

View from the Heights

October 2024

Harvest Happenings

Triple C Farm will be coming back for our annual Harvest Happenings Petting Zoo!

They will be joining us in the back courtyard on Wednesday, October 16th 2-4pm. Families and friends are welcome to join! Throughout the week we will have other events and activities set up on Main Street for you to participate! Be sure to come down!



Halloween Candy Donations



We are excited to get back to one of our favourite Halloween events, the Halloween Howl! We are welcoming residents' grand children and great-grandchildren, as well as team members' children to join us on Saturday, October 26th at 10am for a fun morning of trick-or-treating, crafts and a Disney Fairytale themed fun house! We are looking for donations so we can have our residents hand out candy to the children when they come trick-or-treating at the Village. If you would like to drop off a box of wrapped candy or cash to purchase treats to the Village Office or Recreation we would love your support!
Thank you!

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!



The Village of
WENTWORTH HEIGHTS

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.



October is a time for reflection and gratitude. With Thanksgiving just around the corner, it is a wonderful opportunity for us to come together and celebrate the spirit of giving thanks for the people and moments that make our Village so special.

This month, I want to take a moment to express my appreciation for each member of our village; our residents, team members and family members. To our residents, you continue to inspire us daily with your resilience, wisdom, and contributions. You are the heart of this village, and we are grateful for the joy and stories you share with us.

To our families, your trust and partnership mean the world to us. Thank you for your continued support as we work together to provide care and services that enrich the lives of your loved ones. Finally, a heartfelt thank you to our incredible team. Your dedication and compassion make a difference every single day. Whether it is a smile, a kind word, or a helping hand, your commitment to enhancing the lives of our residents does not go unnoticed. This Thanksgiving, let us all take a moment to reflect on the many things we are thankful for. As we come together with friends, family, and colleagues, may we continue to nurture the connections that make our village such a special place to live and work. Wishing you all a joyful Thanksgiving.

Michelle Wood
General Manager



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

From the desk of Sara Calder

As we welcome the crisp air and vibrant colors of fall, I find myself reflecting on the many things I am grateful for this season. October, with its warm gatherings and festive spirit, always brings to mind the importance of gratitude—and this year is no different.

First and foremost, I am incredibly thankful for our amazing team. Day in and day out, they work tirelessly to create a homelike environment where our residents can truly live well. Their dedication, compassion, and hard work are what make the Village of Wentworth Heights such a special place. Whether it is offering a helping hand, a kind word, or simply being there with a smile, our team goes above and beyond to ensure that each day is filled with care and comfort.

I am also deeply thankful for the families who support us in our mission. You not only trust us with your loved ones, but you welcome us into your lives with open arms. Your kindness, understanding, and ongoing encouragement mean the world to us, and we are grateful to be part of this extended family that forms the heart of our community.

And finally, I want to express my gratitude to the residents who call the Village of Wentworth Heights home. You are the reason we do what we do, and it is an honour and privilege to share in your journeys. Each of you brings something unique to our community, creating a vibrant, caring atmosphere where everyone can thrive.

As Thanksgiving approaches, I encourage all of us to take a moment to reflect on the blessings we have in our lives. Whether big or small, there is always something to be thankful for. From our Village to yours, I wish each of you a happy, healthy Thanksgiving, filled with love, laughter, and gratitude.

Sara

Nursing Update

From the desk of Danica Milos



Flu season is around the corner. I want to share a few tips that will help prevent a cold!

Wash your hands often

Stay hydrated

Get enough sleep

Healthy diet

Stress Management

Avoid sharing food and touching your face

Personally, I love to enjoy homemade soup during the season to help boost my immune system.

Delicious yet effective!

Danica

Neighbourhood

News

From the desk of Melissa Marks-Truscello

Hello Everyone,

I am thrilled to introduce myself to all of you! My name is Melissa, and I have proudly been part of the Schlegel Villages family for 13 years. My journey here has been quite diverse and rewarding.

I began my career in 2011 in recreation at the Village of Tansley Woods, where I spent five wonderful years. When Wentworth Heights opened its retirement side in 2016, I was excited to join as the neighbourhood coordinator for Williamsburg, Becker, and Ailsa Craig neighbourhoods. In 2019, I had the pleasure of supporting the Emmas and Egerton neighbourhoods in a similar role. I also took on a temporary role as Assistant General Manager for Retirement in 2021 before starting my maternity leave in early 2022.

After returning from maternity leave in May 2023, I temporarily covered as the interim Director of Recreation. Now, I am excited to be back in my permanent role as the neighbourhood coordinator for the Carrington and Scotsdale neighbourhoods. I am eager to embark on this new chapter and get to know each of you better.

Outside of work, I enjoy spending quality time with my husband and our two-year-old daughter, Violet. I also love getting creative and crafting whenever I have a moment to spare.

Feel free to stop by my office in the Carrington neighbourhood if you have any questions, concerns, or just want to say hello. You can also reach me at ext. 8049 or via email at melissa.marks@schlegelvillages.com.

Looking forward to connecting with you all!

Warm regards,
Melissa Marks-Truscello
Neighbourhood Coordinator for Carrington and Scotsdale

"I'm so glad I live in a world where there are Octobers." — Lucy Maud Montgomery, *Ann of Green Gables*

From the desk of Courtney Roarke

HELLO OCTOBER!!

As we welcome the cooler weather, see the leaves changing colour, and start to bundle up a bit more; this month is such a beautiful time of year and personally my favourite season! I love to wear warm sweaters, scarves, and boots during autumn. Cozying up with a fuzzy blanket, drinking an extra cup of tea and hugging a mug to keep warm, and planning an outing to go apple picking is something I like to do with my family.

While I am on the topic of apples and family; this reminds me that Thanksgiving is right around the corner!!! Canadians celebrate Thanksgiving on the first Monday in October to celebrate the harvest and other blessings from the past year. Something I look forward to at Thanksgiving is getting together with my family to enjoy a traditional turkey dinner with lots of gravy, all the fixings, and one of my absolute favourite desserts... warm apple crumble with a scoop of french vanilla ice cream. YUMMMYYYY!!!

I would like to share my recipe for a delicious Apple Crumble to enjoy. If you try it out, let me know what you think.

Ingredients for base:

- 4-5 lbs of Courtland Apples peeled and cored, thinly sliced
- 1 tbsp flour
- 1/2 cup white sugar
- 1/2 tsp cinnamon (I LOVE CINNAMON and usually double this)

Topping:

- 1 cup oatmeal
- 1 cup flour
- 1 cup lightly packed brown sugar
- 1/2 tsp baking powder
- 1 tsp cinnamon (again... I usually double this)
- 1/2 cup butter, melted
- pinch of salt

Instructions:

- Preheat the oven to 350.
- Place apples in a bowl and sprinkle with flour, sugar, and cinnamon and then layer in 9x13 pan.
- Mix topping until clumps form, then spread over apples.
- Bake for 30-40 minutes, let it stand for 10 minutes and enjoy!!!

Wishing you all a Happy Thanksgiving *gobble gobble*

(Courtney Roarke - Neighbourhood Coordinator for Egerton and Becker 3rd floor)

From the desk of Heather Bell Livingstone

**October Newsletter:
Environmental Services Department**

Updates

Ongoing Carpet care / Floor care of all hallways and main traffic areas

Ongoing Deep cleaning and Painting of all hallways.

Annual fire testing was completed by the end of September 2024.

Upcoming – We will be securing all outside furniture after Thanksgiving weekend for (Both LTC and Retirement) into the back courtyards until spring of next year.

We are also trying to ensure all maintenance requests are completed within a 24-hour period. All emergencies are handled as they arise and given top priority.

Upcoming for October

Winter Items in Storage – With the arrival of cooler weather, many of our residents will be pondering a switchover to more seasonal items. Please do not hesitate to let us know if you require any assistance in retrieving winter items from your storage rooms or lockers.

Vehicles – Although no one wants to admit it, the time is nearing to consider booking an appointment to winterize vehicles and change over to winter tires.

On behalf of the entire Environmental team, I would like to thank you for your ongoing cooperation as we work on improvements and maintenance projects throughout the building and to remind you that we are always pleased to assist you in any way we can.



Hospitality News

From the desk of Michelle Piccolo

It's October! There's lots of fun this month!

For everyone on a meal plan, Thanksgiving dinner will be on Sunday, October 13th. If you are not on a meal plan and would like to join us, please come to the village office to purchase a ticket! Invite a friend or a family member! The dinner tickets are \$19.00.

Our Thanksgiving menu:

Roasted Turkey
Mashed Potatoes with turkey gravy
Stuffing
Root vegetable medley
Cranberry sauce
Scallion dinner roll
Pumpkin pie with whipped cream

This is the beginning of the best season for food. And don't forget the candy for Halloween!

We had to change the date for our Lettuce Talk Food meeting this month to Tuesday, October 15th at 10:30 am Emma's and Egerton neighbourhood will be at 9:30am. We apologize for any inconvenience this may cause.

Happy Thanksgiving and Halloween
from the Hospitality team.



Come check out The Ruby this month! We have a lot of fun things going on!

- Sunday, October 13th – Ruby Thanksgiving brunch -11am to 3pm keep your eye out for our menu!
- Tuesday, October 22nd – Music of the Night! – Enjoy the wonderful talent of Lorelee while enjoying our fabulous fall themed menu for the evening!
- Wednesday, October 30th - Pumpkin Themed Ruby on the Run! – So much pumpkin spice and everything nice!

Happy Thanksgiving and Happy Halloween from all of us at the Ruby!



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

- Tuesday, October 1st—10:00am– 2:00pm Vendor Hardt Designs—MS
- Wednesday, October 2nd—2:15pm Games with Janet—TH
- Wednesday, October 9th—2:30pm Movie “Now Voyager”—TH
- Thursday, October 10th—10:00am– 2:00pm Vendor The Boutique –MS
- Thursday, October 10th—7:15pm– 8:00pm Harlequin Singers –TS
- Saturday, October 12th—10:30am Swoop Skydiving Presentation-TH
- Wednesday, October 16th—2:00pm-4:00pm Harvest Happenings Petting Zoo—BP
- Monday, October 21st– 10:00-2:00pm Vendor Adrian’s Fashions –MS
- Saturday, October 26th—10:00am Halloween Howl –MS
- Tuesday, October 29th—2:30pm Ancaster Guitar Performance– TH
- Wednesday, October 30th—11:00am Celebration of Life– C
- Wednesday, October 30th—2:30pm Armchair Travel– Salem—TH
- Thursday, October 31st—10:00am-2:00pm Vendor Modern Jewellery -MS

Long Term Care

- Thursday, October 3rd—2:30pm Smile Cookie Workshop—NH
- Friday, October 4th—8:15am Men’s Breakfast—CC
- Saturday, October 5th—2:00pm Pub with Carla Gonzalez—MS
- Sunday, October 6-12th—Mental Health Awareness Week
- Tuesday, October 8th—2:00pm Jeans Floral Arranging Workshop—CC
- Thursday, October 10th—3:15pm Residents Council—CC
- Monday, October 14th—2:00pm Travelling Thanksgiving Treat Cart
- Saturday, October 19th—2:00pm Entertainment with Paula French—Carrington
- Wednesday, October 23rd—10:00am Joyful Brass Salvation Army Band—MS
- Thursday, October 24th—5:00pm KFC Diners Club—MS
- Friday, October 25th—2:00pm Birthday Bash—CC

Retirement

- Friday, October 4th—2:15pm HTAL Lecture (Changing Face of Food/Farming)—SH
- Saturday, October 5th—2:00pm Florin Clonta Entertains (EG)
- Wednesday, October 9th—5:00pm Diners’ Club Swiss Chalet– HS
- Friday, October 11th– 2:15pm HTAL Lecture (Hope for the Best...)-SH
- Friday, October 11th—3:00pm Happy Hour with Ron Tansley—EM
- Tuesday, October 15th—10:30am Lettuce Talk– HS
- Thursday, October 17th—9:15am Breakfast Club– sign up HS
- Thursday, October 17th—2:30pm Residents’ Council—TH
- Friday, October 18th—2:15pm HTAL (The Housing Crisis) -SH
- Saturday, October 19th—2:30pm Heather Christine Entertains—TS
- Tuesday, October 22nd– 5:30pm Ruby Music of the Night Fall Harvest -\$
- Friday, October 25th—2:15pm HTAL Lecture (Effective Leadership)- SH
- Monday, October 28th– 2:30pm Mindful Moments with Nicole– TH

Village Outings

LTC

- **Thursday, October 10th 8:00am Broadway Diner Breakfast**
- **Friday, October 18th 2:00pm Dollarama Outing**
- **Tuesday, October 22nd 10:00am Country Drive (ST/C)**

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

Retirement

- **Wednesday, October 2nd 1:30pm Fortinos—Hwy 20**
- **Thursday, October 3rd—1:30pm Fall Leaves Drive (EM/EG)**
- **Monday, October 7th—10:00am Len's Mill Store Port Dover (Knitting Club)**
- **Tuesday, October 8th—1:30pm Bennetts**
- **Wednesday, October 9th—Mum Show (EM/EG)**
- **Friday, October 11th—1:30pm Mum Show**
- **Tuesday, October 15th— 1:00pm and 2:00pm Shuttles to Line Ridge Mall**
- **Friday, October 18th—10:30am Country Drive and Coffee**
- **Monday, October 21st—10:30am Brantford Casino**
- **Tuesday, October 22nd—1:30pm Food Basics**
- **Thursday, October 24th—10:30am Lime Ridge Mall (EM/EG)**
- **Tuesday, October 29th—1:30pm Walmart**

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 Tuesday, October 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 October Wentworth Heights!

October is here, and with it comes Active Aging Week, which will be celebrated in the village from September 30 – October 4! The week is dedicated to celebrating aging and promoting the many benefits of living a healthier, more active lifestyle.

Why Focus on Active Aging?

Improves Mobility and Flexibility

Regular movement helps maintain and improve your range of motion, making daily tasks easier and more enjoyable.

Enhances Balance and Coordination

Activities like yoga, tai chi, or simple stretching can improve your balance, reducing the risk of falls and injuries.

Boosts Social Connections

Participating in group activities not only keeps you active but also helps you make new friends and strengthen community ties.

Supports Heart Health

Engaging in regular exercise strengthens your heart and improves circulation, helping to reduce the risk of heart disease.

Encourages Lifelong Learning

Active aging isn't just physical; it also involves mental engagement. Join a class, start a new hobby, or participate in games that stimulate your mind! Join Us for Active Aging Week on the RH side! We've planned a week filled of exciting exercise programs, we encourage you to try something new this week and share your experiences with your fellow residents.

Tai-Chi: Tuesday, October 1 @ 3:15pm in the Hobby Shop

Step into Strength w/ Nordic Poles: Wednesday, October 2 @ 10am meet out front

DanceFIT: Wednesday, October 2 @ 11am in Town Hall

Sweat Safely w/ Resistance Bands: Wednesday October 2 @ 2:30pm in the Hobby Shop

Sit & Be Fit: Thursday, October 3 @ 11am in Town Hall

Posture & Balance: Thursday, October 3 @ 2:30 in Town Hall

VON Fitness Class: Friday, October 4 @ 1pm in the Fitness Centre

Let us embrace this opportunity to celebrate the joys of being active at any age!

Stay engaged,
Your PAL team.



Retirement

The Foot Care Clinic for Williamsburg and Egerton neighbourhoods will be on October 31st and Emma neighbourhood will be on November 1st. 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 October 6th

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

Chaplain's

Corner

With thanksgiving, we begin October! We hope that you will share in adding to our "Thanksgiving Tree".

GATHERING group for **Life Transitions** led by Elizabeth. Group will meet on 2nd & 4th Monday at 10:30am in the Library.

GATHERING of **New Residents!**

Bible Study with Janet — '**Women of the Bible**'. Join us for discussion on Wednesdays at 2:00pm. *

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

Please check the monthly calendar for times and dates!

Movie with Janet - "Now, Voyager" starring Bette Davis at 2:00pm,
* Bible study does not meet if movie is planned.

Bible study with Ankit

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

October 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 at 3:15pm in the Community Centre. 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.

World Wide Communion will be held on Sunday, October 6th.

In Memoriam...

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

Helen Percival
Helena Griffiths
Ernest Sanders
Kenneth Rylott
Verna Doggett



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 Wednesday, October 30th, 2024 at 11:00am



WELCOME COMMITTEE RESIDENT VOLUNTEERS

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

WELCOME TO THE VILLAGE

Welcome Centre

Happy October everyone! October is a wonderful time of year, full of festive activities and seasonal changes. We hope you find joy in what this month has to offer.

We would like to take a moment to thank the wonderful residents who are or have been a part of the welcome committee. Your kindness and willingness to help others settle in have made our village a more friendly and inclusive place to live. We are deeply appreciative of all that you do. We would also like to thank everyone who has allowed us to show their suite. We look forward to continuing to work together to make our village a wonderful and inviting place for everyone.

If you are interested in joining the welcome committee or allowing us to show your suite, please give us a call.

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

The welcome centre Update

"Hello everyone,

For those of you who do not know me, my name is Nicole Andreatta and I am the Director of Lifestyle Options in the Welcome Centre. I am also a certified Yoga Instructor and have been practicing yoga for over 17 years. Over the years I have also taken a special interest in meditation and wanted to offer a guided meditation program to the Village once a month. For those of you who do not know what guided meditation is, I wanted to give you a brief description below.

Guided Meditation is used for relaxation and well-being where people can discover peace of mind. Whether you are new to meditation or experienced, my sessions will offer a gentle and supportive environment to unwind and focus on your well-being. Each session will take you through simple breathing exercises, calming visualizations, and mindfulness techniques to help reduce stress, improve sleep, and enhance overall happiness. The program is designed to cater to all abilities, with comfortable seating options and a pace that ensures everyone can participate. Join me to relax your mind and body, improve mental clarity and focus, enhance emotional well-being, connect with fellow residents in a peaceful, supportive space.

Just bring an open mind and a willingness to relax. I look forward to helping you find your inner calm. If you have any questions, please stop by my office and we can chat.

Namaste
Nicole

Volunteer Update

From the desk of Andrew Sangster

I wanted to take this opportunity to talk and share about two student events that will be taking place in the village. These events will take place in October and November. We will ask residents to participate so that we can enrich the student learning experience. 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.

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 October 23rd and November 6th in Town Hall.

Coffee and Conversations will take during October and November as well. Please keep an eye on the calendar and village posters as a date will be selected soon. 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 two special events, please reach out to the Director of Recreation Amy or Recreation Supervisor Sherri. We are happy to answer any questions you may have.



Schlegel Villages'
Volunteers



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.

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, October 17th,
@ 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, October 10th 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, October 17th 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:

Week of October 6th

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

Hearing Clinic

Upcoming dates on:
October 2nd, 16th, 30th

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.

October 1st

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:

October 2, 16, 30

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



inn **vation** summit

spark ideas. ignite change.

October 29-30

DoubleTree by Hilton
30 Fairway Road South, Kitchener

Schlegel Villages and the **Research Institute for Aging (RIA)** are excited to be hosting our 9th annual **Innovation Summit!**

This two-day event is an opportunity to learn and celebrate our collective passion for innovation, continuous improvement and research.

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

Sessions will include:

- Villages sharing creative solutions and innovations
- Researchers discussing current and future projects
- Innovators demonstrating technologies that have the potential to improve Village Life
- Updates on projects presented at previous Innovation Summits

**We look forward to
seeing you there!**

Schlegel Villages – CONNECTIONS



THERE'S
always
SOMETHING TO BE
thankful
FOR

With the colours of Autumn marking another change of season, we reflect on the spirit of gratitude we have within Schlegel Villages. We are grateful so many people choose to make their home with us and we know that without the dedication, compassion and commitment of our amazing team members, we couldn't offer the care our residents deserve. We are thankful for all they do every day.

We are also grateful that this year we have seen fast progress in the construction of four new long-term care Villages, which when complete will allow us to expand upon our mission to offer our social model of living and our concept of Village Life to more of our neighbours. Across Ontario, there is a great need for new long-term care capacity, and Schlegel Villages is proud to be part of the solution.

Schlegel Villages – CONNECTIONS

ACTIVE AGING — WEEK —

The **Michael T. Sharratt Program for Active Living (PAL)** is one of the three Signature Programs that distinguishes Schlegel Villages among care providers, and during **Active Aging Week** from **September 30 to October 6**, we are reminded how fortunate we are to have such a program.

Our kinesiologists and exercise therapists work with partners and other team members to create individualized approaches to physical well-being for the residents we serve, and we encourage everyone to take advantage of the opportunities they offer. We see the impact of their efforts in many ways, and take this opportunity to share our gratitude for all of our PAL team members.



Schlegel Olympics, Summer 2024

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
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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