

The Gates Gazette

Welcome 2025!





How Can You Help?

Volunteers



Interested in Volunteering at the Village at University Gates?

Contact Noreen Blount,
Volunteer Coordinator at:

universitygates.volunteers
@schlegelvillages.com

or
(519)904-0650 Ext. 8010



Schlegel Villages'
Volunteer



A great holiday season was had by all.

As we start another year, think about volunteering and step in to the New Year with a bang.

Resident Right #1

Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's inherent dignity, worth and individuality, regardless of their race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability.



Spiritual Care Services

Rev Mike Zenker

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 December**

- 1 New Year's Day
- 6 Epiphany (Magi Visit)
- 7 Orthodox Christmas Day
- 14 Hindu: Pongal
- 14 Buddhist Mahayana New Year
- 17 Sikh: Guru Gobind Singh Gurburab
- 19 World Religion Day
- 29 Chinese New Year



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 Jan 8 & Wed Jan 22

Topic: World Religions

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.*

Joy —by Henry Nouwen

Joy does not come from positive predictions about the state of the world. It does not depend on the ups and downs of the circumstances of our lives. Joy is based on the spiritual knowledge that, while the world in which we live is shrouded in darkness, God has overcome the world. Jesus says it loudly and clearly: "In the world you will have troubles, but rejoice, I have overcome the world."

The surprise is not that, unexpectedly, things turn out better than expected. No, the real surprise is that God's light is more real than all the darkness, that God's truth is more powerful than all human lies, that God's love is stronger than death.

**Retirement Home
Spiritual Care Team**



**Spiritual Life
Facilitator:**
Jane Kuepfer
(RP, MDiv, PhD)
**Spiritual Care
Students:**
Rachel Urquhart



Sandhya Dhanpat

CONTACT us to
arrange for a visit:
jane.kuepfer@uwatwaterloo.ca

519-904-0650 x 8249

Our Spiritual Life Together

January is a fresh start! How many January's have you experienced? What emotions come with January for you? Some years there's a sense of relief that the year just finished is done—for whatever reasons, we're glad to leave it behind. For some, January lights a fire of determination in the soul as we move forward with resolutions to make positive changes! Or perhaps it's quiet gratitude and wonder as we imagine what this new year will bring. Whether you are relieved, resolute, or peacefully pondering, may 2025 unfold beautifully for you, one blessed day at a time.



This month, in the retirement home, you are invited to join us for:

Tuesday Spiritual Life Gatherings at 2:30 in the Town Hall:
Jan 7th —Jim & Doris Cober (Ed's brother) "Grace in Good Times and Bad"



Jan 14th— Dan Bowyer from All Saints Anglican
Jan 21st—Week of Prayer for Christian Unity

Other weekly gatherings: Thursdays at 10:15 in Egerton and at 11 'Good morning God!' group in the library

Sunday evening Hymn Sings 7:30 in the Town Hall



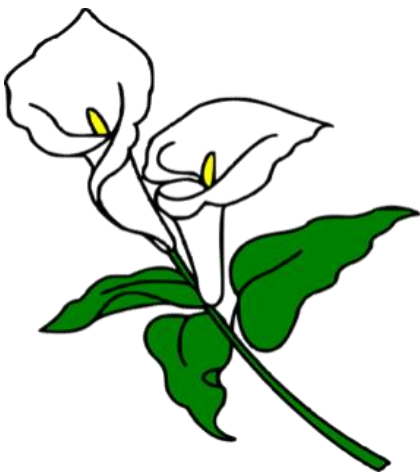
Roman Catholic Communion and Prayers (Town Hall, then Egerton): Sunday January 5th at 10:45, Sunday January 19th at 10:30

Communion and Rosary: Thursday January 9th at 2:00 pm **Mass:** Friday January 24th 11am with Father Jamroz (confession before and after)

We Remember



Barbara L (RH)
Carl C. (LTC)
Tai L. (LTC)
Donald N. (LTC)
Lester O. (LTC)
Marlo S. (LTC)
Nada V. (LTC)
Nancy W. (RH)
Norma C. (LTC)
Kenneth E. (LTC)
William G. (LTC)
Eric R. (LTC)
Valentyna S. (LTC)



*Thank you for sharing
your time with us*



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, January 7th and 21st 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, January 10th and 24th**

2:30-3:15

Where? Retirement Home Town Hall

For more information please contact Jane Kuepfer at
jane.kuepfer@uwaterloo.ca



DECEMBER ATHLETE OF THE MONTH:

MONICA KAISER



Monica is this month's athlete because she almost always says yes to exercise. She likes to ride the NuStep and keep busy by actively participating in group class. She is always smiling and singing along to the music. Great work

Monica!

FITNESS GOAL:

Monica wants to keep busy and stay active!

She does so by participating in all UG programming!



FAVOURITE CLASS:

Tai Chi... she likes the relaxing music.

FUN FACTS:

- Monica likes 80's music, steak, and the colour purple
- She has 1 brother and 4 sisters!!
- She used to work as a cook at a pancake restaurant



Village News

Long-Term Care

Caregiver's Social Monday, Jan. 20th 3-4pm LTC Chapel

Loved-ones of residents in LTC are welcome to drop-in for refreshments and informal conversation in the Chapel. Meet other caregivers and take some time for self-care with others who understand the challenges of caregiving.

Questions? Ask Janessa—ext.8057 or Janessa.mostert@schlegelvillages.com or in the LTC front office.

Family Council

Thursday January 23rd
at 10:30am

Resident's Council

Thursday January 23rd
2pm in the Chapel

Tuesday January 28th 10:00am-12:00pm



Meet the Schlegel—UW Research Institute for Aging (RIA) Learn more about the work we are doing to help Canadians age well, and how you can get involved.

Happy Birthday!

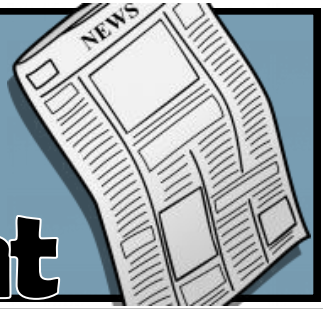
David B.
Robert B.
Scott C.
Robert F.
Helen F.
Dorothy G.
Fernanda H.



Janet H.
Matthew J.
Brooksie J.
Fritz S.
George S.
Mary S.
George V.

Village News

Retirement



Neighbourhood Rep Meeting

January 22nd 2025
At 3:00PM

Village Wide “Deer Hunt”

Join us in Town hall on
January 8th starting at 2:30PM.
Get ready to hunt those deer!

**Tuesday January 28th
10:00am-12:00pm**



Meet the Schlegel—UW Research Institute for Aging (RIA) Learn more about the work we are doing to help Canadians age well, and how you can get involved.

Tech Support with Josh

January 14th &
28rd
Sign up outside
the Hobby Shop

January Birthdays!



Anton B.
Audrey L.
Barbara O.
Bernice S.
Brigitte B.
Diane H.
Elizabet D.B.

Emily B.
Hilde A.
Iona R.
Joan P.
Joan W.
Joyce S.
Margaret G.

Marlene O.
Mary A.
Mary Fran W.
Marylin S.
Nelda L.
Orval C.
Terence O.



Words of Wisdom offer Dementia Support

When facing a dementia diagnosis, big questions start to surface: *What happens next? How do I plan for the future? How will this change my relationships?* For care partners, the experience can be just as overwhelming.

The new Words of Wisdom resources are here to help throughout the dementia journey.

The idea for the resources started with a special event series, “People Living with Dementia Share Their Wisdom.” People from across Canada came together to share their experiences with dementia — from their diagnosis, to planning for the future, to handling stigma. Their heartfelt stories were full of wisdom, and it became clear that they should be shared with more people. The resulting collection of eight resources offer support for both people living with dementia and the people who support them.

For people living with dementia, the guides focus on topics like:

- Tips for handling common misunderstandings about dementia.
- What to expect after getting a diagnosis and where to find support.
- How to plan for future care and support as needs change.
- Simple ways to stay active and take care of mental, emotional, and physical health.



The “People Living With Dementia Share Their Wisdom” panel discussions were spearheaded by dementia advocate Myrna Norman.

For care partners, the guides cover:

- What it means to be a care partner and how to take care of yourself too.
- How to advocate for a loved one through the diagnosis process.
- Tips for care partners to stay healthy and manage stress.
- How to prepare for important care decisions.

Each guide is filled with simple steps people can take right away, like ideas for talking about future care, making a daily routine, and finding support in their community. Through the real quotes and reflections from people living with dementia and care partners, these voices show that while dementia can bring challenges, it is still possible to live well, find joy, and feel connected to others.

Whether you are a person living with dementia or supporting one, these guides are here to empower, inform, and inspire you. Find them at the-ria.ca/resources/words-of-wisdom

GRAND SLAM OF CURLING

Schlegel Villages' Day

Thursday, January 16

11:30 a.m. | Sleeman Centre, Guelph

Through the long Canadian winter, two sports bring energy to small towns and communities across the nation; hockey, of course, is the great Canadian game, but alongside the hockey arena nearly every small town in the country boasts a curling rink.

Curling has always been a way to draw communities together and this year **Schlegel Villages is proud to be a key sponsor** of the WFG Masters Grand Slam of Curling event in Guelph from **January 14–19**, which will bring the global curling community together with some of the world's top athletes.



Limited spots available



January 16 will be Schlegel Villages' Day at the bonspiel. We expect to have more than 500 people connected to our Villages at the Sleeman Centre that day, showcasing our love of competition and the way our communities are connected, despite the distances that separate our 18 Villages.

Interested in attending?

Reach out to the director of recreation or general manager at your Village.

We hope to see you there!



**#ElderWisdom
10th Anniversary**

Resident submission

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



Deadline for submission is **Friday, January 10, 2025**

Schlegel Villages – CONNECTIONS



Alzheimer's Awareness Month

January marks a month of awareness around Alzheimer's disease and other forms of dementia in our Villages.

People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease and how to offer meaningful support.

LIMT, our signature dementia program, is coming to life within our Villages. ME forms, sharing our resident's life stories, are the first step in the Supportive Approaches to Care pillar of the program. This is ME top 10 frames are being installed to help us develop personal relationships with residents during care interactions.

The Meaningful and Active Engagement pillar is enhanced with new resources for Neighbourhood Time, a program that will be introduced across our Villages in 2025, where anyone in the neighbourhood can be involved in engaging residents!

GATHER support groups foster connections among residents, encouraging mutual support, and linking care partners with others who share similar experiences.

There are many LIMT successes to build on in 2025!



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 |
| Neighbourhood Coordinators | |
| Hagey & Johnston (LTC): Brandy Douey | 8031 |
| Wright & Matthews (LTC): Kim Boyes | 8025 |
| Downey & Pollock (LTC): Lee-Ann Air | 8037 |
| Department Directors | |
| Director of Nursing Care (LTC): Wendy Miller | 8005 |
| Assistant DNCs (LTC): Ruhab Muzaffar / Patricia Solik | 8054 / 8009 |
| Assistant DNCs (LTC): Emily Uebele | 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 |
| Nursing | |
| Charge Nurse LTC | 8055 |
| Psychosocial and Spiritual Well-being | |
| Resident Support Coordinator (LTC): Janessa | 8057 |
| Chaplain (LTC): Mike Zenker | 8011 |
| Volunteer & Student Services (LTC): Noreen Blount | 8010 |
| The Ruby Dining Room | |
| | 8224 (bar) |
| Riverstone Spa and Salon | |
| | 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 Zdrengeha | 8204 |
| Administrative Coordinator: Elena Oprea | 8202 |
| Admin Assistant: Theresa / Arsha / Melod | 8201 |
| Neighbourhood Coordinators | |
| Williamsburg: Jennifer Allen | 8208 |
| Emma's/Egerton: Sandy Taylor | 8205 |
| Becker: Victoria Leger | 8206 |
| Department Directors | |
| 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 |
| Maintenance Services (RH): Brad/ Will | 8234 |
| 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 |
| Nursing | |
| Lead Nurse (RH) | 8255 |
| Psychosocial and Spiritual Well-being | |
| Chaplain (RH): Jane Kuepfer | 8249 |
| Volunteer & Student Services (LTC): Noreen Blount | 8010 |
| Marketing | |
| Dirs. of Lifestyle Options: Sahar/Sophia | 8041/8248 |
| Village Experience Coordinator: Alex Hamley | 8048 |
| The Ruby Dining Room | 8224 (bar) |
| Riverstone Spa and Salon | 8227 |