

# Riverside REVIEW

Vol. 27 Issue 2 February 2025

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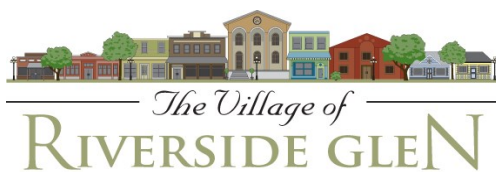
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**Mission Statement**  
Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.



Welcome  
**February**

The shortest month of the year, but it is filled with full of love and warmth.



*Message from*

# BRYCE MCBAIN

Dear Residents, Families and Team members,

Canada's Family Day is on Monday February 17<sup>th</sup> this year and we hope everyone is making plans to connect with their loved ones on this day to celebrate the importance of family.

Shrove Tuesday is on March 4<sup>th</sup> this year. We look forward to participating in making pancakes for our residents on this day that is celebrated by many of us in the preparation for the arrival of Lent.

It is great to see our team working with new students this time of year. The teaching and learning opportunities continue to support the growth of both team members and students while enhancing the quality of life of residents in our home. Let us make all new students feel welcome, supported, included, and help them find joy in the meaningful connections that we are blessed to make each day at The Village of Riverside Glen. If we make them feel welcome, they are more likely to choose to work at The Village of Riverside Glen.

Thank you all for your ongoing contribution to the wellness of our residents, our team, and our community.

If you are feeling unwell, please do not visit. If you are visiting residents, please ensure you use our hand sanitizers at the front door when coming and going to prevent the spread of infection.

Stay Healthy everyone!

Bryce

# Message from Your Long-Term Care Family Council

## Family Council News for families and friends of Riverside Glen **Long Term Care** Residents:

Hello family members! Happy February! It feels just a little colder and snowier out there lately! After our holiday excitement of December and January, getting through February can feel like a challenge, but fear not! There are two more holidays coming up, as we countdown to Valentine's Day, (February 14th), and Family Day (February 17th) !

How will you celebrate? A card, a drawing from a grandchild, a heart-shaped cookie, flowers or chocolates? They're all great ways to show your loved one you care. As always, visiting in person, (distance and outbreaks permitting), is amazing. A a phone call, letter or poem is also a great way to share your feelings. Remember those crazy cardboard valentines we exchanged as kids in school? They had some of the zaniest little poems or sayings! How about, "Roses are red, violets are blue, I've written a poem especially for you!" OK. I won't quit my day job!

On January 9th, our Family Council meeting was well attended. We held an open forum and listened to feedback from our members about their loved ones' experiences at Riverside Glen. As a result of that discussion, we spoke to management on a couple of key points, and we will be reporting back to the membership during the February meeting about the responses received and decide on our next steps. Minutes of the meeting will be available in the white binder across from Helen's desk in the lobby of long term care.

One of my key action items this past month was to define what type of Family Council we have. I contacted the Family Council Association of Ontario, and they sent me resources to figure this out. I'm happy to say that we are defined as a Volunteer Family Council. This means that we don't need elections, (yay!), fixed executive terms or formal committees, (double yay!). Instead Family Council duties can be shared and positions on the executive informally held among members. Our structure includes a regular meeting once monthly, taking and publicly posting minutes from each meeting, and an executive chair, vice-chair and secretary. I currently hold the position of chair and I am joined by two wonderful women, Helen Mason and Lynn Whelpdale who have kindly taken on the positions of vice-chair and secretary, respectively.

If you have been holding off joining Family Council because you are worried about taking on too much extra in your life, you can relax. If you are interested in helping with Family Council, that's fine, but you will never be made to feel like you should. We understand just what the responsibility of being a support to a resident here at Riverside Glen is like. The goal of our Family Council is to listen, emphasize and work with our Family Members and Riverside Glen teams to optimize the care for our loved ones. We encourage you to tune in for an hour a month and catch up with what is happening around Riverside Glen.

Our next Family Council meeting will be held on Thursday, February 13th at 6pm by Zoom. Anyone who is supporting someone in long term care at Riverside Glen is welcome to attend. Jaqueline Swan will send you an invitation the week of the meeting, so please make sure you are on her contact list if you aren't already. Her email is [jackie.swan@schlegelvillages.com](mailto:jackie.swan@schlegelvillages.com) Hope to see you there!

Wendy Presant (Chair of Family Council, Riverside Glen LTC)

# Chaplain's Corner

To: Residents, Families, and Team Members

I always think February is the most boring of months; all the celebration of the holidays is well past and most have taken down any lights or decorations. We're still in the dreary days of winter and hoping for the coming of more pleasant weather when we can spend a little more time outdoors.

There is, of course, fun days like Groundhog Day and Valentine's Day, so hopefully they bring you some joy in what I call this, "in-between" month. So here's a thought to consider to brighten up this month—actually a short prayer: "God, today help me to remember to tell someone they are appreciated and that I am grateful for their friendship and service. Amen." You'd be amazed at what a difference that makes for the one appreciated and for yourself.

Blessings to you,  
Rev. Brenda Woodall

## In Memoriam

The Board of Directors, Leadership, Team Members and Residents were saddened by this month's passing of:

*Andrea Nixon*  
*Thelma Barbeau*

*Geoffery Downie*



# *Riverside Glen* *welcomes new residents*

*to our community*



*Ē Komo Mai*

*Bem-Vindo*

Welkom

## Welcome

Witajcie

*Benvenuto*

Bienvenue

*Karibuni*

### *Retirement*

Elizabeth McEachern  
Leona McDermid  
Ginetta Da Ros  
Jack Wilson  
Herbert Neumann  
June Weiler  
Zardo Aurelia

### *Long Term Care*

Dorothy Watson  
Cameron Leonard  
Josephine Fitzgerald  
Julianna Puskas

# PHOTO REVIEW OF JANUARY



# COMING UP IN FEBRUARY

Sun., Feb 2nd		Groundhog Day
Mon., Feb 10th	1-4 pm	Guelph Storm Hockey Game Outing
Tues., Feb 11	10:30 am	Bonnies Card Making
Fri., Feb 14	12:30	Sweethearts Lunch
Mon., Feb 17th	2 pm	Environmental Presentation
Tues., Feb. 25th	2pm	Village Advisory Team Aspiration Event

## Vendors

### **Cameron Cards**

Thursday February 13th 10-2 Mainstreet RH

### **Patricia's Boutique**

Wednesday February 19th 10-2 Mainstreet RH

### **Traditions Alive: Shoe Sales**

Wednesday February 20th 11- 3 Mainstreet RH

## 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).



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!**

  
**SCHLEGEL VILLAGES**

# 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
<b>Breakfast</b>	\$10.50	\$10.50
<b>Lunch</b>	\$16.80	\$13.65
<b>Dinner</b>	\$19.95	\$16.80

# 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.

**BE PRESENT**  
...in all communications.

**EARN TRUST**  
...by being clear, genuine and transparent in all interactions.

**KNOW ME**  
...as a unique human being.

**WALK IN MY SHOES**  
...by trying to understand how I feel.

**FOLLOW THROUGH**  
...all the way.

### SPOT the dot!

Tell us who is connecting the dots and delivering an extraordinary experience.

KNOW ME

BE PRESENT

WALK IN MY SHOES

EARN TRUST

FOLLOW THROUGH

**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 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.

CONNECT the DOTS  
The Schlegel Villages Customer Experience



## 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 Riverside Glen, 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)

# Goody Goody Gumdrops

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



- |            |          |            |
|------------|----------|------------|
| CANDY      | FRUIT    | MINT       |
| CHERRY     | GELATIN  | ORANGE     |
| CINNAMON   | JELLY    | SPICED     |
| COLORS     | LEMON    | STRAWBERRY |
| DECORATION | LICORICE | SUGARY     |
| DOMED      | LIME     | SWEET      |



# Happy Birthday

## Resident Birthdays

## Team Member Birthdays

### VILLAGE VOICE NEWSLETTER

Read these stories  
and more on the  
Villages website.  
Sign up online to  
receive the email  
newsletter.

[www.  
schlegelvillages.com](http://www.schlegelvillages.com)

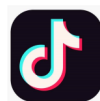
Elsie K	Feb 01	Samuel T	Feb 01
Victor D	Feb 03	Santosh G	Feb 01
Georgina W	Feb 04	Keagan L	Feb 01
Fernanda C	Feb 04	Lakhveer B	Feb 03
Sharryn S	Feb 04	Elizabeth N	Feb 04
Patricia M	Feb 06	Ezinne E	Feb 05
Vivian C	Feb 07	Stella Yetunde I	Feb 06
Pat C	Feb 07	Laura M	Feb 06
Sharlene P	Feb 07	Leesi N	Feb 06
Norm H	Feb 08	Alen A	Feb 07
William M	Feb 10	Virginia V	Feb 08
Majorie E	Feb 13	Katy V	Feb 08
Laurence C	Feb 14	Danielle W	Feb 12
Faye B	Feb 15	Manish T	Feb 14
Tunney M	Feb 15	Aida M	Feb 15
Laurene S	Feb 16	Abdulrasheed N	Feb 15
Roman K	Feb 17	Amanda W	Feb 15
Jack W	Feb 19	Charankamal K	Feb 16
Laura U	Feb 21	Patricia C	Feb 17
Graham W	Feb 21	Yodit G	Feb 19
Sandra L	Feb 21	Sabi S	Feb 19
Raymond L	Feb 22	Amanjot K	Feb 20
Marlene L	Feb 22	Miriam N	Feb 20
Elaine M	Feb 23	Rosetta J	Feb 23
Laura C	Feb 23	Courtney C	Feb 24
Lawerence D	Feb 24	Charity M	Feb 26
Maria P	Feb 24	Julie V	Feb 26
Sheila M	Feb 25	Olaide O	Feb 26
Jean M	Feb 25	Dhara R	Feb 26
Maria C	Feb 26	Victor O	Feb 27
Barbara W	Feb 27	Nidhi P	Feb 27
Jean S	Feb 27	Yordanos T	Feb 27
Leno U	Feb 28	Rebecca A	Feb 28
		Laura G	Feb 28
		Jessica M	Feb 28
		Arsema T	Feb 28



@riverside\_glen



The Village of  
Riverside Glen



@villagelife\_sv

## Birthday Celebrations

### *Retirement Birthday Party*

Tuesday, February 18th at 2:00 pm in the café  
with Paul Schalm

### *Long Term Care Birthday Party*

Tuesday, February 4th at 2pm in the café with  
Bob MacLean

# The Village of Riverside Glen Directory

Phone 519.822.5272

## Retirement Home

Bryce McBain, General Manager	Ext. 815
Lynn Lake, Assistant General Manager RH	Ext. 761
Michelle Mayhew, Director of Wellness	Ext. 812
Sherri Henderson, Assistant Director of Wellness	Ext. 8667
Dylan Pust, Egerton Neighbourhood Coordinator	Ext. 836
Madalyn MacIntyre, Emma's Neighbourhood Coordinator	Ext. 807
Karleigh Herd, Williamsburg Neighbourhood Coordinator	Ext. 893
Shaleena Campbell, Director of Hospitality and Food Services	Ext. 840
Dayna Brinton, Recreation Supervisor RH	Ext. 620
Adrienne White, Director of Program of Active Living	Ext. 826
Melissa Gareri, PAL Coordinator RH	Ext. 821
Tammy Smith, Director of Environmental Services	Ext. 804
Vinny Setia, Assistant Director of Environmental Services	Ext. 857
Karen Murray, Director of Lifestyle Options	Ext. 759
Jaycel Nabua, Director of Lifestyle Options	Ext. 865
Brittany Burton, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall and Eileen Harbottle, Spiritual Care Providers	Ext. 871
Sue Rice, Hair Salon RH	Ext. 816
Jen Jimenez, Administrative Coordinator	Ext. 805
Vrushank B, Administration RH	Ext. 800



# The Village of Riverside Glen Directory

Phone 519.822.5272

## Long Term Care Home

Bryce McBain, General Manager	Ext. 815
Devon Richards, Assistant General Manager LTC	Ext. 841
Deb Guthrie, Director of Nursing Care	Ext. 801
Raman Mander, Assistant Director of Nursing Care	Ext. 797
Vincent Domosmog, Assistant Director of Nursing Care	Ext. 763
Kryssy Freeman , Assistant Director of Nursing Care	Ext. 848
Cheyenne Boyce, Assistant Director of Nursing Care	Ext. 780
Cheryl Ridler, Director of Quality and Innovation Nurse Practitioner	Ext. 798
Brandon Wilton, Mapleton/Eramosa Neighbourhood Coordinator	Ext. 853
Angela Gualtero, Puslinch/Nichol Neighbourhood Coordinator	Ext. 298
Angela Keller, Erin/Arthur Neighbourhood Coordinator	Ext. 794
Amy Hasson, Food Services Manager	Ext. 834
Ayah Elhafan , Assistant Food Services Manager	Ext. 873
Kadri Phillips, Director of Recreation	Ext. 747
Richard Ayala, Director of Program of Active Living PAL Coordinator LTC	Ext. 811
Tammy Smith, Director of Environmental Services	Ext. 826
Brittany Burton, Volunteer and Student Services Coordinator	Ext. 835
Brenda Woodall and Eileen Harbottle, Spiritual Care Providers	Ext. 804
Hair Salon LTC	Ext. 863
Jen Jimenez, Administrative Coordinator	Ext. 863
Helen S, Administration LTC	Ext. 871
	Ext. 860
	Ext. 805
	Ext. 858