

# View from the Heights

January 2025

## ALZHEIMER'S AWARENESS MONTH

January is Alzheimer's Awareness month! There are many residents living throughout the Village who are living with Dementia or Alzheimer's Disease or who know someone who has been affected by this disease.

We would like to use this month as an opportunity to educate, teach and learn more about this disease together.

There will be resources available on Main Street, including brain games and educational materials.

**Topics:** "Ideas to Stimulate the Brain & How to Communicate with Friends & Family living with Dementia."

**Alzheimer's Coffee Break** will be held on Wednesday, January 15th from 2-4pm to help raise funds for the Alzheimer's Society Walk for Memories in a few months. We will be serving specialty Coffee and Donuts from Sweet Paradise.

## Elvis Day

On Monday, January 20th at 2:30pm we will be celebrating Elvis' Birthday with live entertainment in Town Square. The Ruby will be providing some of Elvis' favourite snacks and drinks to enjoy during the event.



## Village Events

Details on Pages 9-10

Wentworth Heights is committed to creating a vibrant community for our Residents, and as such, we welcome family and friends to join us in our Village events and activities!



# A Message From... *The Asst. General Manager*



From The Desk of  
Barbara Taylor Bhagwan  
Assistant General Manager Retirement

**Dear Residents,**

As we welcome the New Year with joy and anticipation, let us celebrate the warmth, kindness, and sense of community that make Wentworth Heights a truly special place to call home. The start of 2025 offers a beautiful opportunity to deepen our connections and nurture the bonds of belonging and love that unite us all at the Village.

Every day is a gift—an opportunity to share wisdom, offer support, and create meaningful moments. For those among us navigating the journey of dementia, let us approach each interaction with compassion and patience, cherishing the beauty in every shared moment. Together, we can make kindness and understanding the heartbeat of our community.

This year, let us enrich our lives with small acts of warmth—a smile, a kind word, or a thoughtful gesture. Each interaction strengthens the threads of friendship and trust that bind us together, creating a tapestry of love and care that defines life at Wentworth Heights.

Living here means we are more than neighbours—we are family. Whether it is gathering at village activities, sharing a laugh over a meal, or just a simple coffee at the café, enjoying a heartfelt conversation, these moments of connection are what transform this village into a true home.

In closing, please know that your leadership team is always here to support you. If you ever need assistance, we are just a call or visit away, dedicated to helping you make the most of each day. Our goal is to ensure Wentworth Heights continues to be a place where love, support, and joy thrive. So, as we step into 2025, let us do so with open hearts and a spirit of togetherness. May this year bring us countless moments of love, kindness, and the joy of being part of this remarkable Village.

With warmest wishes for a beautiful New Year.

Barbara Taylor-Bhagwan

# Nursing Update

*From the desk of Danica Milos*



## Happy New Year!

"January is for dreamers—the ones who believe anything is possible in the year ahead"

### Fun Fact:

The New Year's Day celebration on January 1 honours Janus, the Roman god of beginnings, gates, and transitions. The Romans would exchange good wishes and gifts of honey and figs to honour Janus.

I was going to continue writing about the history of New Year's Day but when I read about honey and figs, I thought I would make things more interesting and talk about food ☐

I am sharing a recipe that would be a delicious option for breakfast, brunch or a snack.

### Roasted Figs with Honey and Yogurt

#### Ingredients

- ☐ 6 large /350g fresh figs washed and cut in half
- ☐ 1 tablespoon runny honey
- ☐ 1 sprig of rosemary (1 heaped teaspoon of chopped rosemary) finely chopped
- ☐ ½ a lemon juice only
- ☐ 1 tbsp butter
- ☐ 10 /25g walnut halves roughly chopped
- ☐ 1 ½ cups /400g low-fat Greek yogurt

#### Instructions

Preheat the oven to 180 degrees C/ 356 F

Grease an oven-proof dish with a tablespoon of butter.

Place the figs cut side up in the dish. Squeeze a little lemon juice over the figs. Sprinkle the rosemary over the figs then drizzle the honey over all the figs. Make sure all the figs are covered in the honey.

Place the dish in the top or middle shelf and bake for 15 - 20 minutes, depending on the size of your figs, larger fig will take longer. The figs, when done, will be soft and jammy.

Serve immediately with Greek yogurt, chopped walnuts and a spoon of the juice from the dish.

# Neighbourhood

## News

*From the desk of Courtney Roarke*

Welcome 2025!!!

New Year, new goals, new dreams, and of course new newsletters! Celebrated during the first week of January, New Year's Resolutions Week encourages people to set and stick to realistic objectives. It is the perfect time to turn over a new leaf and start something new. However, some people tend to set goals that are a little too ambitious so it is important to set realistic goals that are achievable and sustainable. They said "old habits die hard" so having someone who you trust to hold you accountable can be invaluable in the process of change. No matter what resolution you may make in the New Year, success is all about perspective and making changes in incremental ways that suit your lifestyle rather than completely disrupting it. Motivation is temporary for everyone so the best thing you can do is create new routines that will fit into your current lifestyle. Being new at something and hoping for perfection and quick results may make you lose that motivation. To keep fuelling your fire, be sure to cut yourself some slack so you don't feel completely defeated if you could not reach the entire goal you had in mind. If perhaps on one week, you were only able to complete your goal halfway though; think of it this way - at least you did more than you would have done prior to setting a new goal. Everyone falls off the horse sometimes and if you pick yourself up and dust yourself off and think positively and continue forward thinking and planning; you will go far!

Cheers to the NEW YEAR!!! Wishing you all a happy 2025 filled with love, happiness, and good health!

Courtney Roarke (Neighbourhood Coordinator - Egerton & Becker 3rd Floor)





# Environmental

# Update

From the Desk of Environmental....

## A greener future-OUR Village

- **Reduce, Reuse, Recycle:** Think twice before throwing something away. Could it be recycled or repurposed?
- **Plant Trees:** Trees help absorb CO2 and provide essential habitats for wildlife.
- **Support Sustainable Businesses:** Whenever possible, shop from companies that prioritize the environment.

**Get Involved:** We invite you to share your own sustainability tips, local environmental projects, or news with us.

**Send your ideas to:**

**Heather.Bell.Livingstone@gmail.com,**

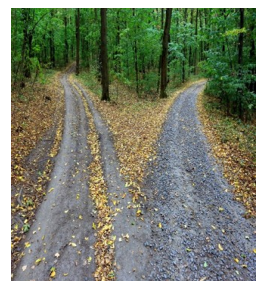
**and you might be featured in our next issue!**

## Community News

Our local community has been making strides in promoting sustainability. The City of Hamilton is making progress toward its goal of achieving net zero greenhouse gas emissions (GHG) while preparing for climate impacts. As part of its Climate Action Strategy, the City is focused on exploring the acceleration of its 2050 target for net zero emissions and preparing for climate impacts.

### Global Trends

This year, global temperatures reached new highs, signalling an urgent need for action to combat climate change. The latest report from the UN's Intergovernmental Panel on Climate Change (IPCC) highlights the continued rise in greenhouse gas emissions and its devastating impact on ecosystems. As we head into 2025, the focus is on reducing emissions, protecting biodiversity, and transitioning to renewable energy sources.



# Hospitality News

*From the desk of Michelle Piccolo*

Happy New Year! Welcome to January 2025! I can not believe 2024 has come and gone. We have a lot of great memories from the previous year with events and activities. Let us make this year even better! Be on the lookout for posters of our themed dinner in the main dining room this month. It is too cold outside to go out! So stay in and come on down to our main dining room for a meal! Meal tickets look a little different but not by much, going forward meal tickets will be:

Breakfast: \$10.50

Lunch: \$16.80

Dinner: \$19.95

Feel free to bring a guest anytime!

Our next lettuce talk food meeting will be on Tuesday, January 14<sup>th</sup> 2025 at 10:30 am in the Hobby shop! Please come if you want to discuss anything food related with us!

I hope everyone had a wonderful holiday season and are ready for 2025!

The Hospitality team





# The Ruby

SCHLEGEL VILLAGES' HIDDEN GEM



## Dining options

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### Dine at The Ruby

Break bread with us.

Enjoy a delicious meal with a breathtaking view in our comfortably elegant dining room.

Or

### Take-out meals

Get it while it's hot.

Pick up a freshly cooked meal and enjoy it in your room or out in the courtyard.

**Wednesday** – 4–6:30 p.m.

**Thursday–Saturday** – 11:30 a.m.–3 p.m. | 4–6:30 p.m.

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### Ruby on the run

Grab and eat now.

Enjoy freshly baked goodies and sweet treats.

**Every Wednesday on Main Street**  
**11:30 a.m.–2 p.m.**

### Catering

Celebrate special moments.

The Ruby is the perfect spot to host any special event or occasion.

**905-575-4735 x 8086**  
[emma.balaban@schlegelvillages.com](mailto:emma.balaban@schlegelvillages.com)

Reservations are recommended but walk-ins are welcome! **905-575-4735 x 8086**

**Join us on the  
10th floor!**

# Village Events

## **Joint LTC & RH**

- Wednesday, January 8th—Traditions Alive Vendor—10:00am-2:00pm—MS
- Wednesday, January 8th—2:00pm Movie with Janet-TH
- Wednesday, January 15th—Alzheimer's Coffee Break Fundraiser— 2:00pm-4:00pm— TS
- Monday, January 20th—2:30pm Elvis Day with performance— TS
- Wednesday, January 22nd—Nellies Shoe Vendor-10:00am-2:00pm —MS
- Wednesday, January 22nd— 2:30pm Arm Chair Travel (Dominican)-TH
- Wednesday, January 22nd—7:15pm Scottish Highland Dancers —TH
- Tuesday, January 28th—10:00am —2:00pm Vintage Village Vendor—MS

## **Long Term Care**

- Friday, January 3rd— 8:30am Men's Breakfast-CC
- Saturday, January 4th— 2:00pm Pub with Carla Gonzalez-MS
- Thursday, January 9th —3:15pm Residents Council-CC
- Saturday, January 11th— 2:00pm Entertainment with Ron Tansley on Carrington
- Tuesday, January 14th—9:30am Grandfriends with Calvin Christian School Grade 1-TH
- Friday, January 17th—3:00pm Happy Hour with Davis Steven-MS
- Monday, January 20th-March 3rd—10:30am Intergenerational Music Jamboree-TH
- Saturday, January 25th— 2:00pm Entertainment with Martin Kling on Stonechurch
- Wednesday, January 29th—5:00pm Diners Club (Mandarin)-CC
- Friday, January 31st—2:30pm Birthday Bash-CC

## **Retirement**

- Wednesday, January 1st—PJ Day with a Year in Review Slideshow
- Saturday, January 4th—2:00pm Blue Eyed Bill-EG
- Tuesday, January 7th—2:00pm Choir Practice— TH
- Wednesday, January 8th—5:00pm Diners Club (McDonalds) -\$ sign up
- Tuesday, January 14th—2:00pm Choir Practice-TH
- Thursday, January 16th— 9:15am Breakfast Club—HS (sign up)
- Thursday, January 16th— 2:30pm Residents' Council -TH
- Friday, January 17th—3:00pm Emmas Happy Hour with Dave Shakespeare- EM
- Monday, January 20th —3:00pm Gardening Club Meeting— SH
- Monday, January 20th—Blue Monday Fundraiser-Morning Event-MS
- Tuesday, January 21st—2:00pm Choir Practice —TH
- Friday, January 24th - 3:00pm Birthday Happy Hour (Dec/Jan) -SC
- Tuesday, January 28th —2:00pm Choir Practice - TH
- Friday, January 31st—3:00pm Happy Hour with Hot Chocolate Drinks —SC



# Village Outings

## LTC

- Friday, January 10th—1:30pm Outing to Williams Café, Pier 8
- Monday, January 13th—10:30am Walmart Outing
- Friday, January 17th—10:00am Country Drive with Hot Coco & Doughnuts!

LTC Residents, please drop into the Community Centre any time to sign up for outings.

## Retirement

- Monday, January 6th—1:30pm Crock-a-doodle Pottery Painting-EM/EG
- Tuesday, January 7th—10:30am/2:00pm Shuttle to Fortinos (Upper James)
- Thursday, January 9th—1:30pm Hamilton Art Gallery
- Tuesday, January 14th—10:30am/2:00pm Shuttle to Metro (Fennell)
- Thursday, January 16th—2:00pm Shuttle to Giant Tiger
- Tuesday, January 21st—10:30am/2:00pm Shuttle to No Frills (Rymal)
- Thursday, January 23rd—11:00am Broadway Diner for Brunch
- Thursday, January 23rd—2:00pm Country Drive –EM/EG
- Monday, January 27th—10:30am Fallsview Casino
- Tuesday, January 28th—10:30am/2:00pm Shuttle to Food Basics
- Thursday, January 30th—11:30am Broadway Diner Brunch -EM/EG

For those of you unfamiliar with sign up day; on the allotted day, drop into the Art Studio between 10am-3pm and fill out a ballot for each outing or special event you wish to attend. Each outing will be filled with residents by random draw to ensure fairness for everyone. Waiting lists will still exist with overflow. If you cannot make it out to sign up day you can sign up any time after by signing your name on the list in the Black binder for whichever outing you want. Binder is located in the Hobby Shop.

Sign-up day will be held:

**10am-3pm Wednesday, January 1st in the Hobby Shop.**

You can sign up alone or with a friend/spouse on the same ballot. One Ballot per person/partners per outing.

Please check the sign-up binder, in the Hobby Shop, to see which outing you are on after sign-up day. You will receive a call from Recreation to remind you of the outing in advance.

Please ensure you cancel **MINIMUM 24 hours** before the scheduled date for an outing or special event so we can fill your spot with someone from the wait list.



# Update

## From the Desk of Moses Genat

Happy New Year Wentworth Heights,

As we step into 2025, it's a perfect time to focus on our health, wellness, and overall happiness. One of the best things we can do for ourselves is to stay active, but did you know that being active doesn't have to mean intense workouts? In fact, even small daily movements can have a big impact on your overall well-being! Let's take a look at some simple ways to keep our bodies moving and minds refreshed this winter season:

### **Walking: The Simple Solution**

Walking is one of the easiest and most accessible forms of exercise. Whether it is a stroll around the building or a few hallways within the village, it is great for your heart, circulation, and overall health. Plus, if it is safe to do so, walking outdoors can boost your mood and vitamin D levels – especially helpful on those cloudy winter days!

### **Stretching for Flexibility and Comfort**

Stretching is not just for athletes. Regular stretching helps to improve flexibility, reduce muscle tension, and even improve your posture. It is a great way to release stress, especially following long periods of sitting. Simple stretches can be done at any time – while watching TV, in the morning, or before bed.

### **Stay Hydrated**

Many people forget to drink enough water when the weather is cold, but staying hydrated is just as important in the winter as in summer. Proper hydration supports digestion, joint health, and keeps your skin looking its best. Aim to drink at least 8 cups of water a day, and feel free to enjoy herbal teas for a warm, comforting hydration option.

### **Mindful Breathing for Stress Relief**

Stress is something we all experience from time to time, but did you know that breathing exercises can help manage it? Taking deep, slow breaths helps activate the body's relaxation response, reducing tension and calming the mind. Try focusing on your breath for just a few minutes each day, especially when you feel stressed.

### **Socialize and Stay Connected**

Physical and mental health go hand in hand, and socializing is a big part of that. Connecting with others, whether it's chatting with friends, joining group activities, or sharing a laugh with neighbours, can boost your mood and reduce feelings of isolation. Come down to Main Street, there are countless opportunities to connect with fellow residents so do not hesitate to take advantage!

By making small, positive changes in our daily routines, we can feel stronger, happier, and more energized. So, let us make 2025 a year of good health, fitness, and wellness!

Stay Safe & Active,  
Your PAL team.



## Retirement

*The Foot Care Clinic for Williamsburg and Egerton will be on January 22nd and Emma's on December 23rd. The Foot Care Clinic for the Becker and Ailsa Craig neighbourhoods will be on January 20th at the RiverStone Spa and Salon.*

## Long Term Care

The next Foot Care Clinic for Long Term Care will be the week starting January 5<sup>th</sup>.

Please contact the RiverStone Spa and Salon with any questions or to book an appointment at 289 678 0021 ext 8090





# Chaplain's

## Corner

### *Happy New Year!*

A new year begins and we are hopeful that we are able to share in conversations, fun and wisdom as we gather together!

**GATHERING group for New Residents** on January 15 at 10:00am.

**Sing-a-long** with Janet on the second and fourth Wednesday at 9:45am in the Chapel and on Thursday mornings at 9:45 in the Chapel.

**Movie** with Janet at 2:00pm  
“Christmas in Connecticut”  
with Barbara Stanwyck and Dennis Morgan

**Bible study** with Ankit

**Bible study** with DVDs—are you interested in joining a group to discuss “Historical Jesus”?

**Gathering Group** for those who are grieving will begin in February for 4 weeks. Please contact me for more details.

Please check the monthly calendar for *times, dates and location!*

Please let me know if you would like to have Communion with your family or friends.

Shalom, Janet

### January Services

Non Denominational Church services are held every Sunday at 10:00am with Ankit, a member of our Spiritual team, and 2:30pm with Janet.

We invite you to Join us for Fellowship after the afternoon service. All residents are welcome !

Roman Catholic Mass is held on the third Wednesday of each month at 10:30am.

### **COMMUNION**

Roman Catholic **Communion** served on Tuesdays at 10:00am in the Chapel

**Epiphany Communion** on Sunday, January 5th at 10:00 am. and 2:30 pm

### **In Memoriam...**

The Board of Directors,  
Leadership, Team Members,  
and Residents of the Village of  
Wentworth Heights  
remember...

*David Stach  
Marion Nicholson  
Margaret Szucs  
Rosario Tristani  
Anne Warne  
Susan Smye*



We extend our sincere condolences to these families as they grieve their loss and remember their loved one.

Our next Celebration of Life Service will be held on  
*February 26th at 11:00 am.*



## **WELCOME TO THE VILLAGE**

### **Welcome Centre**

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Happy New Year from The Welcome Centre!" Thank you to everyone who contributed to our stocking drive in December, we were able to deliver over 150 stockings to seniors who are stuck in the hospital over Christmas. Also, a big thank you to those of you who helped us stuff the stockings! Your time and effort are always appreciated.

We are already starting to plan for the year here in the Marketing department, so keep your eyes open for what we have in store!

Thank you, Nicole, Bradley & Holly

**If you are unable to reach the Welcome Committee please call the Marketing team in the Welcome Centre:**

**Holly R. – ext. 8069**

**Bradley H. – ext. 8068**

**Nicole A. – ext. 8067**

# Current Events

Dear Residents, Families and Team Members,

The fourth fundraiser of our Wentworth Current Events Group this November was, as the previous ones, a great success due to your generosity and caring.

During our four-day event, we spoke with many of you, and we were touched by your concern for homeless people in Hamilton. To our great joy, your numerous financial donations amounted to a grand total of:

**\$ 5,254.05**  
**Of which \$ 3,343.80 went to Indwell**  
**And \$ 1,910.25 to Good Shepherd.**

Considering the rising food prices, we chose as we did last year, to designate the funds for stocking pantries in the two Indwell group homes. Also, as previously, supporting Regina's Place, a supporting housing for parents 21 years and younger, was our choice for Good Shepherd. Furthermore, the donations of clothing and kitchen items were overwhelming! We counted 75 boxes and bags, plus pillows and comforters.

All members of the Current Events Group extend their heartfelt gratitude to all donors with the warmest wishes a for a very Happy New Year!

Kathe Kleinau  
For the Current Events Group



# GENERAL STORE

Tuesday 10 - 4 | Wednesday 10 - 5  
Thursday 10 - 4 | Saturday 10 - 4



## *Seasonal Clothing!*

**Tops, Sweaters, Scarves,  
Slippers, Gloves & Hats.**

**Dairy, Eggs, Yogurt,  
Butter, Ice Cream**

**Peanut Butter, Bread, Cookies,  
Crackers**

**Tissue, Detergent, Soaps and  
Paper Towel**

**Pepsi, Ginger Ale, Water, Cola**

**No Sales Tax!**

Call us at Ext. 8087

 PharmaChoice

Your partners in health.

## VILLAGE PHARMACIES

1620 UPPER WENTWORTH ST.  
HAMILTON, ON  
(289) 391-0097



### About Us

Located in the Village at Wentworth Heights, we are your trusted medication experts and the trusted source for all your medication and wellness needs.

### Our Services Include:



#### Prescriptions

Filling prescriptions, refilling prescriptions, easy prescription transfers and **custom prescription compounding**.



#### Health and Wellness

Advice on topics including smoking cessation, heart health, diabetes, hormone health, pain management, nutrition and more.



#### Injection Services

Administration of many common vaccines and others like Shingles, travel vaccines and more.



#### Medscheck Consultation

Ensure that you are taking the right medication, at the right dose, at the right time and are not at risk for complications.



#### Prescribing for Minor Ailments

Assessments and prescriptions for minor ailments including UTIs, dermatitis, cold sores and more.



#### Home Health Care

Products and services to support you with your health at home including compression stockings, mobility devices and more.



**LIMERIDGE MEDICAL SUPPLIES**  
849 Upper Wentworth St. Hamilton, ON  
905.385.9494

- SCOOTERS, WALKERS, POWER CHAIRS
- CERTIFIED COMPRESSION STOCKING FITTERS
- SCOOTER AND MOBILITY REPAIR
- ONTARIO DISABILITY SUPPORT PROGRAM PARTNER
- DIRECT INSURANCE BILLING AVAILABLE



# *A Chance for...* **YOUR VOICE TO BE HEARD**

## **RH Residents' Council**

*Your 2024 Executive Council Members:*

***Barbara Hillmer  
Barbara Jepson  
Mary Millar  
Denise Mowatt  
David Walton-Ball***

Our next meeting will be held on  
**Thursday, January 16th  
@ 2:30 pm**

Any questions or concerns can be  
directed to Retirement Recreation  
Supervisor– Sherri Young.

## **LTC Residents' Council**

Residents' Council will be held monthly for  
all residents at 3:15pm in the Community  
Centre. As per vote at a prior meeting,  
meetings have been moved from the 1st  
Thursday to the 2nd Thursday of the month.

Next meeting:

**Thursday, January 9th at 3:15pm**

This is an opportunity for our Residents to  
share their concerns and suggestions that  
will lead to enhancing life within the Village!

Any questions or concerns can be directed  
to Jody McDonald (Resident Support  
Co-ordinator) or Marie Vanlouwe  
(Recreation Team Member).

This is your chance to get details and follow-up of events of common interest, to join in  
discussions and to share our appreciation for the work of management in our Village.

You can request team member or leadership guest speakers to attend the meeting to discuss  
common questions related to their department. Management team members will present an  
update on happenings in their areas.

Make the Residents' Council meeting a time to meet with your fellow residents, the management,  
and the Executives for the betterment of everyone.

Please note that Residents' Council Meetings will be followed by a Wine and Cheese Social.

## **LTC FAMILY COUNCIL:**

We are excited to share that we will be hosting LTC Family Council on  
**Thursday January..... at 6:30pm**. If you would like to be a part of Family  
Council or would like more information, please get in touch with our  
Resident Support Coordinator, Jody McDonald via email  
[jody.mcdonald@schlegelvillages.com](mailto:jody.mcdonald@schlegelvillages.com).





# Room Reservations

## Room Reservation Policy...

We are happy to try to accommodate Family requests to have parties and special celebrations at the Village so that your loved one can continue to be a part of your family's get-togethers!

Our space for these bookings is limited as these spaces are also enjoyed by our Residents for programs, visiting, and independent leisure activities.

Please speak to the Village office regarding room bookings and cost.

Community Centre -Available **after** 4:30p.m.  
Maximum of 20 people.

Library LTC –Available after 4:30p.m. Maximum of 20 people

Country Kitchens—Available upon Request

School House– Maximum 20 people

Education Room (LL)– Maximum 40 people

Please note: If your group size exceeds the maximum for the space, we respectfully ask you to book at an external venue or contact the Ruby for a catering event. Thank-you for your understanding.



# Upcoming Services

## Denture Services

Direct Denture Services provides on-site denture services to residents living in long-term care and retirement.

To book an appointment on site as needed, please scan QR code, call 416-482-3700 or email us at [reception@directdenture.ca](mailto:reception@directdenture.ca)

**Alternatively, you can ask the Nurse to send a referral form to our office.**



## Footcare

STEP AHEAD is a partnership of specially trained nurses, who provide foot care.

### Retirement:

Williamsburg & Egerton:

**Jan. 22nd**

Emma's:

**Dec. 23rd**

Becker & Ailsa Craig:

**Jan. 20th**

### Long-Term Care:

**Jan. 5th**

Please contact the Riverstone Spa x8090 to make a foot care appointment or to arrange a standing appointment.

## Hearing Clinic

Upcoming dates on:

**January 8,15,29**

Please visit us in council chambers on retirement Main Street.

Please call 1-888-745-5550 to book an appointment.

Please see page 22 for more details.

## Dentist

The Smile Room offers a mobile dentistry service in the Village.

Please call 1-888-274-9569 to book an appointment.

**January 28th to January 31st**  
(Depending on Outbreak Status)

**March 11th to March 14th**

Clinic will be held in the Rymal neighbourhood country kitchen.

Please keep an eye on the newsletters and posters in the Village for upcoming clinic dates.

## Eyecare Services

On-Site Specialists offers comprehensive eye care services in the Village, including complete eye examinations, full assortment of eyeglass and optical needs, etc.

Please call (905) 326-9900 or email [consult@onsitespecialists.com](mailto:consult@onsitespecialists.com) to book an appointment.

**NO CLINIC SCHEDULED THIS MONTH**

In addition, please speak with your Nurse for a consent form which can be internally sent to our office.

## Spa and Salon

The Riverstone Spa and Salon, located on retirement Main Street offers a variety of services, including:

Hair care for both men and women,  
Manicures,  
Pedicures,  
Facial Waxing,  
And more!

Please call 289-678-0021 or ext. 8090 to book an appointment.

For a full list of services, please visit Riverstone Spa and Salon in-person or on their website: [www.riverstonespasalon.com](http://www.riverstonespasalon.com)

**\*\* Dentist and Eyecare Services: Clinic frequency is dependent on the registration for the service \*\***



## 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

**In Council Chambers on Retirement Main Street:**

**January 8, 15, 29**

For more information or to book an appointment at The Village of Wentworth Heights, 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)

# 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!





# 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.

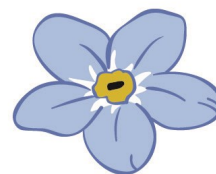
People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease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



## YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

<b>Michelle Wood</b> – General Manager Michelle.wood@schlegelvillages.com	Ext. 8028
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<b>Danica Milos</b> – Assistant Director of Nursing – RAI Coordinator Danica.milos@schlegelvillages.com	Ext. 8066
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<b>Heather Bell Livingstone</b> – Interim Director of Environmental Services Heather.bell.livingstone@schlegelvillages.com	Ext. 8070
<b>Donna Padget</b> – Director of Food Services Donna.padget@schlegelvillages.com	Ext. 8015
Lead Nurse Call this number for any health related emergency	Ext. 8079



## YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

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<b>Nicole Andreatta &amp; Bradley Hiltz</b> –Director of Lifestyle Options Nicole.andreatta@schlegelvillages.com & Bradley.hiltz@schlegelvillages.com	Ext. 8067/8068
<b>Holly Ross</b> – Village Experience Coordinator Holly-jean.ross@schlegelvillages.com	Ext. 8069
<b>RH Administrative Team</b> - Wentworth.retadmin@schlegelvillages.com Call this number for the front desk	Ext. 8085
<b>Lead Nurse</b> Call this number for any health related emergency	Ext. 8079