

# Riverside REVIEW

Vol. 26 Issue 12 December 2024

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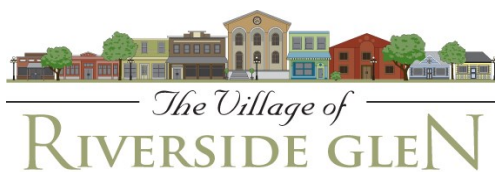
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## Mission Statement

Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.

## *Hello* DECEMBER

Frosty Whispers, Cozy Moments



*Message from*

# BRYCE MCBAIN

Dear residents, family members, and team members.

As we enter this festive season, I'd like to take a moment to reflect on the joy and togetherness that fills our Village. On November 29th, our annual Village of Riverside Glen Christmas Market was once again a truly magical day. Seeing everyone come together to share the spirit of the holidays was heartwarming. My heartfelt thanks go out to the volunteers, team members, residents, families, and community members who made it all possible. Your efforts remind us of the incredible power of community.

This time of year is about more than decorations and gifts—it's about connection, love, and the moments we create together. One story that always warms my heart is that of a resident who found an unexpected way to share the Christmas spirit with others.

Last year, one of our residents, known for her talent for knitting, decided to spend her December creating small, handmade scarves for children in need. She worked quietly in her room, pouring care into each stitch, and by Christmas Eve, she had a box full of colorful scarves ready to donate. When asked why she took on this project, she simply said, "It's my way of giving love and warmth to someone I may never meet."

This story reminds me of the beauty in the simple things we do for each other, especially during the holidays. It's not always about grand gestures—it's the small acts of kindness, the time spent with loved ones, and the memories we create that make this season so special.

As we prepare to celebrate with family and friends, I want to wish each of you a healthy and happy holiday season, a Merry Christmas, and all the best for the new year. May your days be filled with laughter, warmth, and the joy that comes from being together.

Warm regards,  
Bryce

# Chaplain's Corner

To Residents, Family, and Team Members

I thought I would give you a little history of the carol, The Twelve Days of Christmas, that you may not know. Despite the secular nature of the verses, it was written as a song for children to remember the lessons of their faith. Due to political conditions in England between 1558 and 1829, "Merry Christmas" or beliefs, especially related to the Catholic faith were not allowed to be expressed, so some inventive author hid the beliefs in the words. Here is hidden meaning of each line:

The true love refers to God.

Partridge in a pear tree is Jesus.

Two turtle doves is the Old and New Testaments.

Three French hens are faith, hope, and love.

Four calling birds are the 4 gospels (Matthew, Mark, Luke, and John)

Five golden rings are the first 5 books of the Bible.

Six geese-a-laying are the 6 days of creation.

Seven swans-a-swimming are the 7 gifts of the Holy Spirit (wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord)

Eight maids-a-milking are the 8 Beatitudes (Blessed are...)

Nine ladies dancing are the 9 fruits of the Holy Spirit

Ten lords-a-leaping represent the 10 Commandments

Eleven pipers piping represent the eleven faithful apostles of Jesus

Twelve drummers drumming represent the 12 points of belief in the Apostles' Creed.

Blessings to you,

Rev. Brenda Woodall

## In Memoriam

The Board of Directors, Leadership, Team Members and Residents were saddened by this month's passing of:

*Eileen M*

*Joan G*

*James J*

*Claire M*

*Simon W*

*San F*

*David P*

*Glenn L*

*Clifford J*

*Ronald M*



# Message from Your Long-Term Care Family Council

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

Hello family members and friends,

The elves have set up a beautiful Christmas tree in the Riverside Glen lobby and sprinkled cheerful decorations throughout the neighbourhoods! I still feel, even after 60 plus years, a little thrill of excitement as I see the decorations go up. I love the bright lights and colours which bring back memories of past times. Whether you celebrate Christmas, Hanukkah, Kwanzaa, Bodhi Day, or another holiday, or no specific holiday, and just enjoy the excitement in the air, there is one thing at this time of year especially that is relevant for each of our loved ones. The importance of connection.

Major holidays can trigger lots of emotions for everyone, but especially for those in long term care. The music, festivities, and entertainment can bring out happy feelings and good memories, but there can also be a sense of loss and grief more keenly felt during this holiday season as they remember and miss past times and people. It is so vital for their well-being to connect to their family and friends. Your presence here will always be more meaningful than your presents, so please do call, visit, send a card and join in with them for one of the many December events.

We held our Family Council meeting on November 14th, and had an excellent presentation from Devon Richards, Assistant General Manager of Long Term Care, Deb Guthrie, Director of Nursing Care and Cheryl Rider, Director of Quality and Innovation. They cleared up many of our questions about how care plans are crafted, how the Point Click Care system is used, and who to approach if you want a change to the care plan of your loved one.

A reminder to all visitors - your "little cold" can lead to pneumonia in our vulnerable loved ones, so please do not visit if you are the least bit sick! And do remember, even when you are healthy, to wear a mask and clean your hands frequently, it really does help keep the "germs" away. We are looking forward to a future meeting, the date as yet unconfirmed, with an IPAC, (Infection Prevention and Control), representative. We would like to learn more about how infection control at the Village is handled, and are curious about outbreak and isolation policies, so stay tuned!

If you are considering making the move to long term care for your loved one, or have just recently helped a loved one move into Riverside Glen, you might like to check out the very helpful, newly published, "Making the Move to Long Term Care", guide available online at The Family Councils of Ontario website: <https://app-na1.hubspotdocuments.com/documents/43723380/view/902220619?accessId=2dcf9a>

This guide contains over 130 pages and it is a handy resource to link to and share with anyone who is thinking about starting down the path to long term care. It contains information on how to start the assessment process, tips to help with moving in, and advice about visiting along with lots of other information.

Our Family Council meetings are virtual and held at 6 pm on the second Thursday of each month. Our next meeting will be held Thursday December 12th. Please do join us if you are supporting a loved one at Riverside Glen Long Term Care. Jaqueline Swan will be sending out invites a few days before the meeting to the names on her contact list. And finally, from all of us at Family Council, our best and most sincere thanks to all the amazing team members at Riverside Glen who have provided such excellent care to our family members in 2024. We are truly fortunate that our loved ones are in such capable and caring hands. We wish you all a wonderful holiday season and a Happy New Year!

Wendy Presant (Interim Chair of Family Council for Riverside Glen Long Term Care)

# *Riverside Glen* *welcomes new residents*

*to our community*



*Ē Komo Mai*

*Bem-Vindo*

Welkom

## Welcome

Witajcie

*Benvenuto*

Bienvenue

*Karibuni*

### *Retirement*

Tony A  
Gina M  
Bianca A  
Ronald M  
Tunney M  
Maria P  
Ernest M  
Elizabeth M  
Barry

### *Long Term Care*

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

# PHOTO REVIEW OF NOVEMBER



# COMING UP IN DECEMBER

Mon, Dec 2nd 6:45pm	Lighting of the Village
Sat, Dec 7th 2:30pm	Neighbourhood Christmas Parties
Sat, Dec 15th	Christmas Sweater Day
Wed, Dec 18th 10:30am	Songbird's Jolly Holiday Concert
Tues, Dec 24th 2:30pm	Christmas Eve Church Service
Wed, Dec 25th 2:00pm	Christmas Day Entertainment Live with James Skarnikat
Tues, Dec 31st	New Years Eve!

## Vendors

### Patricia's Boutique

Monday December 9 10-2 Mainstreet RH

### Cameron Cards

Thursdays December 12 10-2 Mainstreet Rh

### Hilda's Alterations

Tuesday December 17th: 2-4 Mainstreet RH



# Schlegel Villages – CONNECTIONS



Season's  
Greetings

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!





# Schlegel Villages – CONNECTIONS

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## Mission-driven GROWTH

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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**

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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!

## Happy December from the PAL team!

As colder weather approaches, many people find it more difficult to continue engaging in physical activity. This is largely due to the fact that a popular favourite activity is walking outside. Winter conditions such as ice, snow and slush make it more dangerous to participate in outdoor activities since they are unpredictable.

Although walking outside may no longer be an option, it is still just as important to continue to engage in physical activity. This winter, we want to encourage residents to try out new forms of exercise. This can be a fun way to challenge your mind and body which can help to improve sleep, and boost your mood, something we all need during the colder months.

### Outdoor safety

Continuing exercise outdoors during the winter is still a possibility but with a couple of extra safety precautions.

- Make sure to dress warm, including a good coat, warm pants, a hat, gloves, and a scarf.
- Use devices such as walking poles and shoe spikes for safety on unknown and icy terrain.
- Avoid paths that are not maintained and may be slippery

### Staying active indoors

Some enjoyable ways to continue being active indoors are;

- Using a stationary bike, there are some at Riverside Glen in the fitness center
- Yoga or tai chi
- Get Fit classes led by the PAL team
- Going for walks indoors
- Seated strengthening exercises
- Dancing



**Make sure to stay warm!**

**Sincerely, Your PAL Team**



# Athlete of the Month: June M



This is June MacMillan, December's

★ Athlete of the Month! June can always be found walking throughout the village alone or with a friend.

★ She makes sure to get her 10,000 steps a day. June is always up for exercise and attends programming almost daily.

June pushes herself to be the best she can be every day and continues to motivate others in the village.

Congratulations June on being the Athlete of the Month!



## 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.

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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.



## Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

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

**1-888-745-5550**

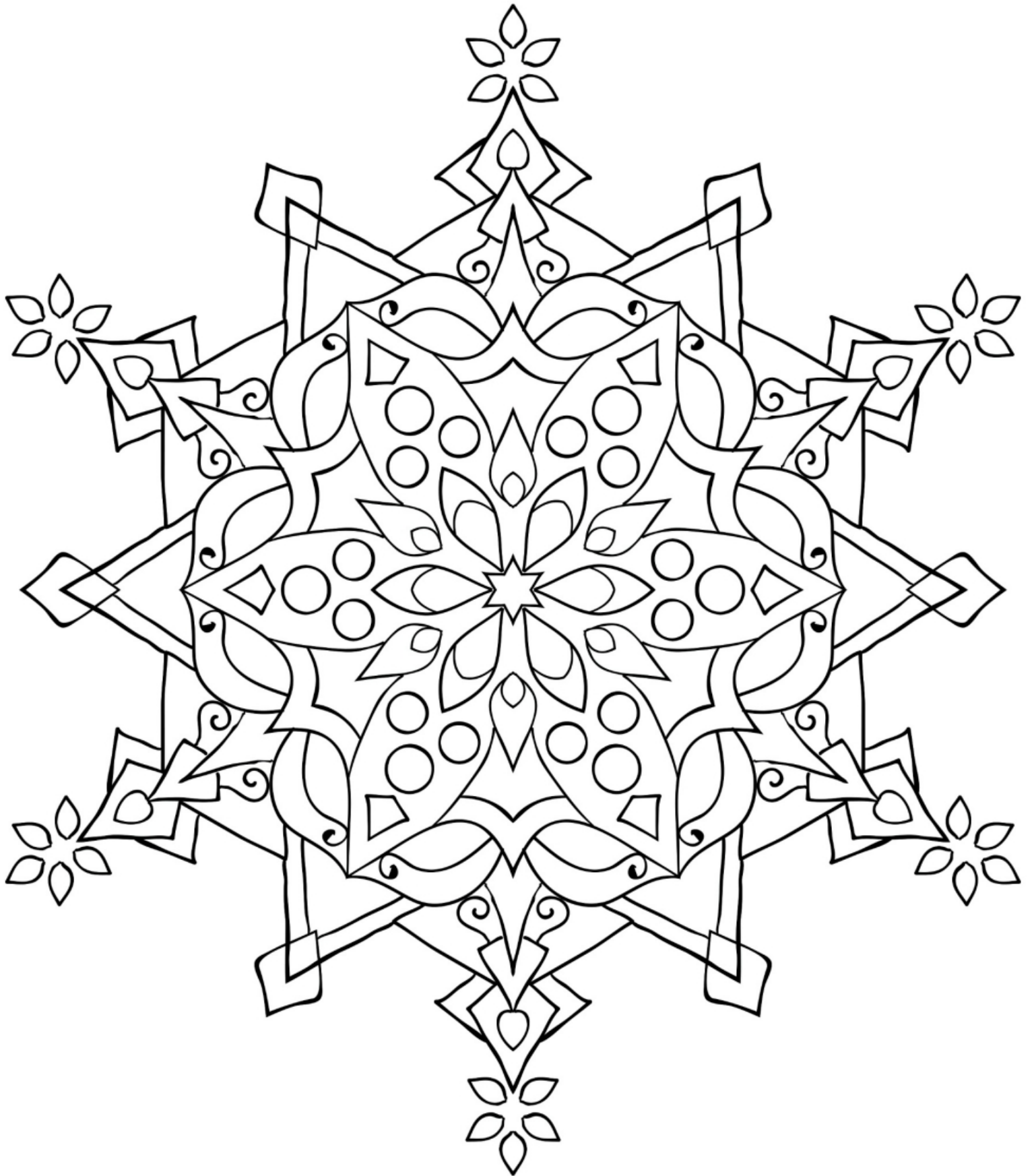
[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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# Happy Birthday

## Resident Birthdays

## Team Member Birthdays

### VILLAGE VOICE NEWSLETTER

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

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

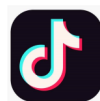
Margaret J	Dec 03	Amanda S	Dec 01
Hector R	Dec 03	Bansari P	Dec 03
Alice J	Dec 04	Barbara D	Dec 04
Sandra D	Dec 06	Navneet K	Dec 04
Edward P	Dec 07	Ravleen K	Dec 05
Clifford J	Dec 07	Rincy V	Dec 06
Simon W	Dec 09	Yemisi O	Dec 09
Ruth Ann R	Dec 09	Madalynn B	Dec 10
Amalia G	Dec 09	Carolyn C	Dec 11
Michael M	Dec 09	Alisha C	Dec 11
Elaine O	Dec 11	Harwinder K	Dec 11
William M	Dec 12	Hilda M	Dec 11
June M	Dec 14	Shiny J	Dec 12
Patricia W	Dec 15	Ann Catherine S	Dec 12
Carol B	Dec 15	Colleen F	Dec 13
Ellen S	Dec 15	Aryelle M	Dec 14
Darcy M	Dec 16	Madelynn P	Dec 14
Dorothy W	Dec 16	Connie T	Dec 14
Pauline W	Dec 18	Gaganpreet K	Dec 16
Jeanne S	Dec 19	Lylah W	Dec 16
Xinzhen S	Dec 23	William H	Dec 17
Nancy H	Dec 23	Flordeliza L	Dec 17
Margaret B	Dec 24	Samrawit B	Dec 18
Marc P	Dec 24	Ritesh K	Dec 19
Marek K	Dec 25	Eivernpreet K	Dec 20
Lyle K	Dec 26	Colby D	Dec 21
Ann M	Dec 28	Mandeep B	Dec 22
Gary T	Dec 28	Abiodun I	Dec 23
Lucy L	Dec 29	Roseline K	Dec 23
Bill Z	Dec 30	Jesica D	Dec 24
Mary G	Dec 31	Charity M	Dec 24
Bill C	Dec 31	Pabitra K	Dec 26
		Simret M	Dec 26
		Katrein H	Dec 27
		Daniel A	Dec 30
		Precious E	Dec 31
		Simranbir K	Dec 31



@riverside\_glen



The Village of  
Riverside Glen



@villagelife\_sv

## Birthday Celebrations

### **Retirement Birthday Party**

Tuesday, December 17th at 2:00pm in the café  
with Aidan Purnell

### **Long Term Care Birthday Party**

December at 2pm in the café with

# The Village of Riverside Glen Directory

Phone 519.822.5272

## Retirement Home

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



# The Village of Riverside Glen Directory

Phone 519.822.5272

## Long Term Care Home

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