

The Winston Word

NEWSLETTER VOLUME 8 ISSUE 3

March 2025



Live life to the fullest.



**Ear & Hearing Clinic
at Winston Park**

For an appointment with an
Audiologist please call

1-888-745-5550

Hearing Tests

Hearing Aids

Repairs

**Meet Our
Spiritual Care Team**

Kathleen & Hector



Kathleen's focus is serving
the residents of LTC.

Hector supports both
sides of the Village.

Please stop by either of the
Chapels to say hello!

**Happy Birthday
to our residents
and team who are
celebrating their
birthdays this month!**

in
Memoriam

*Our Team Members, Leadership, and
Support Office were saddened by the
passing of the following residents.*

Franz B
George F
Lindsay G
James H
Colin H
Mary H
Trudy H
Bhadurali H
David L
Robert S
Murray S
Nancy S
Allen Van S
Bernice W



The Village of
WINSTON PARK

Village Events

March Events

Timbit Day

March 11th
All Neighbourhoods

St. Patrick's Day Celebration

March 17th
2:00pm Retirement Dining Room

Vendors

March 1st Traditions Alive
March 5th Plattsville Paperwork
March 7th Creation Boutiques

Soup for the Soul

March 27th
11:00am-1:00pm John Sweeney

WELCOME TO THE VILLAGE!

Last month we welcomed the
following residents to Winston Park:

Janet B
Eric K
Ludovina M
William S
Aileen S
Lavonne S
Francis Z
Stella H
Gisela M
Olga M
Barbara M
Carmina P
Jack W

Reminder To Our Pet Owners

We are happy to see so many furry friends
visiting our village these days.

Please drop off a copy of your pet's
vaccination records at either office. The
Ministry of Long-Term Care requests that
we keep these records.



Celebrating Black History Month at Winston Park!



Attention Long Term Care Residents

The RIA is working on improving sleep patterns of residents who live in LTC and they need your help! In order to better understand the barriers of getting a good night sleep in LTC, the RIA want to recruit residents who are willing to participate in their workshop and who are able to provide feedback about their experiences . The RIA will be at Winston Park LTC on March 17th from 10:00am-12:00pm and will be able to provide more details about the workshop that will be occurring in April/May. Residents will also be able to sign up at that time. If you live in LTC and are interested please come and visit them on March 17th!

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The month of March ushers in spring. While I'm putting this note together, we are still cleaning up from the major winter storm that hit us a couple of weeks ago. I'm sure everyone can't wait to welcome back Spring. I know that I look forward to seeing mother nature start to wake up from her long winters nap! From the Old Farmer's Almanac, they say the first day of spring this year will be Thursday March 20th. March also means March break for all the students; when I think back to March break, I loved all the winter sports – skiing, skating, tobogganing, snowmobiling. Now, it's an effort to go outside. I'm not sure what happened? . March also gives us the opportunity to celebrate St. Patrick's Day. Watch the calendar for some fun events happening around this special day.

Team Member Success Awards; Each year we run a program where we recognize team members who have gone above and beyond in their role within the village. This is called our **Success Awards Program**, which is part of our Connect the Dots Customer Service Program.

Team members get nominated for living our values, which include the following: **Know Me, Be Present, Walk in My Shoes, Earn Trust** and **Follow Through**. Voting Ballots will be available at the LTC main office and the Village Office in the Retirement Home. When you pick up a ballot, it will explain what each of the values means so that you are able to choose the value that best fits your nominee. If you would like to nominate a team member, you can find ballots at the Village Office in Retirement and/or outside of the main office in LTC.

Ballots will be available starting March 3rd and will be available until Friday April 4th.

We look forward to being able to recognize some of our outstanding team members at their annual Team Appreciation party later in the spring. The winners of Success Awards will not be made public until they are announced at the Team Appreciation celebration. Thank you in advance for participating in this great program and helping us to recognize the team.

To new residents who have moved in since our last newsletter, we welcome you to the Village and look forward to getting to know you and your family.

Words to live by: Wake up, be kind, be amazing, be grateful, and repeat.....

Medication Management Made Simple

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

Keeping Track of Medications

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

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

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

Getting the Right Support

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

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



- Understanding instructions
- Organizing your pills

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

Key Questions to Ask About a New Medication

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

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

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



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

Schlegel Villages – CONNECTIONS

Celebrating our **CANADIAN ROOTS**



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

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



Egerton Private Hospital, London, ON, 1953

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

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



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

Schlegel Villages – CONNECTIONS

INTERNATIONAL WOMEN'S DAY

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

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

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

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

SCAN TO LEARN MORE

about these five women, their diverse career stories and favourite recipes.



Alam Raymon
The Village of Humber Heights



Evelyn Marquez
The Village of Erin Meadows



Brigette Swaby
The Village of Erin Meadows



Madelaine Sperry
Erin Mills Lodge



Starr Albino
The Village of Wentworth Heights





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



LTC Family Council

Family Council is a group of family members and friends of the residents of a long-term care home who gather for peer support, education, and to improve the experiences of all people in long-term care. **We are seeking general members.**

Minutes will be posted at the LTC main entrance (Door #2).

To find out more please contact winstonpark.familycouncil@schlegelvillages.com

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Retirement Home Leadership Directory

Brad Lawrence	General Manager	Ext. 8003
Tara Rosenow	Assistant General Manager (Ret.)	Ext. 8010
Gillian Alexander	Director of Lifestyle Options	Ext. 8002
Katie March	Director of Lifestyle Options	Ext. 8008
Jane Panta	Village Experience Coordinator	Ext. 8015
Matthew Walsh	Director of Hospitality	Ext. 8004
Brad Rideout	Director of Environmental Services	Ext. 8006
Joe Bischof	Assistant Director of Environmental Services	Ext. 8116
Krista Punter	Recreation Supervisor	Ext. 8062
Shirley Tulk	Neighbourhood Coordinator Williamsburg	Ext. 8215
Joelle Duchaine	Neighbourhood Coordinator Egerton & Becker	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator Emma's	Ext. 8012
Grace Nwanoshiri	Dining Room Supervisor	Ext. 8273
Carmen Niculescu	Wellness Coordinator	Ext. 8029
Elizabeth Westacott	Assistant Wellness Coordinator	Ext. 8209
Hector Pineda	Spiritual Care	Ext. 8011
Karena Nnebo	Administrative Assistant (Retirement)	Ext. 8001
Tiffany Menjivar	Administrative Coordinator	Ext. 8013
Heather Wende	PAL Coordinator	Ext. 8033

All email addresses are FIRSTNAME.LASTNAME@schlegelvillages.com

LTC Nursing Directory

LTC Charge Nurse	Ext. 8101	Eby Nurse—1st floor	Ext. 8103
Strasburg Nurse—2nd floor	Ext. 8240	Trussler Nurse—2nd floor	Ext. 8102
Aberdeen Nurse—3rd floor	Ext. 8241	Newberry Nurse—2nd floor	Ext. 8100
Roseville Nurse—4th floor	Ext. 8242		
Kingsdale Nurse—5th floor	Ext. 8243		
Sandhills Nurse—6th floor	Ext. 8244		
Waldau Nurse—7th floor	Ext. 8245		
Haysville Nurse—8th floor	Ext. 8246		

Retirement Nursing

Becker & Williamsburg Charge Nurse	Ext. 8118
Emma's & Egerton Charge Nurse	Ext. 8120

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Long-Term Care Leadership Directory

Brad Lawrence	General Manager	Ext. 8003
Luke Denomme	Assistant General Manager (LTC)	Ext. 8188
Rabina Simovic	Director of Nursing Care	Ext. 8014
Jill MacQueen	Director of Nursing Care	Ext. 8264
Morgan Bonnell	Assistant Director of Nursing Care	Ext. 8275
Cathy Hu	Assistant Director of Nursing Care	Ext. 8269
Mary Hedrich	Assistant Director of Nursing Care	Ext. 8187
Gagan Sangha	Assistant Director of Nursing Care	Ext. 8319
Bailey Koop	Assistant Director of Nursing Care	Ext. 8268
Gina Almeida	Resident Support Coordinator	Ext. 8254
Vesna Venceljovski	Neighbourhood Coordinator Eby, Trussler, Newberry	Ext. 8005
Garry Sharma	Neighbourhood Coordinator Strasburg & Aberdeen	Ext. 8370
Rada Jokic	Neighbourhood Coordinator Roseville & Kingsdale	Ext. 8182
Alyson Haffner	Neighbourhood Coordinator Sandhills & Waldau	Ext. 8266
Meredith Herr	Neighbourhood Coordinator Haysville	Ext. 8270
Alysha Voigt	Director of Quality and Innovation	Ext. 8271
Brad Rideout	Director of Environmental Services	Ext. 8006
Joe Bischof	Assistant Director Environmental Services	Ext. 8116
Julia Slomke	Director of Recreation & Volunteer Services	Ext. 8007
Sarah Linton	Volunteer and Student Services Coordinator	Ext. 8199
Daniel Juteram	Food Service Manager	Ext. 8009
Ayah Elhasan	Assistant Food Service Manager	Ext. 8258
Carlyn Martin	Director of PAL Program	Ext. 8265
Michelle Nguyen	PAL Coordinator	Ext. 8262
Matthew Veroude	PAL Coordinator	Ext. 8372
Kathleen Sorensen	Spiritual Care	Ext. 8172
Gopikrishna Sudheer	Administrative Assistant	Ext. 8207
Yvonne Madueke	Nurse Practitioner	Ext. 8371

All email addresses are **FIRSTNAME.LASTNAME@schlegelvillages.com**

The Village Of Winston Park 695 Block Line Rd. Kitchener, Ontario N2E 3K1 519-576-2430