

Riverside REVIEW

Vol. 26 Issue 11 November 2024

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Mission Statement

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.



The Village of
RIVERSIDE GLEN



November

The last month of autumn,
but the beginning of a new
adventure.



Message from

BRYCE MCBAIN

Community Matters- Thank you!

Dear Residents, Families and Team Members:

As we enter November, we extend our heartfelt thanks to our residents, families, and team members for everything you do each day to keep our neighbourhoods and village healthy. Your kindness, warmth, and dedication create a community where we can all thrive together.

A warm welcome goes out to our new residents and team members! Thank you for joining us in building a home where everyone feels valued and supported. Let's continue to extend that welcoming spirit, creating strong connections and fostering the sense of belonging that makes our village a true home.

In the spirit of caring for each other, we encourage everyone to get their flu and covid vaccines. Together, we can help protect ourselves and especially our most vulnerable community members from seasonal illness.

Finally, as November 11th approaches, let us wear our poppies with pride and remembrance. The poppy honours the sacrifices made by those who served for our freedom, reminding us of the strength and resilience that shaped our country.

Thank you for all you bring to our village community. Together, let's continue to keep each other well and connected!

Sincerely,

Bryce

Chaplain's Corner

This November, we remember and honour those who stand for freedom. We remember those who served and did not survive. We cherish times of peace. We wear our poppy to show our gratitude for those who gave themselves for the benefit of all. This Remembrance Day we will be having our Remembrance Day Service at 10:45am on November 11th in the retirement dining room on Main Street.

Lest we forget.



Upcoming Memorial Services are available in person and virtual. Families of the residents being honour will be invited.

Retirement on Tuesday, November 5th at 2:30pm on Egerton Neighbourhood

Long-term Care on Thursday, November 28th at 2:30pm on Erin Neighbourhood

In Memoriam

The Board of Directors, Management, Team Members and Residents were saddened by the passing of:

John M

Billie F

Francis H

Robert G

Ralph H

Gerald L

Diane L

Patrick M

Marion D

Elma N

Phyllis S



Message from Your Long-Term Care Family Council

Family Council News for families and friends of Riverside Glen **Long Term Care** Residents:

Hello everyone!

It was a great October as we slid into fall! Our cozy sweaters are back on, we've turned up the heat and have piled extra blankets on the bed! Yes, we are Canadian and we are tough! This month we have a chance to thank our wonderful Veterans for protecting our beautiful country. There is a list of the Veterans living at Riverside Glen posted in the long term care lobby. We remember their sacrifice, and that of many others, not just on November 11th, but always and forever.

We finally had the Songbirds Choir's concert and they had a magnificent performance enjoyed by all. Dad was great on the harmonica, and Mom enjoyed watching everyone play and sing! Thank you Danielle and many assistants for a wonderful time! I heard there is a winter concert planned, so now they will start practicing for that! The Village has been busy with lots of fun trips. I enjoyed going to the Wellington County Museum with Mom and some other ladies from her neighbourhood. This fall has also seen residents parachuting, ziplining, going for rides in an old fashioned biplane, apple picking and more activities than there is room to write about here! Many thanks to the hard working team members who make these opportunities happen. A family member is welcome to go on these trips, space permitting, or you can meet the group at the destination.

We held our Family Council Meeting on October 11, and discussed how life is going at the Village for our loved ones. We would really like to build up our attendees at these meetings, so that we can serve the needs of our family members better. For our next meeting, we are looking forward to welcoming Devon Richards, the assistant General Manager of Long Term Care. She will be joined by Deb, the Director of Nursing Care and Cheryl, the Director of Quality and Innovation. We look forward to their presentation on how a resident care plan is crafted, how the team communicates that information, and the Point, Click, Care system of charting. The old days of paper charting and "tick sheets" are long gone, and I for one, am excited to see what communicating care in the 21st century looks like!

Family members, to sleep better at night, during these shorter days, try to go for a morning walk, and/or use a light therapy device in the morning. This will help give you more energy during the day, and make it easier to fall asleep at night. Some years, I have set up a light device on the table, and turned it on when eating breakfast. It makes a difference! Meanwhile take care, stay warm, and see you on November 14 at 6 pm for our next virtual meeting. Jackie Swan will be sending out invitations to the family members and supporting friends of residents in our long term care who are on her list. If you are not on her list, please contact her at jackie.swan@schlegelvillages.com to be added.

Wendy Presant, (Interim Chair of Riverside Glen LTC Family Council)

Riverside Glen *welcomes new residents*

to our community



Ē Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

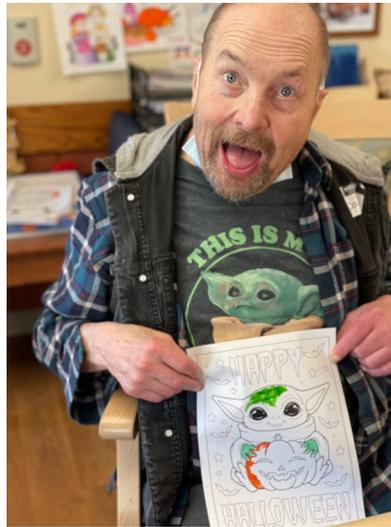
Retirement

Syliva G
Suzanne A
Jerry G

Long Term Care

Deborah B
John B
Debra C
Bob B
Margit F
Richard B
Carolyn P

PHOTO REVIEW OF OCTOBER



COMING UP IN NOVEMBER

Saturday, November 2	2 Diwali: Festival of Lights LTC Café
Tuesday, November 5	10 Bonnie's Christmas Card Class
Monday, November 11	11 am Remembrance Day Service
Tuesday, November 12	2-4 Afternoon of Art
Saturday, November 16	11-3 Christmas Market
Monday, November 25	2 pm Talent Show

Vendors

Maple Syrup

Tuesday November 12 10-2 Mainstreet RH

Cameron Cards

Thursday November 14: 10-2 Mainstreet RH

Cathy's Scarves and Jewelry

Thursday, November 21 10-2 Mainstreet RH

Hilda's Alterations

Tuesday November 26th: 2-4 Mainstreet RH



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.

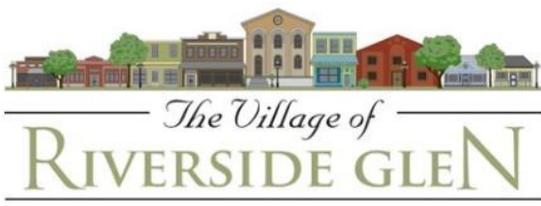
These amazing direct support team members were recognized at the Village level for their commitment to the five key values that define our Connect the Dots customer service credo:

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!



Happy November from the PAL team!

November is Fall Prevention Month.

Fall Prevention Month

- Fall prevention month was created to raise awareness of hazards and encourage education.
- Our village is planning activities for team members and residents to learn more about fall prevention.
- November 21st there will be fall prevention Jeopardy for residents in the gym.

Fun Facts

- 95% of hip fractures are a result of falls.
- Physical activity has been shown to be effective in reducing an individual's risk for a fall.
- Vitamin D helps the body absorb calcium to keep bones strong.

How to Help Prevent Falls:

Physical Activity

- ⇒ Being active will strengthen your muscles and bones.
- ⇒ This will reduce the risk of falls and reduce the risk of injury if a fall does occur.

Avoid Hazards

- ⇒ Check around your room for tripping hazards on the floor such as cords or rugs.
- ⇒ Make sure that you are wearing glasses and have good lighting in order to see any hazards.
- ⇒ Ensure you are not sleepy or drowsy, give yourself time to wake up in the morning before getting up.

Your PAL Team Adrienne, Melissa, & Kate

Athlete of the Month: Jane Coryell

Jane is our athlete of the month for September! Jane is always eager to join exercise classes, go for walks to the pond, and try new things during “Kate’s Class”. Jane was also the resident who completed the most of PAL’s Active Aging Bingo. She also likes to get exercise by lifting weights and participating in other playful activities. Apart from exercise, Jane enjoys playing cards, doing crossword puzzles, drawing. Fun fact, Jane was an art teacher for 30 years. Jane exercises because she knows how good it is for health. Exercise can help to improve your physical health, mental health, emotional health, as well as help you sleep better, reduce anxiety and boost self esteem. Thank you Jane for setting a great example for us. Congratulations!

Special congratulations to Carol and Carl who also completed the active aging bingo sheet.



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.

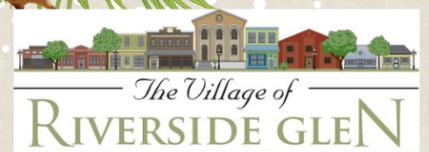
Christmas MARKET

PLEASE JOIN US

THE VILLAGE OF RIVERSIDE GLEN

Join us for a fun-filled Christmas market with baked goods, Christmas decor, gift ideas and more!

SATURDAY, NOVEMBER 16TH
11AM - 3PM
RETIREMENT MAIN STREET





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

For more information or to book an appointment at The Village of Riverside Glen, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Searching for November

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



APPLE CIDER

AUTUMN

(Black) FRIDAY

CORNUCOPIA

DAYLIGHT (Saving)

ELECTION (Day)

FAMILY

FOOTBALL

MIGRATION

MUMS

REMEMBRANCE (Day)

SAGITTARIUS

SCARF

SCORPIO

SQUIRRELS

THANKSGIVING

TOPAZ

VETERANS (Day)



Happy Birthday

Resident Birthdays

Team Member Birthdays

VILLAGE VOICE NEWSLETTER

Read these stories
and more on the
Villages website.
Sign up online to
receive the email
newsletter.

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

Ann A	Nov 01
Teresa L	Nov 01
Wayne P	Nov 02
Mildred S	Nov 02
Eleanor J	Nov 02
Ju Man C	Nov 02
Sylvia G	Nov 05
Dolly D	Nov 07
Florence E	Nov 07
John B	Nov 09
Anthony F	Nov 11
Marie B	Nov 11
Jeannine T	Nov 12
Jeanette G	Nov 13
Marie-Louise W	Nov 13
Joan K	Nov 14
Eva De F	Nov 15
Pauline J	Nov 16
David H	Nov 16
Norah C	Nov 16
Margaret P	Nov 20
Patricia Y	Nov 20
Joan G	Nov 21
Kenneth F	Nov 22
Kenneth F	Nov 23
Lisa B	Nov 24
Jean P	Nov 25
Carl W	Nov 26
Patricia B	Nov 26
Grace W	Nov 27
Lynda L	Nov 28
Muriel B	Nov 28
Olga V	Nov 28
Kelly K	Nov 28
Harry S	Nov 30
Geoffrey S	Nov 30

Olufunmilola M	Nov 01
Amlusum Z	Nov 01
Leslie B	Nov 02
Bridget N	Nov 02
Emma M	Nov 03
Nadine K	Nov 06
Augustina O	Nov 07
Priya N	Nov 11
Megan S	Nov 11
Lisa M	Nov 13
Nicole M	Nov 14
Carly S	Nov 14
Neema B	Nov 16
Ann F	Nov 16
Maneesh M	Nov 16
Karen Hope P	Nov 16
Wegahta K	Nov 17
Joy B	Nov 18
Eden T	Nov 19
Nalin K	Nov 20
Tonya D	Nov 21
Perlyn E	Nov 23
Rheia S	Nov 23
Rishan S	Nov 24
Simran B	Nov 29
Charity O	Nov 29
Hannah Marie B	Nov 30



@riverside_glen



The Village of
Riverside Glen



@villagelife_sv

Birthday Celebrations

Retirement Birthday Party

Tuesday, November 19th at 2:00pm in the café
with Aidan Purnell

Long Term Care Birthday Party

Friday, November 22nd at 2pm in the café with Jim Young

The Village of Riverside Glen Directory

Phone 519.822.5272

Retirement Home

Bryce McBain, General Manager	Ext. 815
Lynn Lake, Assistant General Manager RH	Ext. 761
Michelle Mayhew, Director of Wellness	Ext. 812
Sherri Henderson, Assistant Director of Wellness	Ext. 8667
Dylan Pust, Egerton Neighbourhood Coordinator	Ext. 836
Madalyn MacIntyre, Emma's Neighbourhood Coordinator	Ext. 807
Karleigh Herd, Williamsburg Neighbourhood Coordinator	Ext. 893
Shaleena Campbell, Director of Hospitality and Food Services	Ext. 840
Dayna Brinton, Recreation Supervisor RH	Ext. 620
Adrienne White, Director of Program of Active Living	Ext. 826
Melissa Gareri, PAL Coordinator RH	Ext. 821
Tammy Smith, Director of Environmental Services	Ext. 804
Vinny Setia, Assistant Director of Environmental Services	Ext. 857
Karen Murray, Director of Lifestyle Options	Ext. 759
Jaycel Nabua, Director of Lifestyle Options	Ext. 865
Brittany Burton, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall and Eileen Harbottle, Spiritual Care Providers	Ext. 871
Sue Rice, Hair Salon RH	Ext. 816
Jen Jimenez, Administrative Coordinator	Ext. 805
Vrushank B, Administration RH	Ext. 800

The Village of Riverside Glen Directory

Phone 519.822.5272

Long Term Care Home

Bryce McBain, General Manager	Ext. 815
Devon Richards, Assistant General Manager LTC	Ext. 841
Deb Guthrie, Director of Nursing Care	Ext. 801
Raman Mander, Assistant Director of Nursing Care	Ext. 797
Vincent Domosmog, Assistant Director of Nursing Care	Ext. 763
Assistant Director of Nursing Care	Ext. 848
Cheyenne Boyce, Assistant Director of Nursing Care	Ext. 780
Cheryl Ridler, Director of Quality and Innovation	Ext. 798
Nurse Practitioner	Ext. 853
Brandon Wilton, Mapleton/Eramosa Neighbourhood Coordinator	Ext. 298
Angela Gualtero, Puslinch/Nichol Neighbourhood Coordinator	Ext. 794
Angela Keller, Erin/Arthur Neighbourhood Coordinator	Ext. 834
Amy Hasson, Food Services Manager	Ext. 873
Assistant Food Services Manager	Ext. 747
Kadri Phillips, Director of Recreation	Ext. 811
Adrienne White, Director of Program of Active Living	Ext. 826
PAL Coordinator LTC	Ext. 835
Tammy Smith, Director of Environmental Services	Ext. 804
Brittany Burton, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall and Eileen Harbottle, Spiritual Care Providers	Ext. 871
Hair Salon LTC	Ext. 860
Jen Jimenez, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858