

The Gates Gazette



Season's Greetings

Village Photos



Thank you to Everyone that came out to support the Christmas Market this year we raised approximately \$2,400.00



**11
DEC**

Holiday Open House

ALL ARE WELCOME TO JOIN US AT 2PM
ON MAIN STREET

MUSIC | PHOTOGRAPHY | FOOD & DRINK

Holiday Festive Days

Dress-Up Theme Days

21

DECEMBER

First Day of Winter
Dress in your winter wear!

25

DECEMBER

Christmas Day
Dress in your fun Holiday wear!

26

DECEMBER

Boxing Day
Pajama Day!

30

DECEMBER

New Years Eve
Dress to Sparkle Day!



Getting to know you

Name: Sarah Harris



Position: Program for Active Living Coordinator

Describe University Gates in 3 words. :

Collaborative... Empowering... Active!

What led you to this profession?

After my mom was diagnosed with Ovarian Cancer, I began researching ways to prevent cancer and live a healthier lifestyle.

I was doing a Masters of Kinesiology and had the opportunity to work with seniors at a local seniors only fitness centre. Although I loved working with this population, I began a career in rehabilitation. After 4 years working in hospital, I set out to pursue a career in Long Term Care where I could build deeper relationships with residents and help improve all aspects of their life!

What's the most rewarding part of your job?

Providing opportunities for residents to reach & surpass goals they didn't know they were capable of!

Tell us how you first got involved with University Gates.

I saw a newspaper article on Schlegel villages providing the opportunity to go skydiving with their residents. I got lucky that they were hiring for a PAL Coordinator that checked all my boxes!



Sarah Harris

Tell us a little about yourself.

I am a big athlete! I am a part-time CrossFit coach, and compete in weight lifting competitions. I also played for the Brock University tennis team, and continue to hit with my father who is a tennis instructor. I love yoga, running, trail walks and can be guilty of drinking too many coffee's....

What are your hobbies, your talents, your interests?

Other than CrossFit and tennis, I enjoy going out for breakfast with friends and family. I am a very competitive person and am always excited to play card games and dominoes.

Do you have a favourite quote?

"More hands make less work!"



Getting to know you

Sarah Harris, Continued

What do you wish other people knew about University Gates?

University Gates is truly rooted in their values, providing life purpose for all their residents in a beautiful, clean, inclusive home.

What characteristic do you admire in other?

I truly admire people who are witty and sarcastic. I am a very literal person but admire playful banter.

What is your biggest pet peeve?

People who are overly judgemental... we are all just trying our best!

Who was the most influential person in your life?

My mama! My mom was the strongest, most kind and loving person in the world. I try to live my life to make my mom proud in Heaven.

What is the best advice you have ever been given?

Never stop learning. My dad always says "education is the one thing people can't take away from you".

What is your personal philosophy?

You can't pour from an empty cup. I believe personal health and wellness should come before caring for others. You must keep yourself strong and healthy to then do the same others.

Quick Hits!

My dream vacation:

Italy! I want to see the Colosseum, and eat yummy Italian food!

Favourite book:

Tuesdays with Morrie

Favourite music:

Old rock. Foreigner is my favorite band!

Messy or organized:

Very Organized. I love a calendar, addenda and a check list.



Coffee or Tea:

Coffee! (4-5 a day...)

Pets:

None at the moment. A dog is in our future.

I absolutely, positively will never, ever eat:

Tomatoes. Yuck.

Three things I cannot live without:

- The Gym
- Coffee
- Memories of my mama.

• Resident Right 29

Every resident has the right to raise concerns or recommend changes in policies and services on behalf of themselves or others to the following persons and organizations without interference and without fear of coercion, discrimination or reprisal, whether directed at the resident or anyone else: Residents' Council, Family Council, the licensee, staff members, government officials, any other person inside or outside the LTC



Join Us at the Ruby this Holiday Season

The Ruby

UNIVERSITY GATES' HIDDEN GEM

Christmas Features

Appetizers

Soup of the Week

Roasted Butternut Squash and maple
\$7

Mushroom and Goat Tart

Creamy goat cheese mixed with fresh
Herbs and mushrooms baked until
Golden and drizzled with Pomegranite
\$13

Apple Pecan Salad

Crisp apples with Kale and Cos greens
Candied Pecans, Craisins, Radish
& Cucumbers in a maple Dijon dressing
\$13

Entrees

Pan Roasted Canadian Atlantic Salmon

Sct on Tomato and Dill basmati rice with Seasonal Vegetables
and sauced with Hollandaise
\$27

Brie Stuffed Chicken Supreme with Rosemary Cranberry jus

on Gratin Potatoes and Seasonal Vegetables
\$27

Grilled 6oz Canadian AAA Sirloin Steak

with roasted mini red Potatoes, Seasonal Vegetables and our Red wine Demi Glace
\$29

Butternut Squash stuffed Ravioli

tossed in a citrus butter with red lentil and Arugula. Topped with toasted walnuts
\$25

Desserts

Sticky Toffee Pudding

Layers of dense sponge cake with chopped
dates and topped with whip cream
\$9

OR

NY style baked cheesecake

Smooth and creamy vanilla cheesecake
smothered with your choice of Chocolate,
Vanilla or Cherry Topping
\$8

Holiday hours

December 18th Dinner Service

December 19 – 22 Lunch and Dinner Service

December 23 Diner Service

December 24 Lunch and Dinner Service

December 25 & 26 CLOSED

December 27 Lunch and Dinner Service

December 28 Lunch and Dinner Service

December 29 & 30 CLOSED

December 31 Dinner Reservations Required

January 1 Closed



NOVEMBER ATHLETE OF THE MONTH: RON GEHL



ABOUT RON:

Ron is a strong athlete who always says "Yes!" to exercise. He attends almost every group class and is often found on the NuStep in the Fitness Center. Ron loves staying active and his advice to his fellow residents is "Keep practicing and participating". Congratulations Ron!

FUN FACTS:

- His favourite snack is Munchies Chips! 
- Ron used to work in a factory making car seats and springs.
- Ron was a Cub Leader for the Boy Scouts for 27 yrs!
- Ron used to love riding motorcycles. 

GREAT JOB, RON!



FITNESS GOALS:

Ron is currently working on building strength to maintain his transfer status. He hopes to walk again some day.

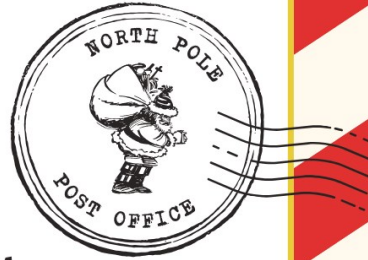
FAVOURITE CLASS:

Ron enjoys ALL the classes offered at UG! From Tai Chi to Total Body Fitness, Ron is always working hard.



Holidays in Retirement

BE A SANTA FOR A SENIOR®



Dear Residents & Families

Do you want to be "A Santa for a Senior"? We have partnered with Home Instead this holiday season to help those in need. Please stop by the Welcome Centre in Retirement to pull an ornament from our Christmas tree. Each ornament has a name of a lonely or financially challenged older adult in our community as well as gift ideas for each senior.

Pull an ornament from our tree and buy the corresponding gift for the senior. Please bring the gift to the Welcome Centre unwrapped by Wednesday, December 18th.

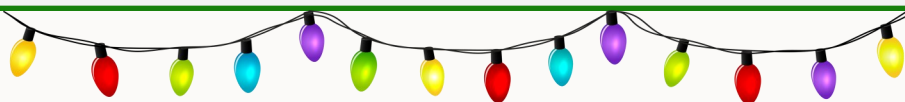
We thank you for your donations this holiday season.

Ho! Ho! Ho!

The Welcome Centre



Village News **Long-Term Care**



Christmas lights tours for December
Talk with your neighbourhood recreation team member for more details.

Resident council
Thursday,
December 19th
2PM in the
Chapel

Family Council
Thursday,
December 12th
10:30am

Theme Days

December 21—Winter Wear Day
December 25th—Holiday Wear Day
December 26th—Pajama Day
December 31st— Sparkle Day



Holiday Parade

Coming to your Dining Room
during lunch!
December 13th

Happy Birthday!

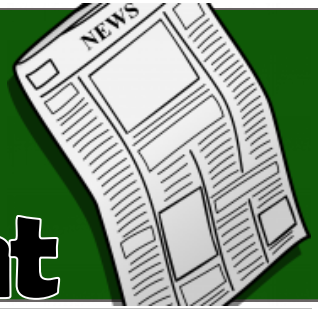
Bernice B.
Audrey C.
Emory E.
Wolfgang K.
Stevo K.
Glenn M.
Rosalia M.
Crispin R.
Anna R.



Lucile R.
Valentyna S.
Mary S.
Christopher S.
Jennifer S.
Donald S.
Robert W.
Manfred Z.

Village News

Retirement



Vendors in December

Dec 3rd, Adrian's Fashion's

Dec 6th, Vicky's Gem's

Dec 9th Rita's Flowers & Gifts

Dec 13th The Boutique

Christmas Lights Tour



Talk with your neighbourhood recreation team member for more details..

December 17th
UG Choir
Starting at 10:30

December 2nd
Waterloo Chambers
Players
Starting at 2:30

Conestoga Blood Pressure Clinic
December 10th and 12th
From 9:15 am—1:00 pm in Social Ccub

Birthday Bash
December 18th at
2:30pm
With Junyet

December Birthdays!

Edward B.

Margaret B.

Bernice B.

Verda C.

Irene E.

Murray F.

Kaare H.

Mary H.

Elizabeth J.

Melvin J.

Carole J.

Glen L.

Bernard L.

Glenn M.

Harold M.

Enid M.

Catherine O.

Loretta S.

Nancy S.

Dorothy T.

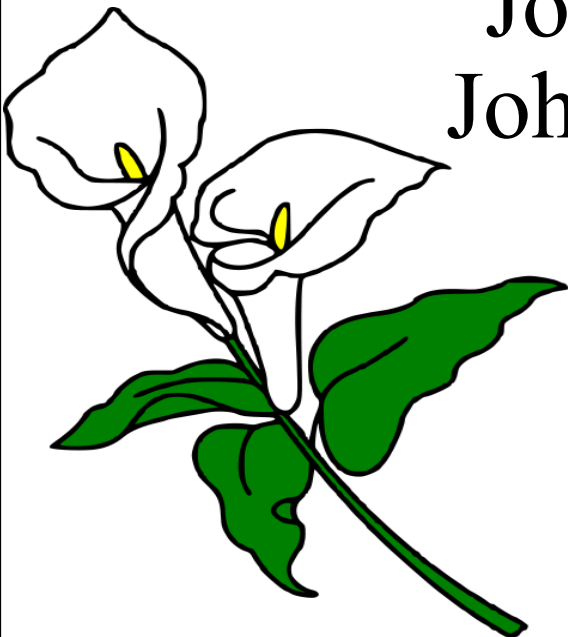
Grace V.



We Remember



Helga A. (LTC)
Evelyn A. (LTC)
Alan G. (RH)
Mark M. (LTC)
Gerald S. (LTC)
Leslie S. (LTC)
Margaret S. (LTC)
Catherine T. (RH)
Joe V. (RH)
John W. (RH)



*Thank you for sharing
your time with us*

Spiritual Care Service (LTC)



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

3 Giving Tuesday

8 Bodhi Day *(One of the most significant days in Buddhist history and is generally observed quietly. Meditation or changing practices may be extended)*

24 Christmas Eve

25 Christmas Day

25 Hannukah (until Jan. 2)

26 Kwanzaa (until Jan. 1)



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 Dec 4 & Wed Dec.18

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.*

Christmas Services

ADVENT: Four Pre-recorded Avent Services will be available for neighbourhoods or individuals to watch. One coinciding with each Sunday of Advent.

A Special 'CHRISTMAS SERVICE' will be Pre-recorded and made available through our amazing Recreation Team.

There will not be any Rosary or Chapel services for the weeks of Christmas and New Years. We will resume in the new year.

**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@
uwaterloo.ca**

519-904-0650 x 8249

Our Spiritual Life Together

December is here! Perhaps it doesn't come with quite the same excitement as it did when we were children, and loved snow and Santa Claus, but it is still a month that evokes warm sentiment and hopefully brings out the best



in people! In this darkest month of the year we need all the bits of light we can find—the light of generosity, the light of hope, the light of friendship and family love, the light of new life and new possibilities.



By the end of December the world will have celebrated Christmas, Hanukkah, and Kwanzaa. As Martin Luther King Jr. once said, "darkness cannot drive out darkness; only light can do that". May there be lots of light in our hearts and our homes this December!

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

Tuesday Spiritual Life Gatherings at 2:30 in the Town Hall:

Dec 3—Advent: Waiting

Dec 24— Handel's Messiah (video)

Dec 10—Habitat for Humanity

Dec 31—Prayers as a

Dec 17— UGates Choir

New Year begins

DECEMBER SPECIAL EVENTS:



Friday, Dec 20—Blue Christmas event

Sunday, Dec 22—Lessons and Carols Service

Christmas morning—Pre-recorded Service

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 December 1st at 10:45, Sunday December 15th at 10:30

Communion and Rosary: Thursday December 12th at 2:00 pm **Mass:** Friday December 27th 11am with Father Jamroz (confession available before and after)



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, December 3rd and 17th 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, December 6th 2:30-3:15**
& December 20th

Where? Retirement Home Town Hall

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





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 University Gates, 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.

Quality & Innovation Update



LTC



- Quality Improvement Plan Worsened Pain Updates:
 - PRN Pain Medication charting – Education in May and October 2024, as well as to all new hires. Post-Assessments almost perfect, and pre-assessments improving, but room to continue to grow
 - Pain Resource developed and education provided to registered team at registered team meetings and new registered orientation. Need to continue to educate PSWs
 - Clinical review of as needed pain medication trends occurred 5 times since implementation of QIP. As of last available data, residents experiencing worsened pain has decreased to 10.6%.
 - Multidisciplinary Pain Committee meetings has occurred once – difficulty in getting multidisciplines together. Adjusting recruitment methods to team.
- Quality Improvement Plan Worsened Pressure Ulcer Updates:
 - Skin&Wound Lead and Nurse Practitioner reviewing all Pressure Ulcers weekly, to ensure timely and efficient follow up, education, and intervention changes
 - Skin&Wound Lead has a new backup in place, to support with assessments and follow ups as of October 9 (3rd one!)
 - Provided resource guide on the neighbourhoods to assist RPNs with best practice, staging, and assessment guidelines – education to registered team ongoing
 - Twice monthly documentation audits being completed, with gaps being addressed, and education being provided. Anecdotal progress being noted, however, new strategies to be discussed with quality committee
- Quality Improvement Plan 'Staff Respond to my Suggestions' Updates:
 - Collected Suggestion Box suggestions October 24, November 15, November 26 – suggestions all related to supporting Team Members
 - Asked residents at Village Town Hall how we are doing at responding to their suggestions in November. Comment made that a combination of group and 1:1/direct followup regarding resolutions would be helpful

Quality & Innovation Update LTC



- Quality Improvement Plan 'Usage of Antipsychotic medications without a diagnoses of Psychosis' Updates:
 - Educated 37% of PSWs about Behaviour Monitoring and Intervention Tool, educated 47% of Registered team about behaviour observation tool.
 - Comprehensive review of charts of 40 residents receiving antipsychotic medications, to assess for potential reduction with psychiatrist support
 - Have reduced antipsychotic medications (and optimized medications) for 16 residents
 - Have reviewed the charts of new residents receiving antipsychotic medications prior to their initial care conference
- November Back to Basics day of theme 'Connecting People Around the World' postponed to December. Complaints related to Care & Treatment: October 0, November 5.
- Connect the Dots customer service education held again November 26, 26 Team Members attended. Complaints related to Attitude, Communication, Resident Rights, and Timing: October 6, November 0.
- Dementia Education provided to Team Members on October 28. Incidents on Hagey: September 27, October 34. Incidents on Wright: September 4, October 0. Incidents on Pollock: September 3, October 0.
- Dementia Education provided to Families on November 12 with positive feedback.



RIA Highlights - December 2024

1. Meet the RIA

When: Tuesday, December 3

Time: 9 am - 11 am

Where: University Gates Retirement Main Street

What: Meet your neighbours from the Schlegel-UW Research Institute for Aging (RIA) at an information table that will be set up on Main Street. Learn more about our work and how you can get involved in research.



250 Laurelwood Drive Waterloo, Ontario N2J 0E2 www.the-ria.ca

Schlegel Villages – CONNECTIONS



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!



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!

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 Zdrengea	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): 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
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 Zdrengha	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 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
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