

Riverside REVIEW

Vol. 27 Issue 1 January 2025

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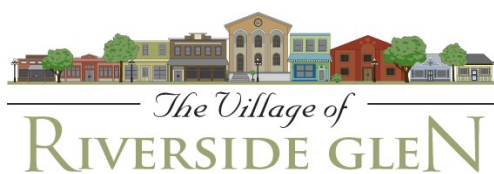
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Mission Statement

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.



Message from

BRYCE MCBAIN

Dear Residents, Families, and Team Members,

As we close the chapter on 2024, we reflect on a year full of connection, growth, and community. It is with heartfelt gratitude that we acknowledge the unwavering support and encouragement from each of you. At the Village of Riverside Glen, our community thrives because of your dedication and compassion. You make this more than just a place to live or work; you make it a true home.

As we look ahead to 2025, we remain committed to improving the quality of care, the living experience for our residents, and the work environment for our team. Your input and involvement are what allow us to grow stronger, and we are excited for the opportunities to serve you better in the new year.

A Note on Flu Season: As we enter the colder months, please remember that proper hand hygiene and mask use are critically important to protect yourself and those around you. The health and safety of our community are a shared responsibility.

Looking forward, the New Year offers a fresh start—a time to embrace new possibilities, set goals, and reflect on what brings us joy. As you make your New Year's resolutions, we encourage you to focus on what fills your heart, brings you peace, and strengthens your bonds with those around you. Whether it's spending more time with family and friends, prioritizing your wellness, or engaging in new activities, may 2025 be a year of fulfillment and growth for all.

A Community Built on Gratitude: This year, we are particularly thankful for the sense of community we've built together. It's a space where everyone contributes to creating an environment where joy, kindness, and happiness can flourish. Thank you to our residents for your warmth and resilience, to our families for your trust and involvement, and to our team members for your unwavering commitment and care. It is because of all of you that Riverside Glen remains a place where everyone can thrive.

As we prepare for the New Year, we hope to continue fostering a place where every individual feels a sense of belonging. We are excited to walk this journey with you, and we look forward to the opportunities ahead.

Wishing you and your family a joyful holiday season and a Happy New Year filled with peace, love, and new beginnings.

Warm regards,

Bryce

Chaplain's Corner

Climb into a telephone booth and put on your cape!

We've arrived together to the new beginnings of 2025! It will be a new year of unknown conversations, and interactions with those who live and work around us in this retirement village community. Get prepared! For you too could be a SUPER-ENCOURAGER!

We know that living in a retirement village brings challenges and opportunities. We see a lot of the same residents and staff daily and we have routines that we move through automatically. New individuals arrive and dynamics shift. We try to cope with our own physical and emotional concerns. In the midst of this dynamic of living in a village with others, we need to be reminded that each of us has the potential to be an influencer for good; a SUPER-ENCOURAGER!

Using encouraging words in this retirement village environment will help each of us thrive and will have a ripple effect on the whole atmosphere. Have you considered the impact of your words on those around you? Your words can bless others or diminish their value of themselves. Your words are powerful! Can you remember the last time someone gave you genuinely positive feedback? It probably made you feel good about yourself. You can also imagine the impact on someone's self worth, if they rarely heard such words of affirmation. Choosing your words with care holds a significant weight, especially when communicating with others in this village. Encouraging words can lift spirits, create connections, and enhance others' health and mental well-being. The transformative effects of your encouraging words are considerable.

One resident shared that he makes a point of smiling as he passes another person, using their name and asking how they are, and if they need help, he tries to assist.

Kind words can act as lifelines for others who have feelings of isolation or anxiety. They nurture their comfort, self-esteem and outlook on life. Encouragement helps others feel valued and understood, reducing their feelings of helplessness and promoting a sense of purpose. It nourishes their identity. So, in this new year, before you leave your room each day, consider putting on your SUPER-ENCOURAGER cape and influence the other residents in this village for good, one encouraging word or action at a time! **You can make a difference. You will also be encouraged by the responses!** Blessings to you for the New Year.....

Eileen Harbottle – Spiritual Care Provider

For more see <https://www.novellusliving.com/stockton/2024/11/08/encouraging-words-for-seniors>

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



Message from Your Long-Term Care Family Council

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

Happy New Year's to everyone! I love the beginning of a new year, where all things seem possible and it feels like we have a chance to start anew. Maybe this is a year to set some new goals for yourself, or a time to rest and recover. Life holds many challenges. We celebrate the gains of a new job, a new home, a new baby in the family, a new diploma, and mourn the losses of a loved one, a job or an ability that we no longer have.

It's all good. It may not seem so at the time, but everything we experience can help us to grow more compassionate, more understanding and more helpful to others. By experiencing these common human events, both the celebrations and the grief, we can more fully be with others walking the same path. This helps to make their celebration more joyous, or to lessen their burden of mourning, having experienced it ourselves.

Our last Family Council meeting took place on December 12th. We learned so much about IPAC (infection practices and control) here at Riverside Glen from Kryssy Freeman, (DNC), and Deb Guthrie, (ADNC) . It is not a simple job in congregate living to try to keep older people with weakened immune systems healthy, but the teams here do an exceptional job with lots of cleaning, promoting vaccinations, masking, and staying vigilant for signs of infection. As family members and friends, we can really help them out by monitoring ourselves for obvious signs of illness such as a fever, cough or diarrhea, and not so obvious signs such as a runny nose, headache or profound fatigue. If you are sick, please delay your visit until you are well. If you think you might be "coming down with something" please wait until you feel good again to visit. I know that this is difficult, as our loved ones become dependent on our visits, but protecting them and those around them from illness is so very important. Let's see if we can break the "outbreak" cycle this year!

Our thanks to the teams at Riverside Glen for all the holiday decorating, delicious food and events that were organized for our loved ones. We also enjoyed booking the welcoming spaces around the Village for our family get-togethers. Let's work together to make 2025 a great year for our loved ones, team members and families!

Wendy Presant (interim chair of Riverside Glen Long Term Care Family Council)

Riverside Glen *welcomes new residents*

to our community



Ē Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Maria Pawlowski
Anthony Alviano
Wanda Murzin
Patricia Woodford

Long Term Care

Jacquelin Rawn
Michael Berry

PHOTO REVIEW OF DECEMBER



COMING UP IN JANUARY

Tues Jan 7th	10 am	Bonnie's Card Making
Sun, Jan 12th	1-3pm	Therapeutic Mime
Thurs, Jan 16th	11-3	Grand Slam Curling Outing
Tues, Jan 21	2pm	Tours of China Presentation & Gift Shop
Mon, Jan 27th	2 pm	Environmental Presentation in Town Hall

Vendors

Cameron Cards

Thursdays January 9, 10-2 Mainstreet Rh

Hilda's Alterations

Tuesday January 28: 2-4 Mainstreet RH



GRAND SLAM OF CURLING

Limited spots available

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.

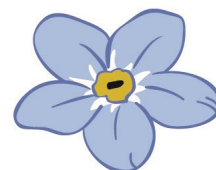
People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease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



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



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

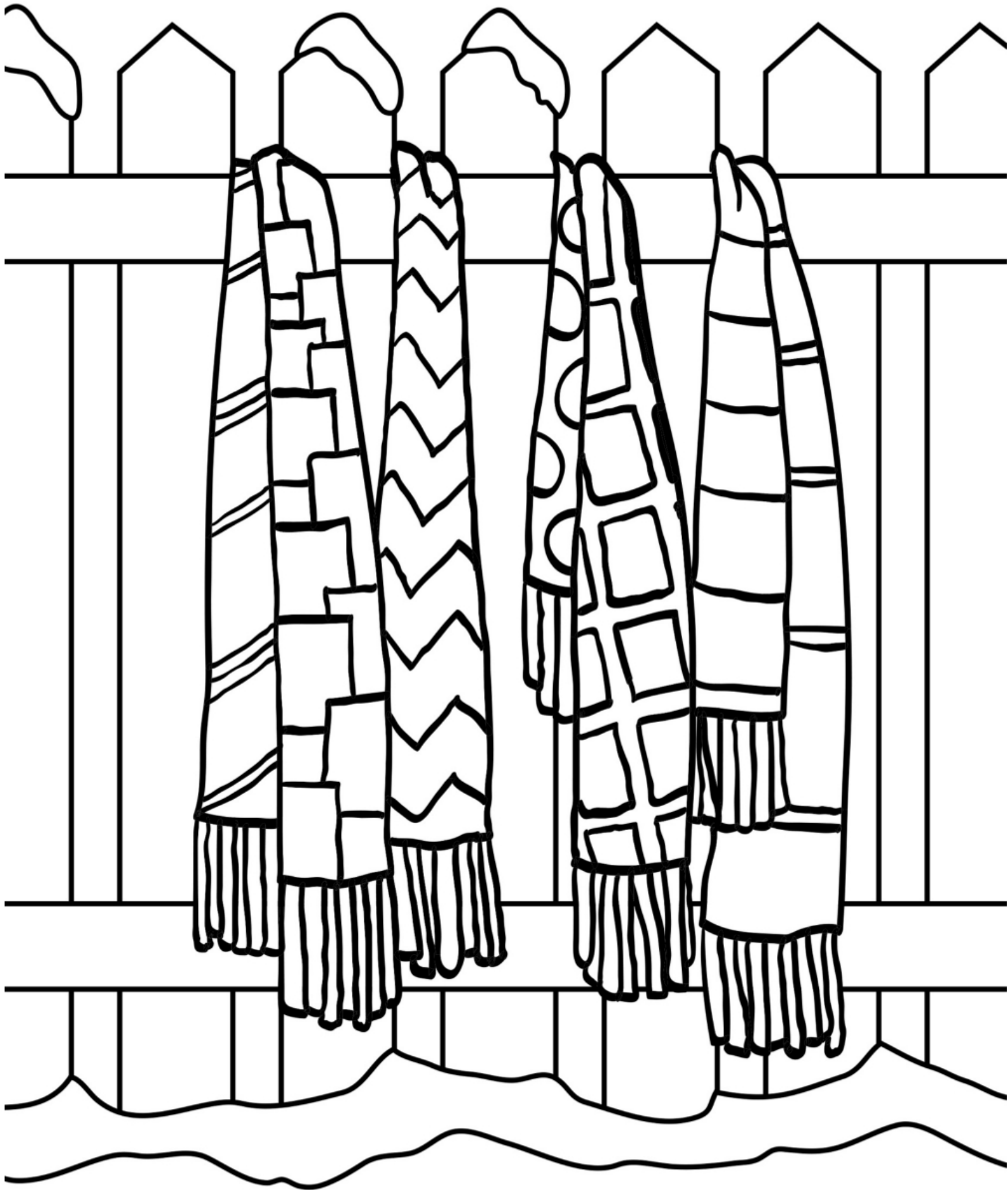
retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com





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)

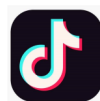
Johanna G	Jan 05	Major K A	Jan 01
Chew Gim L	Jan 08	Weyni A	Jan 01
Frederick F	Jan 09	Leah A	Jan 01
Leo B	Jan 09	Tayssir H	Jan 01
Freda B	Jan 09	Marichu N	Jan 01
Jane C	Jan 09	Raymok O	Jan 01
Vera S	Jan 10	Yodit T	Jan 01
Mary M	Jan 11	Liza B	Jan 02
Brenda D	Jan 11	Priyanka J	Jan 02
Jorgina D	Jan 12	Roj J	Jan 02
Barbara J	Jan 14	Narcidita M	Jan 02
Maria C	Jan 15	Queeny V	Jan 02
Margaret T	Jan 15	Manveer K	Jan 03
Peter A	Jan 15	Komalpreet K	Jan 06
Margit F	Jan 16	Shannon S	Jan 06
Nadine J	Jan 16	Barbara B	Jan 07
Mary W	Jan 18	Brenda M	Jan 07
Elizabeth H	Jan 23	Alexander E	Jan 08
Nancy C	Jan 24	Alfia J	Jan 08
Patricia B	Jan 24	Reynaldo T	Jan 08
Audrey M	Jan 24	Gagandeep K	Jan 11
Myriam D	Jan 25	Kirandeep K	Jan 11
Sarah T	Jan 25	Mona S	Jan 11
Emily W	Jan 26	Mackenzie M	Jan 12
Jewel M	Jan 28	Janine U	Jan 12
Donald H	Jan 28	Navjeet K	Jan 13
Klara B	Jan 28	Olivia M	Jan 13
Linda S	Jan 29	Jilben P	Jan 13
Joyce S	Jan 30	Letebrhan W	Jan 15
Norma	Jan 30	Julie B	Jan 20
John B	Jan 31	Mercedita M	Jan 20
Elizabeth G	Jan 31	Paulette P	Jan 20
		Folake G	Jan 21
		Shahla K	Jan 21
		Alana A	Jan 23
		Sukhpreet D	Jan 23
		Sarah H	Jan 23
		Ma-Teresa M	Jan 24
		Anna P	Jan 26
		Elinor T	Jan 26
		Stephanie B	Jan 30
		Janrie D	Jan 30
		Jaqueline W	Jan 30
		Jordan C	Jan 31



@riverside_glen



The Village of
Riverside Glen



@villagelife_sv

Birthday Celebrations

Retirement Birthday Party

Tuesday, January 23rd at 10:30 am in the café
with Aidan Purnell

Long Term Care Birthday Party

Friday, January 10th 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
Assistant Director of Nursing Care	Ext. 848
Cheyenne Boyce, Assistant Director of Nursing Care	Ext. 780
Cheryl Ridler, Director of Quality and Innovation	Ext. 798
Nurse Practitioner	Ext. 853
Brandon Wilton, Mapleton/Eramosa Neighbourhood Coordinator	Ext. 298
Angela Gualtero, Puslinch/Nichol Neighbourhood Coordinator	Ext. 794
Angela Keller, Erin/Arthur Neighbourhood Coordinator	Ext. 834
Amy Hasson, Food Services Manager	Ext. 873
Assistant Food Services Manager	Ext. 747
Kadri Phillips, Director of Recreation	Ext. 811
Adrienne White, Director of Program of Active Living	Ext. 826
PAL Coordinator LTC	Ext. 835
Tammy Smith, Director of Environmental Services	Ext. 804
Brittany Burton, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall and Eileen Harbottle, Spiritual Care Providers	Ext. 871
Hair Salon LTC	Ext. 860
Jen Jimenez, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858