

The Winston Word

NEWSLETTER VOLUME 7 ISSUE 9

SEPTEMBER 2024



The sky's the limit!



**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
September 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.*

Karin G
George B
Frances C
Mica S
Sallyann O
Maria C
Joyce S



The Village of
WINSTON PARK

Village Events

September Events

Timbit Day is September 10th Each Neighbourhood

Enjoy some free Timbits!

VENDORS 11-3 Library

Sept 10th: Ruth's Fashion Boutique
Sept 14th: Traditions Alive
Sept 17th: EZ Fit Shoes

Grandparents' Day Carnival

September 7th, 2-4pm

Retirement: At the Pond
LTC: Eby Courtyard

Fashion Show Presented By Ruth's Fashion Boutique

September 10th @ 2:30pm
Retirement Main Street

WELCOME TO THE VILLAGE!

In August we welcomed the
following residents to Winston Park:

Ronald S	Roland B	Lorraine A
Mary S	Donald M	Edith A
Thelma K	Susan K	Margaret-Ann K
Barbara R	Ahamad K	Marie S
Irma K	Richard F	Charles S
Alan F	Catherine R	Karen S
Cornelia A	Andrija G	Marga G
Alice H	Margaret S	Harmina E
Edmund O	Lois S	Joan N
Maria K	Ronald D	Ilse W
Gordon P	Mara S	Angelique K
Sophia S	Viorica L	Mary S
Marie M	Eva F	Martha B
James H	Mildred L	Duncan M
Ronald M	Marion S	Murray S
Gordon P	Ilse S	Dorothy L
Benedetta S	Gerald G	Maria L
Cheryl W	Deolinda F	Helen D
Gail S	Nicola F	Shirley S
	Jovanka G	

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.





**A few moments from
our Multicultural Festival**



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A Word From Brad Lawrence, Our General Manager

Hard to believe that September is upon us; where did the summer go? I think we ask this question every year. Of course, it's back to school time! This can be a very exciting and sometimes an intense time of year for many – might be the first time at public school, new to high school, or off to college/university. I remember each of those times in my life.....do you? I'm sure there are a number of residents who had a teaching career and I would imagine September brings back many memories (hopefully fond memories) for you.



A Very Big Winston Park Welcome: On July 29th, we opened the doors to our 3 new neighbourhoods in LTC: Trussler, Newberry and Eby. By the time you read this newsletter, we will have welcomed 64 new residents into the Winston Park Family. For those residents who moved from our Retirement Residence into our LTC, we hope that you had a smooth and pleasant move and that you are enjoying your new neighbourhood. We also recognize that we have many new family & friends to get to know and we look forward to doing that. For those new residents and their family & friends in the Retirement Home, we wish you a very warm welcome as well.

Changes to our Leadership Team:

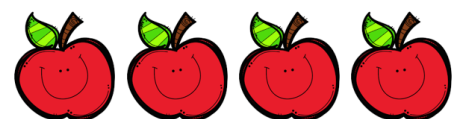
Director of Recreation – as many of you know, Rebecca Harnock left us in July and has started a new career opportunity. We are pleased to let you know that we have a new Director of Recreation starting on September 3rd. Julia Slomke comes to us with many years of experience in the recreation field and has worked at a nearby LTC home for the past 14 years. Julia is a very enthusiastic individual who is very excited about joining the team at Winston Park. Throughout the month of September, Julia will be around the village having a thorough orientation getting to know our residents, team, and processes. Please join me in welcoming Julia as she starts her new adventure with Schlegel Villages.

Recreation Supervisor – more good news to share. Sarah Linton, our current Recreation Supervisor / Volunteer Coordinator is taking on a new role. Effective the end of September, Sarah will be the new Volunteer/Student Coordinator for the village. This is an exciting change for Sarah and we will be sorry to lose her as our Recreation Supervisor. Throughout the month, we will be recruiting for a new supervisor and will keep you posted once we are welcoming someone into the role.

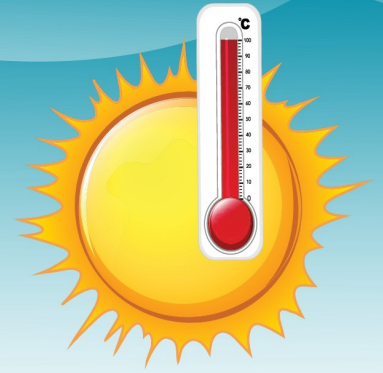
A Reminder about Wildlife: As cute as they may be, we ask that you please refrain from feeding the squirrels and birds outside. Let's enjoy them from a distance and keep them wild and free.



Wishing you a great month!
Brad, General Manager



Stay hydrated!



FACTS



With the weather finally getting warmer, proper hydration is of increased importance for everyone but especially our residents



Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration



Evidence tells us that our residents need to drink at least 6-8 cups or 1500-2000 ml of water per day



Water in beverages (e.g. milk, coffee or tea) and foods counts!

TIPS



Drink water throughout the day



Eat foods with high water content such as fruit and vegetables



Drink together – when you consume water with others you are likely to drink more



Remind others to drink water regularly



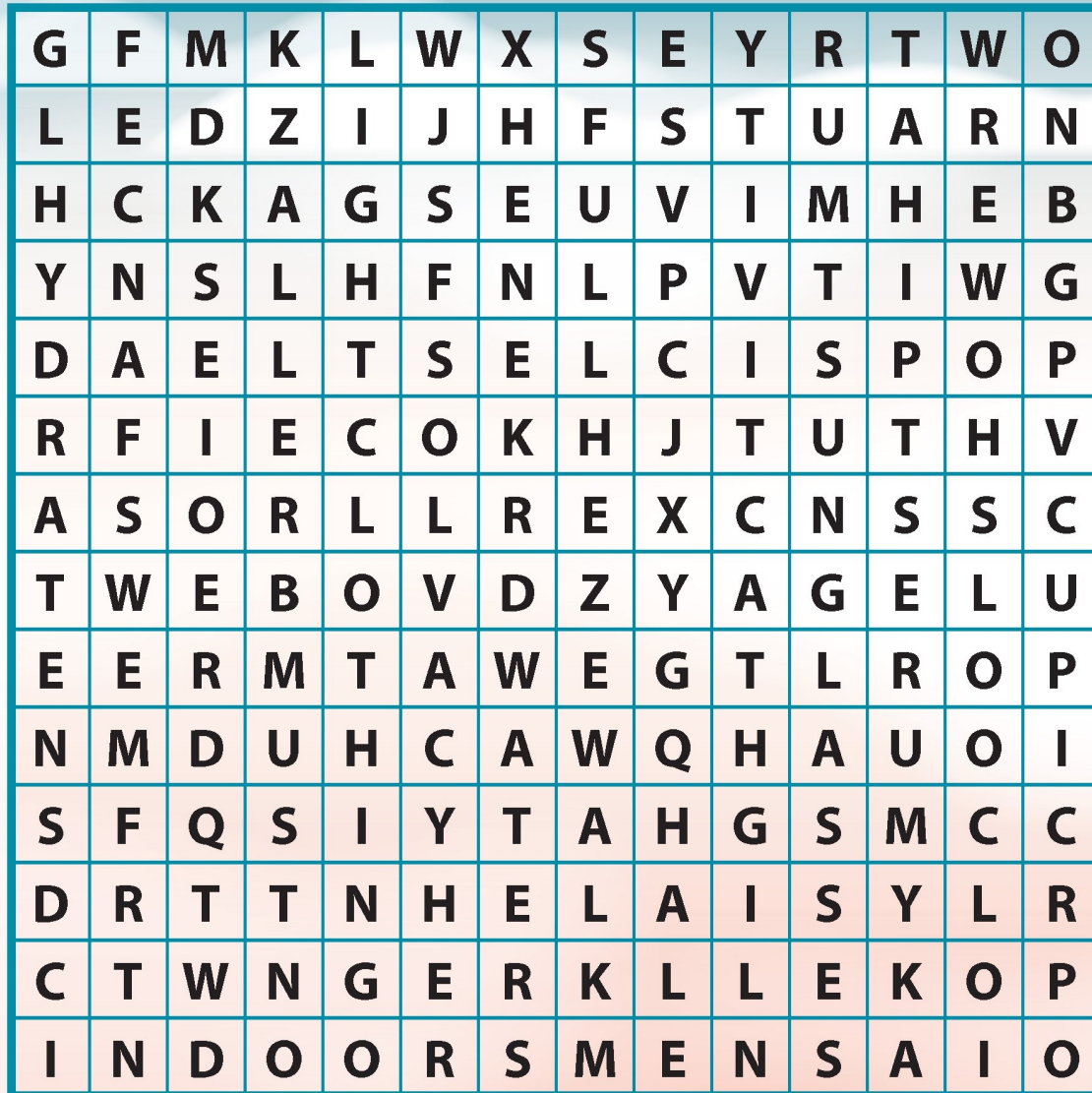
Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking

September can be hot

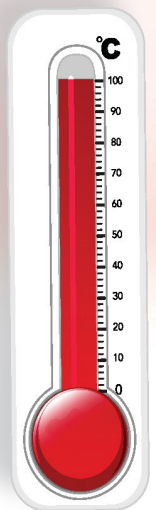
Keep cool and have fun!



INDOORS
REST
SUNSCREEN
HAT
POPSICLES

COOLSHOWER
LIGHTACTIVITY
HYDRATE
FAN
SUNGLASSES

LIGHTCLOTHING
UMBRELLA
SHADE
WATER





Aloha! Fun times at our Hawaiian BBQs



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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!

Email info@the-ria.ca or call us 519-904-0660

RIA RESEARCH
INSTITUTE
for AGING
Schlegel • UWaterloo • Conestoga

Enhancing Life

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 **Aug 28**.
Minutes will be posted at the LTC main entrance (Door #2).

To find out more please contact winstonpark.familycouncil@schlegelvillages.com

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



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.



SEPTEMBER 24



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

September 12, 19
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



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

RESEARCH MATTERS

RIA FEATURE

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

A red and white striped carnival tent with a blue scalloped edge is centered at the top. Above it is a string of red and blue triangular bunting. Below the tent are two clusters of balloons in red, blue, and yellow. The background is a light yellow with a pattern of small yellow dots.

Grandparents Day **CARNIVAL**

Let's bring out our inner clown!

Saturday, September 7 | **2–4 p.m.**

Join us for some carnival treats, games, farm animals, and balloon animals. Family and friends are welcome.

A blue, scalloped-edged frame with yellow dots around its border. Inside the frame, the text 'SPECIAL PERFORMANCE BY BOB GATES' is written in red. Below it, the times '2 p.m. in LTC and 3 p.m. in retirement' are listed. A circular inset photo shows a man performing a balancing act on a unicycle.

**SPECIAL
PERFORMANCE
BY BOB GATES**

2 p.m. in LTC and
3 p.m. in retirement

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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	Recreation Supervisor & Volunteer Coordinator	Ext. 8062
Shirley Tulk	Neighbourhood Coordinator Williamsburg	Ext. 8215
Joelle Duchaine	Neighbourhood Coordinator Egerton & Becker	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator Emma's	Ext. 8012
	Dining Room Supervisor	
Carmen Niculescu	Wellness Coordinator	Ext. 8029
Christine Partridge	Assistant Wellness Coordinator	Ext. 8209
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

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

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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 Eby, Trussler, Newberry	Ext. 8005
Garry Sharma	Neighbourhood Coordinator Strasburg & Aberdeen	Ext. 8370
Rada Jokic	Neighbourhood Coordinator Roseville & Kingsdale	Ext. 8182
Alyson Haffner	Neighbourhood Coordinator Sandhills & Waldau	Ext. 8266
Meredith Herr	Neighbourhood Coordinator Haysville	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 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
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

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