

The Glendale Gazette

January 2025



HAPPY NEW YEAR!



The Village of
GLENDALÉ CROSSING

Welcome 2025!

As we bid farewell to 2024 and embrace the promise of 2025, we find ourselves filled with excitement and gratitude for the journey we've shared and the journey yet to come. The New Year is a time of fresh beginnings, new opportunities, and the chance to create even more beautiful memories together.

For our residents, 2025 can be the year to take on new challenges, explore fresh passions, or perhaps revisit some forgotten hobbies. It's a time to reconnect with what brings you joy, whether that's starting a new art project, joining a fitness class, or simply spending more time with friends. The possibilities are endless, and the community is here to support each step along the way.

For our staff, this year is an exciting chance to deepen the impact we have on those around us. Each new interaction, each thoughtful act of care, helps to build a vibrant and welcoming atmosphere. Whether you're finding new ways to enhance the resident experience or building stronger bonds with co-workers, this year offers a chance to grow both personally and professionally.

Wishing you all a Happy, Healthy, and Joyous New Year!

Cindy Awde
General Manager





Wishing you a
Happy Birthday!

Our Residents

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

LTC

Henry N Jan 2nd
Judy B Jan 5th
Glenda D Jan 5th
Steve P Jan 5th
Redwan O Jan 6th
Bill V Jan 9th
Annamma T Jan 10th
Jody D Jan 13th
Gerry A Jan 16th
Marie S Jan 18th
Margarete B Jan 15th
Antonia N Jan 25th
Joe L Jan 29th
Sue K Jan 31st

RH

Irene K Jan 2nd
Imelda B Jan 2nd
Carol W Jan 2nd
Bernadette R Jan 2nd
Ron P Jan 2nd
Barb M Jan 3rd
Don S Jan 3rd
Fran B Jan 4th
Sharon V Jan 6th
Helene M Jan 7th
Pat L Jan 8th
Marilyn D Jan 10th
Grace B Jan 11th
Barb B Jan 12th
Barb R Jan 13th
Jack E Jan 14th
Barb S Jan 17th
Ida B Jan 21st
Albert S Jan 23rd
Allan R Jan 24th
Anne H Jan 25th
Beryl S Jan 26th
Ruth M Jan 30th



In Memoriam

The Board of Directors, leadership team and team members were saddened by the passing of:

*LTC– Bill M, Colleen S, Colette J, Gord S, Rhonda B,
Ralph E, Marie S, Guenther S
RH– John L, Louise S, Pat L*

New Years Resolutions

Healthy New Year's Resolutions

The new year is a time of fresh beginnings and opportunities to focus on goals that enhance physical, mental, and emotional well-being. Setting resolutions doesn't have to mean big, overwhelming changes. Instead, small, achievable steps can make a lasting impact on your health and happiness. Here are some great New Year's resolution ideas to consider for 2025:

1. Stay Active and Move More

Regular physical activity is vital for maintaining strength, flexibility, and balance. Set a goal to move a little more each day. Whether it's a daily walk, chair exercises, or joining a fitness class, the key is consistency. Consider aiming for 30 minutes of moderate activity most days – attending one of our Virtual or Live classes would be a great place to start if you haven't done so already!

2. Eat for Health and Vitality

Nutrition plays a crucial role in healthy aging. Make small dietary changes to fuel your body and mind. Some ideas include adding more fruits, vegetables, and whole grains to your meals, drinking more water to stay hydrated (something we often lose sight of in the winter months), and reducing salt and sugar intake to support heart health.

3. Prioritize Mental Wellness

Your mental health is just as important as your physical health. Start the year with a focus on maintaining a positive outlook and staying mentally sharp. Try engaging in activities that stimulate your mind, such as puzzles, reading, or learning something new, practicing mindfulness or meditation to reduce stress, and stay connected with family and friends.

4. Focus on Preventative Health

Stay proactive about your health by scheduling regular check-ups and screenings. Early detection can make a big difference in managing potential health issues. Resolutions can include staying up to date with vaccinations, including the flu, COVID, and pneumonia vaccines, following through on annual physicals, vision checks, and dental appointments, and closely monitoring chronic conditions such as diabetes or high blood pressure.

5. Declutter and Simplify

When moving from a community-dwelling environment to the Village, it can be difficult to part ways with some of our worldly possessions. However, a clutter-free environment can reduce stress and make your living space safer. Consider taking on small decluttering projects throughout the year, such as sorting through old papers, clothing, or household items, donating or recycling items you no longer use, and organizing living spaces to reduce fall risks and make daily life easier.

Start Small and Celebrate Success

The key to successful resolutions is to set realistic, specific goals and celebrate small victories along the way. Remember, it's never too late to make positive changes that improve your quality of life. Here's to a happy, healthy, and fulfilling new year!

Ryan Morin—Director of PAL



A Word From The Dining Room

Happy New Year!

I hope you had a wonderful holiday season and a great start to the New Year.

As we dive into January, our thoughts are often on resolutions to get into shape and to eat better. We hope to start off the year by taking better care of our bodies but most of us forget about another important and vital part of ourselves: our brain.

As we age, the brain, like all parts of the body, naturally starts to lose some function, but there are simple things we can do in our daily lives to help maintain our brain health for longer.

Here are some tips to a healthy brain:

Hydration

Not only is hydration a key to keeping our skin healthy, regulating our body temperature, joints lubricated, keeping organs functioning properly, bowels moving, staying adequately hydrated helps to keep your brain on track. Hydration allows you to think more clearly, stay focused, and remember things better. Drinking with each meal, as well as between meals helps keep you hydrated. Water is always best but you can also try juice, milk, and decaffeinated coffee or tea.

A Well-Balanced Diet

As the saying goes: we are what we eat. Maintaining a healthy lifestyle means eating foods that deliver a positive impact on our physical and mental health. A well-balanced diet does not mean cutting out everything that is 'bad' for you but does mean eating certain foods like chips, chocolate bars, fries etc. in moderation. A well-balanced diet includes milk and milk products, lean meats, fish, nuts, and/or seeds, whole grains breads and colorful fruits and vegetables (such as berries, spinach, and carrots) is very important. Consuming these types of healthier foods helps to provide antioxidants to protect the cells of the brain for long-term brain health and provides energy and vitamins for the brain to function.

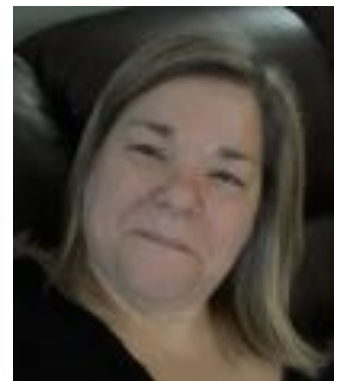
Omega-3

Omega-3 fatty acids are a type of fat that is shaped in a way that makes them better for us than most fats. They help to support heart health with a key benefit of helping to lower your triglycerides but they are also an important component maintaining brain health as we age. Since the body does not produce Omega 3, we need to acquire this from consuming foods rich in these fatty acids. They can be found in flaxseed, soy oil, walnuts and fish, such as salmon is an example of a rich source of Omega-3 fatty acids.

These are just a couple of examples in keeping our brain healthy. Of course, exercise, getting plenty of good sleep, staying mentally active (reading, playing cards, putting a jigsaw puzzle together) and staying socially engaged will also assist in strengthening the health of your brain.

Remember: "The Human brain is an amazing thing". Take care of it so it can take care of you!

Tracey Moore— Assistant Director of Food Services



News From Nursing

Happy New Year! I hope everyone had the opportunity to spend time with family and friends and enjoy some good food and laughs over the holidays. The holidays are such a great time for fun and laughter and we love seeing all the visitors and smiles throughout the village. Much like Santa's elves, behind the scenes we continue to strive to keep the magic alive but we are also working hard to keep our residents and team members healthy and keeping any new viruses out.

As we are right in the middle of flu season, we know that viruses such as Influenza, RSV and COVID continue to circulate and make visiting and large gatherings a little more difficult. That's why we continue to work hard to ensure we are washing our hands, resident hands, wearing personal protective equipment as required and closely monitoring for any new symptoms so that we can try and minimize any spread as quickly as possible.

As always this is a team effort to ensure that if we are not feeling well, we are waiting to visit or perhaps putting on a mask and only visiting one resident at a time. We appreciate all that you do in helping us keep our residents healthy and safe!

Maria Martin—Assistant Director of Nursing Care



A Word From the Neighbourhood

New year, new me? NOT A CHANCE! I'm going to be the same sweet, crazy ray of sunshine OR meteor (perception is your own) as always! You are welcome!

I do have a challenge for those brave enough to accept...

Commit to at least 1 random act of kindness each week, and get no recognition for it!

That is at least 52 smiles that you will have caused by the end of the year. Now that is pretty impressive, right?

Here are some suggestions...

Buy a cup of coffee for the car in front of you.

Hold the door open for person behind you.

Give a warm smile to the person beside you.

If you see someone with an awesome pair of shoes— tell them!

Let's all do our part to make this planet we call home a little bit better!

Nicole Daley— Neighbourhood Coordinator

Here is a picture of me with my Grand-dog Cali, for you to enjoy!



Going Home- A Story

Going home is always a great experience, no matter where we travel. Home is home, always being something to look forward to. Joy and happiness abound.

Many of you know that Alex and I lived in Texas for 26 years but in 2019 we felt a compelling desire to go home. Home for us was London, although we also considered Ottawa our home- as our son Jerry lives in that area. Even considered Toronto where our other son, Michael lives. However, it has always been too big and too busy for us. London though, is where we met, married and raised our children.

2019 was the year Covid-19 hit the scene. Towards the end of 2019 is when we decided to return to Canada, which was a big deal and very challenging, like trying to arrange for our furniture and travel. The shipping company did everything by video, and we got a quote which seemed reasonable. Then made travel reservations with Air Canada because they had direct flights from Austin, Texas to Toronto. Our reservation was made for March 2020. About a month or so later I received an email from Air Canada that our flight was cancelled and to rebook. So we rebooked for April and a few weeks later a new email said all Air Canada flights were cancelled. Okay so now the shipping had to be rescheduled but only after finding a flight from Austin to Toronto. Talk about frustration, anguish, and fear all rolled into one. Finally in May we were able to book a flight with Delta from Austin to Detroit and Detroit to Toronto—the big date was June 9, 2020.

We rearranged furniture shipping where they would come and pack everything on the morning of June 9 and when finished we had a limo pick us up and to take us to the hotel for the night at the airport in Austin, a fifty minute drive away. The Delta flight was scheduled around noon, there weren't many on that flight. We arrived in Detroit to wait for the connecting flight, probably only a few hours. We were so relieved to board that flight. There were maybe 8-10 people on the plane. Arriving in Toronto around 9 pm was an eerie experience. The airport was empty-Toronto Airport empty? We finally made our way to customs and there was one officer on duty, who cleared our baggage and our returning documents.

Continue to next page...

Going Home- A Story

The story continues, our son living in Toronto was not permitted to drive us. Although, he did come to the airport to see us. I had arranged a taxi from London to pick us up as I did not know if there would be taxis at the airport. He finally arrived.

Drama had continued when we were required to be in quarantine for 14 days. Thank God for the gift of family. Alex's great nephew had an Airbnb available and the taxi drove us there, it was a beautiful house, three bedrooms and fully furnished. We were on lockdown for two weeks. Again, thank God that the same beautiful and caring niece Mary filled the fridge and cupboards with food. Our son had a friend drop off a bottle of Metaxa (Greek) brandy. We were happy if not a little lonely.

Finally the quarantine was lifted and we were able to visit the Tricar apartment we had rented- 12th floor facing east. Furniture had arrived on the June 28th. But because of Covid nobody could come to help us unpack and that was very difficult. We were the last to move in for a few months. My nephew Robert who owns an auto repair business got us a beautiful Toyota Corolla. We were happy and able to get around but not much was open. At Loblaws we had to lineup to get groceries because at the time only few people were allowed in the store.

Then there was the problem of getting our driver's licenses transferred over from Texas to an Ontario license. Not to mention an Ontario Health Care Card. Covid was still quite a problem so there was no socializing allowed, and it was rather lonely.

On February 15, 2024 our sons moved us from Tricar to The Village of Glendale Crossing Retirement Home, due to health issues. We couldn't be happier or more excited about our new home.

We love Glendale, all the staff and all the friends, actually the family we have here! We are indeed home. For Alex and I, this is the last stop.

If you have an opportunity, please listen to Czech composer Antonin Dvorak's magnificent piece of music from his Symphony No 9, New World. It is very beautiful and somber "Going Home" The words are very touching.

Joan Demetriadis



Village Events

Combined Village Events with Retirement and Long Term Care

Every Sunday at 2:45 Church Service in Town Hall

Every Monday Evening at 6:30 Musical Entertainment in Town Hall

Every Friday Evening at 6:30 & 7:45 Documentary Hour in Town Hall

Thursday 2nd at 2:30 Flying Furballs Performance in Town Hall

Saturday 4th at 2:45 Music With Jim Cochetto in Town Square

Saturday 11th from 11—3 Ruth's Fashion Boutique in Town Hall

Wednesday 15th at 10:15 Catholic Mass in Town Hall

Friday 24th at 2:45 Celebration of Life in Town Hall

Saturday 25th at 2:00 Robbie Burn's Party With Bob Finlay in Town Hall


Tuesday 28th at 2:30 Alzheimer's Presentation in Town Hall

Resident Bill of Rights

7. Every resident has the right to form friendships and relationships and to participate in the life of the long-term care home.

LTC Family Council

Our LTC Family Council will be hosting a Meet and Greet at their next meeting: Monday, January 20 @ 3:00pm in the LTC Library.



WANTED

FAMILY MEMBERS and/or CAREGIVERS
WHO....

- ☺ Have a loved one living at The Village of Glendale Crossing.
- ☺ Have an interest in residents' wellbeing and would like to advocate on behalf of your loved one. Input is forwarded to leadership on behalf of all residents with a view to improve their everyday life.
- ☺ Have passion to learn about LTC policies, regulations and legislation throughout the province of Ontario.
- ☺ Have ideas and/or suggestions for enhancing quality of care for your loved ones.
- ☺ Have a desire to feel supported, encouraged and to connect with other caregivers.

Monthly meetings are held the 3rd Monday of every month in the library or virtually at 3pm.

For more information, please contact Family Council Staff Liaison:
Erin.Seldon@SchlegelVillages.com

SPOT the dot!

Tell us who is connecting the dots and delivering an extraordinary experience.

Easy as 1, 2, 3!

- 1 Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- 2 Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- 3 Take the matching sticker, find the team member and present it to them.



There were so many nominations (which is amazing) that we cannot type them all out. They all will be given to who was being recognized!

The winners will get 25 points on our Bucketlist app to spend, one winner from each side of the Village per month.

The winner for the Long Term Care side is: Sonia A.

The winner for the Retirement side is: Opeyemi K.

Congratulations!!

Schlegel Villages – CONNECTIONS

GRAND SLAM OF CURLING

Schlegel Villages' Day

Thursday, January 16

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

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

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



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

Interested in attending?

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

We hope to see you there!



**#ElderWisdom
10th Anniversary**

Resident submission

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



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

Schlegel Villages – CONNECTIONS



Alzheimer's Awareness Month

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

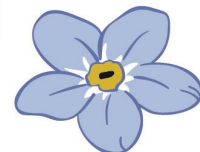
People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease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

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

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

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

There are many LIMT successes to build on in 2025!



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

Volunteer Corner

Happy New Year and Welcome to the year 2025!

I hope you enjoyed 2024, and the New Year is finally here!

I hope you get lots of time with your family and friends as we go into the New Year!

Let us know if you have any fun New Years plans!

Happy New Year everyone!

Co-editor:

Heth



If you are interested in becoming a volunteer, you can apply online through our website or fill out an application form within the Village. If you want more information, you can also reach me – Maria Campbell at:

glendale.volunteers@schlegelvillages.com or by phone at (519) 668-5600 ext. 8046





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For more information or to book an appointment at The Village of Tansley Woods, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com





Winter Word Search



S K I I N G S N O W B O O H T
 S F I R E P L A C E I N G E O
 L I E A R M U F F S C N Y T S
 E W S B C O L T R A E S T A C
 D I M L R O W S N O U G H E A
 D N U I A U L O W P S H T O R
 I T F Z E S A D E H A T A O F
 N R B Z B A E R O W P L Y I I
 G C O A T O T L Y D M W L C R
 I T O R H A F R O T A S U I E
 P O T D E C E M B E R I L C L
 L A S N C R O V I N C L O L R
 O A D H J K T C E S H O V E L
 W J A N U A R Y O E S A H S T
 M I T T E N S W E A T E R E L

BLIZZARD

BOOTS

COAT

COCOA

COLD

DECEMBER

EARMUFFS

FEBRUARY

FIREPLACE

FROSTY

HAT

ICE

ICICLES

JANUARY

MARCH

MITTENS

PLOW

SCARF

SHOVEL

SKIING

SLEDDING

SNOW

SWEATER

WINTER



Contact us...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

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.

Long Term Care Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
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If any Resident would like a copy of the newsletter delivered monthly, please contact Erin Seldon at extension 8007, or let your Recreation Team Member know.

Contact us...

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Hardeep Kumar (chef)	Ruby Restaurant Team	X 8224	Hardeep.Kumar@schlegelvillages.com
Lead Nurse		X 8255	

