

The Glendale Gazette

December 2024



HAPPY HOLIDAYS



From The Desk of Heather Hyland

It is hard to believe I am writing a memo for December!

As a team we are looking forward to celebrating the season with our upcoming Village-wide Gala dinners. The Village will be busy with family and friends visiting, so, please continue to wash your hands. If your friends and family are not feeling well we ask that they refrain from visiting.

One thing I look forward to is having my 3 children, niece & nephew and my mother under our roof with Dug & I. Having them all together brings me a different type of happiness and peace.

Hoping your stocking is stuffed full of happiness, family, friends and peace this Christmas.

Happy Holidays to each of you and your families.

Looking forward to an amazing 2025,

Cheers,

Heather-AGM Retirement





Wishing you a Happy Birthday!

Our Residents

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

LTC

John G Dec 1st
Stella C Dec 2nd
Sam H Dec 2nd
Mary M Dec 6th
Carmen D Dec 8th
Joost D Dec 9th
Chris F Dec 11th
Les E Dec 15th
Larry B Dec 16th
Colette J Dec 18th
Wanda T Dec 19th
John B Dec 23rd
Inge S Dec 24th
Julia P Dec 25th
Rosetta H Dec 26th
Joyce D Dec 27th
Betty S Dec 29th
Barbara C Dec 30th

RH

Bill B Dec. 4th
Donna B Dec. 4th
Tommie R Dec. 5th
Paul S Dec. 9th
Michael B Dec. 10th
Geri D Dec. 11th
Laura W Dec. 13th
Wilma W Dec. 13th
Alfred W Dec. 14th
Noel W Dec. 16th
Denise H Dec. 16th
Sophie F Dec. 16th
Ken W Dec. 16th
John L Dec. 18th
Juliana T Dec. 18th
Deborah Q Dec. 18th
Leota K. Dec 22nd
Paul S Dec. 24th
Janet Q Dec. 24th
Lloyd B Dec. 24th
Maisie M Dec. 25th
Mary Ann B Dec. 26th
Carolyn S Dec. 26th
Rosa B Dec. 29th



In Memoriam

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

*LTC– Nick J, Gwen G, Gordon S, Rose S
RH– Glen M, Isobel A*



#ElderWisdom 10th Anniversary

Resident submission

Village residents!

Share your story, your connection to your hometown, and the places you've always dreamed of visiting, with us!

From these submissions, we'll select a few special locations where residents and the Green Bench will travel in 2025.

While we won't be able to visit all the locations submitted, we greatly appreciate every story shared. Some may be featured in our anniversary celebrations throughout the year.



SUBMIT



DEADLINE

Submit by **Friday, January 10, 2025**

QUESTIONS?

Contact **Ted Hudson** at 519-496-5984
or ted.hudson@schlegelvillages.com

What Is The Dream Team?

First and foremost the Dream Team is living out our Vision, Mission and Values in the Village. We work on our aspirations and how we can showcase them as well. This past year we worked on the ultimate team member experience. Next year we are working on creating opportunities for meaningful and shared activities. As part of the Dream Team, we run Conversation Cafes yearly to see what is going well and what could be improved within the village.

As a committee we decided to join forces with our Dream Catcher Program. The Dream Catcher Program allows the Residents at Glendale Crossing to dream! (Kind of like, Make-A-Wish) It can be a big wish or a small one. Our committee goes through each wish that Residents have submitted and choose one wish every quarter. Once we have selected a wish we plan fundraising events so that no matter the cost, we can do it and this costs the Resident nothing. Our first wish was sending our 102 year old Resident to her home town with her closest family and friends. Our community connections help us to get discounts whenever possible. Our Resident was serenaded Happy Birthday at one of her favourite local restaurants, she was able to visit a lot of places that she reminisced about and also got a visit and medal from the mayor; she had a great time! Our goal as a committee is to encourage our Residents to dream big no matter your age, to increase their quality of life and do what matters most to them.

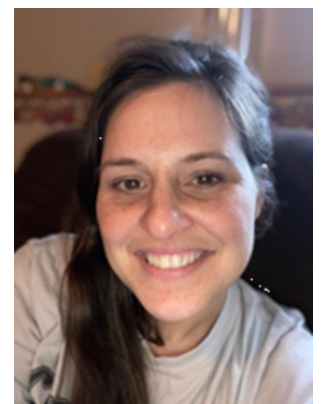
We hope for the future that we can make wishes available to both Long Term Care and Retirement Residents. We would love our Retirement Residents or Team Members to join our meetings so they can be part of planning these things for our Villages.

From The Kitchen

This holiday season is an exciting time for our dietary team. Food has the power to bring friends and family together, spreading joy and creating lasting memories. That's why it's so important to us to provide our residents with a memorable and enjoyable dining experience throughout the holiday season.

Our team is dedicated to delivering exceptional meals and services! Ensuring each resident enjoys the warmth and festive spirit of the season through the most delicious time of the year. We look forward to bringing cheer and delightful meals to all of our residents. Glendale Crossings dietary team wishes everyone a joyful and fulfilling holiday!

Valerie Smith—Director of Food Services



From The Desk Of Tina Lancaster

Hello Glendale!

I am happy to be bringing you another article from a new office and a new position. For those who don't know, I have transitioned into the Williamsburg Neighbourhood Coordinator. Although, I do sometimes miss being the Recreation Supervisor, Taylor is doing a fantastic job in that role!

I wanted to chat about Christmas traditions and the importance of them. As I get older, I realize that the magic of Christmas wasn't all of the gifts I received but my parents, family and friends creating that magical holiday feeling. The excitement of getting to bring the Christmas tree up and decorate or watching that first Christmas movie.

A few of my favourite traditions that I will never forget is getting a hot chocolate and driving around my hometown looking at the houses all decorated or watching A Christmas Carol every Christmas Eve. My parents were onto something when they made a rule that my older brother and I could not wake them up on Christmas morning unless coffee was made and poured and it was 8:00am. I plan to instill that one on my kids as soon as they understand what a clock is!

It's also great to see the new traditions that we have started, with new friends or new coworkers. This is our second Christmas here at the Village and the first for many and I'm excited to see traditions that have remained the same and what new ones we can create together. If there are people who don't celebrate Christmas, I hope you find your own magic in the holiday season.

Merry Christmas and a Happy New Year!

Tina Lancaster—Neighbourhood Coordinator



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

Saturday December 7th 2-4 Home for the Holidays Open House

Thursday December 12th Gala Dinners on Each Neighbourhood

Saturday December 14th at 10:30 Violin Christmas Studio in Town Hall

Monday December 23rd at 2:45 Carols, Candies, & Coffee in Town Square

Tuesday December 24th 2:30 Christmas Eve Church Service in Town Hall

Resident Bill of Rights

6. Every resident has the right to communicate in confidence, receive visitors of their choice and consult in private with any person without interference.

Spotlight on You!

Sharon S.

Sharon was born in Guelph Ontario, but moved several times throughout the years. She has 4 sisters and 1 brother. She has 3 daughters and 2 sons and is married to Dennis. She worked at Nortel for 24 years and decided to go back to school in her 30's and trained to become a respiratory therapist. She then worked at St. Joseph's Hospital for 20 years after graduating. When she retired, she spent most of her days at home with her family. People would always compliment her for her cooking.



She enjoys being with others especially her family during holidays and any gatherings. She has a pet dog named Zena who often comes and visits her in the village with her family. She enjoys the hugs from the people who are close to her. Sharon has brought her enthusiasm for life to the Pondmills neighbourhood where she now resides.


Christmas Gifts

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!

LTC Family Council

Our LTC Family Council will be hosting a Meet and Greet at their next meeting: Monday, December 16 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

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.

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.

A Word From Our ADES

Hello! I'd like to introduce myself. My name is Amy Jackson and I am the Assistant Director of Environmental Services here at the Village of Glendale Crossing.

I started with our Village on the Long-Term Care side in 2012 as a casual housekeeper and as a laundry team member. I then took a part-time line in housekeeping before moving into a maintenance role where I stayed for 6 years. In the summer of 2023, I accepted my current role in our Retirement side of the Village and was blessed to be a part of our retirement opening. I am a mother of three beautiful sons aged 13, 10 and 7 and have been with my husband for 16 proud years. We currently have a dog named Jake, a cat named Rosa and hamster named Pancake. I am also fostering our Village hedgehog Aura who you will find napping in our Pet Shop. I have a reputation in my neighborhood for rescuing animals, so the animal population in our home sometimes includes kittens, birds and squirrels.

I love to spend my time outside hiking with my boys, visiting my father and two younger siblings who live in Owen Sound, and finding new adventures. Recently, I was lucky enough to be one of the four to go Skydiving with Schlegel Villages. I have a deep appreciation for a good meal and a smooth whiskey, especially when shared with friends or family and the only real fear I have is spiders. I believe we never stop learning and life is full of gifts.

It's a pleasure to meet you and hope you find the joy and life in this Village as beautiful as I do. Always happy to chat or lend a hand,

Your ADES,
Amy Jackson



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 cannot 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: Courtney R.

The winner for the Retirement side is: Raj K.

Congratulations!!

Volunteer Corner

Hello everyone,

For those of you who don't know me, my name is Maria and I am the Student/Volunteer Coordinator here at the village. I smile daily seeing the bright lights and Christmas decorations set up around the village.

As we enter a new month, there may be some new volunteers. We have had several starting with us in the last few weeks. If you see a face you are not familiar with, please introduce yourself or say hello.

You may notice on our Volunteer Calendar that there are some special activities happening this month. They include: Holiday Baking, Festive Special Luncheons, Gingerbread House making and a Violin Christmas concert to name a few. Make sure to look at the calendar for dates and times of these activities and or other events that may catch your interest.

We will be having a weekly Popcorn Stand set up on our LTC Main Street every Tuesday, starting December 3rd with support from one of our neighbors Rhonda who lives on our Glanworth neighbourhood. Popcorn stand will be located on our LTC Main Street by our General Store, from 1-4pm each week. For neighbors living at the village the Popcorn is free, but for everyone else we will be charging 1 dollar. All proceeds will go to our Resident's Fund helping our neighbours who don't have access to funds, to enhance their quality of life in a small way.

There are a lot of volunteer opportunities for the month of December. Please see your Volunteer Calendar for a complete listing of all activities that require assistance. You can view our calendar on the information board located in Community Centre on our Long-Term Care side.

For more information contact Maria Campbell, Student/Volunteer Coordinator
519-668-5600 Ext. #8046 / glendale.volunteers@schlegelvillages.com

A Word From Your Co-Editor, Heather

December is the next chapter and it's come quickly! Don't forget to start your Christmas shopping before the Christmas rush! If you have any ideas for Christmas activities, just let Erin or Maria know! We can for sure play Christmas music and have a really good year of 2024-2025!

See you soon!
Your Co-Editor
H



Schlegel Villages – CONNECTIONS



Season's
Greetings

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!



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1-888-745-5550

retirement@earandhearingclinic.com



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JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com



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CINNAMON
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CUT
DECORATE
EGGS
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GUMDROPS
HOLIDAY
HOUSE
ICING
LEGS
MAN
MIX
MOLASSES
MOUTH
NUTMEG
NUTS
OVEN
RECIPE
SPRINKLES
SUGAR
TOWN
VANILLA
WOMAN
YUMMY

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H	C	U	T	L	D	M	C	J	L	E	O	I	I	D

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.





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
Holly Ross	Assistant General Manager	X 8003	Holly.Ross@schlegelvillages.com
TBA	Director of Care	X 8005	TBA
Kendall Dougherty	Assistant Director of Care	X 8037	Kendall.Dougherty@schlegelvillages.com
Maria Martin	Assistant Director of Care-Ipac Lead	X 8024	Maria.Martin@schlegelvillages.com
Janna Cook	Assistant Director of Care	X 8019	Janna.Cook@schlegelvillages.com
Erin Seldon	Director of Recreation	X 8007	Erin.Seldon@schlegelvillages.com
Greg Lee	Director of Environmental Services	X 8006	Greg.Lee@schlegelvillages.com
Valery Smith	Director of Food Services	X 8004	Valery.Smith@schlegelvillages.com
Tracey Moore	Assistant Director of Food Services	X 8012	Tracey.Moore@schlegelvillages.com
Lindsay Tansey	Registered Dietitian	X 8009	Lindsay.Tansey@schlegelvilages.com
Angela Farrish	Administrative Coordinator	X 8202	Angela.Farrish@schlegelvillages.com
Elvira Mujin	Administrative Assistant	X 8001	Glendale.Admin@schlegelvillages.com
Mandeep Panesar	Neighbourhood Coordinator	X 8017	Mandeep.Panesar@schlegelvillages.com
Amanda Verberne	Neighbourhood Coordinator	X 8023	Amanda.Verberne@schlegelvillages.com
Nicole Daley	Neighbourhood Coordinator	X 8020	Nicole.Daley@schlegelvillages.com
Ryan Morin-R. Kin.,	Director of PAL Services	X 8008	Ryan.Morin@schlegelvillages.com
Madison Wardle	PAL Coordinator	X 8016	Madison.Wardle@schlegelvillages.com
Maria Campbell	Student Services/Volunteer Coordinator	X 8046	Glendale.Volunteers@schlegelvillages.com
Shannon Brady	Resident Support Coordinator	X 8014	Shannon.Brady@schlegelvillages.com
Tracy King	Director of Quality and Innovation	X 8057	Tracy.King@schlegelvillages.com
Amera Elnamara	Nurse Practioner	X 8013	Amera.Elnamara@schlegelvillages.com
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...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

Retirement Home Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
Heather Hyland	Assistant General Manager	X 8204	Heather.Hyland@schlegelvillages.com
Larissa Polonio	Administrative Assistant	X 8201	Larissa.Polonio@schlegelvillages.com
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Cherie-Lynn Palmeter	Director of Wellness	X 8209	Cherie-Lynn.Palmeter@schlegelvillages.com
Tanveer Mann	Assistant Director of Wellness	X 8235	Tanveer.Mann@schlegelvillages.com
Kathy Howell	Neighbourhood Coordinator	X 8205	Kathy.Howell@schlegelvillages.com
Shannon Dafoe	Neighbourhood Coordinator	X 8208	Shannon.Dafoe@schlegelvillages.com
Tina Lancaster	Neighbourhood Coordinator	X 8289	Tina.Lancaster@schlegelvillages.com
Taylor Morin	Recreation Supervisor	X 8207	Taylor.Morin@schlegelvillages.com
TBD	Exercise Therapist	X 8216	
Greg Lee	Director of Environmental Services	X 8006	Greg.Lee@schlegelvillages.com
Amy Jackson	Assistant Director of Environmental Services	X 8229	Amy.Jackson@schlegelvillages.com
Jeff Tucker	Director of Hospitality	X 8056	Jeff.Tucker@schlegelvillages.com
Elise Cosens	Dining Room Supervisor	X 8223	Elise.Cosens@schlegelvillages.com
Carole Metron	Director of Lifestyle Options	X 8230	Carole.Metron@schlegelvillages.com
Holly Albion	Director of Lifestyle Options	X 8231	Holly.Albion@schlegelvillages.com
Monika Szpigel	Director of Lifestyle Options	X 8232	Monika.Szpigel@schlegelvillages.com
Rema Kadri	Village Experience Coordinator	X 8233	Rema.Kadri@schlegelvillages.com
Riverstone Spa	Salon	X 8227	Marney@thespaathome.com
Rob Dore	Chaplain	X 8236	gcrhchaplain@schlegelvillages.com
Robert Fagan	Ruby Restaurant Team	X 8224	Robert.Fagan@schlegelvillages.com
Hardeep Kumar (chef)	Ruby Restaurant Team	X 8224	Hardeep.Kumar@schlegelvillages.com
Lead Nurse		X 8255	

