>Department Directors</b>	
Director of Wellness (RH): Trish Baird	8209
Assistant Director of Wellness (RH): Meena Sukhram	8210
Director of Environmental Services: Dilan Ganegoda	8006
Assistant Director of Environmental Service (RH): Jessica England	8250 8234
Maintenance Services (RH): Brad/ Will	
Director of Recreation: Meghan Connelly	8007
Recreation Supervisor (RH): Noah Bester	8207
Director of Hospitality: Lisa Price	8004
Director of Program for Active Living (PAL): Liam Stiles	8126
Exercise Therapist (RH): Emily Port	8216
<b>Nursing</b>	
Lead Nurse (RH)	8255
<b>Psychosocial and Spiritual Well-being</b>	
Chaplain (RH): Jane Kuepfer	8249
Volunteer & Student Services (LTC): Noreen Blount	8010
<b>Marketing</b>	
Dirs. of Lifestyle Options: Sahar/Sophia	8041/8248
Village Experience Coordinator: Alex Hamley	8048
<b>The Ruby Dining Room</b>	8224 (bar)
<b>Riverstone Spa and Salon</b>	8227