

# View from the Heights

**March 2025**

## **Easter Egg Hunt and Easter Chocolate Donations**

We are excited to get back to one of our favourite Easter events, our annual Easter Egg hunt! We are welcoming residents' grandchildren and great-grandchildren, as well as team members' children to join us on **Saturday, April 19th at 10am** for a fun morning of egg hunting, crafts and fun activities!

We will be looking for any wrapped candy donations for our Easter Egg hunt. If you would like to drop off candy or cash to purchase treats to the Village office for Recreation.

We thank you for helping in making the day a fun-filled one for the kids and our residents!

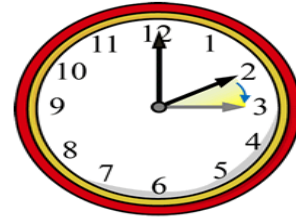


## **Village Events**

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!

## **Day Light Savings Time March 9th**



**Daylight Savings  
Time Begins**

**Don't forget to turn your clocks ahead  
one hour!**

## **St. Patrick's Day**

Please join us for a St. Patrick's Day Celebration with Kevin Beeby Duo in Town Square on Monday, March 17th at 2:00pm for entertainment with a special Happy Hour at 3:00pm in the Social Club. Don't forget to wear your green!



*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.

Hello Everyone,

With the recent discussions around tariffs imposed by the United States on Canadian goods, and the Canadian Government's countermeasures, we understand many of you are concerned about how this might affect our community. I want to reassure you that our Director of Purchasing, Diane Stein, and the Support Office team have been working closely with our supply partners over the past few months to evaluate all aspects of our supply needs.

While there are some areas that could be impacted, our primary focus remains on ensuring a steady supply of food, as well as medical and personal care items. We continue to collaborate with our suppliers to minimize any disruptions and are prepared to explore alternative sources if needed.

I also want to provide an update on our Accushield rollout this week. A reminder to all visitors: please sign-in and out when visiting the village. This has always been a requirement, it's just moved to an electronic platform now. Here are a few key points:

**First-Time Login:** Visitors must complete their first login using a kiosk in the village. Once registered, you can download and utilize the Accushield app for future sign-ins, or can continue to utilize the kiosks.

**Resident Sign-In:** Residents will also use the kiosk to sign in and out of the village. We no longer require sign-outs in the binder, so please make use of the kiosk instead.

By transitioning everyone to the electronic system, we can more accurately track who is in the building at any given time. This greatly enhances our ability to ensure everyone's safety, particularly in the event of an emergency.

**Keychain Tags:** We're collaborating with Accushield to develop convenient keychain tags for residents. These tags will be scannable at the kiosk and should be available in about 2-3 weeks.

Thank you for your cooperation as we adjust to this new system. Your patience and continued support help us keep our community running smoothly.

Thank you,

Michelle Wood

General Manager

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

*From the desk of Barbara Taylor-Bhaqwan*



**From the desk of  
Barbara Taylor-Bhagwan  
Assistant General Manager  
Retirement**

## **Quality of Life and Encouraging Engagement**

Our village thrives when everyone feels connected, valued, and engaged. We encourage all residents and families to take part in our recreation programs, join our social events, and share your thoughts and feedback. Your voices shape our Village, helping us create a warm, inclusive, and vibrant environment. Let us continue to welcome new faces with open arms and treat one another with kindness and respect. Together, we can build a village where everyone feels truly at home and supported.

## **Spring Safety Reminders**

With spring just around the corner, warmer days and fresh new beginnings await us! It is a perfect time to embrace the beauty of the season, enjoy outdoor activities, and spend time with one another. Be sure to check the retirement calendar for all the exciting "Spring into Spring" activities we have planned — we can not wait to share this wonderful season with you!

## **Here are a few friendly safety reminders to keep in mind:**

Dress in layers to stay comfortable as the weather changes.

Watch out for slippery walkways and take care when walking outside.

The well-being and safety of our residents remain our top priority. Recently, there has been an increase in unwanted visitors, especially during these colder days. While there is no need for panic, staying vigilant is important. Please keep your doors locked and report any suspicious activity to the leadership team. By working together, we can maintain a safe and comfortable environment.

## **A Heartfelt Reflection**

It is truly a privilege to be part of this incredible Village. The warmth, kindness, and support that fill our community every day inspire me beyond words. The resilience and positive spirit of our residents and families make Wentworth Heights a truly special place.

Thank you for helping make our village a home — a place where everyone feels cared for, connected, and celebrated. Together, we continue to build a community filled with love, laughter and support.

*From the desk of Michelle Roukema*

Hello and happy March!

In Long-Term Care, fostering meaningful engagement with residents is crucial for their well-being and quality of life. Engaged residents experience greater levels of happiness, reduce feelings of isolation, and often experience better physical and mental health outcomes. As we work to enhance the lives of those we care for, here are a few strategies to engage effectively with your loved one. Find personalized activities that focus on someone's unique history, interests, and preferences. Take time to reminisce, a hobby that someone used to love will help with your loved one feeling valued and connected. Find conversations that will be meaningful to your loved one whether that is a casual conversation, a discussion, or joining in a program. Encourage your loved ones to share a story or express how they are feeling is a great way to start conversation. Another way we can engage with a loved one is the use of technology. Show your loved ones a picture, or share some music that they love. Using YouTube, you can also look at places to travel with your loved one virtually. Visiting in the neighbourhood is a great option, so is going for a walk around the Village, going for a coffee on Main Street, or when the weather warms up and the snow melts, a walk outside or a visit in the courtyard. After a long winter, we can all use some fresh air. There are also several activity options in the neighbourhoods. Take a look in the credenza's, the country kitchens, or the community centre and use a program supply! If you are unsure, please ask a team member. These are just a few suggestions to help with engaging your loved ones and creating meaningful engagement for a successful visit.

See you around the Village,

Michelle Roukema



## *Blessing Iwigem*

### **Spring Into Action: A Time for Renewal and Connection**

As March arrives, we eagerly welcome the changing season. Spring is a time for new beginnings, fresh energy, and a chance to embrace change. It is the perfect time to reflect on the past months and prepare for the months ahead with renewed enthusiasm.

At Wentworth Heights, we want to encourage everyone to embrace this season of renewal by refreshing both our physical spaces and personal routines. Whether it's a deep clean, a new hobby, or simply enjoying the sunshine more, we are here to support your journey towards a vibrant and fulfilling spring.

### **What's Happening in March:**

- **Upcoming Activities and Events:** Spring also brings new activities and events to enjoy with your friends and neighbours. Look forward to:
  - **Recreation Spring Activities:** Please check the recreation calendar for more info on fun activities that have been lined up for the Spring
  - **Gardening Club:** If you love flowers or gardening, join us for some spring planting and outdoor time in the garden.
  - **Neighborhood Team Development Meetings:** We are excited to continue our Neighborhood Team Development meetings for the 3rd month in a row! This is a wonderful opportunity for everyone to come together, set achievable goals, and plan together as a team. We look forward to continuing this collaborative effort to strengthen our teams and community.
  - **Spring Cleaning Tips for Your Home:** Spring cleaning is not just for your home—it is also an opportunity to refresh your mind and spirit. Here are some tips to make the process easy and enjoyable:
    - **Start Small:** Tackle one area at a time, whether it's a drawer, a closet, or a room. Small victories help keep the momentum going.
    - **Declutter and Donate:** Take a moment to go through your belongings and set aside anything you no longer need. Consider donating gently used items to those in need—this is a wonderful way to share with others.
    - **Organize Your Space:** Reorganize your shelves, closet, and storage to make things more accessible. This can bring a sense of calm and order to your surroundings.
    - **Deep Clean:** Wipe down surfaces, clean windows, and vacuum to refresh your living space. A clean home feels inviting and rejuvenating.
- **Refresh Your Memories:** Consider organizing old photo albums or mementos. It's a great time to relive fond memories while creating new ones.

As we embrace the beauty of spring, let us take this time to appreciate the warmth and connection we share with one another. Whether it is a simple chat with a neighbour, a fun activity, or enjoying the outdoors, there are countless ways to celebrate the season of renewal.

Thank you for being an essential part of our vibrant village. We look forward to all the exciting moments that await this spring.

**Take Care and Enjoy the Season!**

From the Desk of Environmental....

## THANK YOU DC LANDSCAPING



Our vendors are vital to our village operations and our partner **DC Landscaping** has been delivering a superior level service for many years. **DC Landscaping** has grown from humble beginnings.

**DC Landscaping** maintains and enhances our outdoor spaces, making them beautiful and functional.

The **DC Landscaping team** values safety and ensures accessibility during our winter months. They are an extension of **Environmental team** and we would like to extend our sincerest gratitude. We truly appreciate the effort you put into meeting our needs, and your dedication does not go unnoticed.

Thank you for your consistent excellence and for always being there when we need you.

Heather Bell Livingstone  
Director of Environmental Services



# Hospitality News

*From the desk of Michelle Piccolo*

Welcome to March! Is it Spring yet? After a long winter we should finally have some sunshine and longer days ahead!

This month we will be featuring an Irish themed Menu for St. Patrick's day on Monday, March 17<sup>th</sup>.

I hope to see everyone in green!

We will be featuring:

Corned beef or Irish Stew  
Red skinned potatoes  
Buttered Cabbage  
Chocolate mint pie

Our Lettuce Talk Food meeting this month will be on Tuesday, March 11<sup>th</sup> at 10:30am. Please join us and discuss with us about anything to do with food! See you all there and Happy St. Patrick's Day!



## MARCH

The month of March in this restaurant is not just about exceptional food; it is a celebration of the art of dining. It is a time when flavors dance, conversations flow, and memories are created. As patrons leave with satisfied smiles and full bellies, they eagerly anticipate the next season, knowing that the restaurant will continue to enthrall and delight with its culinary prowess.

Thank you to all that joined us last month for the lamb butchering demo and the four course dinner and alcohol pairings. We hope you enjoyed it as much as we did! If you wanna see more in person events with Chef Kevin, please don't hesitate to let us know what you'd like to see us do next. Your opinion always means so much to us.

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.

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

**IRISH THEMED PUB NIGHT!**  
WED MARCH 19TH 4P.M.-6:30P.M.  
\$20 PER PERSON

Join us in the Ruby for a grand ol' time listening to Irish music and tasting delicious items like Guinness stew, freshly made soda bread and whoopie pies for dessert!! Don't forget the option of green beer to wash it all down!

KEEP YOUR EYES AND EARS  
OPENED FOR MORE FUN  
EVENTS COMING TO YOU  
FROM THE RUBY!

## 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, March 4th—9:00am-12:30pm Pancake Breakfast provided by Leadership (\$)—MS
- Tuesday, March 4th— 2:30pm—Pancake Races-TS
- Wednesday, March 5th—10:00am– 3:00pm Adrian's Fashions Vendor—MS
- Wednesday, March 5th– 10:30am—Ash Wednesday Service-TH
- Friday, March 7th—2:30pm –Ancaster Performance Group –TH
- Wednesday, March 12th– 10:00am-3:00pm Traditions Alive Vendor-MS
- Friday, March 14th—10:00am Holi Presentation –TH
- Friday, March 14th—2:00pm Holi Celebration—MS
- Monday, March 17th—2:00pm St. Patrick's Day Celebration with Kevin Beeby Duo –TS
- Tuesday, March 18th– 10:00am-3:00pm -Modern Jewelry Vendor– MS
- Wednesday, March 19th—2:30pm Armchair Travel to Ireland –TH
- Wednesday, March 26th—10:00am & 2:00pm– Coffee and Conversation –C
- Thursday, March 27th—8:30am -4:00pm—SHSM –TH

## Long Term Care

- Saturday March 1st— 2:00pm Pub with Suzie McNeil-MS
- Monday March 3rd— 10:30am Intergenerational Music Jamboree-TH
- Thursday March 6th —9:30am Grandfriends Visit-TH
- Friday March 7th—8:30am Men's Breakfast-CC
- Saturday March 8th—2:30pm International Women's Day Tea Social-CC
- Sunday March 9th— 2:30pm Church, Lent & Communion-TH
- Thursday March 13th— 3:15pm Residents Council-CC
- Tuesday March 18th— 3:00pm Snack Battle (Ireland)-CC
- Friday March 21st— 3:00pm Happy Hour with Emily Kemp-MS
- Wednesday March 26th— 5:00pm Diners Club-MS
- Saturday March 29th— 2:00pm Entertainment with Michael Lyons-Stonechurch

## Retirement

- Saturday, March 1st– 2:00pm-Entertainment with Dave Thiery-EG
- Saturday, March 8th –2:30pm- International Women's Day High Tea– C
- Sunday, March 9th—2:30pm-Lent with Communion –CH
- Thursday, March 13th– 9:15am-Breakfast Club–HS- sign up
- Monday, March 17th– 3:00pm -Special Happy Hour-SC
- Tuesday, March 18th—10:30am -Mindful Meditation with Nicole– SC
- Wednesday, March 19th-3:00pm Community Garden Club Meeting– SH
- Friday, March 21st– 3:00pm-Emma's Happy Hour with Dave Shakespeare –EM
- Monday, March 31st– 2:30pm –Smile Theatre– TH



# Village Outings

## LTC

- Saturday, March 15th— 1:30pm Country Drive
- Thursday, March 20th— 11:00am Hutches Outing
- Friday March, 28th— 1:30pm RBG Alice in Wonderland Exhibit

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

## Retirement

- Thursday, March 6th—1:30pm RBG—Alice in Bloomland-outing –EM/EG
- Tuesday, March 11th– 2:00pm -No Frills shuttle
- Tuesday, March 18th—2:00pm—Fortinos shuttle
- Tuesday, March 25th– 2:00pm –Food Basics shuttle
- Wednesday, March 26th—10:30am—Fallsview Casino
- Thursday, March 27th—1:30pm– Country Drive-EM/EG

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, March 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!



# Update

## **From the Desk of Moses Genat**

Happy March, Wentworth Heights!

Spring is upon us, and it is the perfect time to “spring into action” with a focus on getting active and enjoying the environment around us! Here’s how you can make the most of the season:

### **KEEP MOVING INDOORS**

Even if it is too chilly outside, you can still stay active indoors. Just 30 minutes a day can do wonders for your health, and you can do it in the warmth and comfort of our indoor spaces.

### **TRY SOMETHING NEW**

Spring is the season of new beginnings, so why not challenge yourself with something fresh? Whether it is a puzzle or starting a new fitness routine, it is a great time to set some new goals and try something fun!

### **ENJOY THE FRESH AIR**

Getting outdoors is not just great for physical health—it is great for mental well-being too. Taking a walk around the building or simply sitting outside and soaking in the fresh air can help clear your mind and boost your mood.

### **SOCIALIZE**

Staying active does not have to be a solo activity! Invite a friend to join you for a walk around the village or come together for one of our group fitness classes. It is a great way to stay motivated and enjoy each other’s company!

Let us make this month one to remember by prioritizing our health, setting new goals, and having fun as we move together!

Stay active, stay happy,  
Your PAL team



## **Retirement**

*The next Foot Care Clinic for Williamsburg and Egerton neighbourhoods will be on March 5<sup>th</sup> and Emma's neighbourhood on March 6. The Foot Care Clinic for the Becker and Ailsa Craig neighbourhoods will be on March 3rd.*



## **Long Term Care**

*There will be no Foot Care Clinic in March.*

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

# Chaplain's

# Corner

## *March Spiritual Care*

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 memories!

**Ash Wednesday Service -**  
March 5 at 10:30am in CH

**Sing-a-long** with Janet on the second and fourth Wednesday at 9:45am in the Chapel and on EVERY Thursday morning at 9:45 in the Chapel.

**Lenten** Communion on March 9th

**Movie** with Janet at 2:00pm  
“ All Mine To Give”  
is based on a true-life story.  
Glynis Johns and Cameron Mitchell

**Bible study** with Ankit

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

## March 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

**Lenten Communion** served 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...

Bob Cheeseman  
John Smith  
Concettina Fazio  
Takashi Nakamura  
Brigitta Szobolics



We extend our sincere condolences to these families as they grieve their loss and remember their loved one.

# Wishing you a Happy Birthday!



Please see your Village  
Poster for a Birthday list!

Birthday  
celebration will be  
held at the last  
happy hour of the  
month in  
retirement  
Social Club.  
LTC Birthday bash  
will be on March  
27th at 2pm.  
All are  
welcome!



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





## WELCOME TO THE VILLAGE!

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Hi Everyone,

We wanted to give you all a heads up that we will be hosting an open house on Saturday, March 1<sup>st</sup> from 10am-1pm. To minimize the disruption to all of you we have chosen to host our presentation in the Town Hall and will be taking our guests along Main street but not up through the elevator. Some visitors may take the elevator to explore The Ruby but we are hoping that our plan will keep the demand on the elevator to a minimum.

We will be hosting information sessions each half hour in the Town Hall starting at 10am. After the information session we will have our guests taking a self-guided walk along Main Street to explore our beautiful common areas and spaces. There is nothing we need you to do differently from any other day and we want you to feel comfortable to use any space in the village as you wish during this time.

If anyone would be interested in serving as a resident ambassador we would love to have a few residents available to speak to your experience of living here. We would not need you to be with us for the entire time but if you would be interested in being part of this please reach out to Nicole or Bradley.

THE VILLAGE OF WENTWORTH HEIGHTS

BRADLEY HILTZ

## 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

## News From the Library:

We, the Library Committee, have been working hard to make the books accessible to all and as tidy as possible with the challenge of floods of books donated in the past years. To help, we have temporarily paused that activity while we assess the collection we have, how to procure shelving space for them and freeing up the windowsills.

We currently label and shelve Mysteries separated from Novels. Some have indicated that this is helpful when looking for books of one genre or another. We realize that many authors cross over and their books are both mystery and novel. There has been a suggestion that separating the two genres causes confusion if a reader is looking for a specific author- it may be shelved in either place.

We like to hear your opinion of combining the two on the shelves, if you think that it would make the library more user-friendly. The reality is that it will not make a difference in the number of books we are currently trying to accommodate, but it might make a difference in the use and ease.

In March, please take a minute to answer our survey question, when stopping by the library. Our survey question will be located in the library. We thank you for your help and opinions.

### The Library Committee:

Adair Jenkins  
Barbara Sackett  
Ruth Chasty  
Bev Hatch  
Freda Smouter  
Stella Lowe







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**

**RxPharmaChoice**

**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 2025 Executive Council Members  
Are:

**Barbara Jepson**  
**Mary Millar**

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

Any questions or concerns can be  
directed to Retirement Recreation  
Supervisor– Sherri Young.

## 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, March 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 Support  
Coordinator, Jody McDonald via email  
[jody.mcdonald@schlegelvillages.com](mailto: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](mailto: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:

**March 5th**

Emma's:

**March 6th**

Becker & Ailsa Craig:

**March 3rd**

### Long-Term Care:

**No clinic this month**

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

## Hearing Clinic

Upcoming dates on:

**March 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](mailto: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](http://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:**

**March 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](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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



## 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

## 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.

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.



Egerton Private Hospital, London, ON, 1953



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



**Brigitte Swaby**  
The Village of Erin Meadows



**Madelaine Sperry**  
Erin Mills Lodge



**Starr Albino**  
The Village of Wentworth Heights



## YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

<b>Michelle Wood</b> – General Manager Michelle.wood@schlegelvillages.com	Ext. 8028
<b>Sara Calder</b> – Assistant General Manager Sara.calder@schlegelvillages.com	Ext. 8060
<b>Lori Ross</b> – Administrative Coordinator Lori.ross@schlegelvillages.com	Ext. 8027
<b>Amy Radford</b> – Director of Recreation Amy.radford@schlegelvillages.com	Ext. 8035
<b>Daniel Lazniewski</b> – Kinesiologist/Exercise Therapist Daniel.lazniewski@schlegelvillages.com	Ext. 8113
<b>Jody McDonald</b> – Resident Support Coordinator Jody.mcdonald@schlegelvillages.com	Ext. 8305
<b>Gina Yukich</b> – Interim Director of Nursing Care Gina.Yukich@schlegelvillages.com	Ext. 8034
<b>Chris Micheletti</b> – Assistant Director of Nursing Chris.micheletti@schlegelvillages.com	Ext. 8329
<b>Danica Milos</b> – Assistant Director of Nursing – RAI Coordinator Danica.milos@schlegelvillages.com	Ext. 8066
<b>Michelle Roukema</b> – Neighbourhood Coordinator for Rymal & Stonechurch Michelle.roukema@schlegelvillages.com	Ext. 8036
<b>Melissa Marks-Truscello</b> – Neighborhood Coordinator for Carrington & Scotsdale Melissa.marks@schlegelvillages.com	Ext. 8048
<b>Andrea Cicci-Walker</b> – Director of Quality and Innovation Andrea.walker@schlegelvillages.com	Ext.1306
<b>Heather Bell Livingstone</b> – Interim Director of Environmental Services Heather.bell.livingstone@schlegelvillages.com	Ext. 8070
<b>Donna Padget</b> – Director of Food Services Donna.padget@schlegelvillages.com	Ext. 8015
<b>Lead Nurse</b> Call this number for any health related emergency	Ext. 8079



## YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

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