

# *The Glendale Gazette*

**March 2025**

## Living Life To The Fullest



# A Word From Your AGM

Dear Residents, Families, and Staff,

As we say goodbye to winter and welcome the hopeful winds of March, we're excited about the many activities and opportunities to enjoy the upcoming season. March not only brings the promise of spring but also a variety of fun events, celebrations, and weather changes that will keep us on our toes.

Did you know that the month of March is named after Mars, the Roman god of war, because it was originally the first month of the Roman calendar and marked the start of the military campaigning season.

March also has two birthstones, Aquamarine and Bloodstone! Aquamarine symbolizes calmness and serenity, while Bloodstone is believed to bring strength and courage.

March 17<sup>th</sup> we are excited for you to join us for a festive St. Patrick's Day celebration! Don't forget to wear your green and enjoy the luck of the Irish with your fellow residents!

We're looking forward to making March a month of joy, celebration, and wellness for all. If you have any questions or would like more information, please don't hesitate to reach out.

Warm regards,  
Heather Hyland AGM



# LTC Quality Of Life Results



## Quality of Life



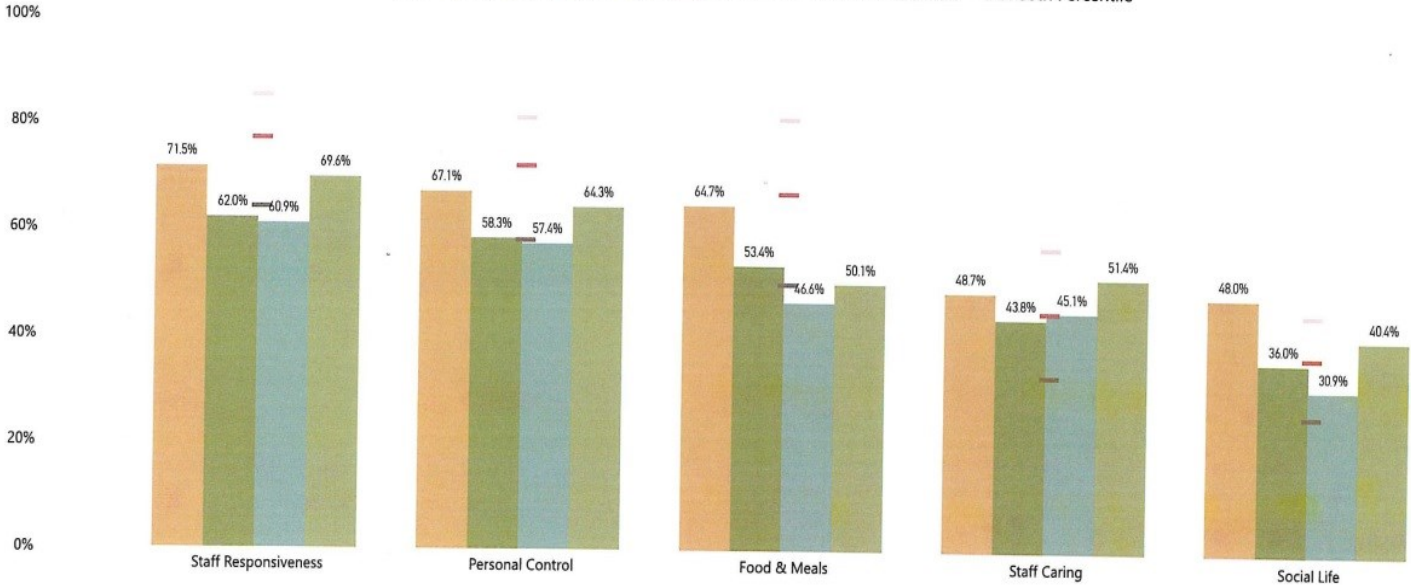
Village	2021	2022	2023	2024
GCLTC	91	81	103	90

Village: GC | Setting: LTC | Year: Multiple selections | Year: Multiple selections

Village: GCLTC

### Resident Quality of Life Scales

Year: 2021 (orange), 2022 (green), 2023 (teal), 2024 (light green) | Int'l Median (red line), Int'l 20th Percentile (grey line), Int'l 80th Percentile (grey line)





# Quality and Innovation

## RESULTS

QoL "I have enough variety in my meals"

Reviewed how often residents would like to see a particular food item in a 4-week menu cycle. Using Fall/Winter Menu 2023-2024 as a reference.

- 116 menu items reviewed, focusing on starches, proteins, fruits & vegetables
- 90 items of the 116 reviewed are in the current menu at the quantity requested
- 25 are in the menu but we were unable to meet the requested quantity. This was most common in the starch food group due to the quantity requested versus the number of days within the 4-week menu cycle.
- Chickpea plates are currently in the menu cycle, although residents unanimously voted to have them removed from circulation. Dietary department aware of this and looking for a suitable substitution.



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!**



Wishing you a  
**Happy Birthday!**

## Our Residents

*"Don't just count  
your years...  
Make your years  
count!!"  
~Ernest Meyers*

### LTC

Ruth G March 3  
Joe S March 4  
Shirley E March 6  
Dorothy I March 6  
Anne K March 15  
Aleck F March 16  
Lynne C March 21  
Gary M March 22  
Muriel E March 28  
Margery M March 30  
Shelah M March 31

### RH

John W March 2  
Isabella G March 3  
Dana L March 3  
Dani R March 5  
Margaret B March 10  
Alexander G March 14  
Jacqueline B March 19  
Mary G March 19  
Frances M March 19  
Jessie Ma D March 20  
Carol L March 21  
Sandra P March 22  
Andrea C March 23  
Adele R March 25  
Shirley A March 27  
Randy D March 28



## In Memoriam

*The Board of Directors, leadership team and team members were saddened by the passing of:*

*LTC– John I, Allan H, Peggy H  
RH– Kathy K, Marilyn G, Bunny W, William G, Gary H,  
Carolyn S, Bev T*



# Low Sodium by Lindsay Tansey RD

## Reducing Your Sodium

### What is Sodium?

Sodium is an essential nutrient consumed in our diets and is one of the major electrolytes in our bodies. Sodium is present in our diets as SALT



### What happens if you get too much sodium?

- Fluid retention: causes your heart and other organs to work harder
- High blood pressure: can be very harmful to your body, especially your heart

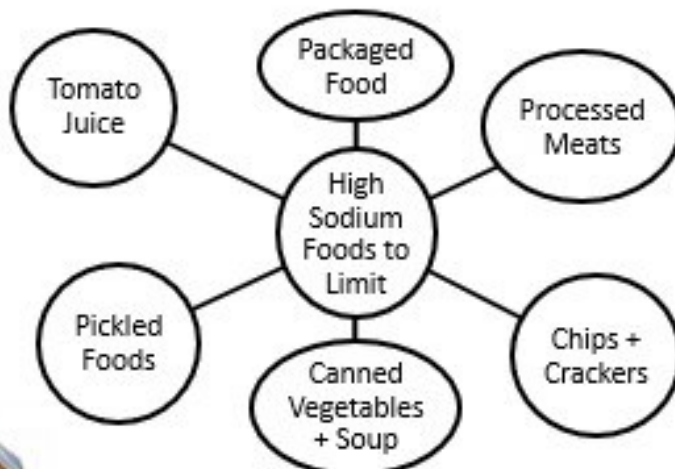


### Helpful Hint

You can reduce your sodium intake by limiting the use of your table salt shaker, but it mostly occurs in processed foods



### Ways to Reduce your Sodium Intake:



# News From Nursing

## Laughter: The Best Medicine for Mind and Body

Laughter has long been celebrated as a universal language that transcends cultures, bridging gaps between people. But beyond its social and emotional benefits, laughter also has an incredibly powerful impact on our health. The saying "laughter is the best medicine" holds more truth than we might realize. While it might seem like a lighthearted notion, there's growing evidence to suggest that laughter can indeed help improve both our mental and physical well-being.

### The Physical Benefits of Laughter

- 1. Boosts Immune System** Laughter triggers the release of endorphins, the body's natural feel-good chemicals. These not only elevate our mood but also help reduce pain and stress. A hearty laugh can stimulate the production of antibodies and activate immune cells, making us more resistant to illness. Studies have shown that laughter can increase the levels of certain immune cells, such as T-cells, which help fight off infections.
- 2. Reduces Stress** One of the most immediate benefits of laughter is its ability to reduce stress. Laughter lowers the level of cortisol, the body's primary stress hormone. With less cortisol, the body is better able to cope with stress, lowering the risk of chronic diseases linked to stress, like heart disease and high blood pressure.
- 3. Improves Cardiovascular Health** Laughter is a great workout for the heart. It increases blood flow and improves the function of blood vessels, which helps to lower blood pressure. A good laugh can give your heart a mini exercise session by increasing heart rate, similar to moderate physical exercise.

**Relieves Pain** It may seem counterintuitive, but laughter can actually alleviate physical pain. By triggering the release of endorphins, laughter can provide temporary pain relief. Endorphins are known to have a similar effect to opioids, reducing pain perception in the brain. It also helps in muscle relaxation, further reducing the sensation of discomfort.

### The Mental and Emotional Benefits of Laughter

- 1. Enhances Mood and Mental Health** Laughter has been shown to improve mood and mental well-being. It helps to combat feelings of anxiety, depression, and loneliness by stimulating the release of neurotransmitters like serotonin. These "feel-good" chemicals promote a sense of happiness and well-being, reducing feelings of sadness or despair.
  - 2. Strengthens Relationships** Laughter fosters connection and trust between people. Shared humor can strengthen relationships, whether with family, friends, or colleagues. It promotes bonding by releasing oxytocin, a hormone associated with love and social connection. Additionally, laughter can diffuse tension in difficult conversations, making it easier to navigate conflict.
- Improves Mental Clarity and Creativity** Laughter can help clear your mind and foster a sense of mental clarity. It activates the brain's reward system, increasing motivation and creativity. The relaxation brought on by laughter can also reduce mental fatigue, making it easier to focus and solve problems.

### Laughter: The Simple, Free Remedy

The beauty of laughter lies in its simplicity and accessibility. It costs nothing and requires no prescription. Whether shared with friends, enjoyed during a comedy show, or found in everyday moments, laughter is a natural remedy that everyone can benefit from. Its positive effects on both mind and body are undeniable.

In conclusion, laughter is more than just a reaction to something funny; it's a powerful tool for maintaining our health. The science behind laughter proves that it truly is "the best medicine"—a simple, enjoyable way to enhance our physical health, boost our mood, and strengthen our social connections. So, next time you laugh, remember that you're not just having a good time—you're also boosting your well-being in ways you might not even realize.

Janna Cook Assistant Director of Nursing LTC





# Canadian Winter

## Embracing a True Canadian Winter

This year, we are certainly experiencing a "real" winter, with plenty of snow blanketing the ground and chilly temperatures reminding us what a true Canadian season looks like! While I'll admit that I don't particularly enjoy shoveling my driveway or brushing off my car each morning, this winter has brought so many wonderful opportunities for fun and adventure.

My family and I have fully embraced the season, taking part in all the classic winter activities that make this time of year so special. From tobogganing down snowy hills to lacing up our skates for a glide on the ice, we've made the most of the winter wonderland around us.

One of the highlights of our winter was spending the Family Day weekend at a cozy winter cottage. Despite the wild weather, the experience was nothing short of magical—spending time with my family, and making unforgettable memories together. We even got an extra day out of it with being storm stayed as highway 21 was closed!

Winter may bring its share of challenges, but it also offers so many opportunities to embrace the season and find joy in its beauty. Whether it's watching the snowfall from a warm window, bundling up for a crisp walk outside, or simply reminiscing about winter memories of the past, this time of year has something special for everyone.

I hope you're all staying warm and finding your own ways to enjoy this beautiful Canadian winter!

Amanda Verberne  
Neighbourhood Coordinator in LTC



# Village Events

## **Combined Village Events with Retirement and Long Term Care**

Every Sunday at 2:45 Church Service in Town Hall

Every Monday Evening at 6:30 Musical Entertainment in Town Hall

Every Friday Evening at 6:30 & 7:45 Documentary Hour in Town Hall

Saturday March 1 Ruth's Fashion Boutique at 11-3 in Town Hall

Friday March 14 Honeybee Presentation at 9:30 in Town Hall

Sunday March 16 Irish Dancers at 11 in Town Square

Wednesday March 19 Catholic Mass at 10:15 in Town Hall

Wednesday March 26 Rita's Mini Market 10-2 on RH Main Street

Friday March 28 Celebration of Life at 2:45 in Townhall

## **Resident Bill of Rights**

9. Every resident has the right to meet privately with their spouse or another person in a room that assures privacy.

# LTC Family Council

Our LTC Family Council will be hosting a Meet and Greet at their next meeting: Monday, March 17 @ 3:00pm in the LTC Library.



**WANTED**

**FAMILY MEMBERS and/or CAREGIVERS WHO....**

- ☺ Have a loved one living at The Village of Glendale Crossing.
- ☺ Have an interest in residents' wellbeing and would like to advocate on behalf of your loved one. Input is forwarded to leadership on behalf of all residents with a view to improve their everyday life.
- ☺ Have passion to learn about LTC policies, regulations and legislation throughout the province of Ontario.
- ☺ Have ideas and/or suggestions for enhancing quality of care for your loved ones.
- ☺ Have a desire to feel supported, encouraged and to connect with other caregivers.

**Monthly meetings are held the 3<sup>rd</sup> Monday of every month in the library or virtually at 3pm.**

**For more information, please contact Family Council Staff Liaison:**  
[Erin.Seldon@SchlegelVillages.com](mailto:Erin.Seldon@SchlegelVillages.com)



# 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.



There were so many nominations (which is amazing) that we cannot type them all out. They all will be given to who was being recognized!

The winners will get 25 points on our Bucketlist app to spend, one winner from each side of the Village per month.

The winner for the Long Term Care side is: Courtney R.

The winner for the Retirement side is: Amanpreet K.

**Congratulations!!**

# News From The Greenhouse

## Resilience

WHAT NATURE AND THE SEASONS KNOW

Well, we've pretty much done it! We've survived one of the harshest winters in recent years; and a nasty cold and flu season to boot. I don't know anyone who has come out of the past few months completely unscathed. If like me, you're feeling a little cagey and defeated by Old Man Winter, I am here to remind you to hang on for just a little longer.

The more I come to understand the natural world around me, the more I respect the grit and resilience of wild things. For example, did you know that our fresh water turtles survive the winter because they bury themselves alive and their body temperatures dip so low, that they barely need oxygen and go without food, water, or movement for 3-5 months every year? Or how about Black bears, whom lose over half of their body weight in hibernation. Or our non-migratory birds who have to consume 35% of their body weight in food each and everyday throughout the winter months to stay warm enough to survive. Winter isn't for the faint of heart and these great feats of endurance and strength can be found in our flora too.



Evergreen trees are some of the strongest and most resilient beings on this planet. So much so, that they are often one of the only species able to thrive in otherwise completely inhospitable climates (think barren soils or extreme cold). Unlike deciduous trees who drop their leaves in the fall to preserve and replenish energy stores, evergreens can still photosynthesize and feed themselves even when temperatures dip well below freezing. It's hard work and not as effective as it is in warmer months, but those waxy green needles collect just enough energy from the sun to feed the most important cells in the tree to keep it alive. In fact, if you've ever been in the forest on a very cold day, you might have heard the sound of wood cracking; it's an eerie sound caused by cells freezing and exploding deep within the inner bark. Despite being so cold that some of their cells are literally freezing to death, the trees persist and survive.

While sometimes it seems unreasonable and a little insane that so many things in nature (including us humans) subject themselves to the depths of winter--it all serves a big beautiful purpose.

Maple trees actually need a period of dormancy and cold in order to produce the sap that we turn into maple syrup. All those spring flowers that we love? They'd never grow without the months of cold temps in the winter. Cold, dark days ignite a process in specific plants that cause them to release, produce and store chemicals and sugars that they rely upon to bloom--it is hard work after all. The birds that stick around all winter expend less energy, hold onto superior territories and tend to have bigger brains than migratory birds. A great and many things in our environment here in Ontario rely upon winter to replenish energy reserves, maintain balance, and quell things that might be causing us harm. And if you think about it that way, this amazing exercise in resilience and grit that we endure each winter (especially this past winter) is likely setting us up for success and renewed vigor in the other seasons of our life. To quote Angie Weiland-Crosby " *Spring reminds us that resilience is only a season away.*" Happy March everyone, we're one step closer to warmth and sun! --Monika

# Volunteer Corner with Heather/Maria

To Glendale Crossing,

I appreciate all of your hard work and patience during our recent outbreak, it is good to be back Volunteering! Valentines Day has been checked off and now we have St. Patrick's Day coming up on March 17th! Don't forget to put it on your calendars. It was nice to be able to reflect on Black History Month last month, people like Rosa Parks, Whitney Houston, Mandisa and the "I Have a Dream" speech from Martin Luther King Jr.

Anyone who loves St. Patrick's Day like I do, check out when Irish Eyes are Smiling and the Irish Dance!

Your Co-Editor,  
Heth



If you are interested in becoming a volunteer, you can apply online through our website or fill out an application form within the Village. If you want more information, you can also reach me – Maria Campbell at:  
[glendale.volunteers@schlegelvillages.com](mailto:glendale.volunteers@schlegelvillages.com) or by phone at (519) 668-5600 ext. 8046





## 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](https://the-ria.ca/enews) to stay up-to-date on the latest news, events, and helpful resources.

# 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





# 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





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- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
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**1-888-745-5550**

[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)



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

# Contact us...

3030 Singleton Ave. London ON N6L 0B6  
519-668-5600

*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.

## Long Term Care Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
Holly Ross	Assistant General Manager	X 8003	Holly.Ross@schlegelvillages.com
Anne Marggraf	Director of Care	X 8005	Anne.Marggraf@schlegelvillages.com
Kendall Dougherty	Assistant Director of Care	X 8037	Kendall.Dougherty@schlegelvillages.com
Maria Martin	Assistant Director of Care-Ipac Lead	X 8024	Maria.Martin@schlegelvillages.com
Janna Cook	Assistant Director of Care	X 8019	Janna.Cook@schlegelvillages.com
Erin Seldon	Director of Recreation	X 8007	Erin.Seldon@schlegelvillages.com
Greg Lee	Director of Environmental Services	X 8006	Greg.Lee@schlegelvillages.com
Valery Smith	Director of Food Services	X 8004	Valery.Smith@schlegelvillages.com
Tracey Moore	Assistant Director of Food Services	X 8012	Tracey.Moore@schlegelvillages.com
Lindsay Tansey	Registered Dietitian	X 8009	Lindsay.Tansey@schlegelvilages.com
Josine Bellosillo	Administrative Coordinator	X 8202	Josine.Bellosillo@schlegelvillages.com
Elvira Mujin	Administrative Assistant	X 8001	Glendale.Admin@schlegelvillages.com
Mandeep Panesar	Neighbourhood Coordinator	X 8017	Mandeep.Panesar@schlegelvillages.com
Amanda Verberne	Neighbourhood Coordinator	X 8023	Amanda.Verberne@schlegelvillages.com
Nicole Daley	Neighbourhood Coordinator	X 8020	Nicole.Daley@schlegelvillages.com
Ryan Morin-R. Kin.,	Director of PAL Services	X 8008	Ryan.Morin@schlegelvillages.com
Madison Wardle	PAL Coordinator	X 8016	Madison.Wardle@schlegelvillages.com
Maria Campbell	Student Services/Volunteer Coordinator	X 8046	Glendale.Volunteers@schlegelvillages.com
Shannon Brady	Resident Support Coordinator	X 8014	Shannon.Brady@schlegelvillages.com
Tracy King	Director of Quality and Innovation	X 8057	Tracy.King@schlegelvillages.com
Amera Elnamara	Nurse Practioner	X 8013	Amera.Elnamara@schlegelvillages.com
Hans Van Eyk	Chaplain	X 8043	Glendale.Chaplain@schlegelvillages.com

If any Resident would like a copy of the newsletter delivered monthly, please contact Erin Seldon at extension 8007, or let your Recreation Team Member know.

# Contact us...

3030 Singleton Ave. London ON N6L 0B6  
519-668-5600

## Retirement Home Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
Heather Hyland	Assistant General Manager	X 8204	Heather.Hyland@schlegelvillages.com
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Cherie-Lynn Palmeter	Director of Wellness	X 8209	Cherie-Lynn.Palmeter@schlegelvillages.com
TBD	Assistant Director of Wellness	X 8235	
Kathy Howell	Neighbourhood Coordinator	X 8205	Kathy.Howell@schlegelvillages.com
Shannon Dafoe	Neighbourhood Coordinator	X 8208	Shannon.Dafoe@schlegelvillages.com
Tina Lancaster	Neighbourhood Coordinator	X 8289	Tina.Lancaster@schlegelvillages.com
Taylor Morin	Recreation Supervisor	X 8207	Taylor.Morin@schlegelvillages.com
Mya Lamport	Exercise Therapist	X 8216	Mya.Lamport@schlegelvillages.com
Greg Lee	Director of Environmental Services	X 8006	Greg.Lee@schlegelvillages.com
Amy Jackson	Assistant Director of Environmental Services	X 8229	Amy.Jackson@schlegelvillages.com
Jeff Tucker	Director of Hospitality	X 8056	Jeff.Tucker@schlegelvillages.com
Elise Cosens	Dining Room Supervisor	X 8223	Elise.Cosens@schlegelvillages.com
Carole Metron	Director of Lifestyle Options	X 8230	Carole.Metron@schlegelvillages.com
Holly Albion	Director of Lifestyle Options	X 8231	Holly.Albion@schlegelvillages.com
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Rema Kadri	Village Experience Coordinator	X 8233	Rema.Kadri@schlegelvillages.com
Riverstone Spa	Salon	X 8227	Marney@thespaathome.com
Rob Dore	Chaplain	X 8236	gcrhchaplain@schlegelvillages.com
Robert Fagan	Ruby Restaurant Team	X 8224	Robert.Fagan@schlegelvillages.com
Hardeep Kumar (chef)	Ruby Restaurant Team	X 8224	Hardeep.Kumar@schlegelvillages.com
Lead Nurse		X 8255	

