

The Winston Word

NEWSLETTER VOLUME 8 ISSUE 2

FEBRUARY 2025



**Ear & Hearing Clinic
at Winston Park**

For an appointment with an
Audiologist please call

1-888-745-5550

Hearing Tests

Hearing Aids

Repairs

**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!

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

in
Memoriam

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

Kurt C
Pamela Q
Alexandra V
Mary D
Andrija G
Ronald M
John R
Beatrice S



The Village of
WINSTON PARK

Village Events

February Events

Rockway Choir Performance

February 11th
2:00pm Retirement Dining Room

Timbit Day

February 11th
All Neighbourhoods

KWCG Asian Cultural Club Dancers

February 15th
2:00pm Eby LTC
3:00pm Retirement Dining Room

Vendors

February 5th Vicky's Gems and Jewels
February 7th Plattsville Paperwork
February 12th Holly Jolly Jewelry
February 18th Adrian's Fashion

Valentine Social

February 14th
2:00pm Retirement Dining Room

WELCOME TO THE VILLAGE!

Last month we welcomed the following residents to Winston Park:

John B
Shirley C
Rio C
Huoi D
Zubeda F
Christine F
Rolf G
Thomas J
Zonita N
Barbara S
Nicole S
Edwin A
Lauraine B

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.



Guest meal pricing

Tickets are available for purchase at the Village Office. While we request 24 hours' notice for guest meals, when possible, we will make every effort to accommodate last-minute requests.



	Retirement	Long-term Care
Breakfast	\$10.50	\$10.50
Lunch	\$16.80	\$13.65
Dinner	\$19.95	\$16.80



The Winston Word

NEWSLETTER VOLUME 8 ISSUE 2

FEBRUARY 2025

♥ Happy Valentines Day ♥

What do we get to think about in February? First thing that comes to mind is Valentines Day A day of love and friendship. No doubt the recreation team will be coming up with some creative ideas to celebrate this occasion. The second occasion in February is Family Day. A great opportunity to reflect upon your family (be they biological or chosen) and hopefully enjoy some time with them. The third occasion is Ground Hog Day! We're just coming out a deep freeze in January so let's hope that Wiarnton Willy has some good news for us as we approach spring. Fingers crossed! Whatever you do on these three days, I hope you make the best of it.

Virus Season – If you've been watching the news in the past few weeks, you'll know that there are many viruses' floating around in the community; there are enteric bugs, upper respiratory bugs and Flu bugs. I know I'm like a broken record, but just a reminder to make sure you are being diligent in washing your hands and reporting if you are feeling the least bit unwell. For those who have experienced an outbreak in the village, you know how quickly it can spread. For family and friends, please do not visit if you are feeling unwell. We do our best to keep everyone healthy and greatly appreciate your cooperation.

Purchasing Meal Tickets – we very happy to have family and friends join their loved ones for a meal. We do ask that you give us some notice – the day before would be great but at least a few hours before a meal would be helpful. Please let us know if you have any questions.

Pink Shirt Day happens on February 26th and is all about cultivating a community of kindness. Just like tending to a garden, together we can each help nurture a sense of belonging where we live and where we work. It all starts with small gestures— a kind word, an offer of support or understanding. If we plant enough, pretty soon, more will be sprouting up all around us! By sprinkling these seeds of empathy and compassion, we can work towards a world without bullying and "Let Kindness Grow" through all of our community gardens.



As always - *Welcome to our new residents* – we look forward to getting to know you and your family & friends! Happy Valentine's Day to everyone!

Brad



Aspiration LAUNCH

Nearly 15 years ago, Schlegel Villages began a focused effort to transform and reshape the way care and support is offered for the residents who make their home in the Villages. This deliberate shift away from an “institutional model of care” towards what we define as a “social model of living” has always been guided by **eight aspirations**, developed collaboratively with the early pioneers of our change journey.

The aspirations are to:

- Create Opportunities for Meaningful and Shared Activities;
- Foster Authentic Relationships;
- Promote Resident Empowerment;
- Honour Cultural Diversity;
- Connect Research and Innovation to Village Life;
- Offer Flexible Dining;
- Promote Cross-Functional Teams;
- Offer Flexible Living.

Throughout the Villages, we see these aspirations come to life in countless ways, but through 2025, as an organization we have chosen to



focus on one aspiration in particular: **Create Opportunities for Meaningful and Shared Activities.** Later in February, expect to see team members throughout the Villages wearing their special aspiration t-shirts, and we encourage everyone to consider what this aspiration means to each one of us.

What activities are meaningful to you and how can our team members, residents, family members and partners consciously embrace the moments that can help spread that meaning so we can learn from each other and create lasting impact and memories? Life within our Villages is best defined by the relationships we enjoy within, and when we share what’s meaningful to us, our relationships grow stronger and more defined.

Schlegel Villages – **CONNECTIONS**

SCHLEGEL VILLAGES ACKNOWLEDGES

BLACK **HISTORY MONTH**

Honouring our vast cultural diversity within the Villages is an aspiration that guides us every day, and the celebration of Black History Month in February is another opportunity to reflect on the importance that diversity represents.

We encourage our team members and residents across the Villages to take advantage of the educational opportunities shared throughout the month, and we'd love to hear what more we can do to honour the inspirational legacy of the black community in our Villages and in the wider Canadian context.

We recognize that true equity is a goal we must all work together to achieve, and within our Villages we have residents and team members who represent the black community with distinction in all they do.

We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.



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

February 6
February 13
February 20
February 27

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

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

How to have a healthy heart

February is Heart Month, a time to raise awareness about the importance of heart health.

Heart disease is a leading cause of death in Canada. While family history can play a role, other factors can harm your heart health.

Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, shared simple ways to keep your heart healthy and strong, as well as warning signs to look out for.

What's the most important thing you want older adults to know about their heart health?

Heart health and overall health go hand in hand. Include physical activity and good nutrition every day to keep your heart healthy. A strong heart will help you heal after an injury or illness.

What activities are best for improving heart health?

Walking at least 30 minutes every day. Be sure to include stair climbing, uphill, or faster walking at least 5 days per week. Challenge yourself to do more than you did last week, and if possible, avoid long periods of sitting, immobility, or bed rest.

What warning signs should older adults and care partners look for?

Fatigue or shortness of breath when walking at a speed that used to be comfortable could be a sign of heart trouble. Some problems with heart health,



such as high blood pressure, are not obvious, so it is important to check in with your doctor or nurse practitioner regularly.

What does your research seek to understand when it comes to heart health?

My research focuses on the arteries, which move blood through the body and also help with memory and thinking. Everyone's arteries get stiffer as they age, but not everyone's arteries get stiffer at the same rate. Exercise and good nutrition help keep arteries "younger."

Taking care of your heart is one of the best investments you can make in your health.

Try adding these five foods to support heart health:

1. Almonds
2. Dark chocolate
3. Wheat germ
4. Flax seeds
5. Lentils and beans

For more information about aging well visit the-ria.ca.



Restorative Care Graduates

"Bob" Robert D (pictured to the left), from Aberdeen was in the restorative program to get him walking again and to improve his transfer status. He is now walking to the dining room for all meals and his transfer status improved to a 1 person assist. Bobs only other goal is to go skiing with his grandchildren. We are all very proud of his accomplishments!

Peter L, (pictured to the right) from Kingsdale was in the Restorative program to prevent loss of strength, be able to walk, and to improve his transfer status. He is now walking to every meal and his transfer status has improved to a 1 person assist. Peter did a fantastic job with his exercises and walks faster than me!

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

The Winston Word

NEWSLETTER VOLUME 8 ISSUE 2

FEBRUARY 2025

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 Williamsburg	Ext. 8215
Joelle Duchaine	Neighbourhood Coordinator Egerton & Becker	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator Emma's	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

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

The Winston Word

NEWSLETTER VOLUME 8 ISSUE 2

FEBRUARY 2025

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 Eby, Trussler, Newberry	Ext. 8005
Garry Sharma	Neighbourhood Coordinator Strasburg & Aberdeen	Ext. 8370
Rada Jokic	Neighbourhood Coordinator Roseville & Kingsdale	Ext. 8182
Alyson Haffner	Neighbourhood Coordinator Sandhills & Waldau	Ext. 8266
Meredith Herr	Neighbourhood Coordinator Haysville	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

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