

The Glendale Gazette

April 2025



Happy Easter!



A Word From Your GM

Spring is a warm welcome as the chill of winter finally fades and the sun begins to shine brighter, there's an undeniable excitement in the air and the warm weather that comes with it. The thought of shedding heavy coats and stepping outside into the gentle warmth of the sun feels wonderful after a very snowy winter. The longer days and blooming flowers signal a fresh start, and there's an infectious energy that comes with it—whether it's the promise of outdoor walks or relaxing afternoons on the back patio simply feeling the warmth on your skin again. It's a season full of possibility, and there's a sense of renewal and anticipation that fills the Village with a refreshing spirit of spring.

This month, we will celebrate Easter there will be a community Easter Egg Hunt on Saturday April 12th 2025. Come out and enjoy some fun!

Earth day is April 22nd, and we are planning a village clean up that day. We welcome all that would like to help walk the property and clean up after the winter thaw.

We are so grateful to all our volunteers who contribute to making Glendale Crossing feel like home. To show our appreciation, we will be celebrating *Volunteer Appreciation Week* from April 27th to May 3rd. Please check you calendars for events throughout the month.

Warmly,
Cindy Awde
General Manager



News From The NC's

Hello Everyone,

Happy April! After what feels like a long and cold winter, it's such a relief to see that spring is finally on its way. I hope this season brings a sense of renewal and fresh energy to all of you, as we look forward to brighter and warmer days ahead.

I've always found joy in watching Mother Nature shed her winter coat and come alive again in the spring. The buds on the trees, flowers starting to bloom, and the little critters peeking their heads out all signaling the beauty of new beginnings.

This month, my family is excited to celebrate Easter. We'll be joining in The Village's Easter Egg hunt on April 12th, and also enjoying time with our loved ones at home. It's always such a special time to reflect and appreciate those around us.

As we move into the warmer months, we're eager to see everyone back outdoors, enjoying the pond and the gardens around The Village. It's such a wonderful time of year to reconnect with nature and with each other.

Wishing you all a safe, joyful, and happy spring. May this season bring peace and positivity to each of you.

Warm regards,
Shannon Dafoe
Emma's/ Egerton Neighbourhood Coordinator.



Words from Cherie-Lynn

Dear Residents,

I hope this message finds you well.

We would like to take a moment to remind all residents of the importance of following our building's sign-in and sign-out procedure. For your safety, we kindly ask that you sign out when leaving the building and sign back in upon your return.

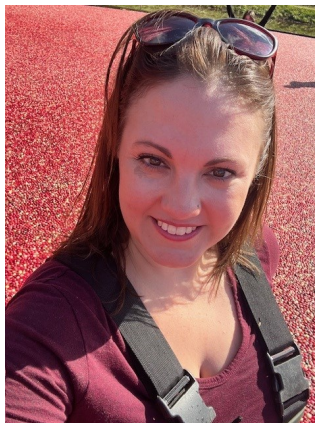
This protocol helps us ensure that everyone is accounted for in case of an emergency and allows us to maintain an accurate record of building activity. We appreciate your cooperation in making sure that these steps are followed each time you leave or re-enter the premises.

Infection Control Reminder: Wash Your Hands to Stay Safe!

As influenza continues to circulate in the community, it's essential that we all take extra precautions to protect ourselves and others. One of the simplest and most effective ways to prevent the spread of illness is by using hand sanitizer and/or washing your hands frequently with soap and water for at least 20 seconds. This helps remove germs and prevents the transmission of infections. In addition to hand hygiene, remember to follow other infection control protocols such as covering your coughs and sneezes, avoiding close contact with sick individuals, and staying home if you're feeling unwell.

Stay safe and healthy, and let's work together to stop the spread of infection!

Cherie-Lynn Palmeter,
Director of Wellness



The Ruby

Hello Everyone,

I am Hardeep, your Ruby Chef, and I would like to take a moment to express my sincere appreciation for the incredible support you have shown to Ruby. We are excited to announce that The Ruby will be hosting a special **Easter Brunch** on **Sunday, April 20th**, from **11:00 AM to 3:00 PM**. This will be a wonderful opportunity for all our residents to gather, enjoy delicious food, and celebrate this festive occasion together.

Reservations are recommended all the time
519-668-5600*8224

Ruby Hours
Wednesday 4-6:00 pm
Thursday - Saturday Noon- 2 p.m., 4- 6:00 p.m.
Thank You,

Ruby Chef – Hardeep



RH Resident Report

Fellow Retirement Residents,

Last fall myself and my wife (Pat) attended the Innovation Summit, a conference involving both Schlegel Villages and the Institute of Research in Aging. It was an eye opener to see the effort being put into looking ahead, to make what is already good, better.

We have been invited to be a part of the planning team for the 2025 conference and recently had our first online meeting. At this point the agenda is wide open. What we are looking for, is new ideas that could be explored with a view to improving the lives of staff and residents in Schlegel Villages. Would you give this some thought, and pass on any suggestions that you might have for avenues that could be investigated.

Many thanks,
John and Pat Jared #2717





Wishing you a
Happy Birthday!

Our Residents

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

LTC

Lloyd H April 4th
Wayne M April 4th
Khirieh H April 4th
Ron C April 4th
Maria E April 5th
Jeff M April 5th
Jan O April 10th
Nic G April 11th
BettyAnn S April 12th
Marion L April 14th
Dale S April 17th
Robert M April 18th
Hilda H April 21st
Irene T April 21st
Ginny G April 22nd
Annie B April 22nd
Joan C April 23rd
Gord T April 23rd
Margarita A April 25th
Eugene M April 27th
Dale S April 29th

RH

Pasquale G April 1st
Pauline D April 2nd
Ron P April 6th
Sally G April 6th
Fred F April 6th
Richard VH April 7th
Len P April 8th
Ray H April 11th
Evelyn S April 12th
Ruth Ann B April 15th
Coral L April 16th
Doug P April 18th
Gloria B April 18th
Penny P April 19th
Jo Z April 23rd
Donna B April 23rd
Elsie F April 25th
Barb N April 25th
Joan S April 25th
Betty B April 26th
Shirley S April 26th
Doug D April 29th



In Memoriam

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

*LTC– Soon H, Norah H, Richard M, Julia P, Eric M
RH– John M, Qais A*

National Volunteer Week

April 27–May 3

Our Villages thrive because of the relationships that bloom in all of our neighbourhoods among all Villagers – our residents, team members, community partners, and, of course, our wonderful volunteers. At the end of April, we'll make extra time to pay a special tribute to the countless people who give their time, energy and love to the people who call our Villages home.

Volunteers Make Waves is the theme this year, and we think of the steady, ongoing force the waves of volunteers have in the lives of our residents and team members. That impact ripples over the course of time, and for the third year in a row, Villages across the province will offer the **Barb Schlegel Volunteer Award** in memory of the kind-hearted matriarch of the Schlegel Villages family, who always gave of herself in service of others.



We look forward to sharing a snapshot of the recipients at the end of that special week and invite you to visit our website featuring our 2024 recipients; be sure to take a moment to thank all of the volunteers who make our Villages such wonderful places to live and visit.

We  our
volunteers

#NVW2025

Schlegel Villages – **CONNECTIONS**



— APRIL IS — **PARKINSON'S** **DISEASE AWARENESS** — MONTH —

Across Canada, it's estimated that more than **110,000 people** are living with Parkinson's disease.

Within our Villages, we know and have known many who always inspire us with their tenacity and perseverance in the face of the challenges the disease can present.

A key aspect that rings true is the fact that the experiences of someone living with Parkinson's are as unique as the individual; there is no single path of progression of symptoms and no certainty in predicting the pace. What is common, however, is the fact that people living with the disease and their loved ones deserve every opportunity to make the most of every moment, and we're proud to support in any way we can.

April is marked across the country as Parkinson's Awareness Month, and we urge everyone to take some time to learn more about the many ways people living with the disease and their loved ones are affected.

Sharon Hunwick, a resident living at Erin Mills Lodge who was diagnosed with Parkinson's disease at the age of 43, shared her fascinating insights on the Stories from the Green Bench podcast.

This April, we join Canadians across the country in pursuit of more knowledge and research to help slow and hopefully eliminate the progression of this disease.

For more information and resources visit Parkinson Canada at **parkinson.ca**

PAL Insights

Parkinson's Awareness Month: Raising Awareness and Empowering Movement

April is Parkinson's Awareness Month—a time to educate, advocate, and support individuals living with Parkinson's Disease (PD). As a progressive neurodegenerative disorder, Parkinson's affects movement, causing symptoms such as tremors, stiffness, and balance difficulties. Thus, it's tremendously important to raise awareness and provide the best care possible for those who are managing Parkinson's.

How Physiotherapy Helps Manage Parkinson's Disease: Physical activity plays a pivotal role in helping manage Parkinson's Disease. Regular movement, under the guidance of trained professionals, can significantly improve symptoms and quality of life. Below are some strategies that can help reduce symptoms and improve overall wellbeing:

1. Improving Balance and Preventing Falls

Parkinson's can impair balance, leading to an increased risk of falls. Effective strategies to improve balance include:

- **Balance Training Exercises:** These exercises focus on strengthening the core and lower body to improve stability and coordination.
- **Tai Chi and Dance:** Gentle, flowing movements in these practices enhance balance, posture, and flexibility.
- **Strengthening Muscles:** Building strength in the legs, arms, and core muscles provides a foundation for better balance control.

2. Increasing Strength and Endurance

As Parkinson's progresses, muscle strength can decline, which affects mobility and daily activities. Focused strengthening exercises can help:

- **Resistance Training:** Using light weights or resistance bands, targeted strength exercises help maintain muscle tone and endurance.
- **Functional Movement Training:** Practicing movements that mimic daily tasks (such as standing from a seated [position](#) or walking with control) helps residents retain functional independence.
- **Walking Programs:** Regular walking, whether indoor or outdoor, helps build endurance, improves cardiovascular health, and supports overall mobility.

3. Addressing Bradykinesia (Slowness of Movement)

People with Parkinson's often experience slow and reduced movement. Speeding up movement through targeted exercises can help:

- **Big Movements:** We encourage large, exaggerated movements (such as stepping over an obstacle or performing high knee lifts) to counteract the tendency to move slowly.
- **Rhythmic Activities:** Engaging in activities like marching to a beat, or dancing to music, helps stimulate faster, more fluid movements.

4. Cognitive and Emotional Wellbeing

While physiotherapy focuses on the body, maintaining mental and emotional health is equally important:

- **Mindfulness and Meditation:** Practices like mindfulness can reduce stress and improve mental clarity, contributing to better physical health.
- **Social Engagement:** Social activities, group exercises, and community support can combat the isolation that many people with Parkinson's experience.

Team Member Study



You're Not Alone – Caring for Yourself While Caring for Others

Acknowledge your feelings

It's normal to feel guilt, sadness, or even relief. Remember, these emotions are valid, and you're not alone in experiencing them.



You are still a caregiver

Your important role as a caregiver could never be replaced by a healthcare team; instead, we are here to join you in your caregiving!

Resources available for supporting family members in London, ON

CMHA-Thames Valley Mental Health Association:

Crisis phone line number: 9-8-8 (Toll free 24/7)

Mental health walk-in support: 648 Huron St. London, ON

Resources specific for caregivers:

- Community Wellness, Social Recreation & Peer support
- Thrive Institute
- Public Education
- Virtual Family Support Group (familysupport.info@cmhatv.ca)

Self-care tips for families

1. Take Time for Yourself, get connected with nature, and go for a peaceful walk. When emotions arise, take time with them. They are allowed to be here!



2. Stay connected with your loved ones at retirement home by frequent visits, and organizing special family events at retirement home, being respectful of their new life and schedule.



3. A simple call can help to maintain emotional closeness.



4. Practice mindfulness, relaxation and gratitude, like reflecting on the positives, such as your loved ones is receiving proper care.



5. Seek professional support when needed.



6. Engage in peer support groups and rebuild social connections.



Spotlight on You! Maria E.

Hello everyone,

If we were talking about amazing individuals, I can say that all of the residents here at Glendale are wonderful. Each one of you has unique characteristics that surely captures our hearts. To begin, I will spotlight one of our amazing Brighton residents, her name is Maria Esteves. She is newer to our village and moved here in December. Maria is 84 years old, originally from Cardanha Portugal and has been living here in Canada since 1965. She has two children, her daughter Marilou and son Fred. Her family describe her as a funny, polite, talkative and friendly woman.

Maria is an outgoing person and loves attending different kind of activities here in the village. Her favourite type of programs are anything music based, and you'll often see her dancing with the staff. She mainly speaks Portuguese, but we've found no matter the language one speaks, you can still have great relationships. We are so happy to have her on our neighbourhood and in our village. She's appreciative and consistently demonstrates the value of those around her.

The most important thing I've learned from her is that language is not a barrier in building a good relationship with others, as long as we know how to treat everyone with respect and handle situations with love and compassion, then our heart will recognize what our mind fails to understand.

Rose Ann Q (Brighton Recreation)



Spotlight on You: John Kingdom

Born on July 29, 1932, in Cardiff, Wales, John was the only child of Grace and Albert Kingdom. The early years of his life were nothing short of idyllic, set against the stunning backdrop of the Welsh mountains. These majestic hills became his playground, offering endless opportunities for adventure and imagination. He and his friends would spend hours playing games like hide and seek and “cops and robbers,” the rugged landscape providing the perfect terrain for their creative escapades.

However, John’s childhood bliss was shattered far too soon. At just seven years old, he faced a loss no child should have to endure—his mother’s passing from tuberculosis. His last memory of her remains etched in his mind: a fragile figure framed by the window of the sanatorium, her hand gently waving goodbye. Though he didn’t fully understand the finality of that moment, something in the way she looked at him—her smile tinged with sadness—left an ache that would stay with him forever.

Soon after his mother’s passing, World War II erupted, and John’s world changed once again. His father was called to war, leaving John without a parent at home to care for him. With little choice, he was sent to live in a foster home, a place that, despite its challenges, would shape him in unexpected ways. It was there that he discovered a lifelong love of gardening. Tasked with growing potatoes to help feed the household, he found solace in the rhythm of tending the soil, watching the tiny sprouts push through the earth, and nurturing something that could sustain others.

Some of John’s earliest memories of childhood were shaped by the war, the shrill wail of air raid sirens piercing the night and sending him scrambling for the backyard air raid shelter. The shelter, a cramped and musty space reinforced with sandbags, always smelled of damp earth and metal. Inside, huddled in the dim light of a single lantern, John listened intently to the distant booms of anti-aircraft fire. The ground sometimes trembled beneath them, dust sifting down from the ceiling as bombs exploded somewhere in the distance.

When the long-awaited “all-clear” siren finally sounded, relief swept over them. As the door creaked open, the world outside felt eerily quiet, except for the occasional crackling of a fire in the distance. John and his friends, however, felt no fear in those moments—only excitement. As soon as they could, they would race to the bomb sites, eager to find the ever-elusive shards of shrapnel. These twisted, jagged metal fragments were like trophies to them, small tokens of the war they barely understood but were living through nonetheless.

The war had taken many things from them—including their metal toys, which they had been asked to donate to support the war effort. In their place, these scraps of exploded bombs became their new playthings. They would compare their finds, marveling at the different shapes and sizes, each piece a small remnant of destruction turned into a childhood prize.



Spotlight on You: John Kingdom

One day, their scavenger hunt took a dangerous turn. One of John's friends, beaming with pride, held up a new discovery—a larger, more intact piece of metal. But this was no ordinary scrap. It was, in fact, a live, undetonated German bomb. The boy turned it over in his hands, showing it off as if it were the rarest of treasures. The other boys crowded around, wide-eyed, until an adult's frantic shouting shattered their excitement. The boys rushed to the police station to show them proudly at which point it was confiscated and later, safely detonated.

To this day, John reflects on that moment with a mix of awe and gratitude. He often says that boy must have had a guardian angel watching over him—one misstep, one wrong movement, and the story could have ended in tragedy. Little did John realize that these early childhood experiences would lay the foundation for his future career in child welfare, shaping his understanding of resilience, care, and the importance of support during times of hardship.

John's father was away for four long years, a span of time that felt like a lifetime to a young boy. Their reunions were rare—perhaps only once or twice. During this time, his father remarried, a change that added yet another layer of complexity to John's already turbulent childhood.

After the war ended, John's father returned from service, and the two were finally reunited. However, their time apart had changed them both, and their reunion felt more like meeting a familiar stranger than a long-lost parent. When John was 13, they moved to London with his stepmother, beginning yet another new chapter in his young life. The bustling city was a stark contrast to the rural life he had known, and adjusting to his new home came with its own set of challenges.

Written by:
Callum Contursi and Delene Kingdom

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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 April 5th at 10:30 Aviation Program in Town Hall

Saturday April 5th at 2:45 Music With Nicole Tan in Town Hall

Wednesday April 9th at 10:15 Catholic Mass in Town Hall

Wednesday April 16th at 11:00—3:00 Connie's Embroidery & More Sale on RH Mainstreet

Friday April 18th at 10:30 Good Friday Mass in Town Hall

Saturday April 19th at 2:45 Music With Jim Cochetto in Town Square

Tuesday April 22nd at 2:45 Outdoor Earth Day Cleanup

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



COME JOIN OUR FAMILY COUNCIL

Contact Erin Seldon at
erin.seldon@schlegelvillages.com or ext. 8007

When: The 3rd Monday of every month in the LTC Library

Time: 3:00pm

New Family Members welcome!



Family
Councils
Ontario



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: Esther F.

The winner for the Retirement side is: Tina L.

Congratulations!!

Benefits of Reading

The Benefits of Reading and Books: Unlocking a World of Knowledge and Growth

In an age dominated by screens and fast-paced digital content, the simple act of reading a book can seem outdated. However, reading books offer numerous benefits that go far beyond entertainment. From cognitive and emotional development/maintenance to sparking creativity and expanding knowledge, reading remains one of the most enriching activities we can engage in.

Reading regularly is like a workout for the brain. It helps improve vocabulary, comprehension, and overall literacy skills. When you read, your brain is forced to interpret and process information, which keeps it sharp and agile. Studies have shown that reading improves memory and cognitive function, helping individuals retain information more effectively. Books expose readers to new ideas, diverse perspectives, and complex themes, which stimulate critical thinking. Whether you're reading fiction or non-fiction, engaging with books enhances your ability to analyze, evaluate, and synthesize information.

Reading can also be a powerful tool for stress relief. Immersing yourself in a good book provides an escape from the daily stresses of life, offering a mental break and relaxation. Fiction, in particular, allows you to immerse yourself in another world, helping to distract your mind from worries and anxieties. Research has shown that reading can lower heart rate and reduce stress levels, with some studies suggesting that just six minutes of reading can be enough to reduce stress by more than two-thirds. Whether it's a gripping thriller or a calming novel, reading can soothe the mind and promote a sense of calm.

In a world filled with distractions, reading helps sharpen focus and concentration, as it requires sustained attention. Whether it's a short story or a lengthy novel, reading demands focus, which strengthens your ability to concentrate in other areas of life. Regular reading also improves your attention span, making it easier to concentrate on tasks for longer periods. As a result, the habit of reading helps improve your productivity and mental endurance. Overall, the benefits of reading and books are vast and far-reaching. From boosting cognitive abilities to reducing stress, fostering creativity, and expanding knowledge, reading offers something for everyone. Whether you're reading for education, entertainment, or personal growth, books have the power to transform your life in countless ways. In a world that's often full of distractions, setting aside time for reading is one of the best investments you can make for your mind and well-being. So, pick up a book and unlock the many benefits that reading has to offer!

Visit the LTC or Retirement Library for a variety of books, covering a vast array of genres and authors. You can also sign up for "Visiting Libraries" through the London Public Library for books to be delivered to your door, including audiobooks on CD. If you would like more information or want to be signed up for this service, please ask a recreation team member.

Shannon Brady, RSW
Resident Support Coordinator



Volunteer Corner with Heather/Maria

To Glendale Crossing:

Easter is around the corner, has the Easter Bunny been good to you? Happy Easter and Spring! If you love doing things outside, gardening is a great option. If you have a green thumb, have fun!

Happy Spring to everyone and make sure you watch the Easter egg hunt for the kids!

See you soon!

Your Co-Editor,
Heath



Happy Spring Everyone!

I am excited that our days are longer, flowers are starting to bloom and we can feel the temperature outside getting warmer. It is exciting that we have our own bus and are able to go on a variety of outings during each week. As getting out into the community is always a wonderful experience to share among our neighbors.

At the end of month, it is National Volunteer Week from April 27th- May 3rd 2025. We have many volunteers that support us in our village, so I am excited to bring recognition to all our supportive volunteers.

If you 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 at glendale.volunteers@schlegelvillages.com or by phone at (519) 668-5600 ext. 8046

Maria Campbell

Advance Care Planning Can Bring Peace to People Who are Dying

For many people, the thought of dying brings up feelings of fear and uncertainty, which may prevent them from finding peace as they face the end of life.

Nearly one in five older Canadians may not experience peace with dying, according to a recent data analysis of the Canadian Longitudinal Study on Aging at McMaster University. The analysis, published earlier this year, highlights the importance of end-of-life care and suggests advance care planning may help people feel more at peace before they die.

As people go through their end-of-life journey, their health and symptoms will change, and it is the responsibility of their healthcare team, family, friends, and care partners to ensure their end-of-life wishes are understood and honoured.

Heather Keller, Schlegel Research Chair in Nutrition and Aging, and her colleagues Dr. Allan Garland and Dr. George Heckman share important and helpful advice to empower you to make informed healthcare decisions ensuring your voice is heard and respected.

What is Advance Care Planning?

Advance care planning is about documenting your wishes and instructions for your present and future health should you be unable to speak for yourself. We understand these conversations can be difficult, but with



the right information and support, advance care planning can help you find peace at the end of your life. Below are some tips to help you make informed healthcare decisions.

Choose a substitute decision-maker

A substitute decision maker is a person or persons who will inform the care team about your wishes if you are unable to do so yourself. The substitute decision-maker must understand and represent your wishes for medical care and be able to provide consent for treatments.

Speak to your healthcare team and ask questions

Here are a few questions you may want to ask your healthcare provider:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- What will happen if I decide not to have the treatment and/or procedure?

For additional resources about Advance Care Planning, visit the-ria.ca/resources/babel/.



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- ✓ 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 Tansley Woods, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Easter Word Search

E A T R C H O C O L A T E G H
G J G E G E A S T E R J E B N
S G E S A T L H H O D A Y S U
T F A L N G D E C O R A T E D
R L E R L A D A B I P O Y S C
G O G G R Y A C A R R O T E H
D W E S G I B B U N A N Y S I
U E P A R A D E J E L T S P C
C R J L A I N S A H O L I Y K
K S G E S J R S U N D A Y O A
L C A R S T A S B A S K E T N
I K S H J H B U N N Y E G S I
N G S A U I B L A T I P G S N
G I N J E N I J E L S O N G G
S P R I N G T U L I P A G D S



BASKET
BUNNY
CARROT
CELEBRATION
CHICK
CHOCOLATE
DECORATED

DUCKLINGS
EASTER
EGGS
FLOWERS
GRASS
HOP
HUNT

JELLYBEANS
PARADE
RABBIT
SPRING
SUNDAY
TULIP



Homemade Peanut Butter Eggs

Ingredients

1 cup creamy peanut butter

6 Tbsp. unsalted butter, softened

2 cups powdered sugar

3/4 cup graham cracker crumbs

2 tsp. vanilla extract

1/2 tsp. kosher salt

16 oz. semisweet chocolate bars,
chopped

Pastel-colored sprinkles

Directions

- 1 | Line 2 baking sheets with parchment paper.
- 2 | To the bowl of a stand mixer fitted with the paddle attachment, add the peanut butter and butter, and beat on medium speed until smooth and creamy, about 2 minutes. With the mixer on low speed, gradually stir in the powdered sugar, graham cracker crumbs, vanilla, and salt. Beat until well combined, about 1 minute.
- 3 | Divide the peanut butter mixture into 1 1/2 tablespoon balls. Flatten them into an egg shape, measuring about 2 inches long, 1 inch wide, and about 3/4 inch thick. Place them on the prepared baking sheets and chill in the refrigerator or freezer while melting the chocolate.
- 4 | Fill the bottom of a medium saucepan with about 1 inch of water, and bring to a simmer over medium-high heat. Place the chocolate in a dry, heatproof bowl that is slightly larger than the saucepan. The bowl should sit on top of the pan without its bottom touching the water.
- 5 | Reduce the heat to medium-low. Place the bowl of chocolate over the saucepan of water. Heat the chocolate, stirring occasionally with a dry rubber spatula, until the chocolate is mostly smooth and melted, 2 to 3 minutes. Remove the bowl from the saucepan and continue stirring until the residual heat melts the remaining chocolate and the mixture is smooth (return the bowl to the saucepan, if needed).
- 6 | Using 2 forks, carefully dip the chilled peanut butter eggs into the melted chocolate, allowing any excess to drip off. Carefully place the dipped egg back onto the parchment-lined baking sheet.
- 7 | Spoon any remaining chocolate into a small zip-top bag. Cut off a very small corner of the bag and drizzle the eggs with chocolate, if you like. Or, sprinkle the eggs with colorful sprinkles.
- 8 | Allow the chocolate to set completely before enjoying them.



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
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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
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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.

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