

View from the Heights

December 2024

Christmas Dinner

Wednesday, December 4th—4:30pm

We are all very excited to welcome back families and friends to join us for our Village Wide Christmas Dinner this year.

We will be having a delicious meal accompanied by live entertainment, Christmas themed beverages and good company.

NH Christmas parties

We invite families to join us this year at our neighbourhood Christmas parties to celebrate the holiday season with live entertainment, treats, refreshments and lots of fun.

Tuesday, December 10th

6:30pm Emma's and Egerton
Neighbourhoods with Zack Erikson on Egerton

6:30pm Rymal and Stonechurch
Neighbourhoods with Bruce Tourney on Stonechurch

Thursday, December 12th

6:30pm Carrington and Scotsdale
Neighbourhoods with Heather Christine on Carrington

7:00pm Williamsburg, Becker and Ailsa Craig
Neighbourhoods with Ron Tansley in Town Hall

Giving Tree



Every year, we strive to ensure that our residents open a gift at Christmas. We will have our Giving Tree set up on LTC Main Street starting November 18th. If you choose to pick a tag please return the tag attached to the gift. This helps the elves while wrapping! We hope to receive donations of general items such as diabetic socks, small boxes of chocolate or candy, men's and women's bodywash, shampoo, lotion, cookies, boxes of Kleenex, cozy blankets, colouring books and colouring materials, as well as gift cards for Walmart to purchase special items for those who need them the most.

Items can be dropped at the front office or in the Community Centre in Long-Term Care. For further inquiries please contact Amy Radford or Marie Vanlouwe at ext. 8035 or amy.radford@schlegelvillages.com

Village Events

Details on Pages 12-13

Wentworth Heights is committed to creating a vibrant community for our Residents, and as such, we welcome family and friends to join us in our Village events and activities!



The Village of
WENTWORTH HEIGHTS

A Message From... *The Asst. General Manager*

From the desk of Sara Calder

Holiday Greetings

Dear Residents and Team Members,

As we embrace this wonderful holiday season, I want to take a moment to express my heartfelt gratitude. To our residents, thank you for choosing to make this community your home. It is an honor and privilege to have you here.

To our incredible Team Members, I am so proud of the dedication, care, and hard work you put into making this Village a truly special place. Your efforts do not go unnoticed, and I am deeply grateful for each of you.

This season is a time for reflection, celebration, and togetherness, and I hope it brings joy, warmth, and peace to you and your loved ones. Wishing you all a holiday season filled with happiness and a New Year full of promise and possibility.

With warm regards,
Sara Calder

Neighbourhood

News

From the desk of Melissa Marks

Hello Wentworth Heights residents, family and friends,

With the Christmas and holiday season quickly approaching, a reminder...

It is a Schlegel Villages policy that team members are NOT allowed to accept gifts of any kind or any value from a resident or a resident's family member. "Gift" means any item or favour that has a monetary value, and includes any form of money, good or service. Exceptions may be made where the gift is made to the entire team, department, or a neighbourhood i.e. Baked goods, box of chocolates, etc.

If you are buying your loved one clothing for the holidays, please drop it off at the neighbourhood nursing station to be labelled. We appreciate your support.

If you have any questions or concerns, please stop by my office in the Carrington neighbourhood, give me a phone call at extension 8048 or email at Melissa.Marks@schlegelvillages.com.

Merry Christmas and Happy Holidays!

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. Wishing you happiness."

- Helen Keller

Neighbourhood

News

From the desk of Blessing Iwegim

December Newsletter Submission

Season's Greetings!

"The best way to spread Christmas cheer is singing loud for all to hear." – Elf

Dear Residents and Families,

As we welcome the holiday season, we reflect on the wonderful moments we have shared this year and look forward to creating more cherished memories together. Here's what is happening this December at Wentworth Heights that has got me excited.

Upcoming Events:

Christmas Dinner

Date: December 4th

Time: 4:30 PM

Join us as we dine together! The menu this year is very exciting. I am particularly excited about dessert as sticky toffee pudding with eggnog, rum and Baileys will be served.

The Reason for the Season:

This month, as we celebrate, let us remember the true reason for the season and keep Christ in Christmas. Let us embody His spirit of giving by extending our generosity to the poor, homeless, and those in need.

Favourite Recipe of the Month

Gingerbread Cookies

Ingredients:

- 2 1/4 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 cup unsalted butter, softened
- 1/2 cup brown sugar
- 1/2 cup molasses

1 egg

Instructions:

1. Preheat oven to 350°F (175°C).
2. In a bowl, whisk together flour, baking soda, salt, ginger, cinnamon, and cloves.
3. In a separate bowl, cream together butter and brown sugar until light and fluffy.
4. Beat in molasses and egg. Gradually add dry ingredients, mixing until combined.
5. Roll dough into balls and place on a baking sheet. Flatten slightly.

Bake for 10-12 minutes, until edges are firm. Cool on a wire rack.

Health and Wellness Tips:

Winter can be a challenging time for staying active and healthy. Here are some tips to keep you feeling your best:

- Stay hydrated, even if you don't feel thirsty.
- Keep moving with indoor exercises or join our fitness classes.

Dress warmly and in layers to stay comfortable.

I hope this holiday season brings you joy, peace, and warmth. Thank you for being a part of our community and village life.

Here is to a wonderful December and a Happy New Year!

"Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful." – Norman Vincent Peale

Warm regards,

Blessing Iwegim

Neighbourhood Coordinator-Emma's and Ailsa Craig

Environmental

Update

From the desk of Heather Bell Livingstone

Village Life

We do hire the best people. Our Environmental and Maintenance team are becoming cross trained to provide excellence and heighten our level of service to our village.

Meet Our Environmental and Maintenance Team

Our dynamic team would like to extend our heartfelt gratitude. We are pleased to serve our Wentworth Heights community every day and with the Holidays and New Year upon us we would like to give thanks to our valued relationships. We realize there are no others connections comparable to those that live among us!



Merry Christmas and Happy New Year
May love be in your Life
May Hope be in your Heart
May Peace be in your World, from all of us,
on the Environmental and Maintenance Team



Hospitality News

From the desk of Michelle Piccolo

Welcome to December!

It's time for the holiday season. We are so excited for our Village Wide Christmas Dinner on Wednesday, December 4th at 4:30pm. We hope you got your tickets and reserved your spot!

On the menu:

Butternut Squash Soup
Roast Turkey
Mashed Potatoes
Stuffing
Cranberries
Roasted Root Vegetable Medley
Sticky Toffee Pudding Cake
Rum and Eggnog
Baileys and Coffee

\$30 per ticket for those not on the meal plan. We love celebrating with you every year Village wide! You always make it so special.

Merry Christmas and Happy New year from the Hospitality Team.

Please join us at our next Lettuce Talk Food meeting in the Hobby shop on Tuesday, December 10th at 10:30. Let's chat about the new menus!

The Ruby

SCHLEGEL VILLAGES' HIDDEN GEM



Dining options

Dine at The Ruby

Break bread with us.

Enjoy a delicious meal with a breathtaking view in our comfortably elegant dining room.

Or

Take-out meals

Get it while it's hot.

Pick up a freshly cooked meal and enjoy it in your room or out in the courtyard.

Wednesday – 4–6:30 p.m.

Thursday–Saturday – 11:30 a.m.–3 p.m. | 4–6:30 p.m.

Ruby on the run

Grab and eat now.

Enjoy freshly baked goodies and sweet treats.

Every Wednesday on Main Street
11:30 a.m.–2 p.m.

Catering

Celebrate special moments.

The Ruby is the perfect spot to host any special event or occasion.

905-575-4735 x 8086
emma.balaban@schlegelvillages.com

Reservations are recommended but walk-ins are welcome! **905-575-4735 x 8086**

Join us on the
10th floor!

Village Events

Joint LTC & RH

- Tuesday, December 3rd -10:00am-3:00pm EZ Fit Shoes Vendor– TS
- Wednesday, December 4th -Village Wide Christmas Dinner—4:30pm with Peter Harding—TS
- Wednesday December 11th— 2:00pm Movie with Janet “Christmas in Connecticut”-TH
- Friday, December 6th—Oakhill Student Choir– 2:00pm—TS
- Monday, December 16th-10:00am-3:00pm Bella Boutique/Wooden Roses–TS
- Tuesday, December 17th 11:00am Arm Chair Travel “North Pole”-TH
- Thursday, December 19th 2:00pm Trinity Church Bell Choir-TS
- Friday, December 20th—10:00am-3:00pm Traditions Alive Vendor—TS
- Monday, December 23rd—10:00-3:00pm The Boutique—TS
- Tuesday, December 24th—11:00am –Wentworth Heights Choir Performance—TS
- Tuesday, December 24th— 2:30pm Christmas Eve Family Service-TH
- Tuesday, December 24th—7:00pm Candle Light, Carols and Communion Service-TH

Long Term Care

- Intergenerational Music Jamboree Monday, November 18th -Dec 23rd
- Wednesday, December 4th 10:00am Joyful Brass Salvation Army Band-TH
- Friday, December 6th 8:30am Men`s Breakfast
- Friday, December 6th—2:00pm Oakhill Student Choir—MS
- Saturday, December 7th 2:00pm Pub with Shannon Graham-MS
- Tuesday, December 10th 6:30pm NH Christmas Party with Bruce Tourney (R & St.C)-ST
- Wednesday, December 11th 5:00pm Diners Club “Swiss Chalet”-MS
- Thursday, December 12th 6:30pm NH Christmas Party with Heather Christine (S & Carr)- Carrington
- Thursday, December 12th 3:15pm Residents Council-CC
- Saturday, December 21st 2:00pm Christmas Celebration with Vili V.-MS
- Saturday, December 21st 7:00pm Longest Night Service -TH
- Wednesday, December 25th 1:00pm Christmas Gift Delivery!
- Thursday, December 26th 2:00pm Boxing Day Bingo Bonanza!-CC
- Wednesday, December 27th 2:00pm Birthday Bash-CC
- Tuesday, December 31st 2:30pm NYE celebration with Kevin Beeby – MS

Retirement

- Tuesday, December 3rd—2:00pm—Pub Crawl with Stockyards—TH
- Tuesday, December 10th—6:30pm -EM/EG Christmas Party with Zack Erikson—EG
- Thursday, December 12th—7:00pm—WB,B,AC Christmas Party with Ron Tansley– TH
- Wednesday, December 31st– 11:30am New Year’s at Noon—Ruby

Village Outings

LTC

- Saturday, December 14th 1:00pm— Binbrook Santa Claus Parade!
- Monday, December 16th 6:00pm—Christmas Light Tour Carrington/Rymal)
- Monday, December 16th 6:00pm—Christmas Light Tour (Stonechurch/Scotsdale)

LTC Residents, please drop into the Community Centre any time to sign up for outings.

Retirement

- Tuesday, December 3rd -Freshco Shuttle—10:30am and 2:00pm
- Tuesday, December 3rd— Christmas Lights Drive— 6:00on (EG)
- Wednesday, December 4th –Dutch Mill Outing— 10:30am
- Thursday, December 5th—Limeridge Mall Outing— 1:00pm and 2:00pm
- Monday, December 9th –Christmas Lights Drive –6:00pm (EM)
- Tuesday, December 10th—Walmart Shuttle—10:30am and 2:00pm
- Wednesday, December 11th– Warplane Museum –1:30pm (EM/EG)
- Wednesday, December 11th— Niagara Christmas Lights Drive— 6:00pm
- Tuesday, December 17th—Fortinos Shuttle—10:30am and 2:00pm
- Tuesday, December 17th—Burlington Lakeshore Christmas Lights Drive—6:30pm
- Wednesday, December 18th –Swiss Chalet Lunch—11:30 am (EM/EG)
- Monday, December 23rd– Food Basics Shuttle– 10:30am
- Monday, December 30th—Sobey’s Shuttle—10:30am

For those of you unfamiliar with sign up day; on the allotted day, drop in to the Art Studio between 10am-3pm and fill out a ballot for each outing or special event you wish to attend. Each outing will be filled with residents by random draw to ensure fairness for everyone. Waiting lists will still exist with overflow. If you cannot make it out to sign up day you can sign up any time after by signing your name on the list in the Black binder for whichever outing you want. Binder is located in the Hobby Shop.

Sign-up day will be held:

10am-3pm Monday, December 2nd in the Hobby Shop.

You can sign up alone or with a friend/spouse on the same ballot. One Ballot per person/partners per outing.

Please check the sign-up binder, in the Hobby Shop, to see which outing you are on after sign-up day. You will receive a call from Recreation to remind you of the outing in advance.

Please ensure you cancel **MINIMUM 24 hours** before the scheduled date for an outing or special event so we can fill your spot with someone from the wait list.

THANK YOU!



Update

From the Desk of Dan Lazniewski

Winter Wellness: Senior Fitness Tips for Cold Months

As winter descends, it's crucial for seniors to maintain an active lifestyle. Despite the challenges posed by colder temperatures, staying fit during winter is essential for overall well-being. This article explores effective ways for seniors to stay active during the winter season.

Indoor Exercise

When weather conditions are unfavorable, indoor exercises become vital. Seniors can try chair exercises for joint-friendly workouts, practice yoga for flexibility and balance, or enjoy dancing at home for a joyful and heart-boosting activity.

Winter Walking

Braving the cold for a winter walk can be invigorating. Bundling up in layers and choosing well-maintained paths allows seniors to benefit from the exercise while enjoying the winter scenery.

Strength Training

Winter provides an excellent opportunity for seniors to focus on strength training. Simple exercises using resistance bands, light weights, or body weight at home contribute to better balance, stability, and the prevention of falls.

Social Fitness

Making winter fitness a social activity by joining in-person or virtual fitness classes can provide motivation and a sense of community. Connecting with others while working towards common fitness goals adds enjoyment to the routine.

Stay Hydrated and Well-Nourished

Seniors should stay hydrated during winter, even if they don't feel thirsty. Maintaining a well-balanced diet with sufficient vitamins and minerals is crucial for overall health and energy levels.

Winter does not have to be a season of hibernation for older adults. By incorporating a variety of indoor and outdoor activities, staying active, and maintaining a focus on overall wellness, older adults can thrive during the winter months. Embracing a winter fitness routine ensures that older adults remain healthy, happy, and ready to welcome the spring season with vitality.



Retirement

The Foot Care Clinic for Williamsburg and Egerton will be on December 12th and Emma`s will be on December 13th. The Foot Care Clinic for the Becker and Ailsa Craig neighbourhoods will be on December 9th at the RiverStone Spa and Salon.



Long Term Care

The next Foot Care Clinic for Long Term Care will be the week starting January 5th.

Please contact the RiverStone Spa and Salon with any questions or to book an appointment at 289 678 0021 ext 8090



Wishing you a Happy Birthday!

Our Residents

Retirement Birthday celebration will be held at the last happy hour of the month in retirement Social Club.

LTC Birthday Bash will be held on Friday December 27th at 2pm in the Community Centre

All are welcome!

- | | |
|----------------------------------|-------------------------------|
| Michelangela Floris Dec. 3rd | Annemarie Ulrich Dec. 21st |
| Margherita Marc Antonio Dec. 3rd | Christin Maclanders Dec. 24th |
| Mary Millar Dec. 3rd | Cynthia Finkel Dec. 24th |
| Roy Phillips Dec. 5th | Patricia Holbrook Dec. 25th |
| John Lambier Dec. 5th | Shirley Baylis Dec. 25th |
| Jutta Brown Dec. 10th | Walter Pett Dec. 25th |
| Darlene Finch Dec. 12th | Margaret Skinner Dec. 26th |
| David Walton-Ball Dec. 13th | Margaret Cairns Dec. 27th |
| Douglas Hatch Dec. 14th | Judith Sepp Dec. 27th |
| Jack Gecan Dec. 16th | Kerren Thompson Dec. 28th |
| Anne McGrinder Dec. 19th | Shirley Ring Dec. 29th |
| Dorilla Mullally Dec. 21st | |
| Florence Springer Dec. 21st | |
| Elisabeth Waldner Dec. 21st | |



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

Let`s Celebrate!

Our residents are loving their own personal celebration. We encourage everyone from team members and residents to participate in wishing the resident happy birthday and well wishes on their special day!

Chaplain's

Corner

December has arrived!

It has been a busy few months of learning and sharing and we extend best wishes to Elizabeth, our student counsellor, as she ends her placement at Wentworth Heights.

Watch for: **GATHERING group for Life Transitions** and a gathering of **New Residents** in January.

Sing-a-long with Janet on 2nd and 4th Wednesday at 10:30am in the Library and on Thursday mornings at 9:45 in the Chapel.

Longest Night Service—Dec. 21st. at 7:00pm. Christmas is not always easy. A time for us to offer support and friendship as we remember our family or friends who have died.

Christmas Eve Services -
2:30pm—Family service & Communion
Join us as we “listen for the Angels.”
7:00pm—Carols, Candles and Communion.

Movie with Janet at 2:00pm
“Christmas in Connecticut”
with Barbara Stanwyck and Dennis Morgan

Bible study with Ankit

Please check the monthly calendar for *times and dates!*

Please let me know if you would like to have Communion with your family or friends. On behalf of Ankit and myself, we wish you a Blessed Christmas of memories, sharing and love. Shalom, Janet

December Services

Non Denominational Church services are held every Sunday at 10:00am with Ankit, a member of our Spiritual team, and 2:30pm with Janet.

We invite you to Join us for Fellowship after the afternoon service. All residents are welcome !

Roman Catholic Mass is held on the third Wednesday of each month at 10:30am.

COMMUNION

Roman Catholic **Communion** served on Tuesdays at 10:00am in the Chapel

1st of Advent **Communion** on Sunday, Dec. 1st. at 10:00 am. and 2:30 pm

In Memoriam...

The Village Leadership, Team Members, and Residents of the Village of Wentworth Heights remember...

Ruth Hutton
Susan Smye
Ludmila Mikulasko
Gerritdina Vanderhout
Anna Wiersma



We extend our sincere condolences to these families as they grieve their loss and remember their loved one.

Our next Celebration of life will be held on
Wednesday, February 26th at 11:00am in the Town Hall



WELCOME COMMITTEE RESIDENT VOLUNTEERS

Annie W. – ext. 2123

Audrey M. – ext. 2326

Mary M. – ext. 2329

Lenore M. – ext. 2515

Barbara S. – ext. 2615

Georgette L. – ext. 2616

Tom & Donna L. – ext. 2714

Roy R. – ext. 2921

Mary C. – ext. 2822

WELCOME TO THE VILLAGE

Welcome Centre

"Seasons Greetings from your favourite team in the Welcome Centre! We are seeking donations for our stocking drive to bring holiday cheer to seniors spending the season in the hospital.

From December 2nd-6th we are accepting items to be dropped off at the Town Square gazebo. We are

looking for items like, socks, slippers, reusable bottles, lip balm, crossword books, individual wrapped candies and word search booklets. We will post a flyer in the elevator to remind you of our items. Thank you for your support and Happy Holidays.

Nicole, Bradley & Holly."

If you are unable to reach the Welcome Committee please call the Marketing team in the Welcome Centre:

Holly R. – ext. 8069

Bradley H. – ext. 8068

Nicole A. – ext. 8067

Volunteer Update

From the desk of Andrew Sangster

Hello everyone,

I would like to extend a heartfelt thank you to all the residents, leaders and team members who supported student events throughout October and November. Both coffee and conversations and SHSM were events that encouraged resident and student engagement as an intergenerational program. The various schools were tremendously happy with the success of these events. The teachers commented with gratitude on the valuable lessons and perspectives the students were able to gain from village residents. We hope to host more of these events in 2025 as schools are already lining up to come for a day of learning at WH.

In other student related news, we will have PSW students joining us in December. They will be joining for a period of two weeks beginning on December 2nd 2024. This will be their very first placement as a psw student and it will be their first time learning in our neighbourhoods. They will be wearing their trademark purple healthcare uniform. When you see the new students in the village, please assist in welcoming them. We hope that students can one day grow into being team members. We hope that they will be able to carry the lessons they learn as students into their future careers.



Schlegel Villages'
volunteers



Contact Us ext. 8087

GENERAL STORE

NO TAX!

Open Tuesday, Thursday and Saturday 10am-4pm.

NOW OPEN WEDNESDAYS 10am-6pm.

The General Store has many more new items and new hours!
Open to everyone - located at the end of Main Street on retirement.



\$2

Greeting Cards



\$1

Assorted Pop



\$1

Muffins (Tuesdays)



\$4-\$7

Frozen Meals



\$7

Frozen Pizza



\$1.50

Chocolate Bars

We are working diligently to improve the General Store. Please feel free to speak with our volunteers about any ideas you may have. We value your feedback.

PharmaChoice

Your partners in health.

VILLAGE PHARMACIES

1620 UPPER WENTWORTH ST.
HAMILTON, ON
(289) 391-0097



About Us

Located in the Village at Wentworth Heights, we are your trusted medication experts and the trusted source for all your medication and wellness needs.

Our Services Include:



Prescriptions

Filling prescriptions, refilling prescriptions, easy prescription transfers and **custom prescription compounding**.



Health and Wellness

Advice on topics including smoking cessation, heart health, diabetes, hormone health, pain management, nutrition and more.



Injection Services

Administration of many common vaccines and others like Shingles, travel vaccines and more.



Medscheck Consultation

Ensure that you are taking the right medication, at the right dose, at the right time and are not at risk for complications.



Prescribing for Minor Ailments

Assessments and prescriptions for minor ailments including UTIs, dermatitis, cold sores and more.



Home Health Care

Products and services to support you with your health at home including compression stockings, mobility devices and more.



LIMERIDGE MEDICAL SUPPLIES
849 Upper Wentworth St. Hamilton, ON
905.385.9494

- SCOOTERS, WALKERS, POWER CHAIRS
- CERTIFIED COMPRESSION STOCKING FITTERS
- SCOOTER AND MOBILITY REPAIR
- ONTARIO DISABILITY SUPPORT PROGRAM PARTNER
- DIRECT INSURANCE BILLING AVAILABLE

A Chance for... YOUR VOICE TO BE HEARD

RH Residents' Council

Your 2024 Executive Council Members:

Barbara Hillmer
Barbara Jepson
Mary Millar
Denise Mowatt
David Walton-Ball

Our next meeting will be held on
Thursday, January 16th
@ 2:30 pm

Any questions or concerns can be directed to Retirement Recreation Supervisor– Sherri Young.

LTC Residents' Council

Residents' Council will be held monthly for all residents at 3:15pm in the Community Centre. As per vote at a prior meeting, meetings have been moved from the 1st Thursday to the 2nd Thursday of the month.

Next meeting:

Thursday, December 12th at 3:15pm

This is an opportunity for our Residents to share their concerns and suggestions that will lead to enhancing life within the Village!

Any questions or concerns can be directed to Jody McDonald (Resident Support Co-ordinator) or Marie Vanlouwe (Recreation Team Member).

This is your chance to get details and follow-up of events of common interest, to join in discussions and to share our appreciation for the work of management in our Village.

You can request team member or leadership guest speakers to attend the meeting to discuss common questions related to their department. Management team members will present an update on happenings in their areas.

Make the Residents' Council meeting a time to meet with your fellow residents, the management, and the Executives for the betterment of everyone.

Please note that Residents' Council Meetings will be followed by a Wine and Cheese Social.

LTC FAMILY COUNCIL:

We are excited to share that we will be hosting LTC Family Council on **Thursday December at 6:30pm**. If you would like to be a part of Family Council or would like more information, please get in touch with our Resident Support Coordinator, Jody McDonald via email jody.mcdonald@schlegelvillages.com.



Room Reservations

Room Reservation Policy...

We are happy to try to accommodate Family requests to have parties and special celebrations at the Village so that your loved one can continue to be a part of your family's get-togethers!

Our space for these bookings is limited as these spaces are also enjoyed by our Residents for programs, visiting, and independent leisure activities.

Please speak to the Village office regarding room bookings and cost.

Community Centre -Available **after** 4:30p.m.
Maximum of 20 people.

Library LTC -Available after 4:30p.m. Maximum of 20 people

Country Kitchens—Available upon Request

School House— Maximum 20 people

Education Room (LL)— Maximum 40 people

Please note: If your group size exceeds the maximum for the space, we respectfully ask you to book at an external venue or contact the Ruby for a catering event. Thank-you for your understanding.



Upcoming Services

Denture Services

Direct Denture Services provides on-site denture services to residents living in long-term care and retirement.

To book an appointment on site as needed, please scan QR code, call 416-482-3700 or email us at reception@directdenture.ca

Alternatively, you can ask the Nurse to send a referral form to our office.



Footcare

STEP AHEAD is a partnership of specially trained nurses, who provide foot care.

Retirement:

Williamsburg & Egerton:

December 12th

Emma's:

December 13th

Becker & Ailsa Craig:

December 9th

Long-Term Care:

January 5th

Please contact the Riverstone Spa x8090 to make a foot care appointment or to arrange a standing appointment.

Hearing Clinic

Upcoming dates on:
December 11th & 18th

Please visit us in council chambers on retirement Main Street.

Please call 1-888-745-5550 to book an appointment.

Please see page 24 for more details.

Dentist

The Smile Room offers a mobile dentistry service in the Village.

Please call 1-888-274-9569 to book an appointment.

December 17th

Clinic will be held in the Rymal neighbourhood country kitchen.

Please keep an eye on the newsletters and posters in the Village for upcoming clinic dates.

Eyecare Services

On-Site Specialists offers comprehensive eye care services in the Village, including complete eye examinations, full assortment of eyeglass and optical needs, etc.

Please call (905) 326-9900 or email consult@onsitespecialists.com to book an appointment.

NO CLINIC SCHEDULED THIS MONTH

In addition, please speak with your Nurse for a consent form which can be internally sent to our office.

Spa and Salon

The Riverstone Spa and Salon, located on retirement Main Street offers a variety of services, including:

Hair care for both men and women,
Manicures,
Pedicures,
Facial Waxing,
And more!

Please call 289-678-0021 or ext. 8090 to book an appointment.

For a full list of services, please visit Riverstone Spa and Salon in-person or on their website: www.riverstonespasalon.com

**** Dentist and Eyecare Services: Clinic frequency is dependent on the registration for the service ****



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

In Council Chambers on Retirement Main Street:

December 11th & 18th

For more information or to book an appointment at The Village of Wentworth Heights, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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.

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.

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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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!



YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

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