

# The Winston Word

NEWSLETTER VOLUME 8 ISSUE 1

JANUARY 2025



**Ear & Hearing Clinic  
at Winston Park**

For an appointment with an  
Audiologist please call

**1-888-745-5550**

Hearing Tests  
Hearing Aids  
Repairs

**Happy Birthday  
to our residents  
and team who are  
celebrating their  
birthdays this month!**

**Meet Our  
Spiritual Care Team**

**Kathleen & Hector**



Kathleen's focus is serving  
the residents of LTC.

Hector supports both  
sides of the Village.

Please stop by either of the  
Chapels to say hello!

*in*  
**Memoriam**

*Our Team Members, Leadership, and  
Support Office were saddened by the  
passing of the following residents.*

Werner C  
Barbara D  
Florence H  
Marlene H  
Annie K  
Maria L  
Helen S  
Marie S  
Mary S  
Ross G



The Village of  
**WINSTON PARK**

# Village Events

## January Events

### Alzheimer's Chat

January 30th 10:00am  
John Sweeney

### Timbit Day

January 14th  
All Neighbourhoods

### Grand Slam of Curling

January 16th  
Please see posters in the village to RSVP

### Vendors

January 23rd 11:00am-3:00pm  
Library  
Nelly's comfort Shoes

### Celebration of Life

January 10th 2:30pm  
RH Dining Room

## WELCOME TO THE VILLAGE!

Last month we welcomed the  
following residents to Winston Park:

Mary B  
Freda B  
Ekaterina D  
Bhadurali H  
Phyllis K  
Annemarie K  
Joan S  
Lidia S  
Brenda T  
Edwin A  
June F  
Margaret J  
Jean J  
Donna P  
Anne R

## Reminder To Our Pet Owners

We are happy to see so many furry friends  
visiting our village these days.

Please drop off a copy of your pet's  
vaccination records at either office. The  
Ministry of Long-Term Care requests that  
we keep these records.









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## *As we say goodbye to 2024*

It's really hard to believe that the year has come to a close already. "They" say that as you get older, time flies even faster. I think "they" are correct. There is so much that happens in the village over the course of the year that it's hard to remember everything. We have had lots of great events; PRIDE celebrations, the classic car show, Grand Parents' Day celebrations, Halloween parade with many, many children, the Christmas Market, and very successful Christmas Dinner celebrations with family and friends. Not to worry, the team has already start to plan their calendar of events for 2025 – lots to come! On top of all that we opened the remaining 64 beds in LTC and welcomed new team members and residents into the Village family. A huge thank you to everyone for all your patience during the construction process. It's hard to imagine that it was 5 years from the time that we broke ground to opening the final 64 beds in August 2024. It was quite the journey. We have so much to be grateful for as we close out the year. We have welcomed many new residents into the village and have said farewell to many residents as well. So much to reflect upon.

Infection Control: We would just like to remind everyone to be very diligent as we move into the new year with your handwashing and notifying us if you are feeling the least bit unwell. We have experienced a few outbreaks in the last couple of months and will do our best monitor and keep everyone healthy. Please make sure to remind your family and friends that if they are feeling the least bit unwell, that they should not visit the village. Resident well-being is our main priority.

WELC  ME

A very warm Winston Park welcome to all our new residents. We look forward to getting to know you and your family & friends!

*How ever you choose to celebrate the New Year, be it quiet or at a party with family and friends, Tara w (AGM Retirement), Luke (AGM LTC) and I would like to take this opportunity, on behalf of the team at Winston Park, to wish you all a very **Happy & Healthy New Year!***



# GRAND SLAM OF CURLING

Limited  
spots  
available

## 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.



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!





# 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.

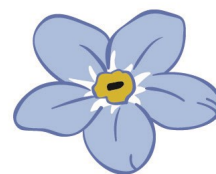
People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease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







# 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

## Upcoming Dates

January 9, 23 2025

For more information or to book an appointment at The Village of Winston Park, please call

**1-888-745-5550**

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



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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



## 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](http://the-ria.ca/resources/words-of-wisdom)





## **LTC Family Council**

Family Council is a group of family members and friends of the residents of a long-term care home who gather for peer support, education, and to improve the experiences of all people in long-term care. **We are seeking general members.**

Minutes will be posted at the LTC main entrance (Door #2).

To find out more please contact [winstonpark.familycouncil@schlegelvillages.com](mailto:winstonpark.familycouncil@schlegelvillages.com)



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## Retirement Home Leadership Directory

Brad Lawrence	General Manager	Ext. 8003
Tara Rosenow	Assistant General Manager (Ret.)	Ext. 8010
Gillian Alexander	Director of Lifestyle Options	Ext. 8002
Katie March	Director of Lifestyle Options	Ext. 8008
Jane Panta	Village Experience Coordinator	Ext. 8015
Matthew Walsh	Director of Hospitality	Ext. 8004
Brad Rideout	Director of Environmental Services	Ext. 8006
Joe Bischof	Assistant Director of Environmental Services	Ext. 8116
Krista Punter	Recreation Supervisor	Ext. 8062
Shirley Tulk	Neighbourhood Coordinator <b>Williamsburg</b>	Ext. 8215
Joelle Duchaine	Neighbourhood Coordinator <b>Egerton &amp; Becker</b>	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator <b>Emma's</b>	Ext. 8012
Grace Nwanoshiri	Dining Room Supervisor	Ext. 8273
Carmen Niculescu	Wellness Coordinator	Ext. 8029
Elizabeth Westacott	Assistant Wellness Coordinator	Ext. 8209
Hector Pineda	Spiritual Care	Ext. 8011
Karena Nnebo	Administrative Assistant (Retirement)	Ext. 8001
Tiffany Menjivar	Administrative Coordinator	Ext. 8013
Heather Wende	PAL Coordinator	Ext. 8033

All email addresses are [FIRSTNAME.LASTNAME@schlegelvillages.com](mailto:FIRSTNAME.LASTNAME@schlegelvillages.com)

## LTC Nursing Directory

LTC Charge Nurse	Ext. 8101	Eby Nurse—1st floor	Ext. 8103
Strasburg Nurse—2nd floor	Ext. 8240	Trussler Nurse—2nd floor	Ext. 8102
Aberdeen Nurse—3rd floor	Ext. 8241	Newberry Nurse—2nd floor	Ext. 8100
Roseville Nurse—4th floor	Ext. 8242		
Kingsdale Nurse—5th floor	Ext. 8243		
Sandhills Nurse—6th floor	Ext. 8244		
Waldau Nurse—7th floor	Ext. 8245		
Haysville Nurse—8th floor	Ext. 8246		

## Retirement Nursing

Becker & Williamsburg Charge Nurse	Ext. 8118
Emma's & Egerton Charge Nurse	Ext. 8120

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## Long-Term Care Leadership Directory

Brad Lawrence	General Manager	Ext. 8003
Luke Denomme	Assistant General Manager (LTC)	Ext. 8188
Rabina Simovic	Director of Nursing Care	Ext. 8014
Jill MacQueen	Director of Nursing Care	Ext. 8264
Morgan Bonnell	Assistant Director of Nursing Care	Ext. 8275
Cathy Hu	Assistant Director of Nursing Care	Ext. 8269
Mary Hedrich	Assistant Director of Nursing Care	Ext. 8187
Gagan Sangha	Assistant Director of Nursing Care	Ext. 8319
	Assistant Director of Nursing Care	Ext. 8268
Gina Almeida	Resident Support Coordinator	Ext. 8254
Vesna Venceljovski	Neighbourhood Coordinator <b>Eby, Trussler, Newberry</b>	Ext. 8005
Garry Sharma	Neighbourhood Coordinator <b>Strasburg &amp; Aberdeen</b>	Ext. 8370
Rada Jokic	Neighbourhood Coordinator <b>Roseville &amp; Kingsdale</b>	Ext. 8182
Alyson Haffner	Neighbourhood Coordinator <b>Sandhills &amp; Waldau</b>	Ext. 8266
Meredith Herr	Neighbourhood Coordinator <b>Haysville</b>	Ext. 8270
Alysha Voigt	Director of Quality and Innovation	Ext. 8271
Brad Rideout	Director of Environmental Services	Ext. 8006
Joe Bischof	Assistant Director Environmental Services	Ext. 8116
Julia Slomke	Director of Recreation & Volunteer Services	Ext. 8007
Sarah Linton	Volunteer and Student Services Coordinator	Ext. 8199
Daniel Juteram	Food Service Manager	Ext. 8009
Ayah Elhasan	Assistant Food Service Manager	Ext. 8258
Carlyn Martin	Director of PAL Program	Ext. 8265
Michelle Nguyen	PAL Coordinator	Ext. 8262
Matthew Veroude	PAL Coordinator	Ext. 8372
Kathleen Sorensen	Spiritual Care	Ext. 8172
Gopikrishna Sudheer	Administrative Assistant	Ext. 8207
Yvonne Madueke	Nurse Practitioner	Ext. 8371

All email addresses are [FIRSTNAME.LASTNAME@schlegelvillages.com](mailto:FIRSTNAME.LASTNAME@schlegelvillages.com)

*The Village Of Winston Park 695 Block Line Rd. Kitchener, Ontario N2E 3K1 519-576-2430*