

# The Gates Gazette



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## HOLIDAY MARKET

xxx

**Saturday  
November 16**  
10 a.m.–3 p.m.

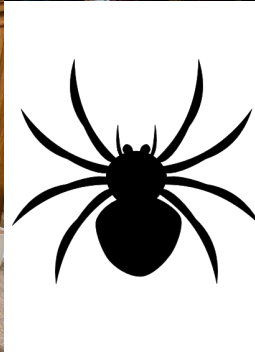
We invite residents, team members, family  
and friends to join us in the holiday spirit.  
There will be a variety of vendors,  
resident goodies, photos with Santa,  
poinsettias and entertainment.  
Lunch available for purchase.



*The Village at*  
**UNIVERSITY GATES**  
250 Laurelwood Drive, Waterloo



# *Village Photos*





## OCTOBER ATHLETE OF THE MONTH:



### PATRICIA BRIDGES

Patricia is an involved athlete here at University Gates. When approached to do balance exercises, she always happily agrees. Patricia also attends a variety of group classes where she works hard, brings a positive energy, and encourages her peers. Patricia enjoys Total Body Fitness which happens in the FC Mondays at 3:30pm!

### FUN FACTS

- Patricia is originally from Devonshire, England
- She likes Drama shows, especially anything Melissa McCarthy
- She used to own a Specialized Picture Framing business with her husband
- She loves cats and used to have 2 as pets

Congratulations  
Patricia!



### FITNESS GOALS

Patricia's goal is to "get better at everything" with a focus on balance so she can enjoy her outdoor walks!



# STEPS TO PREVENT A FALL

## Most Falls are Preventable

Follow these steps to help prevent slips, trips and falls so you can keep enjoying the fun things in life.

1

### MOVE your body

- Build your balance, strength and flexibility with regular physical activity
- Enhance your stability and co-ordination with activities such as walking, swimming or Tai Chi
- Increase the intensity of your physical activity over time to build stronger muscles

2

### IMPROVE your health

- Review medications regularly with your healthcare provider or pharmacist and discuss any side effects, such as feeling dizzy or sleepy
- Keep up your social activities
- Routinely clean your teeth and gums so you can eat a nutritious diet
- Check your eyesight and hearing regularly

### REMOVE hazards

- Keep your floors clutter free
- Use grab bars and anti slip mats in the bathroom
- Use handrails and turn on lights
- Wear well-fitting and supportive footwear inside and outside

3





### Spiritual Care Services

**Rev Mike Zenker**

[Mike.zenker@schlegelvillages.com](mailto:Mike.zenker@schlegelvillages.com)

519-904-0650 Ext. 8011

#### HOURS

Tuesday - Thursday Mornings

*(\*\*times may vary depending of events in the village)*

### Special & Religious Holidays In November

1 – All Saints' Day

3 Daylight Saving Time ends

3 – Birth of Baha'u'llah - This holy day for the Baha'i faith honors its founder's birthdays. He challenges people to fight back against racial prejudice and to be one human family.

5 International Volunteer Manager Appreciation Day

5-11 Veterans' Week

8 Indigenous Veterans Day

11 REMEMBRANCE DAY

13 World Kindness Day

## Spiritual Care Service (LTC)



## Spiritual Life Gatherings

- Tuesdays **9:30am** Rosary Service
- Thursdays **9:30am** 'Hymns' Chapel Service.
- Wednesday mornings TWICE a month—'Contemplating Life with Mike (this will take place in the chapel 10am)

**Wed Nov 6 & Wed Nov 20**

#### *Roman Catholic Communion & Prayers:*

- See Retirement Chaplain's Page for monthly services. If you wish to attend, or your loved one wished to attend, please let us know and we will do our best to make sure they can participate.
- **In Long Term Care**, Catholic Communion & Prayers of Blessing: We have a team of volunteers who come into the Long Term Care home and visit one-on-one with residents and administer Communion, pray a prayer of Blessing etc. If you would like them to visit you (or your loved one), please send me an email and we will add them to the visitation list.

## Celebration Of Life

**Memorial Service Thursday November 28**

**10am In The Chapel**

Please join us in the Spiritual Care Centre (Chapel) as we celebrate and honour residents who have passed away over the past few months.

Light refreshments will be served following the service.

All families, team member and leadership are invited to this special service.



## Retirement Home Spiritual Care Team



**Spiritual Life  
Facilitator:**  
Jane Kuepfer

**Spiritual Care  
Students:**  
Rachel Urquhart



**Sandhya Dhanpat**

CONTACT us to  
arrange for a visit:

[jane.kuepfer@](mailto:jane.kuepfer@uwaterloo.ca)

[uwaterloo.ca](mailto:uwaterloo.ca)

519-904-0650 x 8249

# Our Spiritual Life Together

*In November, days grow shorter, the nights longer, and the air chillier! November is a solemn and important month for us as we mark **Remembrance Day** on November 11th, and hold our own **Celebration of Life Service** on November 26th. In between, on November 14th, you are invited to a thought-provoking video presentation on **"Forgotten Wisdom: Why it is important for us to be able to talk about dying"**.*

This month, in the retirement home, you are invited to join us for:  
**Tuesday Spiritual Life Gatherings at 2:30 in the Town Hall** (November 5 & 19—watch for posters).

### NOVEMBER SPECIAL EVENT DETAILS:

**Remembrance Day Service**— Monday  
November 11th at 10:30 (no Tuesday  
gathering that week).



**Video presentation  
and discussion on  
talking about dying**—  
Thursday, November  
14th, 10:30.



**Celebration of Life service** — Tuesday  
November 26th at 2:30. Come honour our village neighbours together.

### Other weekly gatherings:

**Thursdays at 10:15 in Egerton** and **at 11 'Good morning God!'** group **in the library** (devotion, discussion & prayer)

**Sunday evening Hymn Sings** 7:30 in the Town Hall



**Roman Catholic Communion and Prayers** (Town Hall, then Egerton): Sunday November 3rd at 10:45, Sunday November 17th at 10:30

**Communion and Rosary:** Thursday November 14th at 2:00 pm

**Mass:** Friday November 22nd 11am with Father Jamroz (confession available before and after)

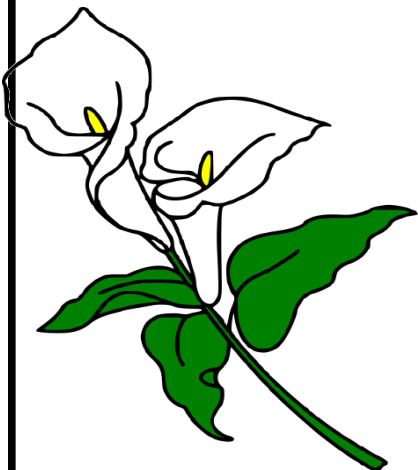




# *We Remember*



Mary B. (RH)  
Wilhelmina “Willie” G. (RH)  
Brigitte M. (LTC)  
Rita S. (LTC)  
Inge S. (LTC)  
Ron B. (LTC)



*Thank you for sharing  
your time with us*



- Resident Right 28  
Every resident has  
the right to  
participate in the  
Residents' Council.



# Village News

## Retirement



Join us in Town Hall on  
November 11th at  
10:30 am with Chapel  
Jane as we remember  
those who fought for us



RH Village Wide  
Town Hall Meeting  
November 6th at  
2:30pm. All are  
welcome to join



**Don't forget to set  
your clocks back  
one hour on  
Sunday  
November 3rd**



William B.  
Elizabeth C.  
John 'Jack' D.  
Nadyia F.  
Norman F.  
Margaret G.  
Dieter H.

## *Happy Birthday!*

Catherine M.  
Crystal M.  
Chadwick M.  
Ian M.

Leonne M.  
Maria P.  
Kathleen P.  
Susan U.  
Wendy W.  
Yvette L.





# Village News

## Long-Term Care

**Remembrance  
Day Service**  
Monday,  
November 11th



**KmW Clothing Sale**  
**Friday November 1st**  
**from 10-2**  
**LTC Main Street**

**Baby Bunny Visit**  
Wednesday  
November 6th  
10a.m.-12p.m.  
in the Chapel



**Resident Council**  
Thursday  
November 21st  
at 2:00 pm  
Chapel

**Food Committee**  
Wednesday  
November 27th  
at 2:00 pm  
Chapel

### **Happy Birthday!**

Evelyn A.  
Norma C.  
Helene C.  
James C.  
Bill G.  
Kathleen H.  
Ron H.



Kathleen L.  
Wayne M.  
Agnes M.  
Florence N.  
Janina O.  
Gordon W.



## An opportunity to **GATHER** with others who understand.

The **Care Partner Gather group** is for spouses, adult children or friends of persons living with dementia or other challenges that put us in a 'care partner' role.

In a small group setting we share how things are going and offer listening and support. You are welcome to join us!

When? **Tuesday, November 5<sup>th</sup> & 19<sup>th</sup> 3:45-4:30**

Where? Retirement Home Town Hall

A **Gathering for those who are grieving** provides a supportive space for residents to connect, share, and explore their grief, fostering healing and emotional well-being through shared experiences.

When? **Friday, November 8<sup>th</sup> & 22<sup>nd</sup>  
2:30-3:15**

Where? Retirement Home Town Hall

For more information please contact Jane Kuepfer at  
[jane.kuepfer@uwaterloo.ca](mailto:jane.kuepfer@uwaterloo.ca)





## RIA Highlights - Nov 2024

### 1. Understanding Dementia - A Community Conversation

**Where:** Waterloo Community Pavilion, 101 Father David Bauer Drive, Waterloo, N2L 0B4

**When:** Thursday November 21, 2024

**Time:** 1 - 4:00 p.m EST

**Cost:** Free - Registration Required

This is a panel discussion featuring RIA researchers, community organizations and FREE refreshments. This event is free, but registration is required as space is limited. All details are on the RIA website, so you can add any details to your calendars or newsletter.

[www.the-ria.ca/events](http://www.the-ria.ca/events) or visit the RIA office on the first floor

### 2. Research Opportunity:

**Project:** PREVENT trial

University Gates LTC has recently been invited to participate in a large research study called PREVENT, through the [Geras Centre for Aging Research](#). The aim of this study is to decrease one-year hip fracture rates in high fracture risk residents living in LTC.

122 LTC homes will be participating in this study; half of the homes will receive the PREVENT intervention, and the other half will act as "controls" by continuing their

## 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](http://www.the-ria.ca/enews) to stay up-to-date on the latest news, events, and helpful resources.



# 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!*





## **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 your retirement  
home, call**

**1-800-745-5550**

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



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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

# THE GATES GAZETTE

WHO TO CONTACT WITH QUESTIONS OR CONCERNS  
VILLAGE PHONE NUMBER: 519-904-0650



*When calling an LTC resident directly please use the Resident Line 519-904-0653*

*RH Residents each have private phone numbers*



**LONG TERM CARE**

Role/Name	Extension
General Manager: Chris-Anne Preston	8203
Asst General Manager (LTC): Kelly Younger	8003
Asst General Manager (RH): Ion Zdrengha	8204
Administrative Coordinator: Elena Oprea	8202
Admin Assistant (LTC): Clare Legare	8001
<b>Neighbourhood Coordinators</b>	
Hagey & Johnston (LTC): Brandy Douey	8031
Wright & Matthews (LTC): Kim Boyes	8025
Downey & Pollock (LTC): Lee-Ann Air	8037
<b>Department Directors</b>	
Director of Nursing Care (LTC): Wendy Miller	8005
Assistant DNCs (LTC): Ruhab Muzaffar / Patricia Solik	8054 / 8009
Assistant DNCs (LTC): Vidhi Goyal	8060
Director of Environmental Services: Dilan Ganegoda	8006
Director of Recreation: Meghan Connelly	8007
Director of Hospitality: Lisa Price	8004
Food Services (LTC): Becky Golbeck/ Liz Barre	8008
Director of Program for Active Living (PAL): Liam Stiles	8126
Exercise Therapist (LTC): Sarah Harris	8013
<b>Nursing</b>	
Charge Nurse LTC	8055
<b>Psychosocial and Spiritual Well-being</b>	
Resident Support Coordinator (LTC): Janessa	8057
Chaplain (LTC): Mike Zenker	8011
Volunteer & Student Services (LTC): Noreen Blount	8010
<b>The Ruby Dining Room</b>	8224 (bar)
<b>Riverstone Spa and Salon</b>	8227



# THE GATES GAZETTE

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RETIREMENT

Role/Name	Extension
General Manager: Chris-Anne Preston	8203
Asst General Manager (LTC): Kelly Younger	8003
Asst General Manager (RH): Ion Zdrengha	8204
Administrative Coordinator: Elena Oprea	8202
Admin Assistant: Theresa / Arsha / Melod	8201
<b>Neighbourhood Coordinators</b>	
Williamsburg: Jennifer Allen	8208
Emma's/Egerton: Sandy Taylor	8205
Becker: Victoria Leger	8206
<b>Department Directors</b>	
Director of Wellness (RH): Trish Baird	8209
Assistant Director of Wellness (RH): Meena Sukhram	8210
Director of Environmental Services: Dilan Ganegoda	8006
Assistant Director of Environmental Service (RH): Jessica England	8250 8234
Maintenance Services (RH): Brad/ Will	
Director of Recreation: Meghan Connelly	8007
Recreation Supervisor (RH): Noah Bester	8207
Director of Hospitality: Lisa Price	8004
Director of Program for Active Living (PAL): Liam Stiles	8126
Exercise Therapist (RH): Emily Port	8216
<b>Nursing</b>	
Lead Nurse (RH)	8255
<b>Psychosocial and Spiritual Well-being</b>	
Chaplain (RH): Jane Kuepfer	8249
Volunteer & Student Services (LTC): Noreen Blount	8010
<b>Marketing</b>	
Dirs. of Lifestyle Options: Sahar/Sophia	8041/8248
Village Experience Coordinator: Alex Hamley	8048
<b>The Ruby Dining Room</b>	8224 (bar)
<b>Riverstone Spa and Salon</b>	8227