

# The Winston Word

NEWSLETTER VOLUME 7 ISSUE 12

DECEMBER 2024



**Ear & Hearing Clinic  
at Winston Park**

For an appointment with an  
Audiologist please call

**1-888-745-5550**

Hearing Tests  
Hearing Aids  
Repairs

**Happy Birthday  
to our residents  
and team who are  
celebrating their  
birthdays this month!**

**Meet Our  
Spiritual Care Team**

**Kathleen & Hector**



Kathleen's focus is serving  
the residents of LTC.

Hector supports both  
sides of the Village.

Please stop by the Spiritual  
Care Centres to say hello!

*in*  
**Memoriam**

*Our Team Members, Leadership, and  
Support Office were saddened by the  
passing of the following residents.*

Georgina B	Maria O
John B	Jacqueline P
Peter D	Patricia R
Joseph G	Margaret S
Margaret-Ann K	Ruth T
Richard K	Rita H
	Nelson H



The Village of  
**WINSTON PARK**

# Village Events

## December Events

### Timbit Day

December 10<sup>th</sup>  
All Neighbourhoods

### Holiday Dinners

Dec 5<sup>th</sup> at 5:00pm  
Dec 12<sup>th</sup> at 5:00pm  
Dec 19<sup>th</sup> at 5:00pm

Please see posters in the village  
for each neighbourhood's date

### Santa at the Village

Dec 23<sup>rd</sup>, 9:30am-12:00pm  
All Neighbourhoods

### Christmas Service

Dec 24<sup>th</sup> at 2:30pm  
Main Dining Room

## WELCOME TO THE VILLAGE!

Last month we welcomed the  
following residents to Winston Park:

Mohammad	Pauline F
Dorothy B	Joe D
Marlene H	Meredith W
Janet K	George Z
Grace L	Betty T
Clarence P	John H
Sandra T	Kate C
Jose V	Jean J
Bernice W	
Kathryn Z	

## Reminder To Our Pet Owners

We are happy to see so many furry friends  
visiting our village these days.

Please drop off a copy of your pet's  
vaccination records at either office. The  
Ministry of Long-Term Care requests that  
we keep these records.







**\$25**  
per guest

*Let's  
celebrate  
the season!*

**Thursday**  
**Dec 5, 12, 19**

**5 p.m.**

Check neighbourhoods for details

Join us for a holiday dinner filled with warmth, cheer, and festive spirit.

*RSVP*

At the Village Office  
At least 3 days ahead.



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It's December already! How time flies. Another year is quickly coming to a close. We just wrapped up our annual Christmas Market and it was a great success. A very big thank you to everyone who was instrumental in making it happen and to all those who came and supported the day. It was great to see residents, family & visitors sharing the time together. "T'was the night before Christmas and all through the house not a creature was stirring, not even a.." Does this Christmas tale bring back some wonderful memories for anyone? Christmas is such a busy time of year: shopping, Christmas parties, caroling, lots of religious services - so many different traditions, time with friends and family and of course lots of Christmas treats! A time to reflect on just how grateful we should be for everything that we have. Again this year, we look forward to seeing family and friends at our annual Christmas dinners.

## Changes to our Leadership Team:

In our Retirement home, we have a new Assistant Director of Wellness – Elizabeth (Liz) Westacott. Many of you will know Liz as she has been one of the charge nurses supporting Emma's and Egerton Neighbourhoods. Please join me in welcoming Liz to her new adventure.

In our LTC we have welcomed 2 new Food Service Managers to the team: Jenna Funston-Legge and Ayah Elhasan. Jenna comes to us from our sister home in Guelph, the Village of Riverside Glen, and Ayah has been working as a Food Service Aide in our LTC while she completed her schooling. Please joining me in welcoming them both!

**Outbreaks:** I wanted to thank everyone for being so patient through recent outbreaks. We recognize how challenging it is to have everyone in their rooms for an extended time but the goal is to resolve the outbreak as quickly as possible. Unfortunately, we are just at the beginning of the season and so we ask that everyone remains vigilant with handwashing. We ask residents to please report if you are feeling unwell. For family & friends, if you are feeling the least bit unwell, please do not visit the village. The nursing team in LTC and Retirement have been working at getting Flu and Covid vaccines administered. Again we thank you for your ongoing support and patience.



As well ..... a very warm Winston Park welcome to all our new residents. We look forward to getting to know you and your family & friends!

**Brad** (Brad Lawrence, General Manager)

**On behalf of the entire team at the Village, we wish you all a very...**

*Happy and Healthy Holiday Season!*





# Schlegel Villages – CONNECTIONS



With the wintry days of December descending upon us, we celebrate the diversity of life within our Villages and the meaningful traditions that unite us in peace and joy during the festive season.

Whether it's the warmth of Christmas, the dedication of Hanukkah, the reflection of Kwanzaa, the triumph of light during Diwali that has already been celebrated, or the spiritual journeys of other traditions, this season offers us a time to come together in gratitude, kindness, and hope.

As we consider our diversity, we reflect on the evolution of faith within the Villages, recognizing that the concept of Chaplaincy in our Villages has grown into a more encompassing notion of Spiritual Care, led now by our Spiritual Care Leads.

May this festive season bring you light, love, and harmony, wherever you are, and may the shared values of compassion and goodwill inspire a bright and hopeful year ahead as we learn more about our neighbours and the traditions that guide them.



## Interested in more?

Sign up for our monthly newsletter where we share stories and news about Village Life!





# Schlegel Villages – CONNECTIONS

## Mission-driven GROWTH

Since The Village of Winston Park first opened 30+ years ago in Kitchener, Schlegel Villages has carefully considered its pattern of growth in order to bring its social model of living to more communities across the province. After an extremely busy 2024, our family of 18 Villages on its way through another exciting period of growth.



After extensive renovations, Winston Park's grand reopening in the fall of 2024 was a time to celebrate the culmination of efforts that led to a state-of-the-art, 288-bed Long-Term Care (LTC) community on the footprint of the Village that launched the Schlegel Villages organization as it is known to this day.



### The Village of Ridgeview Court, Milton

Construction is moving along nicely at four new Villages, and though timelines with projects like these can be affected by many variables, we are excited to welcome new residents to:

- **The Village of Ridgeview Court, Milton** (end of 2025)
- **The Village of Millers Creek, Ajax** (spring of 2026)
- **The Village of Riverbank Terrace, Ottawa** (late 2026)
- **The Village of Stouffer Mills, Stouffville**

We also have exciting plans announced in Hamilton, with a new 512-bed LTC Village to be partnered with Mohawk College and Supportive Housing provider, Indwell, rounding out an exciting new community there.

In early 2026, we expect to break ground in Barrie, Oakville and Richmond Hill as well, marking the beginning of what we know will be a busy and exciting New Year!



## Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

### Upcoming Dates

December 5, 19  
January 9, 23 2025

For more information or to book an appointment at The Village of Winston Park, please call

**1-888-745-5550**

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



**Ear & Hearing Clinic**

JULIANE SHANTZ · DOCTOR OF AUDIOLOGY

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



## Using Nutrition to Improve Bone Health

Did you know that over 80 per cent of all fractures in people over the age of 50 are caused by osteoporosis?

It's important to consume enough calcium and vitamin D each day to maintain bone health, and to include protein at every meal to build and repair muscles and bones.

Check out these easy tips to improve your bone health from Lora Giangregorio, PhD, Schlegel Research Chair in Mobility and Aging, and Heather Keller, RD, PhD, Schlegel Research Chair in Nutrition and Aging, that you can incorporate into your life.

### Protein at every meal and snack

Aim for ~20-30 grams at breakfast, lunch, and dinner. Or, eat small amounts of protein more often. 20 grams of protein are equivalent to three eggs, or half a cup of peanuts.

### Get calcium through foods

It is better to get calcium through your diet - only take a supplement if you cannot get enough. Cow, almond, or soy milk, yogurt, cheese, white beans and almonds are high in calcium.

### Ask your healthcare provider about Vitamin D

Adults over the age of 50 should take a daily supplement containing 400 IU (10 µg) of vitamin D



because there are few food sources that contain enough of this essential vitamin. Some people may need more – talk to your doctor or nurse practitioner about how much vitamin D you need.

### Manage your weight

Avoid unintended weight loss. When you lose weight, you can lose muscle and bone. Weigh yourself at least monthly to monitor your weight.

If you are losing weight, or don't have much of an appetite, there are several evidence-based tips that can help: You can eat small amounts and more frequent meals or snacks; instead of water or tea, drink fluids with protein and calories like milk or high-protein drinks; eat foods higher in nutrients and calories like avocado, nuts or nut butter, or cheese.

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





## **LTC Family Council**

Family Council is a group of family members and friends of the residents of a long-term care home who gather for peer support, education, and to improve the experiences of all people in long-term care. **We are seeking general members.**

The last meeting was held on **November 20**.  
Minutes will be posted at the LTC main entrance (Door #2).

To find out more please contact [winstonpark.familycouncil@schlegelvillages.com](mailto:winstonpark.familycouncil@schlegelvillages.com)



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## Retirement Home Leadership Directory

Brad Lawrence	General Manager	Ext. 8003
Tara Rosenow	Assistant General Manager (Ret.)	Ext. 8010
Gillian Alexander	Director of Lifestyle Options	Ext. 8002
Katie March	Director of Lifestyle Options	Ext. 8008
Jane Panta	Village Experience Coordinator	Ext. 8015
Matthew Walsh	Director of Hospitality	Ext. 8004
Brad Rideout	Director of Environmental Services	Ext. 8006
Joe Bischof	Assistant Director of Environmental Services	Ext. 8116
Krista Punter	Recreation Supervisor	Ext. 8062
Shirley Tulk	Neighbourhood Coordinator <b>Williamsburg</b>	Ext. 8215
Joelle Duchaine	Neighbourhood Coordinator <b>Egerton &amp; Becker</b>	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator <b>Emma's</b>	Ext. 8012
Grace Nwanoshiri	Dining Room Supervisor	Ext. 8273
Carmen Niculescu	Wellness Coordinator	Ext. 8029
Elizabeth Westacott	Assistant Wellness Coordinator	Ext. 8209
Hector Pineda	Spiritual Care	Ext. 8011
Karena Nnebo	Administrative Assistant (Retirement)	Ext. 8001
Tiffany Menjivar	Administrative Coordinator	Ext. 8013

All email addresses are [FIRSTNAME.LASTNAME@schlegelvillages.com](mailto:FIRSTNAME.LASTNAME@schlegelvillages.com)

## LTC Nursing Directory

LTC Charge Nurse	Ext. 8101	Eby Nurse—1st floor	Ext. 8103
Strasburg Nurse—2nd floor	Ext. 8240	Trussler Nurse—2nd floor	Ext. 8102
Aberdeen Nurse—3rd floor	Ext. 8241	Newberry Nurse—2nd floor	Ext. 8100

Roseville Nurse—4th floor	Ext. 8242
Kingsdale Nurse—5th floor	Ext. 8243
Sandhills Nurse—6th floor	Ext. 8244
Waldau Nurse—7th floor	Ext. 8245
Haysville Nurse—8th floor	Ext. 8246

## Retirement Nursing

Becker & Williamsburg Charge Nurse	Ext. 8118
Emma's & Egerton Charge Nurse	Ext. 8120

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## Long-Term Care Leadership Directory

Brad Lawrence	General Manager	Ext. 8003
Luke Denomme	Assistant General Manager (LTC)	Ext. 8188
Rabina Simovic	Director of Nursing Care	Ext. 8014
Jill MacQueen	Director of Nursing Care	Ext. 8264
Morgan Bonnell	Assistant Director of Nursing Care	Ext. 8275
Cathy Hu	Assistant Director of Nursing Care	Ext. 8269
Mary Hedrich	Assistant Director of Nursing Care	Ext. 8187
Gagan Sangha	Assistant Director of Nursing Care	Ext. 8319
Karen Norris	Assistant Director of Nursing Care	Ext. 8268
Gina Almeida	Resident Support Coordinator	Ext. 8254
Vesna Venceljovski	Neighbourhood Coordinator <b>Eby, Trussler, Newberry</b>	Ext. 8005
Garry Sharma	Neighbourhood Coordinator <b>Strasburg &amp; Aberdeen</b>	Ext. 8370
Rada Jokic	Neighbourhood Coordinator <b>Roseville &amp; Kingsdale</b>	Ext. 8182
Alyson Haffner	Neighbourhood Coordinator <b>Sandhills &amp; Waldau</b>	Ext. 8266
Meredith Herr	Neighbourhood Coordinator <b>Haysville</b>	Ext. 8270
Alysha Voigt	Director of Quality and Innovation	Ext. 8271
Brad Rideout	Director of Environmental Services	Ext. 8006
Joe Bischof	Assistant Director Environmental Services	Ext. 8116
Julia Slomke	Director of Recreation & Volunteer Services	Ext. 8007
Sarah Linton	Volunteer and Student Services Coordinator	Ext. 8199
Daniel Juteram	Food Service Manager	Ext. 8009
Jenna Funston-Legge	Assistant Food Service Manager	Ext. 8258
Carlyn Martin	Director of PAL Program	Ext. 8265
Michelle Nguyen	PAL Coordinator	Ext. 8262
Matthew Veroude	PAL Coordinator	Ext. 8372
Kathleen Sorensen	Spiritual Care	Ext. 8172
Gopikrishna Sudheer	Administrative Assistant	Ext. 8207
Yvonne Madueke	Nurse Practitioner	Ext. 8371

All email addresses are [FIRSTNAME.LASTNAME@schlegelvillages.com](mailto:FIRSTNAME.LASTNAME@schlegelvillages.com)

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