

View from the Heights

February 2025

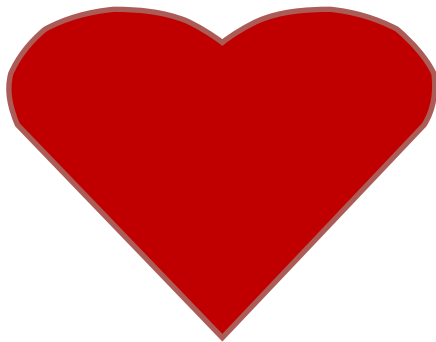
Valentine's Day Events

Friday, February 14th at 10:00am—
12:00pm please stop by the Hobby
Shop in Retirement for a Valentine's
Day Surprise!

Emily Kent will be entertaining in Town
Square at 2:30pm

Long-term care will be hosting a
sweetheart social celebrating our
many Village couples on February
14th at 2:30pm in Town Hall

Please join us on LTC Mainstreet for
our Valentine's day entertainment with
Ron Tansley on Saturday, February
15th at 2pm



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!

Black History Month

Each week in February, we will be doing different programs showcasing the contributions from various Black individuals to their community as we celebrate Black History Month. We wanted to take this opportunity to educate team members, residents and visitors about the importance of this month and the individuals whom have been incredible advocates for the Black community. You can check out the table on Main Street for some facts and "Did You Know" self directed activities.

Family Day Monday, February 17th

LTC residents and families are welcome to join us on Main Street for Little Ray's Reptile Zoo at 1:30pm.

Retirement residents and families are welcome to join us in Town Hall at 2:30pm for Little Ray's Reptile Show. Come and enjoy an interactive presentation about all sorts of reptiles.



The Village of
WENTWORTH HEIGHTS

A Message From... *The General Manager*

From the desk of Michelle Wood

The RESIDENT BILL OF RIGHTS States:

Every resident has the right to keep and display personal possessions, pictures and furnishings in their room subject to safety requirements and the rights of other residents.

Questions can be forwarded to my email

michelle.wood
@schlegelvillages.com
or call
(905)-575-4735
Ext. 8028

Please indicate if you would like to remain anonymous.

While January marked **Alzheimer's Awareness Month**, our commitment to education, understanding, and support extends throughout the year. Across Schlegel Villages, we strive to create an environment where individuals living with dementia can continue to **find joy, purpose, and connection** every day. In long-term care and retirement settings, **changes in brain health are very common**, and at Schlegel Villages, we are proud to consistently **embed the pillars of our Living in My Today Signature Program within Village life**. This program is built upon five key pillars:

- **Enjoyable Mealtimes** – Encouraging social and positive dining experiences.
- **Meaningful & Active Engagement** – Providing opportunities for personal fulfillment.
- **Empowered Care Partners** – Equipping families and team members with education and resources.
- **Supportive Approaches to Care** – Focusing on dignity, respect, and Individualized care.
- **Thoughtful Design** – Creating environments that enhance comfort and accessibility.

When we focus on each of these pillars, we create more opportunities for people living with dementia to **find meaning and joy every day**. Looking ahead to **2025**, expect to see even more information about **Living in My Today** and how it continues to shape the way we support those living with dementia.

Upcoming Virtual Education Session

To continue the conversation and deepen our understanding, we invite residents, families and team members to join us for an **education session** presented by

Heather Luth:

- February 25**
- 7:00 PM – 8:00 PM**
- Virtual Event** (details to follow)

This session will provide valuable insights into **supporting individuals living with dementia** and practical approaches for caregivers and loved ones. We encourage all who are interested to attend!

Let's keep working together to **foster a compassionate, informed, and supportive community**.

Thank you.

Michelle Wood
General Manager

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

From the desk of Sara Calder

Dear Residents, Family Members, and Team Members,

As Valentine's Day approaches, I find myself reflecting on the love and kindness that surround us here at Wentworth Heights. This special day is a wonderful reminder of how lucky we are to have one another and to be part of such a warm and supportive community.

To our residents, thank you for choosing to call this village your home. Your stories, laughter, and companionship fill our community with joy and make it a truly special place.

To our family members, your ongoing care and involvement mean the world to us. You are an essential part of our village, and your love and support help us create an environment where everyone feels cherished.

To our incredible team members, I cannot thank you enough for your dedication and hard work. You go above and beyond to ensure our residents are safe, happy, and cared for. Your compassion and commitment truly shine, and we are all so fortunate to have you.

This Valentine's Day, let us take a moment to appreciate the love we share in our community—a love that goes beyond the holiday and is felt every single day.

Wishing you all a Valentine's Day filled with love, gratitude, and happiness.

Warm regards,
Sara

Chris Micheletti

Happy February Wentworth Heights!



As we get deeper into winter and the days get colder, we commonly see an increase in influenza (the flu) cases around this time of year so I wanted to take this opportunity to write about influenza.

What is influenza?

Influenza is a common virus that affects our upper respiratory tract (nose, sinuses and throat). It is commonly called “the Flu.” It is quite contagious and can pass easily from a sick individual to a healthy individual.

How can I avoid getting the flu?

The best way to help prevent yourself from getting the flu is to get your annual flu vaccine as the more people that get the annual flu shot, the closer we get to herd immunity and can help prevent it from passing around our community and around our village.

Another important thing to do to avoid getting the flu is to assure you are taking good care of yourself, this means lots of rest, a healthy diet and drink lots of water to keep your body in tip top shape.

It's also important to be frequently washing your hands to avoid picking up any viruses from the everyday surfaces around us.

Is there treatment for the flu?

Yes there is actually a treatment for the flu that is available from your doctor with a prescription.

What happens if I get the flu?

For a visitor or team member, we ask that you don't come into the village while you have symptoms and please return once your symptoms have resolved completely for 24 hours. For residents you will be tested when you have symptoms and will need to remain in isolation until your symptoms have been resolved for 24 hours.

Have a happy and safe February everyone!

Neighbourhood

News

From the desk of Melissa Marks-Truscello

Hello February!

There have been some questions lately about the role of the neighbourhood co-ordinator and who is the right person to contact if you have questions, concerns, or comments.

What is a Neighbourhood Co-ordinator?

Neighbourhood Co-ordinators (NCs) are generalist leaders who support residents, families, and team members in each of our neighbourhoods. As an organization we recognized the need to streamline communication to one point of contact in each neighbourhood so the NC role was developed as that first point of contact for residents, families, and team members with any questions, concerns, or comments. The NCs develop a rapport and have a deep knowledge of the happenings in the neighbourhoods they support because they spend so much of their day there. Should the Neighbourhood Co-ordinator require assistance to address a question or concern you have brought forward, they may work with one or more of the specialist leaders in the Village. This could include the Director of Environmental Services, the leader of the Nursing Team, the Recreation leaders, or the Food Services and Hospitality leaders because they can share specific knowledge of their department while the NC shares specific knowledge of their neighbourhood.

In simple terms, that means that we are your first contact (for residents and family members) for any questions, concerns, or comments.

For the long-term side of the Village:

Michelle Roukema is responsible for our Rymal and Stonechurch neighbourhoods. She can be reached at extension 8036 or email at michelle.roukema@schlegelvillages.com.

Melissa Marks-Truscello is responsible for our Carrington and Scotsdale neighbourhoods. She can be reached at extension 8048 or email at melissa.marks@schlegelvillages.com.

Chanelle Cavey

Warm Wishes for a Heartfelt February!

Dear Residents and Families,

As we step into February, the month of love, friendship, and togetherness, we look forward to making it a memorable time for everyone in our community. With exciting activities, delicious treats, and moments to cherish, we are here to make this month special.

The month of February we get to celebrate both Valentines Day on the 14th, as well as Family Day on the 17th. It is a wonderful reminder on how important fostering authentic relationships can be, and how fortunate we are to be able to celebrate those connections. I encourage you to go out of your way to spend time with a friend or loved one on these occasions and share in some sort of experience together. Perhaps attending a program, going for a walk, or simply catching up over a cup of coffee. As a neighbourhood coordinator, I can tell you that we are all working to develop our neighbourhood teams and their connections with one another through our Neighbourhood Team Development meetings. We kicked off the year with the Emma's neighbourhood team meeting and this month we will be having our Egerton NTD meeting, with Williamsburg to follow in March. These team meetings are a very important way we can work on our own relationships with one another, learn how best we work together, and a reminder as to why we are all here—a shared purpose of supporting our residents. We also use these meetings as an opportunity to reflect and share successes with each other on what is going well in our neighbourhoods, and what practical steps we can take to reach achievable goals as a team. For example, our Emma's neighbourhood has chosen to focus on reducing the number of falls taking place in the neighbourhood during a month's time. One actionable step towards this goal would be to ensure all residents are wearing proper footwear. A great reminder for families as well to check and see if your loved one may need a new pair of shoes! If in need, I also encourage residents and families to check out the shoe vendor that comes as they provide many suitable options! (*see calendar for dates to come).

Lastly, I wanted to share that at the end of this month, we will be having another Living in My Today- a session on living with dementia, with Heather Luth at 7:00pm. This session is open to residents, families and team members to deepen our understanding of the journey of living with dementia and how best we can support those in our community. Keep an eye out for posters around the village with more details and location to be shared on the monthly calendar. Looking forward to seeing you there!

As always, stay warm and enjoy what this month brings.

Chanelle Cavey

Neighbourhood Coordinator- Williamsburg, 3rd & 4th floors

From the Desk of Environmental....

Holy Snap' Its Cold

Cold weather can pose various risks to health and well-being, but there are several preventive measures you can take to stay safe:



Dress in Layers

Base layer: Wear moisture-wicking clothing to keep sweat away from your skin.

Middle layer: Insulating materials like fleece or down trap heat.

Outer layer: Waterproof and windproof materials protect against wind, snow, and rain. **Accessories:** Wear a hat, scarf, gloves, and thermal socks to retain body heat.

- 2. Stay Dry** Wet clothing can lead to hypothermia. Avoid getting wet by wearing waterproof boots and outer layers, and carry spare clothing if necessary.
- 3. Keep Active** Physical activity generates heat, but avoid overexertion, as sweating can make you colder in the long run. Moderate movement, such as walking, helps maintain body warmth.
- 4. Limit Exposure** Minimize your time outdoors during extreme cold weather, especially when wind chill factors are a concern. If you must go out, take frequent breaks indoors to warm up.
- 5. Protect Extremities** Fingers, toes, ears, and the nose are particularly vulnerable to frostbite. Wear insulated gloves, thick socks, and a warm hat that covers your ears.
- 6. Hydrate and Eat Well** Dehydration can still occur in cold weather, and maintaining energy with nutrient-rich meals helps your body stay warm. Hot beverages like tea or soup can also help raise body temperature.
- 7. Be Prepared for Emergencies** Keep a winter emergency kit in your car and at home, including blankets, non-perishable snacks, extra gloves, hats, and a flashlight. If travelling, inform someone of your route and estimated arrival time.
- 8. Emergency Equipment** We will and have been checking smoke and carbon monoxide detectors. Ensuring the effectiveness and replacing if the expiry date is imminent.
- 9. Watch for Signs of Cold Related Illnesses**
Frostbite: Red or pale skin, numbness, or tingling in fingers, toes, ears, or nose. **Hypothermia:** Shivering, slurred speech, confusion, drowsiness, and exhaustion.
- 10. Clear Walkways** Our landscaping and maintenance teams are preventing slips and falls by salting or sanding entrances, walkways. We have also increased matting to absorb moisture. Please take these preventive steps. Let's stay safe and comfortable during cold weather.

Heather Bell Livingstone

Director of Environmental Services

The Village of Wentworth Heights

1620 Upper Wentworth Street

Hamilton ON

Office phone: 905-575-4735 x 8070



Hospitality News

From the desk of Michelle Piccolo

This February is going to be Fabulous!

This month we will be celebrating Valentine's Day in the dining room. On Friday, February 14th, we will be featuring heart shaped ravioli in rose sauce with a side salad, a complimentary glass of sparkling wine, and a beautiful berry layered cake for dessert. This menu screams "BE MY VALENTINE". Please get your tickets, if you are not on a meal plan, at the village office.

This month's Lettuce Talk Food will be held on February 11th at 10:30am in the Hobby shop. Please bring your concerns, ideas, thoughts or just come to listen and talk food! See you all there!

Happy Valentine's Day!

The Hospitality Team

The Ruby

WENTWORTH HEIGHT'S HIDDEN GEM

FEBRUARY

Hello February ! The love of food is always in the air here in the Ruby. With multiple delicious weekly features and a simple yet irresistible main menu, with items like fish n' chips, you can't go wrong with all the options to choose from.

Have a birthday or anniversary this month? Come celebrate with us! We'd love to help setup any special upcoming events with your friends and family.

Be on the lookout for posters about our upcoming events this month, you won't want to miss out!

Give us a call to reserve a table or come up to the 10th floor and reach out in person. We look forward to seeing you.

Thank you for your continued love and support.

Always,
Your Ruby Team: Keisha & Kevin.

**FOR MORE INFORMATION
OR TO BOOK YOUR RESERVATION
905-575-4735 X8086**

UPCOMING EVENTS

LAMB BUTCHERING DEMO

FRIDAY FEB 7TH 2P.M.-3P.M.

A fun, free event for all to come and enjoy.

Watch and learn as Chef Kevin demonstrates his way around a full lamb with delicious samples to go along with it. It's the perfect opportunity to enjoy an exciting atmosphere and experience something new with friends and family.

4 COURSE COOKING DEMO WITH CHEF KEVIN

TUESDAY FEB 18TH AT 4:00PM

\$35 PER PERSON

This four course cooking demo will also include wine and beer pairings. Sign up sheet will be in the demo kitchen with the rec team, with 20 spots available. Look out for reminders around the building.

HOURS OF OPERATION

WEDNESDAY TO SATURDAY

Wednesday:

Ruby on the Run on Main St:

11:30am-1:30pm

Open for dinner: 4pm-6pm

Thursday through Saturday:

Open for lunch: 12pm-3pm

Open for dinner: 4pm-6pm

(Last reservation is taken at 6:00pm)

Village Events

Joint LTC & RH

- Tuesday, February 4th—10:00am—3:00pm The Boutique Vendor—MS
- Thursday, February 6th—2:30pm Tax Seminar-SH
- Thursday, February 6th—2:30pm Black History Month Presentation by Adriana -TH
- Friday, February 7th —2:00pm Butchering Demonstration & Samples-HS
- Tuesday, February 11th—10:00am-3:00pm Mom's Time Out Vendor-MS
- Wednesday, February 12th— 2:00pm Movie with Janet "An Affair to Remember"-TH
- Thursday, February 13th— 2:00pm Wentworth Choir Concert-TS
- Friday, February 14th— Valentine's Day, Wear Pink and Red!
- Tuesday, February 18th—4:30pm-6:30pm—Cooking Demo with Kevin (Ruby)—DK
- Friday, February 21st— 9:30am Oakhill Student Visit-MS
- Saturday, February 22nd—2:30pm Chinese New Year Presentation –TH
- Tuesday, February 25th—10:00am-3:00pm EZ Fit Shoes Vendor– MS

Long Term Care

- Saturday, February 1st—2:00pm Pub with Filipa Sousa-MS
- Monday, February 3rd– 24th —10:30am Intergenerational Music Jamboree-TH (excluding Feb 17th)
- Friday, February 7th—8:30am Men's Breakfast-CC
- Saturday, February 8th—2:00pm Entertainment on Carrington with Jim Young
- Tuesday, February 11th— 9:30am Grandfriends Visit-TH
- Thursday, February 13th—3:15pm Residents' Council-CC
- Friday, February 14th—2:00pm Valentine's Day Social
- Saturday, February 15th—2:00pm Valentine's Day Entertainment-MS
- Monday, February 17th—1:30pm Family Day Event– Reptile Show-MS
- Wednesday, February 19th—2:30pm Arm Chair Travel (Italy)
- Thursday, February 20th—2:00pm Snack Battle (Italy)-CC
- Friday, February 21st—3:00pm Happy Hour with Bruce Tourney-MS
- Wednesday, February 26th --5:00pm Diners Club (Fish 'n Chips) In the Ruby!
- Friday, February 28th 2:00pm Birthday Bash-CC

Retirement

- Saturday, February 1st– 2:00pm– Derek Bryne Entertains– EG
- Tuesday, February 5, 12, 19, 26 – 2:00pm –Choir Practice-TH
- Friday, February 7th– 10:30am—HTAL –The Evolution of Hamilton Ports –SH
- Wednesday, February 12th—10:00am –Help Marketing Bake for People in Hospital –HS
- Friday, February 14th—10:30am—HTAL –Last Chance Tourism-SH
- Friday, February 14th—2:30pm– Emily Kent Valentine Show-TS
- Friday, February 14th—3:00pm, Valentine's Happy Hour-SC
- Monday, February 17th—2:30pm Family Day Reptile Show-TH
- Wednesday, February 19th —10:30am Mindful Moments with Nicole-TH
- Wednesday, February 19th—5:30pm –Diners Club Swiss Chalet –HS
- Thursday, February 20th— 9:15am—Breakfast Club– HS
- Friday, February 21st—9:30-11:30 Oak Hill Academy—EM/EG/WB
- Friday, February 21st—10:30am -HTAL Escape to Niagara –SH
- Friday, February 21st– 3:00pm– Happy Hour with Blue Eyed Bill-EM
- Friday, February 28th—10:30am HTAL– Cold War 2.0-SH
- Friday, February 28th– 3:00pm –Birthday Happy Hour –SC

Village Outings

LTC

- Saturday, February 1st—1:00pm Mary Poppins performance at the Ancaster Theatre
- Monday, February 10th—10:00am Walmart Outing
- Thursday, February 20th—10:00am Country Drive

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

Retirement

- Tuesday, February 4th– 10:30am/2:00pm– Food Basics Shuttle
- Wednesday, February 5th– 11:00am– Mens' Club Outing to Whitehearn
- Saturday, February 8th—1:30pm—Burlington Art Gallery –EM/EG
- Tuesday, February 11th– 10:30am/2:00pm– Dennigers Shuttle
- Thursday, February 13th 10:30am—Hamilton Art Gallery
- Thursday, February 13th—1:30pm –Country Drive—EM/EG
- Tuesday, February 18th—10:30am/2:00pm Fortinos Shuttle
- Thursday, February 20th—1:00pm/2:00pm—Limeridge Mall Shuttles
- Monday, February 24th—1:30pm Pottery Painting –EM/EG
- Tuesday, February 25th– 10:30am/2:00pm Zarkeys
- Wednesday, February 26th—10:30am Casino Brantford
- Thursday, February 27th—1:00pm/2:00pm –Limeridge Mall Shuttles

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 Monday, February 3rd 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.

THANK YOU!

From the Desk of Dan Lazniewski

The Sunshine Vitamin: Why Vitamin D Matters This Winter

Winter is in full effect, shorter days and colder weather are often keeping us indoors. While cozying up inside is comforting, it also means reduced exposure to sunlight — our primary source of vitamin D. This essential nutrient plays a critical role in maintaining fitness, promoting longevity, and supporting overall health and well-being. Let's explore why vitamin D is so important and how we can ensure we're getting enough during the darker months.

In Canada, sunlight isn't strong enough to trigger vitamin D production in the skin from October to March. Combined with less time spent outdoors, many people become deficient during winter. Older adults are particularly at risk because the skin's ability to synthesize vitamin D decreases with age.

The Role of Vitamin D in Your Health

- **Bone Health:** It helps the body absorb calcium, keeping bones strong and reducing the risk of fractures. For older adults, this is especially important to prevent conditions like osteoporosis.
- **Muscle Function:** Adequate vitamin D levels support muscle strength and reduce the risk of falls, helping you stay active and independent.
- **Immune Support:** Vitamin D bolsters the immune system, making it easier to fend off colds, flu, and other illnesses common during winter.

Mood and Cognitive Health: Low vitamin D levels have been linked to seasonal affective disorder (SAD) and depression. Maintaining optimal levels can contribute to a more positive outlook and sharper mental function.

Easy Ways to Boost Your Vitamin D Levels

To ensure you're getting enough vitamin D this winter, consider the following:

1. **Take a Supplement:** Health Canada recommends a daily supplement of 400-800 IU for adults and up to 1,000 IU for older adults. Speak with your healthcare provider to determine the right dose for you.
2. **Choose Fortified Foods:** Include foods enriched with vitamin D, such as milk, plant-based beverages, and certain cereals.
3. **Eat Fatty Fish:** Salmon, mackerel, and sardines are natural sources of vitamin D.

Stay Active Indoors: Physical activity improves overall health and mood. Enjoy exercises that suit your abilities, like walking, yoga, or light strength training.

Feel Good, Stay Healthy

This winter, prioritize your vitamin D intake to maintain strong bones, a resilient immune system, and a positive mindset. By staying proactive about your health, you are setting the foundation for a vibrant and active life year-round.

Let us embrace the season with energy, wellness, and a commitment to feeling our best!



Retirement

There Will be no Foot Care Clinic for Williamsburg, Egerton and Emma's in February. There will be no Foot Care Clinic for the Becker and Ailsa Craig neighbourhoods in February.

The next Foot Care Clinics will be in early March.



Long Term Care

The next Foot Care Clinics will be starting the week of February 16th.

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



Reflections on Our Residents' Council

There are many places in Wentworth Heights that residents meet, perhaps because they live on a common floor, or in the same neighbourhood, or have a common activity or interest, or want to relax in the Social Club. But the only place where we meet simply as residents of this building, as neighbours, is at the monthly meetings of the Residents' Council. This is where we are a single community, a body of people who, although largely unknown to each other, still care about each other's welfare. There is power in the joining of solitudes. There is warmth in the circle of each other arms.

Older than written language is the spoken. Only by seeing and hearing each other can we come to know each other. No one must be reluctant to speak up or fear being dismissed. Every voice is important. We have different temperaments and styles of communicating but every person's dignity needs to be recognized.

We have always operated according to the legal mandate and the guidelines of the Ontario Association of Residents' Councils – OARC. Some of the goals this council recommends are “to help residents to communicate with one another...to establish a sense of community and friendship among residents...to encourage all residents to have a voice in their daily lives...to express their concerns as residents and as citizens of the larger community.” All of these aspirations are in the new constitution we just approved on January 16.

However, a bylaw in the new constitution reduces our usual ten meetings a year to four. From now on communicating and connecting will be more difficult for Wentworth Heights Residents' Council.

Barbara Jepson 2311



Chaplain's

Corner

February has arrived!

Our residents voices are filled with joy, as we gather for our sing-a-longs! It is wonderful to spend time together in conversations, fun and sharing wisdom!

GATHERING group for those who are Grieving on February 19 at 2:00pm. The group will gather for 4 weeks.

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 Wednesday, February 12th at 2:00pm
"An Affair to Remember"
with Cary Grant and Deborah Kerr

Bible study with Ankit

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

Gathering Group will continue for new residents and transitions. Please see the calendar or contact me for more information.

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

February 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 and prayers of the Rosary are offered on Tuesdays at 10:00am in the Chapel

1st Sunday of Lent Communion on Sunday, March 9, at both morning and afternoon church services.

In Memoriam...

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

Korrine D'Arcey
Emily Moning
Ana Rahija
Carmelina Farrauto
Gus Adili
Jenny Stewart
Alvin Murray
Mary Steiger
Antonio Cristicini
David Stach

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!

Jane Smith—2112
Kay Lyne—2116
Mark Kenny-Scherber—2124
Margaret Bontempo—2134
Ruth MacDonald—2138
Joan Petrie—2235
Marion Bell—2250
Carole Godwin—2265
Winnie Aubin—2312
Joyce & Art Mitchell—2422
Lois Howell—2423
Helen Hamp—2427
Bev Dubois—2810

From the Welcome Centre

Hi! Nicole here. I will be starting up my monthly meditation again. The first class will be on Tuesday, February 18th at 10:30AM. I listened to your feedback and this class will incorporate some light movement in the chair, based on yoga postures. We will transition into a guided meditation after that. I look forward to seeing you all there!

We are excited to share with everyone that we will be officially re-launching our Neighbour's Club in February 2025. For anyone that is not familiar, this is a program we have unofficially offered for many years to those on our waiting list. Essentially, we try to provide opportunities for someone who is on the waiting list to visit Wentworth Heights and participate in events and activities to help with the eventual transition. As many of you know first hand, the move a retirement home is often not easy and for many, it is difficult to move to a large community without knowing anyone. Our hope through this program is to provide opportunity for our future residents to get to know our wonderful current residents and to help build friendships and connection before the official move in day.

We just wanted to give you all a heads up that you may see, from time to time, some members of our waiting list joining in on some programs. We have worked with the recreation team and Moses to ensure we are only inviting our Neighbour's Club to events and activities that have the space to accommodate. All of you will always take priority for village events and would not lose out on an opportunity that you are interested in joining.

If you have any questions, you can come see us any time!

WELCOME COMMITTEE RESIDENT VOLUNTEER

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

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
Were:

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

Our next meeting will be held on
Thursday, April 17th
@ 2:30 pm

Any questions or concerns can be
directed to Retirement Recreation

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, February 13th 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
March 6th 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 Sup-
port Coordinator, Jody McDonald via email
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

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:

No Clinic

Emma's:

No Clinic

Becker & Ailsa Craig:

No Clinic

Long-Term Care:

Feb. 16th

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

Hearing Clinic

Upcoming dates on:

February 5th, 12th, 19th, 26th

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.

**March 11th to March 14th
April 22nd to April 25th**

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 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

**** 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:

February 5th, 12th, 19th, 26th

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

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

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.

Schlegel Villages – CONNECTIONS

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.

YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

| | |
|---|-----------|
| Michelle Wood – General Manager Michelle.wood@schlegelvillages.com | Ext. 8028 |
| Sara Calder – Assistant General Manager Sara.calder@schlegelvillages.com | Ext. 8060 |
| Lori Ross – Administrative Coordinator Lori.ross@schlegelvillages.com | Ext. 8027 |
| Amy Radford – Director of Recreation Amy.radford@schlegelvillages.com | Ext. 8035 |
| Daniel Lazniewski – Kinesiologist/Exercise Therapist Daniel.lazniewski@schlegelvillages.com | Ext. 8113 |
| Jody McDonald – Resident Support Coordinator Jody.mcdonald@schlegelvillages.com | Ext. 8305 |
| Gina Yukich – Interim Director of Nursing Care Gina.Yukich@schlegelvillages.com | Ext. 8034 |
| Chris Micheletti – Assistant Director of Nursing Chris.micheletti@schlegelvillages.com | Ext. 8329 |
| Danica Milos – Assistant Director of Nursing – RAI Coordinator Danica.milos@schlegelvillages.com | Ext. 8066 |
| Michelle Roukema – Neighbourhood Coordinator for Rymal & Stonechurch Michelle.roukema@schlegelvillages.com | Ext. 8036 |
| Melissa Marks-Truscello – Neighborhood Coordinator for Carrington & Scotsdale Melissa.marks@schlegelvillages.com | Ext. 8048 |
| Andrea Cicci-Walker – Director of Quality and Innovation Andrea.walker@schlegelvillages.com | Ext.1306 |
| Heather Bell Livingstone – Interim Director of Environmental Services Heather.bell.livingstone@schlegelvillages.com | Ext. 8070 |
| Donna Padget – 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

| | |
|--|----------------|
| Michelle Wood – General Manager Michelle.wood@schlegelvillages.com | Ext. 8028 |
| Barbara Taylor-Bhagwan – Interim Assistant General Manager Barbara.taylorbhagwan@schlegelvillages.com | Ext. 8075 |
| Lori Ross – Administrative Coordinator Lori.ross@schlegelvillages.com | Ext. 8027 |
| Sherri Young – Interim Recreation Supervisor Sherri.young@schlegelvillages.com | Ext. 8332 |
| Moses Genat – Kinesiologist/Exercise Therapist Moses.genat@schlegelvillages.com | Ext. 8031 |
| Sumeya Aleman – Assistant Director of Wellness Sumeya.aleman@schlegelvillages.com | Ext. 8301 |
| Courtney Roarke – Neighbourhood Coordinator for Egerton and 3rd Floor Becker Courtney.roarke@schlegelvillages.com | Ext. 8077 |
| Chanelle Cavey – Neighbourhood Coordinator Williamsburg & 4th and 5th Floor Chanelle.cavey@schlegelvillages.com | Ext. 8080 |
| Blessing Iwegim – Neighbourhood Coordinator for Emma’s and Ailsa Craig Blessing.iwegim@schlegelvillages.com | Ext. 8081 |
| Heather Bell Livingstone – Interim Director of Environmental Services heather.bell.livingstone@schlegelvillages.com | Ext. 8070 |
| Duro Brajic – Environmental Service Supervisor Duro.brajic@schlegelvillages.com | Ext. 8071 |
| Michelle Piccolo –Director of Hospitality Michelle.piccolo@schlegelvillages.com | Ext. 8074 |
| Mariana Iacob –Dining Room Supervisor Mariana.iacob@schlegelvillages.com | Ext. 8073 |
| Nicole Andreatta & Bradley Hiltz –Director of Lifestyle Options Nicole.andreatta@schlegelvillages.com & Bradley.hiltz@schlegelvillages.com | Ext. 8067/8068 |
| Holly Ross – Village Experience Coordinator Holly-jean.ross@schlegelvillages.com | Ext. 8069 |
| RH Administrative Team - Wentworth.retadmin@schlegelvillages.com Call this number for the front desk | Ext. 8085 |
| Lead Nurse Call this number for any health related emergency | Ext. 8079 |