

The Glendale Gazette

February 2025



A Word From Your AGM

As we embrace the winter season and the month of February, we are reminded that this is a time to celebrate love, friendship, and the deep connections we share with one another. Whether it's the warmth of a smile, a friendly conversation, or the care that surrounds us; February offers the perfect opportunity to reflect on the many ways we show love and appreciation in our community.

Valentine's Day on February 14th provides us with a special chance to honor the relationships that define our lives. Whether it's the love between family and friends, or the bonds formed among team members and residents, love is at the heart of everything we do.

Throughout the month, we will be celebrating this theme with a variety of events and activities. Please make sure you are checking your recreation calendars daily, so that you do not miss out on any of the great activities that are scheduled.

Wishing you all a safe, happy and healthy month.

Holly Ross
AGM Long Term Care



Chaplain's Chat

"The words of the wise heard in quiet are better than the shouting of a ruler among fools"

The great King of Israel, Solomon, was known as a man of great wealth and power, but most of all he was known as a man of wisdom. Solomon was the son of King David and he received the throne from his father in a time of peace and prosperity. Solomon is credited with writing the book of Proverbs, Ecclesiastes, and the book of Song of Solomon in both the Hebrew and Christian Scriptures. The wisdom that Solomon gives is both timeless and crosses borders and cultures.

The story below is from the book of Ecclesiastes (chapter 9) and is an example of Solomon's wisdom:

"There was a little city with few men in it, and a great king came against it and besieged it, building great siegeworks against it. But there was found in it a poor, wise man, and he by his wisdom delivered the city. Yet no one remembered that poor man. But I say that wisdom is better than might, though the poor man's wisdom is despised and his words are not heard. The words of the wise heard in quiet are better than the shouting of a ruler among fools".

Solomon mentions this story as an example of wisdom that he had seen in his life. Notice that wisdom is not related to a man's wealth. A "poor" man in his wisdom delivered a city from a great king. Even though the great king would have had a great army and endless resources, this one man is credited with saving his city. How did "a little city with few men in it" stop this king? It was with one poor man's wisdom. The wise man did not have a great platform or a big audience to speak to. He was not highly regarded in his city, but rather it says that he was "despised". Yet it was this poor, despised man that delivered the city from a great king.

Solomon does not give us many details of this story. He is more focused on the disposition of the wise man. Contrast the poor wise man with the "shouting ruler among fools". The ruler had everything he needed to overcome the little city. The ruler had power, an army, wealth, and a platform to speak from and influence many. Yet the wise man was able to stop this ruler in his tracks.

We live in a day where there is a lot of shouting rulers. I do not want to make this political as shouting can come from every corner. However, the loudest voice in the room is not always the wisest voice in the room. The poor and quiet person in the room is not always the least wise. Use the wisdom you have to help others. Even though the poor man was forgotten, his wisdom was not and "wisdom is better than might".

Chaplain Robert Dore, Glendale Retirement

The Ruby Update

Hi everyone! My name is Robert Fagan and I am one of the Chefs at The Ruby on the 8th floor here at The Village of Glendale Crossing. Hardeep and I would like to thank all of our valued residents and their guests for making The Ruby opening such a success. We are thrilled to see how much our residents and their guests have been enjoying the food, the beautiful view, and getting to spend valuable time with family and friends. I would like to take this opportunity to remind everyone of our hours of operation:

Wednesdays: 11:30AM – 1:30PM (Ruby on the run on Mainstreet)
4:00PM – 6:30PM (Open for dinner service)

Thursdays: 12:00PM – 2:00PM (Open for lunch service)
4:00PM – 6:30PM (Open for dinner service)

Fridays: 12:00PM – 2:00PM (Open for lunch service)
4:00PM – 6:30PM (Open for dinner service)

Saturdays: 12:00PM – 2:00PM (Open for lunch service)
4:00PM – 6:30PM (Open for dinner service)

***The Ruby is closed on Sundays, Mondays and Tuesdays.
Reservations can be made by calling 519-668-5600 ext. 8224
or by email @ robert.fagan@schlegelvillages.com***

In order to continue to provide a great experience for all Ruby guests, we would really appreciate if you are a table of three people or more, to make a reservation in advance. Reserving in advance will help us to continue to provide a great customer experience in the Ruby.

Thank you for all your kind words and support during our first few months of operation and we look forward to serving you in 2025.

Robert Fagan
Ruby Chef





Barb Schlegel
Volunteer Award



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

March 1–15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you
for your
nomination!**



Wishing you a
Happy Birthday!

Our Residents

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

LTC

Jean E Feb 1st
 Allan H Feb 3rd
 Jim D Feb 4th
 Nellie S Feb 5th
 Dick D Feb 6th
 Arend R Feb 7th
 Mike H Feb 15th
 Mavis M Feb 15th
 Eileen J Feb 16th
 Ercil B Feb 17th
 Lucia E Feb 19th
 Deb S Feb 19th
 Helena R Feb 21st
 Becky W Feb 24th
 Colin H Feb 26th

RH

Lorraine P Feb 2nd
 George N Feb 2nd
 Winn F Feb 3rd
 Pat H Feb 5th
 Jim B Feb 5th
 Bruce T Feb 6th
 Marie A Feb 6th
 Pauline G Feb 7th
 Jackie L Feb 7th
 Kathy H Feb 7th
 Kathy E Feb 8th
 Laurel M Feb 11th
 Sandy P Feb 11th
 Sandra B Feb 12th
 Bill R Feb 13th
 Bob B Feb 15th
 Jim W Feb 15th
 Ursula H Feb 16th
 Eileen J Feb 16th
 Wilma G Feb 16th
 Brent L Feb 16th
 Laura Z Feb 17th
 Jim Van P Feb 17th
 Geri K Feb 18th
 Lorene M Feb 19th
 Karl K Feb 19th
 Sue S Feb 21st
 Will F Feb 25th
 Mary-Anne S Feb 27th
 Ross P Feb 28th



In Memoriam

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

*LTC– Doreen G, Steve W, Giuseppina D, Claudette S,
 Anna Z, Toni V
 RH– Amin S, Sharon L*

A Word From The Dining Room

For Retirement Only!

First Seating Times for Dining

I have received several requests from residents asking about the procedure when you come down late for first seating in Williamsburg.

While we want you to sit in your regular seat and eat in the dining room, there has to be a cut-off time if you are not on time. When you arrive partway through the service there isn't always enough time for you to eat before we need to reset the table for when the next seating comes into the dining room.

Please be in the dining room before **12:15** for lunch or **5:15** for dinner to ensure that you will have enough time to eat.

If you come down after the cut-off time we have several options for you.

- We can set up a table for you in the Bistro to have your meal
- A take-out tray can be provided to you to bring back to your room
- You can wait and we will find a seat for you at second service for that meal



Service for first seating starts at 11:45 for lunch and 4:45pm for dinner.

Thank you

Jeff—Director of Hospitality

Welcome Mya!

Hello! My name is Mya and I will be your new PAL Coordinator.

I am very excited to join the Glendale Crossing family and get to know you all.

A little bit about myself, I am a London local and have figure skated and danced since the age of 3. I recently graduated from Brock University with a Degree in Kinesiology and was a varsity figure skater throughout my years there. I enjoy camping, star gazing and hanging out with any pets or animals you can think of. I am a proud parent of two cats and one rabbit! As I start my new role here, I aim to deliver quality active living programs and bring some new workout classes to your Mainstreet and great outdoors. Of course, only once it is warm enough outside!



Don't hesitate to stop me in the hallways to say hello or share your thoughts and feelings about the active programming!

News From Nursing

The Importance of Skin Health in the Elderly

Skin health plays a critical role in overall well-being, particularly for the elderly. As the body's largest organ, the skin serves as a protective barrier against environmental hazards, regulates temperature, and supports immune defense. However, aging brings significant changes that can compromise skin integrity, making its care a priority.

Age-Related Changes in Skin

With age, skin becomes thinner, less elastic, and drier due to reduced collagen production, also slower cell turnover, and diminished oil gland activity. These changes increase the risk of issues such as pressure injuries, infections, and delayed wound healing. Additionally, chronic conditions like diabetes or vascular diseases, common in older adults, can further exacerbate skin problems.

The Impact of Healthy Skin

Maintaining skin health in the elderly promotes comfort, prevents infections, and enhances quality of life. Healthy skin supports mobility by reducing pain or discomfort from pressure sores and allows individuals to stay active and independent. It also boosts self-esteem, as skin conditions like dryness or visible wounds can affect confidence and emotional well-being.

Essential Skin Care Practices

1. **Hydration:** Daily use of gentle, moisturizing products helps keep the skin supple and prevents dryness.
2. **Cleansing:** Using non-irritating, pH-balanced cleansers reduces the risk of stripping natural oils from the skin.
3. **Nutrition:** A diet rich in vitamins C and E, omega-3 fatty acids, and adequate hydration supports skin repair and resilience.
4. **Regular Inspection:** Frequent checks for redness, sores, or unusual spots can lead to early intervention.

Protection: Shielding skin from excessive sun exposure and maintaining proper hygiene are vital to prevent damage and infection.

Collaborative Care

Caregivers play a crucial role in supporting elderly individuals with their skincare routine, particularly if mobility or cognitive challenges exist. The use of specialized products, such as cleansing creams designed for sensitive skin, can make a significant difference. For example, products like TENA Cleansing Cream are formulated to cleanse, protect, and moisturize in one step, simplifying care and maintaining skin integrity.

In conclusion, prioritizing skin health in the elderly is not just about aesthetics; it's a fundamental part of preserving their overall health and dignity. By addressing the unique needs of aging skin, we can ensure a better quality of life for our older population.

Kendall Gardner RN ADOC



Recreation Report

Hello everyone and Happy February!

It is hard to believe I have been working on the retirement side for 4 months now. Thank you to everyone (residents, team and family) who have welcomed me and supported with the events that I have planned and run. There were many exciting and fun events that we did in the last bit of 2024 that I will remember and look forward to doing them bigger and better each year. To my LTC residents, I miss you all very much! It brings a smile to my face when I see you over on the retirement side, and we get to chat and catch up. Please feel free to stop by and say hello anytime!

February is mid-winter and here in Canada you just never know how much snow you might get hit with during this month. I remember having snow days from school, which were always fun, but that meant helping to shovel the driveway clear for my family! Something that I am glad no longer have to do since living in a condo. And I am sure many of you are also glad to not have to do that anymore.

This month should be an exciting month for the recreation departments on both sides, as we have events for Valentine's Day, Family Day, Super bowl and of course many more! Those who love football, please join us in Town Hall on Sunday February 9th, we will have drinks and snacks available! For couples who are interested in joining our annual Sweetheart Dinner, be on the lookout for an invitation from The Village! Lastly, on Family Day, The Flying Furballs have their re-scheduled show in Town Hall. If you love dogs and a great performance, come out to see and enjoy with some popcorn!

I love being able to see residents, families and team members all enjoying the activities that our wonderful recreation departments get to plan and run for you each month. We hope that this month brings you lots of fun times and great memories!

Taylor Morin – Recreation Supervisor



Neighbourhood Insights

Hello Everyone,

I can hardly believe February has arrived already! As someone who's not the biggest fan of the cold, I find myself focusing on the promise of spring just around the corner – one of my favourite seasons! With the days slowly growing longer, the thought of warmer weather and new beginnings feels a little closer each day.

Although winter can feel a bit long, it offers its own cozy charm. Whether it's enjoying a hot drink by the fire, curling up with a good book, bundling up for a walk or catching up on some winter sports, there's something special about these quiet moments. Personally, one of my favourite winter activities is watching my son play hockey, it's a great way to embrace the season. Winter also gives us the chance to recharge and focus a little more on self-care to help fend off the winter blues.

As we inch closer to spring, there's so much to look forward to – the return of sunshine, the first blooms of flowers and the fresh sense of hope that comes with a new season. But until then, let's make the most of these quiet, cozy days and remember to reach out to friends when we need connection.

We have a lot to look forward to in the Village this month! Be sure to check out the Chili cook-off, and our Sweetheart dinner to name a few. I hope to see you all out and about enjoying the activities our recreation team has planned. I am so thankful to have you all as part of this wonderful community, and I can't wait to see what's ahead!

Warmly,
Kathy Howell – Neighbourhood Coordinator



My son's hockey team celebrating last year's championship win with a well-deserved dog pile on the ice! What an unforgettable moment!

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

Saturday 1st at 2:45 Music with Jude Coyle in Town Hall

Wednesday 5th at 11:00 Chili Cookoff in Town Hall

Wednesday 12th at 10:15 Catholic Mass in Town Hall

Friday 14th at 5:00 Sweetheart Dinner in Town Hall

Saturday 15th at 2:45 Music with Jim Cochetto in Town Square


Tuesday 25th 1:00—3:00 Aspiration Launch in Town Hall

Resident Bill of Rights

Every resident has the right to share a room with another resident according to their mutual wishes, if appropriate accommodation is available.

LTC Family Council

Our LTC Family Council will be hosting a Meet and Greet at their next meeting: Monday, February 24 @ 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: Amanda V.

The winner for the Retirement side is: Holly A.

Congratulations!!

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.

Schlegel Villages – CONNECTIONS

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.

Dream Team Announcement



DREAM TEAM IS COMING TO RETIREMENT!

TWICE A YEAR IN APRIL & OCTOBER, OUR DREAM TEAM COMMITTEE WILL GRANT A RESIDENT WISH. WISHES CAN BE SIMPLE LIKE A TRIP TO THE THEATRE, OR DINNER WITH FAMILY, OR LARGER LIKE GOING TO A BLUE JAYS GAME OR SKYDIVING.

OUR GOAL AS A COMMITTEE IS TO ENCOURAGE OUR RESIDENTS TO DREAM BIG NO MATTER YOUR AGE, TO INCREASE THEIR QUALITY OF LIFE AND DO WHAT MATTERS MOST TO THEM.

WISH BOX WILL BE KEPT IN THE HOBBY SHOP!



DREAM BIG!

Spotlight on You!

Hilda Howard was born in Reddish, England. She was married to her husband Bill Howard in 1961. Hilda and her husband decided to move their family to Canada in 1966. She had 2 kids, Pete and Dave, whom she loves dearly. Hilda worked at a British Trimmings Factory, 4 Jewelry stores and then a server until she retired. During her retirement she spent her time up in Florida with her husband. They both owned two mobile homes between 1991-2019. She loved going to nightly entertainment in Florida doing karaoke, watching bands and music. Hilda enjoys going on car rides, having ice cream, watching television, and gardening. If you see her around the Byron neighbourhood, come and say hello.





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retirement@earandhearingclinic.com



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JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

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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Hans Van Eyk	Chaplain	X 8043	Glendale.Chaplain@schlegelvillages.com

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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