

View from the Heights

November 2024

Remembrance Day

Together, we gather to remember and honour all of our residents who served in a war so we can live freely.

If you or a loved one living at the Village is a Veteran and would like to be recognized, please contact Recreation or our Chaplain Janet.

Please join us on Monday, November 11th at 10:30am in Town Square for our Remembrance Day service followed by a Moment of Silence at 11:00am.

At 12:00 (Noon) we will be hosting a Veterans Lunch in The Ruby for all resident Veterans.



Village Events

Details on Pages 12-13

Wentworth Heights is committed to creating a vibrant community for our Residents, and as such, we welcome family and friends to join us in our Village events and activities!

Giving Tree



Every year, we strive to ensure that our residents open a gift at Christmas. We will have our Giving Tree set up on LTC Main Street starting November 18th. If you choose to pick a tag please return the tag attached to the gift. This helps the elves while wrapping! We hope to receive donations of general items such as diabetic socks, small boxes of chocolate or candy, men's and women's bodywash, shampoo, lotion, cookies, boxes of Kleenex, cozy blankets, colouring books and colouring materials, as well as gift cards for Walmart to purchase those special items for those who need them the most.

Items can be dropped at the front office or in the Community Centre in Long-Term Care. For further inquiries please contact Amy Radford or Marie Vanlouwe at ext. 8035 or amy.radford@schlegelvillages.com



The Village of
WENTWORTH HEIGHTS



Saturday
November 30

10 a.m. – 3 p.m.
Main Street

We will have a variety of vendors selling clothes, jewellery, baked goods, crafts, knit and sewn items. Baking with our Village elves, photos with Santa Claus and a lunch to go featured by The Ruby.



1620 Upper Wentworth Street, Hamilton

A Message From...

The General Manager

Michelle Wood

The RESIDENT BILL OF RIGHTS States:

Every resident has the right to be afforded privacy in treatment and in caring for their personal needs.

Questions can be forwarded to my email

michelle.wood
@schlegelvillages.com
or call
(905)-575-4735
Ext. 8028

Please indicate if you would like to remain anonymous.

As we enter November, we are reminded of the significance of Remembrance Day, a time to honour and reflect on the sacrifices made by those who have served their country in times of war and peace. For many of our residents, this day holds deep personal meaning, representing not only memories of the past but also the legacy of courage, sacrifice, and resilience.

Our village is home to individuals who lived through, and in many cases participated in, some of the most defining moments in history. Whether they served in the military, contributed to the war effort on the home front, or experienced the impact of global conflict in their communities, their stories are woven into our history. This Remembrance Day, we take time to reflect on these stories and honour the bravery and dedication of those who have served.

On November 11th, we will gather to commemorate this day with a special ceremony, offering an opportunity for reflection and gratitude. This is not just a day of remembrance, but a day of unity, bringing together residents, families, and our team to acknowledge the strength and perseverance that continue to inspire us today.

Let us wear our poppies with pride and take a moment to engage with the stories of our residents, whose experiences serve as a powerful reminder of the cost of freedom and the importance of peace. I encourage you to join us in showing gratitude for the sacrifices that were made so that future generations could live in peace and security.

Thank you to all our veterans, and to all who remember.

With gratitude,

Michelle Wood
General Manager

LEST WE
FORGET



A Message From... *The Asst. General Manager*

From the desk of Barbara Taylor-Bhagwan

Dear Residents of Wentworth Heights,

As the leaves continue to swirl in beautiful reds and golds, we welcome the month of November—a time of reflection, gratitude, and spiritual renewal.

As we journey through this season, let us take a moment to share some uplifting words, affirmations, and events designed to fill our days with joy and purpose.



Scorpio Season Self-Care: November 23 – December 22: For our Scorpios among us, October 23 marks the beginning of a month that encourages you to embrace self-care. This November, take a deep breath and release any worries that may be weighing you down. This is a perfect opportunity to focus on inner healing and to live authentically. Remember, taking care of yourself is a beautiful gift you give both to yourself and to everyone around you.

Celebrate National Cappuccino Day! Mark your calendars for November 9th -it is National Cappuccino Day! We encourage everyone to indulge in a delightful cup of cappuccino; let us share stories, laughter, and the warmth over this delicious brew. There's something magical about hot drinks shared with friends, so let us raise our mugs and enjoy!

A Time for Remembrance: As we approach November 11th, we pause to honour and reflect on Remembrance Day. This day is a poignant reminder of the sacrifices made by the brave men and women who have served our beloved nation, both in times of war and peace. Here at Wentworth Heights, we are deeply grateful for those who have dedicated their lives to ensure our freedom.

We invite you to join us for a heartfelt ceremony where we will pay tribute to our veterans. Our reflections will encompass moments of silence, where we will be expressing our profound gratitude. To our residents who have served, thank you for your bravery—you inspire us every day. Let us come together to honour your sacrifices and ensure that your valour never goes forgotten.

The beauty of November lies not just in the vibrant colours of the trees, but also in the connections we share and the memories we create. As we welcome the season of remembrance, spirit, and emotional warmth, let us embrace each moment together with love, reflection, and gratitude.

Sending you all warm hugs this month!

Nursing Update

From the desk of Sumeya



Dear Residents and Families,

As we embrace the vibrant autumn season, it is important to prioritize safety in our community, especially when it comes to falls prevention. Falls can significantly impact the health and well-being of our residents, but many falls can be prevented with awareness and proactive measures.

Falls are a leading cause of injury among older adults. Factors such as muscle weakness, balance issues, certain medications, and environmental hazards can increase the risk. Understanding these risks is the first step in preventing falls.

Simple Steps for Prevention

1. **Stay Active:** Regular exercise strengthens muscles and improves balance. Join our weekly exercise classes designed specifically for older adults.
2. **Home Safety Checks:** Keep walkways clear of clutter and ensure that rugs are secured. If you notice any hazards in your living space, please report them to staff for prompt attention.
3. **Proper Footwear:** Wearing well-fitting, non-slip shoes can provide better traction and support. Avoid slippers or socks that can lead to slips.
4. **Medication Management:** Review medications with your healthcare provider to identify any that may cause dizziness or drowsiness.
5. **Vision Checks:** Regular eye exams can help ensure that your vision is sharp, which is critical for navigating your environment safely.

Additionally, our team is always available for one-on-one consultations regarding personal safety and fall prevention strategies tailored to individual needs. Fostering connections among residents is another crucial aspect of falls prevention. Engaging socially can help enhance mental and emotional well-being, which is linked to physical health. Join us for our weekly and daily social gatherings and activities!

Thank you for your attention to this important topic. Together, we can create a safer, more supportive environment for all.

Warm regards,
Sumeya

Neighbourhood

News

From the desk of Michelle Roukema

Hello and Happy November!

Since August this year, we have begun dedicated care in our secured neighbourhoods, Stonechurch and Carrington. With dedicated care, we have consistent caregivers each day for our residents. We have seen great success with this with our teams and our residents! With dedicated care in place, the team is able to spend meaningful time with our residents and we encourage our team to try different forms of engagement. Witnessing these interactions between our team and residents has been inspiring and makes me so happy. I love seeing the team bring residents off the neighbourhood for a walk, sitting beside a resident and having conversation, setting residents up with colouring, word searches, or a book. I love seeing the team having more than half the neighbourhood engagement in a ball toss and hearing everyone laughing and seeing the smiles on both our team and residents faces. Engagement is so important for all of us and I look forward to seeing more of it with our team and residents! Please enjoy the picture below, with our Stonechurch afternoon team, engaging the residents in a group ball toss. Great job team!



Neighbourhood

News

From the desk of Chanelle Cavey

Happy November Wentworth!

As we welcome November and the crisp autumn air, we are excited to share with you a lineup of events and activities to enjoy during this beautiful fall season. From Remembrance Day to cozy gatherings, there is something for everyone this month. Please take a look at our Recreation Program Calendar for your respective neighbourhood so you do not miss out on what is to come! Health & Wellness Tips for November- As the weather cools down, it is important to stay warm and healthy.

Here are some helpful tips:

- **Bundle Up:** Wear layers, hats, and scarves when going outside to enjoy the last of the fall colours. Take advantage of our beautiful back courtyard before the snow comes our way!
- **Stay Active:** Join in on one of our various exercise classes put on by our KIN Moses!
- **Hydrate:** Even in cooler weather, staying hydrated is key to maintaining good health. Grab a cup of hot tea any time in our café located off Main Street. There are a few caffeine-free options such as Peppermint and Camomile that will be perfect to maintain your fluid intake and are not dehydrating. As a reminder as well, this month we will be celebrating Retirement's 8th Year Anniversary! Please keep your eye out on the recreation calendar for the celebration on November 21st. We will have entertainment and cake to celebrate. We hope to see you there!

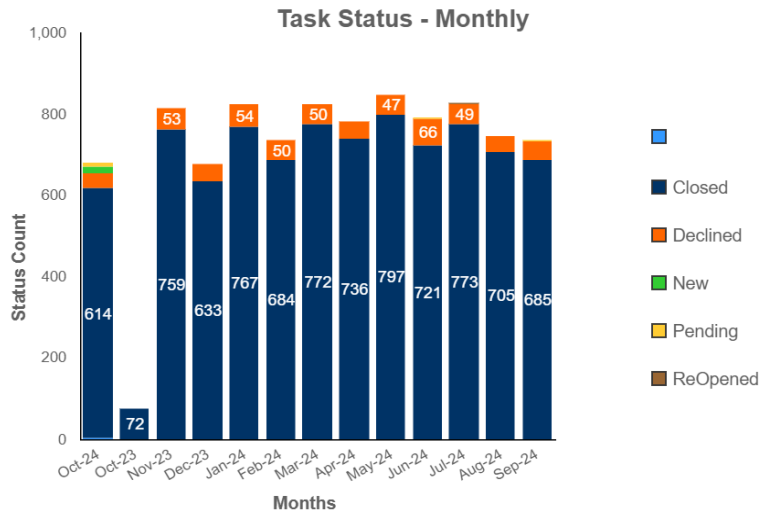
Looking ahead to December, the holiday season is just around the corner! Get ready for our annual village decorating, festive dinners, and special holiday neighbourhood parties. More details will be shared in our December newsletter, so stay tuned!

Stay safe and keep warm,
Chanelle

Neighbourhood Coordinator- Williamsburg, Floors 4 & 5

From the desk of Heather Bell Livingstone

A Year in Review



Thank you to our maintenance team. So many times, we see our valuable team responding to the needs of our community. We appreciate all you do. The graph is a snapshot of our maintenance care status count over a 12- month period. Please continue to request our Maintenance team through the maintenance care application so we may continue to evaluate and identify trends within our village.

Recent News:

RH: We had a visit from the City of Hamilton, thank you to those residents who participated in the (RC)F Residential Care Facility Evaluation.

LTC: Will embark on a sprinkler retrofit. Removing the dry attic system to a N2 Generator Installation. The project will be approximately 8 weeks.

RH/LTC: Completed the Annual Fire Inspection with Troy FLS. Thank you for your patience and understanding during the two-week inspection.

LTC: We paved and painted the parking lot well in advance of our winter weather. The results are amazing and again thank you team members who made alternative arrangements over those days to park elsewhere.

Heather Livingstone **Director of Environmental**



Hospitality News

From the desk of Michelle Piccolo

Welcome to November!

We are launching our new Winter/Fall menus this month. Please let us know what you think! There will be hard copies available in the office always, however the most accurate reading of the menu is on our menu screens throughout the village. Please make sure you are referring to that daily rather than the hard copy.

We will be featuring a 50s style dinner this month. Please keep your eyes out for posters for the date. We will be offering an appetizer, cocktail, entrée and dessert. Tickets for this meal will be available in the village office for \$19.00.

Thank you to those who join our Lettuce Talk Food meetings each month, our meeting will be on November 12th at 10:30 in the Hobby shop. There, we can discuss menus and the service in dining.

Have a happy November and I hope your Remembrance Day is meaningful.

The Hospitality Team



The Ruby

WENTWORTH HEIGHT'S HIDDEN GEM

NOVEMBER

As we welcome the month of November, we extend our warmest wishes to all our residents and their families. This time of year invites us to reflect on the beauty of autumn and the joy of community. We hope this month brings you moments of warmth, gratitude, and connection with loved ones. As the days grow shorter, let us embrace the cozy atmosphere that November brings, filled with opportunities for togetherness and shared experiences.

In this month, we also take a moment to honor Remembrance Day. It is a time to reflect on the sacrifices made by those who served our country, and we encourage everyone to join us in remembering their bravery and dedication. Let us come together to express our gratitude and respect for those who have fought for our freedom.

Looking ahead, we are excited to announce a delicious Prime Rib Dinner coming soon! Details will be shared shortly, so stay tuned for more information on this mouthwatering event. Additionally, we are thrilled to host a "Breakfast for Dinner" event, where you can enjoy your favorite breakfast dishes in the evening. Join us for a delightful culinary experience that promises to be both fun and satisfying. We look forward to sharing these special moments with you throughout November!

We are thrilled to welcome Keisha back to the Ruby! Her presence has been greatly missed, and we are excited to have her rejoin our team. We encourage everyone to come in and say hello, as Keisha brings a wonderful energy and enthusiasm that we know will brighten our space. Let's make her return a warm and memorable one!

Always,
Your Ruby Team

**FOR MORE INFORMATION
OR TO BOOK YOUR RESERVATION
905-575-4735 X8086**

UPCOMING EVENTS

BREAKFAST FOR DINNER

WED. NOV 6TH

4:30 PM TO 6:30 PM

\$13 + tax per person

Meal includes:

Your choice of eggs with bacon, sausage, hash-browns and fruit.

It's the perfect opportunity to enjoy a cozy atmosphere, connect with friends and family, and savor the comforting flavors of breakfast at a time when you least expect it.

PRIME RIB DINER

FRI. NOV 22ND

4:30 PM TO 6:30 PM

This exquisite culinary experience features expertly seasoned and slow-roasted prime rib, ensuring a tender and flavorful cut making it ideal for special occasion or a delightful night out. We will provide prices and a detailed menu shortly!

Mark your calendars!

HOURS OF OPERATION

WEDNESDAY TO SATURDAY

Wednesday:

Ruby on the Run on Main St:

11:30am-2:30pm

Open for dinner: 4-7pm

Thursday through Saturday:

Open for lunch: 12pm-3pm

Open for dinner: 4pm-7pm

(Last reservation is taken at 6:30pm)

The Ruby

SCHLEGEL VILLAGES' HIDDEN GEM



Dining options

Dine at The Ruby

Break bread with us.

Enjoy a delicious meal with a breathtaking view in our comfortably elegant dining room.

Or

Take-out meals

Get it while it's hot.

Pick up a freshly cooked meal and enjoy it in your room or out in the courtyard.

Wednesday – 4–6:30 p.m.

Thursday–Saturday – 11:30 a.m.–3 p.m. | 4–6:30 p.m.

Ruby on the run

Grab and eat now.

Enjoy freshly baked goodies and sweet treats.

Every Wednesday on Main Street
11:30 a.m.–2 p.m.

Catering

Celebrate special moments.

The Ruby is the perfect spot to host any special event or occasion.

905-575-4735 x 8086
emma.balaban@schlegelvillages.com

Reservations are recommended but walk-ins are welcome! **905-575-4735 x 8086**

**Join us on the
10th floor!**

Village Events

Joint LTC & RH

- Wednesday, November 6th -SHSM 8:00am– 4:00pm– High Schools students Visiting in TH
- Thursday, November 7th– 9:30am-11:30am Coffee and Conversation with Mohawk Students-C
- Monday, November 11th– 10:30am Remembrance Service –TS
- Monday, November 11th—12:00pm Veterans' Lunch in the Ruby—R
- Wednesday, November 13th -10:00am—2:00pm –Cathy's Scarves and Jewellery Vendor– TS
- Wednesday, November 13th– 2:00pm Movie with Janet "Lilies of the Field"-TH
- Thursday, November 14th—Coffee and Conversation with Mohawk Students –C
- Wednesday, November 20th—2:30pm Armchair Travel—Tokyo /Japan– TH
- Thursday, November 21st -10:00am– 3:00pm Nellies Comfort Shoes Vendor– —TS
- Thursday, November 21st -2:30pm Retirement 8th Anniversary Party—Women's Horseshoe Choir – TS
- Wednesday, November 27th– 2:30pm Pie Day Fundraiser for Hope Fund–TS
- Wednesday, November 27th—SHSM 8:00am– 4:00pm– High Schools students Visiting in TH
- Saturday, November 30th– 10-3pm Santa`s Village Christmas Sale-MS

Long Term Care

- Friday, November 1st– 8:30am Men`s Breakfast-CC
- Saturday, November 2nd– 2:00pm Pub with Jeff Giles-MS
- Saturday, November 9th– 2:00pm Entertainment with Megan Gilbey on Stonechurch
- Wednesday, November 13th & 14th Village Christmas Decorating!
- Friday, November 15th- 3:00pm Happy Hour with Filipa Sousa– MS
- Friday, November 22nd-- 2:00pm Birthday Bash!-CC
- Saturday, November 23rd– 2:00pm Entertainment with Dave Thierry on Carrington
- Wednesday, November 27th– 5:00pm Diners Club (Pizza & Wings)-MS
- Thursday, November 28th– 10:00am Smile Theatre 1:1 Serenade– Travelling
- Thursday, November 28th– 6:15pm Snack Battle-CC

Retirement

- Saturday, November 2nd– 2:00pm Ron Tansley Entertains (EG)
- Thursday, November 7th—9:15am Breakfast Club – HS
- Saturday, November 9th– 2:30pm Jeff Giles Entertains—TH
- Thursday, November 14th—2:30pm– Trusts/Wealth Planning/and Charitable Donations– TH
- Friday, November 15th— 3:00pm Emmas Happy Hour with David Thierry –EM
- Wednesday, November 20th –5:00pm Diners' Club –HS
- Monday, November 25th—2:30pm Magic Show-TH

Village Outings

LTC

- Monday, November 4th– 1:30pm Walmart Outing
- Friday, November 15th- 10:00am Country Drive
- Monday, November 18th– 2:00pm Casino Outing

LTC Residents, please drop into the Community Centre any time to sign up for outings.

Retirement

- Tuesday, November 5th– 10:30am/2:00pm Freshco shuttle
- Wednesday, November 6th– 11:00am Dutch Mill
- Tuesday, November 12th- 10:30am/2:00pm Fortinos shuttle
- Thursday, November 14th– 1:30pm Country Drive (EM/EG)
- Tuesday, November 19th -10:30am/2:00pm NoFrills shuttle
- Wednesday, November 20th- 10:30am Men's Club Outing
- Thursday, November 21st- 10:30am Art Gallery of Hamilton (EM/EG)
- Monday, November 25th- 10:30am Casino (Flamborough)
- Tuesday, November 26th- 10:30am/2:00pm Walmart shuttle
- Thursday, November 28th-1:30pm Royal Botanical Gardens (EM/EG)

For those of you unfamiliar with sign up day; on the allotted day, drop in to the Art Studio between 10am-3pm and fill out a ballot for each outing or special event you wish to attend. Each outing will be filled with residents by random draw to ensure fairness for everyone. Waiting lists will still exist with overflow. If you cannot make it out to sign up day you can sign up any time after by signing your name on the list in the Black binder for whichever outing you want. Binder is located in the Hobby Shop.

Sign-up day will be held:

10am-3pm Friday, November 1st in the Hobby Shop.

You can sign up alone or with a friend/spouse on the same ballot. One Ballot per person/partners per outing.

Please check the sign-up binder, in the Hobby Shop, to see which outing you are on after sign-up day. You will receive a call from Recreation to remind you of the outing in advance.

Please ensure you cancel **MINIMUM 24 hours** before the scheduled date for an outing or special event so we can fill your spot with someone from the wait list.

THANK YOU!



Update

From the Desk of Moses Genat

Happy November Wentworth Heights!

Falls pose a serious health risk for older adults, often resulting in injuries, loss of independence, and a decreased quality of life. November is National Fall Prevention Month! This month serves as a chance to take proactive steps to protect yourself from the potential impacts of falls.

Did you know that falls are the leading cause of injury-related hospitalizations among older adults in Canada, with 20% to 30% of seniors experiencing a fall each year? While many may view falling as a normal part of aging, it actually stems from various age-related issues, such as reduced muscle strength and balance. The good news is that falls can be prevented by making changes to your home environment, participating in exercises that enhance strength and balance, and paying attention to your foot health.

Research tells us exercise programs that focus on balance have proven effective in preventing falls, especially when combined with activities targeted to enhancing strength, mobility, endurance, and gait (how you walk). The greatest benefits arise when fall prevention strategies are tailored to individual needs, combining exercise with other interventions such as adjusting medications, eliminating tripping hazards, educating about fall prevention, and using mobility aids like walkers or canes.

Life involves constant balancing. If you are concerned about falling, speak to Dan or I to immerse yourself with our exercise programs along with other fall prevention strategies that may help you maintain your stability.

Stay healthy and active,
Your PAL team.



Retirement

The Foot Care Clinic for Williamsburg and Egerton neighbourhoods was on October 29th and Emma neighbourhood will be on October 30. The Foot Care Clinic for the Becker and Ailsa Craig neighbourhoods will be on November 4th at the RiverStone Spa and Salon.



Long Term Care

The next Foot Care Clinic for Long Term Care will be the week starting November 17th

Please contact the RiverStone Spa and Salon with any questions or to book an appointment at 289 678 0021 ext 8090

Chaplain's

Corner

NOVEMBER enters with the promise of Remembrance and offering thanks to our Veterans who fought, and continue to fight for our freedom. A promise of cooler weather and time for meditation and reflection.

Many thanks to all those who shared in making a leaf for our **Tree of Thanksgiving**. A photo and words from the leaves has been included on a separate page.

SAINTS OF LIGHT: A book will be available for you to write the names of your family or dear friends who have died this past year. Names included in the book will be read at the church Service on November 3rd at 2:30pm.

GATHERING group for **Life Transitions** led by Elizabeth. Group will meet on Monday 4th & 18th at 10:30am in the School House.

Sing-a-long with Janet on 2nd and 4th Wednesday at 10:30am in the Library.

Movie with Janet on Wednesday, November 13th - "Lilies of the Field" starring Sidney Poitier at 2:00pm

Bible study with Ankit

Please check the monthly calendar for **times and dates!**

If you would like to have Communion with your family or friends, please let me know.

Shalom, Janet

November Services

Non Denominational Church services are held every Sunday at 10:00am with Ankit and 2:30pm with Janet.

We invite you to Join us for Fellowship after the afternoon service. All residents are welcome !

Roman Catholic Mass is held on the third Wednesday of each month at 10:30am.

COMMUNION

Roman Catholic Communion served on Tuesdays at 10:00am in the Chapel

Advent Communion will be served on Sunday, December 1, 2024. Christmas Eve Communion will be served at both evening services.

In Memoriam...

The Village Leadership, Team Members, and Residents of the Village of Wentworth Heights remember...

Jean Amos

Gloria Walker

Terry Suenaga

Cornelia Kronemeyer

Larry Forester



We extend our sincere condolences to these families as they grieve their loss and remember their loved one.

*Our next Celebration of life will be held on **Wednesday, February 26th at 11:00am in the Town Hall***

Tree of Thanksgiving 2024

Many thanks to all the residents, family and team members who shared in helping our Tree of Thanksgiving to grow! Our tree was located near the Chapel, beside the windows of the Hair salon. Our tree was filled with 51 leaves. Similar precious words written on the leaves have been combined and no names have been included.

With thankful hearts The Village of Wentworth shared:

Friends in my life. Thankful for my life. My nephew. Love of family.
Thankful for the love and care from the staff at Wentworth Heights.

I am thankful that my family are happy and healthy. My grandmas.
A wonderful family and a great place to live. Thank you for the beauty of God's creation.
Thank God for His many blessings. My family. All the freedoms that many take for granted!!

I am thankful for family, friends and music.

For being here at Wentworth Heights and for being alive!

I am thankful for Jesus' Grace shown to me on a daily basis.
My amazing 93 year old grandma, who gave birth to my mom.

For being able to work with so many amazing people.

Thankful for staff of Village of Wentworth Heights.

My pets. For good times. Family. Gracia Ciao.

The promise of "tomorrow" and the chance to try again.

Thank you to all for your help and kindness.

The beautiful home life we have at Wentworth Heights.

Friends. My ability to read and lose myself in a good book!

Thankful for pastoral staff. Peace. Too many things to write.

I am thankful for life and family and friends. Thankful for God's grace and mercy and his favoured blessings.

Good friends, good health and the Village. Happy Thanksgiving y'all.

Oh give thanks to the Lord, for He is good; for His steadfast love endures forever!

Schlegel Villages and Residents. I am thankful for my friend.

For God taking care of us in this great building.

My Children. For being alive! The time I spent with my mama.

I love the colours of Autumn. I am very thankful for being able to be outside.

I am thankful for playing music with our gran friends. Residents.

Be happy. Be yourself. Never fold. Never backdown.

I am thankful for family members and staff who take care of me.

I am thankful to God for always guiding me to the right things.

My parents and sister who love and support me.

Family and friends and to live in Canada.

My 2 sons. This place gave me bestest people in my life.

I am thankful for my family, my friends, the ability to walk and the means to travel!

The Wentworth Family (residents and team).



WELCOME TO THE VILLAGE!

Welcome Centre

Hello from the Welcome Centre! As we enter November, the season of cozy sweaters and colourful leaves, we look forward to a month filled with warmth and connection.

As we spend more time indoors, it's a wonderful time to catch up with friends, meet new neighbours, and celebrate all that we're thankful for.

Thank you for being a part of our community. We're grateful for each of you and excited for all that November will bring!

**Warmly,
Bradley, Nicole & Holly**

WELCOME COMMITTEE RESIDENT VOLUNTEERS

Annie W. – ext. 2123

Audrey M. – ext. 2326

Mary M. – ext. 2329

Lenore M. – ext. 2515

Barbara S. – ext. 2615

Georgette L. – ext. 2616

Tom & Donna L. – ext. 2714

Roy R. – ext. 2810

Mary C. – ext. 2822

If you are unable to reach the Welcome Committee please call the Marketing team in the Welcome Centre:

Holly R. – ext. 8069

Bradley H. – ext. 8068

Nicole A. – ext. 8067

Volunteer Update

From the desk of Andrew Sangster

We have several great student events coming up in November. We will be asking residents to participate. Residents have a lot of wisdom to share and the students can learn a lot from their interactions with our residents as they embark on their chosen career path. The two events are “SHSM” and coffee and conversations. In October and in past year these intergenerational programs have been well received.

What is a SHSM you might ask? SHSM is the speciality high skills major program for high school students. Students interested in pursuing a career in the health sector will be joining us for a day of experiential learning. This will take place on November 6th and November 27th in town hall.

Coffee and Conversations will take during November as well. This will take place on November 7th and November 14th. There will be two time slots: 9:30am-10:30am and 10:30am-11:30am. During Coffee and conversation, we will see groups of post secondary OTA/PTA students come to the village and enjoy coffee with our residents. This will allow the Mohawk students the ability to engage with our residents and practice their professional communication skills.

If you are a resident and are interested and in being a part of any of these special events, please reach out to Amy, Sherri or Andrew.

I also wanted to highlight placements that will be starting up in the village. Starting in December, we will have PSW students completing their very first placement throughout the village. These students are eager to learn and join our village community. These students are part of the living classroom group and have their campus in the lower level of the village. Please give these students a warm welcome as they join the village community for the very first time.

Thanks,
Andrew



Schlegel Villages'
Volunteers



—The Living—
Classroom
at Schlegel Villages

Launching
November 2024

Are you a senior aged 65+ and interested in sharing your life experience, knowledge, and wisdom with future healthcare professionals?

Schlegel Villages and Mohawk College are thrilled to introduce

Coffee & Conversation

Join Mohawk's Occupational/Physical Therapy Assistant (OTA/PTA) students for a cup of coffee and help them gain the skills to build authentic relationships.

Thursday, November 7 and 14

First time slot: 9:30–10:30 a.m.

Second time slot: 10:30–11:30 a.m.

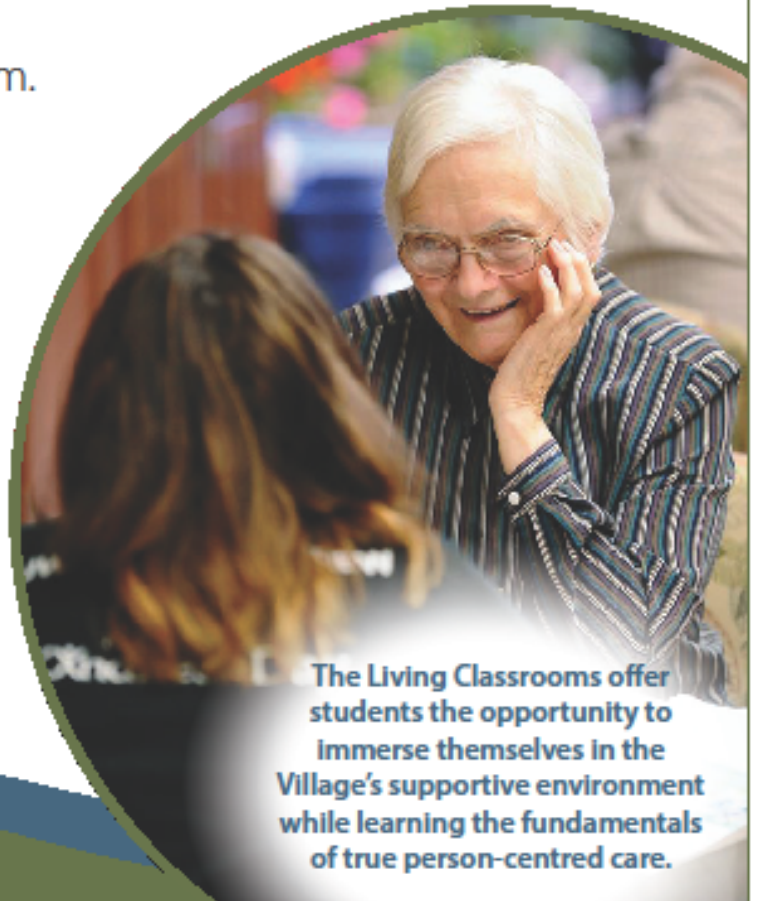
Retirement Café

Interested in participating?

Contact Student Coordinator Andrew Sangster to sign up for your preferred time slot:

Call **905-575-4735 x 8009** or email wentworth.volunteers@schlegelvillages.com

For more information contact:
christine.bruder@schlegelvillages.com



The Living Classrooms offer students the opportunity to immerse themselves in the Village's supportive environment while learning the fundamentals of true person-centred care.





Contact Us ext. 8087

GENERAL STORE

NO TAX!

Open Tuesday, Thursday and Saturday 10am-4pm.

NOW OPEN WEDNESDAYS 10am-6pm.

The General Store has many more new items and new hours!
Open to everyone - located at the end of Main Street on retirement.



\$2

Greeting Cards



\$1

Assorted Pop



\$1

Muffins (Tuesdays)



\$4-\$7

Frozen Meals



\$7

Frozen Pizza



\$1.50

Chocolate Bars

We are working diligently to improve the General Store. Please feel free to speak with our volunteers about any ideas you may have. We value your feedback.

The Current Events Group Announces a
Christmas Fundraiser
From November 22-24
Friday to Sunday, 10:00 to 4:30

Dear Residents,

Most of you have become familiar with our fundraisers. We are presently preparing for our fourth event, and again we ask for your kind support, which you have given us so graciously in the past. We have developed a close relationship with the two local charities, Good Shepherd and particularly with Indwell. This summer, a group of us visited two Indwell shelters in Hamilton, and each one of us was deeply impressed with their work and their loving care of formerly homeless people.

Through this fundraiser, we aim to assist with money donations towards stacking pantries in Indwell Group Homes. For Good Shepherd, we again collect all types of good used clothing, kitchen items and money donations for children's toys and underwear. This last request may seem strange, but the fact is that Good Shepherd cannot accept used underwear though these items are desperately needed.

We will greet you again with a smile at our table in front of the Gazebo and thank you in advance for your generosity and caring!

Kathe Kleinau
Current Events Group

RxPharmaChoice

Your partners in health.

VILLAGE PHARMACIES

1620 UPPER WENTWORTH ST.
HAMILTON, ON
(289) 391-0097



About Us

Located in the Village at Wentworth Heights, we are your trusted medication experts and the trusted source for all your medication and wellness needs.

Our Services Include:



Prescriptions

Filling prescriptions, refilling prescriptions, easy prescription transfers and **custom prescription compounding**.



Health and Wellness

Advice on topics including smoking cessation, heart health, diabetes, hormone health, pain management, nutrition and more.



Injection Services

Administration of many common vaccines and others like Shingles, travel vaccines and more.



Medscheck Consultation

Ensure that you are taking the right medication, at the right dose, at the right time and are not at risk for complications.



Prescribing for Minor Ailments

Assessments and prescriptions for minor ailments including UTIs, dermatitis, cold sores and more.



Home Health Care

Products and services to support you with your health at home including compression stockings, mobility devices and more.



LIMERIDGE MEDICAL SUPPLIES
849 Upper Wentworth St. Hamilton, ON
905.385.9494

- SCOOTERS, WALKERS, POWER CHAIRS
- CERTIFIED COMPRESSION STOCKING FITTERS
- SCOOTER AND MOBILITY REPAIR
- ONTARIO DISABILITY SUPPORT PROGRAM PARTNER
- DIRECT INSURANCE BILLING AVAILABLE

A Chance for... YOUR VOICE TO BE HEARD

RH Residents' Council

Your 2024 Executive Council Members:

Barbara Hillmer
Barbara Jepson
Mary Millar
Denise Mowatt
David Walton-Ball

Our next meeting will be held on
Thursday, November 28th,
@ 2:30 pm

Any questions or concerns can be directed to Retirement Recreation Supervisor– Sherri Young.

LTC Residents' Council

Residents' Council will be held monthly for all residents at 3:15pm in the Community Centre. As per vote at a prior meeting, meetings have been moved from the 1st Thursday to the 2nd Thursday of the month.

Next meeting:

Thursday, November 14th at 3:15pm

This is an opportunity for our Residents to share their concerns and suggestions that will lead to enhancing life within the Village!

Any questions or concerns can be directed to Jody McDonald (Resident Support Co-ordinator) or Marie Vanlouwe (Recreation Team Member).

This is your chance to get details and follow-up of events of common interest, to join in discussions and to share our appreciation for the work of management in our Village.

You can request team member or leadership guest speakers to attend the meeting to discuss common questions related to their department. Management team members will present an update on happenings in their areas.

Make the Residents' Council meeting a time to meet with your fellow residents, the management, and the Executives for the betterment of everyone.

Please note that Residents' Council Meetings will be followed by a Wine and Cheese Social.

LTC FAMILY COUNCIL:

We are excited to share that we will be hosting LTC Family Council on **Thursday, November 21st at 6:30pm**. If you would like to be a part of Family Council or would like more information, please get in touch with our Resident Support Coordinator, Jody McDonald via email jody.mcdonald@schlegelvillages.com.



Room Reservations

Room Reservation Policy...

We are happy to try to accommodate Family requests to have parties and special celebrations at the Village so that your loved one can continue to be a part of your family's get-togethers!

Our space for these bookings is limited as these spaces are also enjoyed by our Residents for programs, visiting, and independent leisure activities.

Please speak to the Village office regarding room bookings and cost.

Community Centre -Available **after** 4:30p.m.
Maximum of 20 people.

Library LTC -Available after 4:30p.m. Maximum of 20 people

Country Kitchens—Available upon Request

School House— Maximum 20 people

Education Room (LL)— Maximum 40 people

Please note: If your group size exceeds the maximum for the space, we respectfully ask you to book at an external venue or contact the Ruby for a catering event. Thank-you for your understanding.



Upcoming Services

Denture Services

Direct Denture Services provides on-site denture services to residents living in long-term care and retirement.

To book an appointment on site as needed, please scan QR code, call 416-482-3700 or email us at reception@directdenture.ca

Alternatively, you can ask the Nurse to send a referral form to our office.



Footcare

STEP AHEAD is a partnership of specially trained nurses, who provide foot care.

Retirement:

Williamsburg & Egerton:

October 31st

Emma's:

November 1st

Becker & Ailsa Craig:

November 4th

Long-Term Care:

November 17th

Please contact the Riverstone Spa x8090 to make a foot care appointment or to arrange a standing appointment.

Hearing Clinic

Upcoming dates on:
November 13th & 27th

Please visit us in council chambers on retirement Main Street.

Please call 1-888-745-5550 to book an appointment.

Please see page 24 for more details.

Dentist

The Smile Room offers a mobile dentistry service in the Village.

Please call 1-888-274-9569 to book an appointment.

November 17th & December 17th

Clinic will be held in the Rymal neighbourhood country kitchen.

Please keep an eye on the newsletters and posters in the Village for upcoming clinic dates.

Eyecare Services

On-Site Specialists offers comprehensive eye care services in the Village, including complete eye examinations, full assortment of eyeglass and optical needs, etc.

Please call (905) 326-9900 or email consult@onsitespecialists.com to book an appointment.

NO CLINIC SCHEDULED THIS MONTH

In addition, please speak with your Nurse for a consent form which can be internally sent to our office.

Spa and Salon

The Riverstone Spa and Salon, located on retirement Main Street offers a variety of services, including:

Hair care for both men and women,
Manicures,
Pedicures,
Facial Waxing,
And more!

Please call 289-678-0021 or ext. 8090 to book an appointment.

For a full list of services, please visit Riverstone Spa and Salon in-person or on their website: www.riverstonespasalon.com

**** Dentist and Eyecare Services: Clinic frequency is dependent on the registration for the service ****



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

In Council Chambers on Retirement Main Street:

November 13th & 27th

For more information or to book an appointment at The Village of Wentworth Heights, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Supporting your neighbours: Preventing social isolation

As we age, the risk of social isolation—a lack of meaningful contact with others—can increase. However, feeling disconnected doesn't have to be part of getting older.

Social isolation can negatively affect health and well-being. Older adults who are isolated may be more likely to fall, experience depression, struggle with daily tasks, and have difficulty thinking clearly. They are also at a higher risk of developing dementia and may visit the emergency department more frequently.

Staying connected is key to maintaining health and happiness. This can be achieved through personal connections, community programs, faith-based organizations, or social services. Reducing social isolation helps ensure a fulfilling life.

Signs of Social Isolation

How can you tell if a neighbour might be socially isolated? Here are some things to watch for:

- Have they mentioned feeling lonely or cut off from others?
- Are they getting dressed or staying in the same clothes/pajamas for long periods of time?
- Has their behaviour changed or have they recently stopped going to social events they used to enjoy?



How You Can Help

Sometimes, an older adult may just need someone to talk to. Other times, they may need more support. Here are a few ways you can make a difference:

- Be a friend—take time to listen and show you care.
- Recommend a community program or service.
- Check in with a visit or phone call.
- Introduce them to new social opportunities.
- Talk with their family or care partners to find out how you can support them.

Read the Supporting Your Neighbours: A Community Conversation Guide for more information about the health impacts of social isolation, signs to look out for, common barriers, and tips to help.

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.

Schlegel Villages – CONNECTIONS

Why we wear the poppy

After losing a friend in the 1915 Battle of Ypres along the Western Front of the First World War, a humble doctor was inspired by the loss of a friend and the red poppies that managed to grow throughout the desiccated battlefield.

Lt. Col. John McCrae would use that inspiration to write In Flanders Fields, the most iconic poem in the English language to honour the sacrifice of countless soldiers in the ongoing effort to preserve freedom. We hear the solemn beginning words each year:

*“In Flanders Fields the poppies blow,
between the crosses, row on row . . .”*

and we are transported to a terrible dark period that now only lives in history books and the memories passed down through generations.

The red poppy Canadians wear upon their lapels from the last Friday in October until we mark the end of that terrible war on November 11th symbolizes our commitment to always remember those who served, not only in that war but in those that followed and the times of peace we cherish.

The Royal Canadian Legion raises approximately \$20 million across the country each year through the annual Poppy Campaign. These funds directly support veterans and their families at a local level and help each Legion Branch ensure the words **“Lest We Forget”** carry the weight of remembrance always.

We wear the poppy with pride and gratitude, honouring those who give of themselves for the benefit of all.

*Our
freedom.
Their
sacrifice.*



November 11
Lest we forget

Schlegel Villages – CONNECTIONS



CONNECT *the* **DOTS**
The Schlegel Villages Customer Experience

Success Awards

In early October, leadership team members from across Schlegel Villages gathered in Niagara Falls for the organization's annual Operational Planning retreat. There were residents and family members among the crowd of more than 500 people, and their insights were fantastic, but we were also grateful for the invaluable contributions of the Village Success Award Winners who were also part of the event.

These amazing direct support team members were recognized at the Village level for their commitment to the five key values that define our Connect the Dots customer service credo:

Know Me; Earn Trust; Be Present; Follow Through; and Walk in My Shoes.

The dedication and commitment of these team members and the passion they bring to the Villages every day makes them the ideal experts to contribute to the upcoming operational goals of each Village. We're thankful for their leadership and all they do to inspire us all to live our values every day.



Congratulations
winners!

YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

Michelle Wood – General Manager Michelle.wood@schlegelvillages.com	Ext. 8028
Sara Calder – Assistant General Manager Sara.calder@schlegelvillages.com	Ext. 8060
Lori Ross – Administrative Coordinator Lori.ross@schlegelvillages.com	Ext. 8027
Amy Radford – Director of Recreation Amy.radford@schlegelvillages.com	Ext. 8035
Daniel Lazniewski – Kinesiologist/Exercise Therapist Daniel.lazniewski@schlegelvillages.com	Ext. 8113
Jody McDonald – Resident Support Coordinator Jody.mcdonald@schlegelvillages.com	Ext. 8305
Gina Yukich – Interim Director of Nursing Care Gina.Yukich@schlegelvillages.com	Ext. 8034
Chris Micheletti – Assistant Director of Nursing Chris.micheletti@schlegelvillages.com	Ext. 8329
Danica Milos – Assistant Director of Nursing – RAI Coordinator Danica.milos@schlegelvillages.com	Ext. 8066
Michelle Roukema – Neighbourhood Coordinator for Rymal & Stonechurch Michelle.roukema@schlegelvillages.com	Ext. 8036
Melissa Marks-Truscello – Neighborhood Coordinator for Carrington & Scotsdale Melissa.marks@schlegelvillages.com	Ext. 8048
Andrea Cicci-Walker – Director of Quality and Innovation Andrea.walker@schlegelvillages.com	Ext.1306
Heather Bell Livingstone – Interim Director of Environmental Services Heather.bell.livingstone@schlegelvillages.com	Ext. 8070
Donna Padget – Director of Food Services Donna.padget@schlegelvillages.com	Ext. 8015
Lead Nurse Call this number for any health related emergency	Ext. 8079

YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

Michelle Wood – General Manager Michelle.wood@schlegelvillages.com	Ext. 8028
Barbara Taylor-Bhagwan – Interim Assistant General Manager Barbara.taylorbhagwan@schlegelvillages.com	Ext. 8075
Lori Ross – Administrative Coordinator Lori.ross@schlegelvillages.com	Ext. 8027
Sherri Young – Interim Recreation Supervisor Sherri.young@schlegelvillages.com	Ext. 8332
Moses Genat – Kinesiologist/Exercise Therapist Moses.genat@schlegelvillages.com	Ext. 8031
Sumeya Aleman – Assistant Director of Wellness Sumeya.aleman@schlegelvillages.com	Ext. 8301
Courtney Roarke – Neighbourhood Coordinator for Egerton and 3rd Floor Becker Courtney.roarke@schlegelvillages.com	Ext. 8077
Chanelle Cavey – Neighbourhood Coordinator Williamsburg & 4th and 5th Floor Chanelle.cavey@schlegelvillages.com	Ext. 8080
Blessing Iwegim – Neighbourhood Coordinator for Emma’s and Ailsa Craig Blessing.iwegim@schlegelvillages.com	Ext. 8081
Heather Bell Livingstone – Interim Director of Environmental Services heather.bell.livingstone@schlegelvillages.com	Ext. 8070
Duro Brajic – Environmental Service Supervisor Duro.brajic@schlegelvillages.com	Ext. 8071
Michelle Piccolo –Director of Hospitality Michelle.piccolo@schlegelvillages.com	Ext. 8074
Mariana Iacob –Dining Room Supervisor Mariana.iacob@schlegelvillages.com	
Nicole Andreatta & Bradley Hiltz –Director of Lifestyle Options Nicole.andreatta@schlegelvillages.com & Bradley.hiltz@schlegelvillages.com	Ext. 8067/8068
Holly Ross – Interim Village Experience Coordinator	Ext. 8069
Lead Nurse Call this number for any health related emergency	Ext. 8079