

The Gates Gazette



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!



Shake Your Shamrocks

Join us as we **STEP** to Ireland for St. Patrick's Day!

Dublin Ireland is 5,168km away.

University Gates; Can we take 50,200 steps to reach that distance??

**Visit the Fitness Centre on
Monday March 17th
To complete your steps
on the NuStep!!**



ATHLETE OF THE MONTH

MABEL WAYNE



ABOUT THE RESIDENT
MABEL IS A VERY DEDICATED ATHLETE WHO LIKES TO PUSH HERSELF AND WORKS HARD TO ACHIEVE HER GOALS. THE PAL TEAM LOVES HAVING HER POSITIVE ATTITUDE IN ALL THE DIFFERENT CLASSES. MABEL LIKES TO KEEP BUSY. SHE LIKES TO EXERCISE, READ THE NEWS AND THE BIBLE, AND SPEND TIME WITH HER LOVED ONES.

FAVOURITE CLASSES

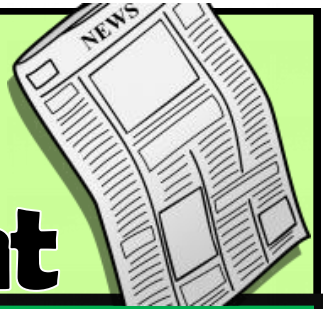
ALL OF THEM! MABEL ENJOYS ALL OF THE CLASSES OFFERED. IF YOU SEE HER IN CLASS, BE SURE TO CONGRATULATE HER THE NEXT TIME YOU SEE HER!

FITNESS GOALS

MABEL IS WORKING VERY HARD TO ACHIEVE HER GOAL OF WALKING WITH A WALKER. SHE HAS ALREADY IMPROVED SO MUCH. THE PAL TEAM CANNOT WAIT TO SEE WHAT ELSE SHE CAN DO!



Village News Retirement



Daylight Savings Time Begins!



SPRING FORWARD
Sunday March 9th, 2:00AM

Celebration of Life
Tuesday March 25th
at 2:30pm
Townhall

St. Patrick's Day Party

Monday March 17th

Starting at 3:00 pm

Retirement MainStreet



Neighborhood Reps Meeting
Wednesday March 19th, in Council Chambers

Food Committee Meeting
Thursday March 13th, in council Chambers

March Birthdays!

Hildegard A.
Judy B.
Jean C.
Elaine D.
Hilary D.
James F.
Claudette F.
Gerald G.

Mary L.
Ken M.
Donald M.
Ron M.
Dorrene O.
Beverley P.
Joan R.
Mary Anne S.

Melinda S.
Lydia T.
June W.
Nancy W.
Janet W.



Village News

Long-Term Care

Daylight Savings
Time Begins
Sunday March 9th
Don't forget to
place your clocks
forward one hour



St. Patrick's Day Party

Monday March 17th

2:00pm

Long Term Care
Mainstreet



Create & Connect
Art Workshop with
the KW Art Gallery

Wednesday March
5th

10am-11:30am

LTC Community
Centre

Sign-up with
Recreation

Food Committee Meeting
Wednesday March 26th
2:00pm in the Chapel

Resident's Council
Thursday March 13th

Happy Birthday!

Gordon A.
Patricia B.
Flora C.
Patricia D.
Frederick D.
Sandra D.
Donna D.
Philip F.
Ruby F.



Peter H.
Monica K.
David M.
Jose P.
Vallena S.
Manuel S.
Marlene T.
Mabel W

Schlegel Villages – CONNECTIONS

INTERNATIONAL WOMEN'S DAY

On **March 8**, we celebrate the immeasurable impact of the women in our lives as we mark **International Women's Day**.

Within our Villages, women make up the majority of the population of both team members and residents, and we are forever grateful for the impact they have in our communities every day.

We also recognize March as **Nutrition Month**, and we wanted to pay special tribute to the many women who bring healthy and nutritious meals to the dining rooms of our Villages. They play such a vital role in the overall well-being of our residents, for they are essential in planning, preparing, and serving balanced meals that meet the needs of those we serve.

Through their dedication, they not only provide nourishment but also create a sense of comfort and care, bringing meaningful dining experiences to our residents every day.

SCAN TO LEARN MORE
about these five women,
their diverse career stories
and favourite recipes.



Alam Raymon
The Village of Humber Heights



Evelyn Marquez
The Village of Erin Meadows



Brigitte Swaby
The Village of Erin Meadows



Madelaine Sperry
Erin Mills Lodge



Starr Albino
The Village of Wentworth Heights



Schlegel Villages – CONNECTIONS

Celebrating our **CANADIAN ROOTS**



Over the past several weeks, we've seen worrisome trends in the relationship between Canada and the United States. With all the talk of tariffs and trade imbalances, however, we have seen a surge in pride in the values we celebrate as Canadians, and we've been feeling it through Schlegel Villages, as well.

For more than 70 years, our Schlegel Family has grown, beginning with humble roots at our first care home in London, Ontario.



Egerton Private Hospital, London, ON, 1953

Today, we are 18 Villages strong and we're looking forward to opening more in the coming years, beginning in late 2025/early 2026 with The Villages of Ridgeview Court in Milton and Millers Creek in Ajax.

The diversity we celebrate in our Villages is a representation of the diversity we value so much in the communities around us, and it is something we, as Canadians, will always be proud of.



The Schlegel family
From left: Jamie, Ron, Barb, Brad and Rob

Spiritual Care Services (Long Term Care)



Spiritual Care Services
Rev Mike Zenker

Mike.zenker@schlegelvillages.com

519-904-0650

Ext. 8011

HOURS

Tuesday - Thursday Mornings

*(*times may vary depending of events in the village)*

Special & Religious Holidays In March

4 Shrove Tuesday

5 Ash Wednesday

8 International Women's Day

9 Daylight Saving Time Begins

13-14 Purim (Jewish)

14 Holi (Hindu)

17 St. Patrick's Day

20 First Day of Spring

20 Eid Al-Fitr

31 International Transgender Day
Of Visibility



Spiritual Life Gatherings

- Tuesdays **9:30am** Rosary Service
- Thursdays **9:30am** 'Hymns' Chapel Service.
- Wednesday mornings TWICE a month—
'Contemplating Life with Mike (in the chapel 10am)

Wed March 5 & Wed March. 19

ASH WEDNESDAY SERVICE

in Retirement 1:45pm (Wed. March 5)

Roman Catholic Communion & Prayers:

- *See Retirement Chaplain's Page for monthly services. If you wish to attend, or your loved one wished to attend, please let us know and we will do our best to make sure they can participate.*
- *We have a team of volunteers who come and visit one-on-one with residents and administer Communion, pray a prayer of Blessing etc. If you would like them to visit you (or your loved one), please send me an email and we will add them to the visitation list.*

New "Contemplation/Prayer" privacy screen in the Chapel

If you need a place to pray or contemplate, please use the chapel space and the new privacy screen. When finished, fold and place against the wall. We hope EVERYONE will respect the space and be mindful is someone is there.



An opportunity to
GATHER with others who
understand.

The **Care Partner Gather group** is for spouses, adult children or friends of persons living with dementia or other challenges that put us in a 'care partner' role.

In a small group setting we share how things are going and offer listening and support. You are welcome to join us!

When? **Tuesday, March 4th and 18th 3:45-4:30**

Where? Retirement Home Town Hall

A **Gathering for those who are grieving** provides a supportive space for residents to connect, share, and explore their grief, fostering healing and emotional well-being through shared experiences.

When? **Friday, March 7th and 21st**

2:30-3:15

Where? Retirement Home Town Hall

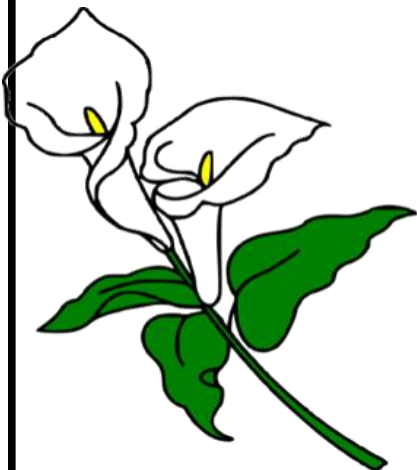
For more information please contact Jane Kuepfer at
jane.kuepfer@uwaterloo.ca



We Remember



Betty B. (LTC)
Margaret B. (RH)
Robert B. (LTC)
Wayne M. (LTC)
Catherine M. (RH)
Ian M. (RH)
William M. (RH)
John P. (LTC)
George T. (RH)
Myrna W. (LTC)



*Thank you for sharing
your time with us*

**Retirement Home
Spiritual Care Team**



**Spiritual Life
Facilitator:**
Jane Kuepfer
(RP, MDiv, PhD)

**Spiritual Care
Students:**
Rachel Urquhart



Sandhya Dhanpat

CONTACT us to
arrange for a visit:
jane.kuepfer@
uwaterloo.ca

519-904-0650 x 8249

Our Spiritual Life Together

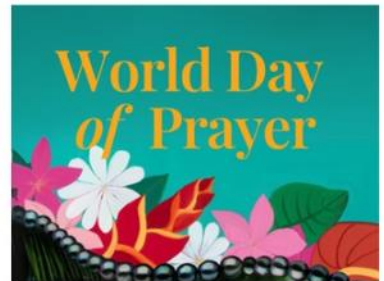
In March it is time to hope for new life popping up through the snow! When do you think we will see green grass again? March is the month when some days are



winter and some days are spring—but we know spring always prevails in the end! This month, in the retirement home, you are invited to join us for:

**Tuesday Spiritual Life Gatherings at
2:30 in the Town Hall**

We will celebrate **World Day of Prayer on March 4**. We will acknowledge the Christian season of **Lent** together



throughout the weeks before Easter. **Purim** (Jewish), **Holi** (Hindu), and **Ramadan** (Muslim) will be observed this month by some of our team members. **March 25th** we will come together for a **Celebration of Life service**.

Other weekly gatherings:

Thursdays at 10:15 in Egerton and at 11 'Good morning God!' group in the library



Sunday evening Hymn Sings 7:30 in the Town Hall

Roman Catholic Communion and Prayers (Town Hall, then



Egerton): Sunday March 2nd at 10:45

Ash Wednesday March 5th at 1:45

Sunday March 16th at 10:30

Communion and Rosary:

Thursday March 13th at 2:00 pm

Mass: Friday March 28th 11am with

Father Jamroz (confession before and after)

 **Ruth's** IS COMING TO YOU!
Fashion Boutique

**ALIA
N
TANJAY**

NORTHERN
REFLECTIONS

KAREN  SCOTT

15 Racks!
Including Menswear

**PETITES & PLUS
SIZES AVAILABLE**



All welcome!
Come visit us in the Long Term
Care Community Centre

Wednesday,
March
26th



**10:00 am
- 2:30 pm**



March is Music Therapy Awareness Month!



Music has always been an integral part of life at University Gates, and music therapy plays a key role in enhancing our community. In music therapy, Certified Music Therapists (MTAs) use music intentionally within therapeutic relationships to support individuals' development, health, and well-being. Through piano, voice, and guitar, residents participate in small group and individual sessions that aim to improve quality of life, foster meaningful engagement, enhance communication and self-expression, encourage social interactions, and, of course, have fun! Music therapy achieves all of this—and more!

At University Gates, we also recognize the importance of nurturing intergenerational relationships in long-term care to combat isolation. We are proud to offer The Jamboree, our intergenerational music therapy program. This 8-week group program invites parents and their young children to the Village, where they make music, sing, dance, and have fun alongside our residents. The energy and joy that the children bring each week is undeniable, and their presence significantly impacts the lives of their new 'grand-friends.' Stay tuned for the next session start date!

This month, we are excited to welcome back Caitlin, a former music therapy student, who will be returning as our music therapist for the next 12 months. If you have any questions about music therapy, feel free to reach out to Caitlin or visit www.musictherapy.ca for more information.





Resident Right #3

Every resident has the right to have their participation in decision making respected.

Medication Management Made Simple

Managing medications can be difficult as we age. Keeping track of prescriptions, understanding dosages, and ensuring safe use all require careful attention. Tejal Patel, pharmacist and Schlegel Specialist in Medication Management and Aging, shares expert advice to help you simplify the process and improve your medication safety.

Keeping Track of Medications

Maintaining an updated list of all medications is essential. This should include:

- Prescription drugs
- Over-the-counter medications
- Vitamins and supplements (e.g., ginseng, ginkgo)
- Any natural health products

Update this list whenever there is a change, such as a new medication, stopping a medication, or changing the dosage. Keep track of any side effects and discuss them with your doctor.

Getting the Right Support

If you have difficulties with medication use, talk to your pharmacist. They can help with:

- Opening bottles or blister packs
- Swallowing pills
- Reading medication labels



- Understanding instructions
- Organizing your pills

Pharmacists offer solutions, such as easy-open packaging or other ways of taking a medication.

Key Questions to Ask About a New Medication

1. Does this interact with any medications or supplements I take?
2. What side effects should I watch for?
3. When will I start to feel its effects?
4. What time of day should I take it, and should it be taken with food?
5. How should I stop taking it safely?
6. How often will I need a refill?
7. What happens if I miss a dose?
8. Are there any activities (e.g., driving) I should avoid while taking this medication?

By staying informed and seeking the right support, keeping track of medications can become an easier part of daily life.

Subscribe to updates from the RIA at the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.



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

For more information or to book an appointment at The Village of University Gates, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

THE GATES GAZETTE

WHO TO CONTACT WITH QUESTIONS OR CONCERNS
VILLAGE PHONE NUMBER: 519-904-0650



When calling an LTC resident directly please use the Resident Line 519-904-0653

RH Residents each have private phone numbers



LONG TERM CARE

| Role/Name | Extension |
|---|------------|
| General Manager: Chris-Anne Preston | 8203 |
| Asst General Manager (LTC): Patricia Solik | 8003 |
| Asst General Manager (RH): Ion Zdrengha | 8204 |
| Administrative Coordinator: Elena Oprea | 8202 |
| Admin Assistant (LTC): Clare Legare | 8001 |
| Neighbourhood Coordinators | |
| Hagey & Johnston (LTC): Brandy Douey | 8031 |
| Wright & Matthews (LTC): Kim Boyes | 8025 |
| Downey & Pollock (LTC): Lee-Ann Air | 8037 |
| Department Directors | |
| Director of Nursing Care (LTC): Wendy Miller | 8005 |
| Assistant DNCs (LTC): Ruhab Muzaffar | 8054 |
| Assistant DNCs (LTC): Emily Uebele | 8060 |
| Director of Environmental Services: Dilan Ganegoda | 8006 |
| Director of Recreation: Meghan Connelly | 8007 |
| Director of Hospitality: Lisa Price | 8004 |
| Food Services (LTC): Liz Barre | 8008 |
| Director of Program for Active Living (PAL): Liam Stiles | 8126 |
| Exercise Therapist (LTC): Sarah Harris | 8013 |
| Nursing | |
| Charge Nurse LTC | 8055 |
| Psychosocial and Spiritual Well-being | |
| Resident Support Coordinator (LTC): Janessa | 8057 |
| Chaplain (LTC): Mike Zenker | 8011 |
| Volunteer & Student Services (LTC): Noreen Blount | 8010 |
| The Ruby Dining Room | 8224 (bar) |
| Riverstone Spa and Salon | 8227 |

THE GATES GAZETTE

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RETIREMENT

| Role/Name | Extension |
|---|----------------|
| General Manager: Chris-Anne Preston | 8203 |
| Asst General Manager (LTC): Patricia Solik | 8003 |
| Asst General Manager (RH): Ion Zdrengha | 8204 |
| Administrative Coordinator: Elena Oprea | 8202 |
| Admin Assistant: Theresa / Arsha / Melod | 8201 |
| Neighbourhood Coordinators | |
| Williamsburg: Jennifer Allen | 8208 |
| Emma's/Egerton: Sandy Taylor | 8205 |
| Becker: Victoria Leger | 8206 |
| Department Directors | |
| Director of Wellness (RH): Trish Baird | 8209 |
| Assistant Director of Wellness (RH): Meena Sukhram | 8210 |
| Director of Environmental Services: Dilan Ganegoda | 8006 |
| Assistant Director of Environmental Service (RH): Jessica England | 8250 8234 |
| Maintenance Services (RH): Brad/ Will | |
| Director of Recreation: Meghan Connelly | 8007 |
| Recreation Supervisor (RH): Noah Bester | 8207 |
| Director of Hospitality: Lisa Price | 8004 |
| Director of Program for Active Living (PAL): Liam Stiles | 8126 |
| Exercise Therapist (RH): Emily Port | 8216 |
| Nursing | |
| Lead Nurse (RH) | 8255 |
| Psychosocial and Spiritual Well-being | |
| Chaplain (RH): Jane Kuepfer | 8249 |
| Volunteer & Student Services (LTC): Noreen Blount | 8010 |
| Marketing | |
| Dirs. of Lifestyle Options: Sahar/Sophia/Nicolette | 8248/8041/8241 |
| Village Experience Coordinator: Alex Hamley | 8048 |
| The Ruby Dining Room | 8224 (bar) |
| Riverstone Spa and Salon | 8227 |