

# The Gates Gazette





## How Can You Help?

# Volunteers



*The Village at*  
**UNIVERSITY GATES**

Interested in Volunteering at the  
Village at University Gates?

Contact Noreen Blount,  
Volunteer Coordinator at:

universitygates.volunteers  
@schlegelvillages.com

or

(519)904-0650 Ext. 8010



Schlegel Villages'  
**Volunteer**

Looking for a meaningful way  
to give back?

We're seeking volunteers to  
help run our General Store,  
where neighbours support  
neighbours.

Volunteer tasks include:  
Stocking shelves  
Operating the cash machine

Available shifts:  
Monday, Tuesday, and Thurs-  
day | 10 AM – 12 PM

No experience needed—just a  
willingness to help!



# Village News

## Long-Term Care

**MAGICAL MOMENTS**

**A Family Day of Fun & Wonder**

**MONDAY FEBRUARY 17TH**

2-3PM  
**LONG TERM CARE MAIN STREET**

Cotton Candy  
Popcorn

Scott the Magic Guy

**FAMILY GAMES**



**Family Council**  
Sat. February 22nd  
10:30am

**Resident's Council**  
Thurs. February 20th  
2:00 pm

*Would You Be Mine?*

Join us this Valentine's for our Valentine's Day Event

**Friday February 14th**  
Main Street

<b>2-3pm</b> Music with Jontue Elan	<b>1:30-2:45</b> Caricature Artist
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**SWEETHEARTS AND FRIENDS WELCOME**



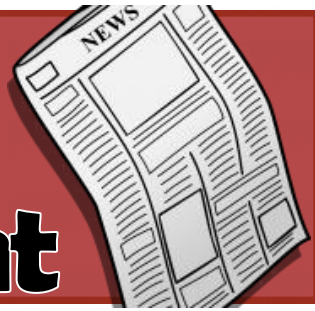
### **Happy Birthday!**

Betty A.  
Richard A.  
John B.  
Janice B.  
Horace C.  
Shirley C.  
Maria E.



Elizabeth H.  
Catherine K.  
Patricia M.  
Pam R.  
Serifina S.  
Edward S.  
Lydia W.

# Village News Retirement



Wear your Pink on February 26th to help support those who are bullied and help spread kindness!

## ✦ Black ✦ History Month



Check out main street for daily trivia and fun facts about Black History in Canada and the world

## VALENTINE'S DAY

*Join us on Main Street Starting at 3pm as we celebrate this day of love with music from Bill Loeb sack!*

*We will also have a caricature Artist from 3-4:30 pm*



## Neighbourhood Reps Meeting

February 19th at 3:00 PM  
in Council Chambers

## Welcome Committee Meeting

February 25th at 2:00 PM  
in Council Chambers

## February Birthdays!

Anna B.  
Stanley C.  
Barbara D.  
Myrth Gail de V.  
Diane F.  
David G.  
Phyllis H.  
Edith H.

James H.  
Herta L.  
Sally L.  
Jill M.  
Jean M.  
Anne N.  
Frances R.  
Patricia S.

Jean S.  
Patricia T.  
Marius V.  
Heather W.





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!**



# Getting to know you

**Name:** Monika Sztenc

**Position:** Nurse Practitioner

**Describe University Gates in 3 words.**  
Welcoming, Caring, Supportive

## **What led you to this profession?**

I was drawn to the nursing profession to make a meaningful difference in people's lives, offering care and compassion during their most vulnerable moments. Helping others has always been at the heart of who I am, and my profession allows me to do that every day.

## **Tell us how you first got involved with University Gates.**

I had placement as a student Nurse Practitioner at one of Schlegel Villages homes. I really enjoyed the experience, especially being able to provide care that focused on the whole person, not just their medical needs. It was meaningful to see how dedicated the team was to making residents feel valued and supported, which left a lasting impression on me.



Monika Sztenc

## **Tell us a little about yourself.**

My partner and I live in Guelph, and we really enjoy the city. Offering a great mix of city living and nature. I am originally from Mississauga, where I lived majority of my life. I have one younger brother.

## **What are your hobbies, your talents, your interests?**

I enjoy boxing, the sauna, swimming, and weightlifting. My hobbies are baking and cooking. I make delicious cinnamon rolls.

## **Do you have a favourite quote?**

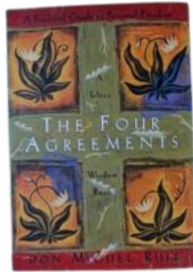
Be stronger than your strongest excuse.

# Getting to know you

## Quick Hits!

**What characteristic do you admire in others?**

Thoughtfulness.



**My dream vacation:**  
Greece

**Favourite book:**  
The four agreements

**TV Show I'll Never Miss:**  
Schitt's Creek

**What is your biggest pet peeve?**

Bad drivers.

**What I Fear Most:**  
Heights

**Favourite Sports or Pastimes:**  
Soccer

**Who was the most influential person in your life?**

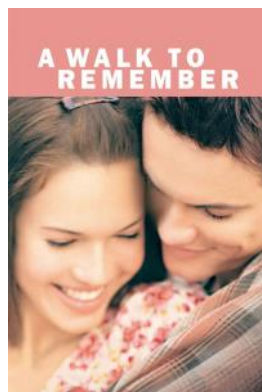
My mom.

**Favourite Music:**  
Can't say I have a favorite. Pop, Country, R&B, Rock. Love them all.

**Favorite song:**  
Right now, it's Beautiful Things by Benson Boone

**What is the best advice you have ever been given?**

"Treat others how you want to be treated."



**Favourite Movie:**  
A Walk to Remember

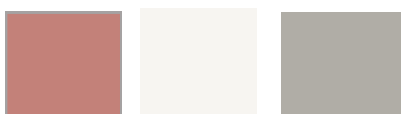
**Pets:**  
Dogs

**I absolutely, positively will never, ever eat:**  
Oysters

**What's the Most Rewarding Part of your Job:**

Making a positive difference in someone's life and putting smiles on people's faces.

**Three things I cannot live without:**  
Phone, laughter, and good food.





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, February 4<sup>th</sup> and 18<sup>th</sup> 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, February 7<sup>th</sup> and 21<sup>st</sup>**

**2:30-3:15**

Where? Retirement Home Town Hall

For more information please contact Jane Kuepfer at  
[jane.kuepfer@uwaterloo.ca](mailto:jane.kuepfer@uwaterloo.ca)





**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 her book "Winter Grace" Kathleen Fischer writes about aging, "Winter reveals those things that summer conceals. We can see farther and with clearer vision..."*

*There is an inner life and awakening; beneath the shell of the bud is sap in gestation... the rhythm of old age may be slower than that of youth, but it can reveal a new kind of beauty, one refined by experience."*



This month, in the retirement home, you are invited to join us for:

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

**Throughout the month of February several residents will be sharing stories from their life and faith. Come get to know your neighbours better!**

**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 February 2nd at 10:45

Sunday February 16th at 10:30

**Communion and Rosary:**

Thursday February 13th at 2:00 pm

**Mass:** Friday February 28th 11am with

Father Jamroz (confession before and after)



**Spiritual Care Services**

**Rev Mike Zenker**

[Mike.zenker@schlegelvillages.com](mailto: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 December**

2 Groundhog Day

14 Valentine's Day

17 Family Day

26 Pink Shirt Day

25 Aspiration Launch Event

26 Hindu: Maha Shivaratri

28 Ramadan (Until Mar. 29)

**GOD  
IS  
LOVE**

- 1 John 4:16 ESV -

# Spiritual Care Service (LTC)



## Spiritual Life Gatherings

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

**Wed Feb.5 & Wed Feb. 19**

***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.*
- *In Long Term Care, Catholic Communion & Prayers of Blessing: We have a team of volunteers who come into the Long Term Care home 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.*

## **Celebration Of Life Memorial Service**

**Thursday February 27th**

**10am @ LTC Chapel (Spiritual Care Centre)**

*(remembering those who passed away between Nov 1st and Jan 31st )*

*The past three months have been very difficult for University Gates Long Term Care Home. Grief has visited us all far too often and it has left many hearts heavy and exhausted. Please join us for this special service as we honour those who have passed away.*

***They will not be forgotten, they will be remembered.***

# *We Remember*



Patricia A. (LTC)

David B. (LTC)

James B. (RH)

Arthur D. (LTC)

Robert F. (LTC)

Daphne H. (LTC)

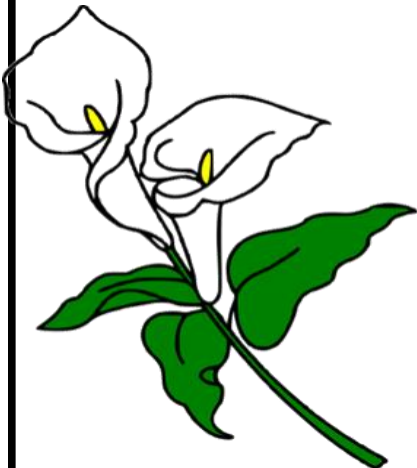
Karl K. (LTC)

Henrietta S. (LTC)

Waltraud S. (RH)

Allan W. (LTC)

Ann Z. (LTC)



*Thank you for sharing  
your time with us*

# 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



# Valentine's Day

## AT THE RUBY

Friday, February 14  
4-7 p.m.

Choose **one** dish from each category.  
Coffee and tea included.

**\$45** plus tax  
per person

### Appetizers

#### Roasted tomato soup

Roasted tomato soup with garlic crostini and crumbled feta.

#### Apple pecan salad

Tender greens, crisp apple slices, pecans, dried cranberries, julienne carrots and blue cheese tossed in a maple mustard vinaigrette.

### Dessert

#### Double chocolate cake

Topped with whipped cream and berries.

#### Cherry cheesecake

Served with cherry sauce and whipped cream.

### Mains

#### Surf and turf

5 oz striploin steak grilled to your liking and topped with three herb garlic shrimp natural au jus, mashed potatoes and seasonal vegetables.

#### Butternut squash ravioli

Butternut squash stuffed pasta tossed with forest mushrooms, wilted spinach and fine herbs. Topped with a white wine butter sauce.

#### Grilled salmon

Served with lemon herb and sweet pea risotto, sautéed green beans and roasted red pepper puree.

Join us on the top floor.

Call for a reservation 519-904-0650 ex8224

**The Ruby**  
SCHLESSEL VILLAGE RESIDENCE

# ATHLETE OF THE MONTH

## Tom Farr

### About Resident

Tom is one of the most dedicated athletes the PAL team have ever seen. He always makes himself available for any class we run and has been working hard to achieve his goals. If he's not exercising, he enjoys watching golf and hockey. His favourite hockey team is the Detroit Red Wings.



### Favourite Classes

Tom's favourite class is Balance Class but he can be found at almost anything!

**Fun Fact!!!**  
Tom used to referee pro hockey and was based out of Austin, Texas!

### Fitness Goals

Tom's fitness goal is to walk with a cane in the next 5 years. He has been working hard towards this goal and has recently started a stairs program to continue building his strength.



# Getting to know you

**Name:** Eden Hardy

**Position:** Team Experience Coordinator

**Describe University Gates in 3 words.**

Supportive, Versatile, Family.

**What led you to this profession?**

I have found myself following in my Mom's footsteps within senior care, so I would have to say she had some influence. As well I also knew about Schlegel Villages as my Nanny (grandma) lived at Winston Park.

**What's the most rewarding part of your job?**

I have yet to start my new role but from my previous roles, I loved making a difference in someone's day. The smallest gestures or going the extra mile is always something I strive to do for the residents and my coworkers.

**Tell us how you first got involved with University Gates.**

I started in Food Services as an FSA at University Gates in 2020, I then went to Winston Park for recreation in July 2024, and now I have come back to University Gates for the TEC role in January 2025.



Eden Hardy

**Tell us a little about yourself.**

I live with my parents in Kitchener, where I grew up and have two older brothers. I am a very family-oriented person and enjoy spending time with my grandparents, uncles/aunts and cousins.

**What are your hobbies, your talents, your interests?**

In my downtime, I spend quality time with friends and family. I also played hockey my whole life, so I love to go skating whenever I get the chance. Along with snowboarding. In the summer, I spend the majority of my weekends at my family cottage, where I can unwind and enjoy the water and the sun!

**Do you have a favourite quote?**

What you're not changing, you're choosing.

# Getting to know you

## What do you wish other people knew about University Gates?

I wish others could experience a day at work in University Gates to feel the team's and residents' warmth and support. I would want them to know how genuine and considerate Schlegel Villages is.

## What characteristic do you admire in others?

Consideration.

## What is your biggest pet peeve?

When I'm late to something.

## Who was the most influential person in your life?

My parents.

## What is the best advice you have ever been given?

The best advice I have ever been given was to treat others how you would want to be treated.

## What is your personal philosophy?

Everything happens for a reason.

## Quick Hits!

### My dream vacation:

Travelling through Europe

### Favourite book:

Never Lie by Frieda McFadden

### Favourite music:

Country

### Messy or organized:

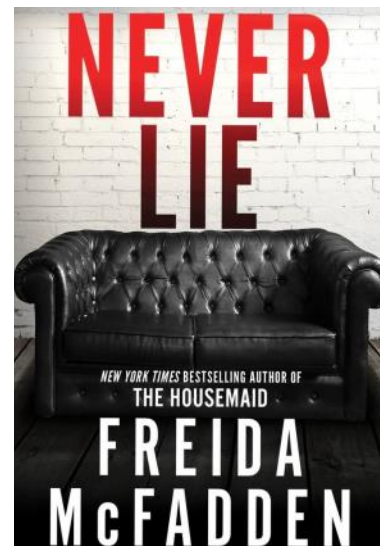
Organized

### Coffee or Tea:

Neither

### Pets:

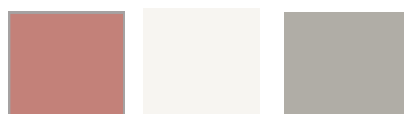
A French bulldog named Marshall.



**I absolutely, positively will never, ever eat:**  
Brussel sprouts.

### Three things I cannot live without:

Music, books, and bubble tea.





# Resident Right #2

Every resident has the right  
to have their lifestyle and  
choices respected



# Fraud prevention presentation

Learn how to protect yourself from fraud

**Wednesday  
February 19**

**11 a.m.**  
Town Hall



**Presented by**  
**Joshua Rhab,**  
Detective Constable  
General Investigations - Fraud Commercial  
Waterloo Regional Police Service

**RSVP** by **Wednesday, February 12**  
519-904-0650, **Alex** x 8048

## 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.

## 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](http://the-ria.ca).

# 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
<b>Neighbourhood Coordinators</b>	
Hagey & Johnston (LTC): Brandy Douey	8031
Wright & Matthews (LTC): Kim Boyes	8025
Downey & Pollock (LTC): Lee-Ann Air	8037
<b>Department Directors</b>	
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
<b>Nursing</b>	
Charge Nurse LTC	8055
<b>Psychosocial and Spiritual Well-being</b>	
Resident Support Coordinator (LTC): Janessa	8057
Chaplain (LTC): Mike Zenker	8011
Volunteer & Student Services (LTC): Noreen Blount	8010
<b>The Ruby Dining Room</b>	8224 (bar)
<b>Riverstone Spa and Salon</b>	8227

# 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*



**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
<b>Neighbourhood Coordinators</b>	
Williamsburg: Jennifer Allen	8208
Emma's/Egerton: Sandy Taylor	8205
Becker: Victoria Leger	8206
<b>Department Directors</b>	
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
<b>Nursing</b>	
Lead Nurse (RH)	8255
<b>Psychosocial and Spiritual Well-being</b>	
Chaplain (RH): Jane Kuepfer	8249
Volunteer & Student Services (LTC): Noreen Blount	8010
<b>Marketing</b>	
Dirs. of Lifestyle Options: Sahar/Sophia/Nicolette	8248/8041/8241
Village Experience Coordinator: Alex Hamley	8048
<b>The Ruby Dining Room</b>	8224 (bar)
<b>Riverstone Spa and Salon</b>	8227