

The Glendale Gazette

November 2024



Lest We Forget



The Village of
GLENDALE CROSSING

Horticulture with Monika



HISTORY OF THE WREATH

Oh November, the days are short, the nights are cosy and the weather is usually cold enough to keep us bundled up indoors. November, in all of its lead up to the busy and festive days of December, is one of my favourite times to get out there and start gathering everything I need to make my Christmas Wreaths. I love the fresh smell of cedar and pine in the house and seeing those green boughs in all of their glory reminds me that everything has it's time to shine!

I was curious about where the custom of making or hanging wreaths originally stems from, so I've done a little deep dive into the history of the wreath. It's certainly brought a newfound appreciation for wreaths my way and I hope it does the same for you as we begin hanging them on our doors this winter.

The history of the wreath didn't really begin until we started bringing evergreen trees home during the winter in the 16th century among northern and eastern Europeans. During this period, pruning the tree was a part of the preparation process. Limbs were cut off in an attempt to make the tree more uniform in shape or to fit into a room and instead of throwing the pieces of greenery away, the Europeans wove the excess into wreaths. Christmas wreaths as we know it, were inventions of thrift and a refusal to throwaway the gifts that nature bestowed upon us.

The history of the wreath itself however, isn't quite so simple. Long before Europeans started the trend, the wreath was a prominent emblem of victory and power in ancient Rome and Greece. Athletes who were victorious at the Panhellenic games were crowned with wreaths of olives, laurel, wild celery, and pine.. The wreath was said to be "the ornament of the priest in the performance of sacrifice, of the hero on his return from victory, of the bride at her nuptials, and of the guests at a feast."

Christmas wreaths brought a new layer of meaning to an old idea. The very first wreaths originally served as Christmas tree ornaments, and not as the standalone decorations we're familiar with today. They were formed into a wheel-like shape partially for convenience's sake — it was simple to hang a circle onto the branches of a tree — but the shape was also significant as a representation of divine perfection. It symbolized eternity, as the shape has no end.

Equally important was the material forming the wreaths — the evergreen tree. Evergreen trees were a species looked upon with awe and admiration, since they, unlike most living things, survived the harshness of winter. The trees appeared in abundance in northern and eastern Europe, and people brought them into their homes. The evergreen boughs and wreaths became symbols of power, of resilience, and of hope.

I hope that the next time you hang a wreath this winter, you'll be reminded of your own strength, resiliency and ability to handle whatever harsh winters life may throw your way.



Wishing you a
Happy Birthday!

Our Residents

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

LTC

Art R Nov 1
Norah H Nov 1
Richard B Nov 2
Ray E Nov 3
Richard M Nov 6
Silvano B Nov 8
Koko L Nov 8
Bill K Nov 12
Bonnie B Nov 15
Anna P Nov 20
David W Nov 22
Alexandra Nov 23
Nick J Nov 27
Gail E Nov 29
Peggy H Nov 30

RH

Sandra N Nov 1
Marilee C Nov 2
Dolores T Nov 3
Ellen W Nov 8
Fred W Nov 11
Joseph B Nov 11
Margo F Nov 14
Bonnie W Nov 15
Mary-Ann H Nov 15
Teresa M Nov 16
Sarah H Nov 18
Gary H Nov 20
Rosanna B Nov 22
Rick S Nov 24
Salomon R Nov 26
Shirley W Nov 28
Bob N Nov 28
Zaide R Nov 30



In Memoriam

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

LTC– Jane B, Bob M, Eleanor C, Eduardo L



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Get Ready!!

Palliative Care Month

The month of November is Palliative Care month. The Village of Glendale Crossing will welcome Andrea Wappett RN, BScN, CHPCA(c) Nurse Educator from St. Joseph's Health Care London, with the Palliative, Pain and Symptom Management Program.

Multiple 20 min Sessions

November 7th 1-4pm – Fundamentals of Palliative Care (All Staff and Visitors)

November 14th 1:30-4:30pm – Recognizing End of Life and What to Say/Do
(Registered Team and PSW)

November 21st 2:30-3:30pm - End of Life in LTC (Resident Families)

November 28th 1-4pm - Schlegel Palliative Care Order Set and Symptom
Management (Registered Team)



Staying Active, Healthy and Mindful

As we enter November, the colder weather and shorter days bring changes to our routines. At Glendale Crossing, we focus on staying active, preparing for winter, and supporting both physical and mental health. Here's what to look forward to this month:

- **Staying Healthy & Active Indoors**

With outdoor activities limited, we've adapted our programs to keep residents moving indoor, such as: Indoor Walking Clubs and Group Exercise Classes. As we prepare for the colder months, staying warm and nourished is key: Dress in Layers: Remember to bundle up for any time spent outside, with hats, gloves, and scarves to stay comfortable. Eating Warm, Nutritious Meals: Enjoy hearty soups, stews, and seasonal vegetables to support your health.

- **Mental Health Awareness and Social Connection**

November can sometimes bring feelings of isolation or the "winter blues." We're focusing on mental well-being with programs designed to support emotional health, such as: staying connected with others at active games, movie afternoons, and musical performances. Participating in arts and crafts sessions to spark creativity and reduce stress.

Mental Health Awareness Tip: It's important to speak openly about mental health. If you're feeling down or need support, don't hesitate to reach out to a team member. We're here to help!

At Glendale Crossing, we're dedicated to ensuring that every resident stays active, healthy, and supported—both physically and mentally, especially throughout the colder months.

Morgan Sullivan R. Kin Pal Coordinator LTC



Village Life



Word from the Dining Room

From the desk of Elise Cosens

My name is Elise Cosens, and I am very excited to have joined the team as the Dining Room Supervisor at Glendale Crossing – Retirement. In 2022, I graduated from the University of Guelph with a degree in Applied Human Nutrition. Knowing that I wanted to work in a Retirement setting, I obtained a certificate in Retirement Management from Fanshawe College. I am enjoying the opportunity to interact and build meaningful relationships with residents.

I grew up in a house where cooking brought our family together. My favourite dish to make is chicken parmesan, it's my speciality. Although, I'm still trying to perfect making butter tarts, if anyone has tips on pastry you can find me at my desk in the Hobby Shop or in the Williamsburg dining room.



Word on the Neighbourhood

From the desk of Mandeep Panesar

As we step into November, the air is filled with a sense of joy and festivity. This month begins with the vibrant celebration of Diwali, the Festival of Lights, which symbolizes the victory of light over darkness and good over evil. My family also celebrates this festival with lots of enthusiasm, and I hope families in Glendale Crossing will also gather again like last year to light diyas (oil lamps), exchange sweets, and share moments of joy with friends and neighbors, creating lasting memories. It's a wonderful time to reflect on the values of love, compassion, and community. Let's take a moment to express gratitude for our community, friendships, and the beautiful moments we share.

In addition to Diwali, November marks the transition into winter. As the days grow shorter and the temperatures drop, it's a perfect time to cozy up at home, enjoy warm beverages, and connect with loved ones.



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

Friday Nov 1 Diwali Presentation at 10:30 in Town Hall

Tuesday Nov 5 Shrine Concert Band at 2:30 in Town Hall

Saturday Nov 9 Music with Jim Cochetto at 2:45 in Town Square

Monday Nov 11 Remembrance Day Service at 10:30 in Town Hall

Wednesday Nov 13 at 10:15 Catholic Mass with Anointing of the sick in
Town Hall

Monday Nov 18 Avro Arrow Aviation Programme at 2:45 in Town Hall

Friday Nov 29 10-2 Mini Christmas Market on Retirement Main Street

Friday Nov 29 Nostalgic Theatre at 2:45 in Town Hall

Saturday Nov 30 10-3 Christmas Sale on Retirement Main Street and
surrounding areas

Resident Bill of Rights

5. Every resident has the right to freedom from neglect by the licensee and staff.

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:

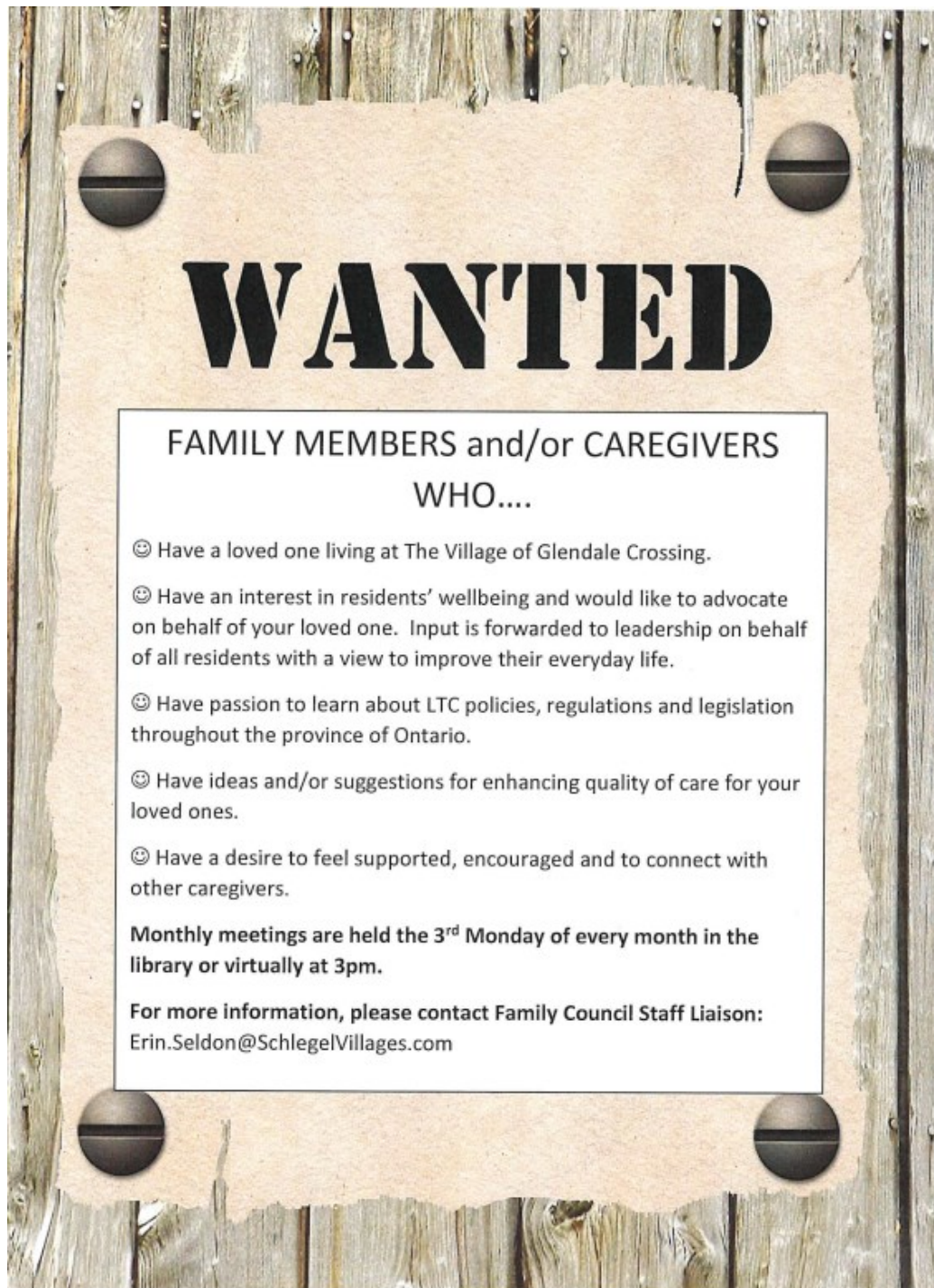
- Be a friend—take time to listen and show you care.
- Recommend a community program or service.
- Check in with a visit or phone call.
- Introduce them to new social opportunities.
- Talk with their family or care partners to find out how you can support them.

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.

LTC Family Council

Our LTC Family Council will be hosting a Meet and Greet at their next meeting on Monday November 18, 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

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



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!

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: Kevin S

The winner for the Retirement side is: Everton M-V

Congratulations!!

A Word From Your Co-Editor: Heather

To Glendale Crossing,

October is coming to a close, and Halloween has come and gone!

For those who are part of Remembrance Day and who were part of the war, I just wanted to say thank-you for your service! I would like to honour my Opa which translates to Grandpa– he was Dutch. He was a food distributor. Thank-you Grandpa for what you do, I am also wishing you were here, I miss you a lot! Thank-you to those who made their sacrifice!

I also wanted to share some celebrity birthdays for November:

Emma Stone November 6

Billy Graham November 7

Lorde November 7

Alfre Woodard November 8

Leonardo DiCaprio November 11

Jimmy Kimmel November 13

Doug Ford November 20

Carly Rae Jepsen November 21

Miley Cyrus November 23

And Heather Verdun November 30

Your Co-Editor

Heather



HAPPY BIRTHDAY HEATHER! WE HOPE YOU HAVE A GREAT DAY!

If you are purchasing items for your loved ones for Christmas, please consider labelling any items prior to wrapping them. This will alleviate any lost items in the laundry. Also a friendly reminder that wool clothing can not be washed or dried in our industrial dryers.

Thank-you!



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
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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...

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