

View from the Heights

April 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 to hand out to the children. If you would like to drop off candy or cash to purchase treats, please drop it off to the Village Office for Recreation.

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



Village Events

Details on Pages 11-12

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!

In light of Parkinson's Awareness month, we have scheduled a **Tulip Trot for Friday, April 11th at 2:00pm**. Join us as we trot outside, around the Village, counting as many tulips as we can find.



Did you know...

The "Tulip Trot" and the red tulip in general are associated with Parkinson's disease awareness because a Dutch horticulturalist with Parkinson's developed a red and white tulip, named it after Dr. James Parkinson (who first described the condition), and it was later adopted as the global symbol for Parkinson's.

We have arranged for a guest speaker to educate us on Parkinson's Disease, how we can support our friends and loved ones with the disease for **Friday, April 11 at 10am** in the School House.



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 manage their own financial affairs unless the resident lacks the legal capacity to do
so

Hello everyone,

Each year, Schlegel Villages proudly recognizes **our amazing team members**, through the **CONNECT the DOTS Success Awards**. These awards are a special way to honour those who go above and beyond to create meaningful experiences and connections every day.

Whether it is lending a listening ear, offering a warm smile, or going the extra mile to make someone feel valued, our team members bring our credo to life through the values of **Know Me, Walk in My Shoes, Be Present, Earn Trust, and Follow Through**.

We invite **residents, family members, and fellow team members** to nominate someone who lives these values and makes a positive impact in our Village.



Nominations open Monday, March 31st, 2025



Submit your completed ballots to the Village Office ballot box.



Deadline: Friday, April 18th, 2025 by 5:00 PM

Each person can submit **up to five ballots** — one for each award category. The winners will be celebrated at this year's **Team Appreciation Dinner!** Ballots can be found on the next page.

Let us take this opportunity to shine a light on the kindness, dedication, and compassion that make our Village community so special.

Thank you for helping us Celebrate Our Incredible Team!

Michelle Wood
General Manager

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.

Success Awards

Every success we experience in the Village is the result of exceptional team members and their dedication to delivering on a memorable customer experience.

Residents, families and team members recognize these wonderful people through one of five CONNECT the Dots Success Awards.

Grab a ballot and tell us which team member lives these credo values and has made a positive impact.

Credo values – award categories



Know Me

A truly authentic relationship begins with connection and the discovery of what brings another person joy in life. When we get to know someone as a unique human being, we learn to anticipate their needs and can support their well-being to exceed all expectations. To 'WOW' your customer is to know them well, making things personally meaningful and special.

This **team member** demonstrates the meaning of true connection and takes the time to know each person's unique life story. The natural, memorable moments these connections create make the Village a more vibrant place to live, work and visit.



Walk in My Shoes

To walk in the shoes of others is to gain a deeper understanding of their experiences with intent to acknowledge and empathize with their feelings. Empathy fuels connection because it means feeling 'with' another person. We connect with others in meaningful ways when we hear what they hear, see what they see and feel what they feel, which is the essence of empathy.

This **team member** practices true empathy through connection; they listen with an open heart and has capacity to understand what another person is thinking or feeling.



Be Present

To be present is to give another your undivided attention with respect, interest and sincerity. A person feels valued when they are heard by another who believes what they have to say is important. When we listen actively, patiently and intently; let another guide a conversation and share their hopes and expectations, focusing entirely on them in that moment, we are truly present.

In every interaction, this **team member** gives others their full attention and understands what it means to be present in that moment making every connection meaningful.



Earn Trust

We earn trust when we are clear, genuine and transparent in all interactions, taking responsibility when necessary and committing to be honest in our every interaction. We treat others with respect by actively listening and clarifying expectations. We always assume the best of intentions in others and by doing this, we demonstrate our trust and genuine sense of caring.

This **team member** creates a sense of safety and comfort by delivering on our promises and taking that responsibility seriously, earning the trust of others and making them feel valued.



Follow Through

Looping back around to ensure the right actions have taken place to resolve concerns shows our dedication to an exceptional customer experience. We follow through by paying close attention to detail, we believe in going above and beyond by showing simple acts of kindness and we always express our appreciation by thanking our customers.

This **team member** follows through all the way, earning a deep sense of gratitude, respect and loyalty from a happy and engaging community.

Instructions

- Grab a nomination ballot and review award categories.
- Fill in nominee's name and select the award category.
- Share examples of how this team member demonstrates the credo value.
- Submit your ballot at the Village Office.

Thank you
for your
nomination!

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

From the desk of Sara Calder

We had an amazing time celebrating Holi! It was a joyous afternoon filled with colour, laughter, and community. A huge thank you to everyone who helped organize this fantastic event (especially Ravi and Harmanpreet)—we truly appreciate your efforts in bringing such a vibrant celebration to life.

We would love to continue hosting more cultural celebrations and are reaching out to all residents, families and team members. If you have a cultural tradition, festival, or special event that you would like to share with our community, we would love to hear from you!

Let us come together to learn, celebrate, and embrace the diverse cultures that make our community so special. If you are interested in contributing or have ideas, please reach out to us at extension 8035—we cannot wait to celebrate with you!



Nursing News

From the desk of Suma Jose

Parkinson's Awareness: Supporting Our Residents with Compassion

April is Parkinson's Awareness Month, a time to educate ourselves about this progressive neurological disorder that affects movement, balance, and overall quality of life. Symptoms include tremors, muscle stiffness, slow movement, and difficulty with coordination. Additionally, they may experience non-motor symptoms such as mood changes, sleep disturbances, and cognitive challenges.

Caring for residents with Parkinson's requires a compassionate, patient-centered approach.

- **Mobility Support:** Encourage safe movement with mobility aids and assistive devices to prevent falls.
- **Medication Management:** Parkinson's medications needs be given on time to ensure their effectiveness.
- **Nutrition & Hydration:** They may experience difficulty swallowing. Providing soft or modified-texture diets and ensuring proper hydration can prevent complications.
- **Daily Living Assistance:** Support with dressing, grooming, and eating while allowing as much independence as possible.
- **Emotional & Social Well-being:** Parkinson's can lead to depression and isolation. Engaging in social activities, music therapy, and gentle exercise can improve their mood and quality of life. By fostering an environment of understanding and empathy can enhance the well-being of people living with Parkinson's.

**Thank you,
Suma**



Neighbourhood

News

From the desk of Melissa Marks

Introducing Our New Shower Trolley in Long-Term Care

We are excited to share a new addition to our long-term care home—the **Shower Trolley!** This innovative piece of equipment has been helping us provide more efficient and comfortable hygiene care for some of our residents.

The shower trolley is designed to support residents who need total assistance with showering or those who must remain in a lying position. It enhances comfort and promotes safety with features such as a padded mattress, head cushion, and wedge pillow to help with positioning.

We have already seen great success with the trolley, as it offers a wonderful alternative to sponge baths. Our residents feel safer, more comfortable, and thoroughly clean—making hygiene care routines smoother for everyone involved.

We look forward to continuing to use this tool to improve the care and well-being of our residents!

Warm regards,
Melissa Marks-Truscello (Neighbourhood Coordinator for Carrington and Scotsdale)



Hello Residents, Families, and Team Members

As we step into the warmth of spring, we are excited that you will all have more opportunities to soak up some sunshine and stop to smell the roses!! April is a time for growth and renewal, so let us spring into action and get our gardens ready.

Here are some gardening tips to help you get the most out of your spring garden:

1. Prepare Your Soil:

Test the Soil: Before planting, check the pH and nutrient levels of your soil. This will help you know if you need to amend it with compost, lime, or other soil conditioners.

Add Organic Matter: Use compost or well-rotted manure to enrich your soil. This improves its texture, drainage, and nutrient content.

Loosen the Soil: If your soil is compacted, use a garden fork or tiller to loosen it. This allows roots to grow deeper and access more nutrients and water.

2. Choose the Right Plants:

Know Your Zone: Select plants that are suitable for your climate zone. Check your USDA Hardiness Zone to find out which plants thrive in your area.

Perennials vs. Annuals: Perennials come back year after year, while annuals only last for one growing season. Plan accordingly for long-term versus short-term growth.

Native Plants: Consider planting native species that are adapted to your region. These plants are often more resistant to pests and diseases.

3. Plant at the Right Time:

Timing is Key: For most areas, it is best to plant after the last frost date. You can look up your average frost dates online to avoid planting too early.

Early Spring Planting: Some hardy vegetables like spinach, lettuce, and peas can be planted as soon as the ground is workable.

Wait for Warmer Weather: Tender plants like tomatoes, peppers, and beans should only be planted after the risk of frost has passed.

4. Water Wisely:

Deep Watering: Water deeply and less frequently to encourage deep root growth. Shallow watering can cause roots to stay near the surface, making plants more vulnerable to drought.

Morning is Best: Water your plants early in the morning to reduce evaporation and give them a chance to dry off before nightfall, reducing the risk of diseases like mildew.

Mulch: Apply a layer of mulch around your plants to help retain moisture, suppress weeds, and regulate soil temperature.

From the Desk of Courtney Roarke

5. Pruning and Maintenance:

Deadheading: Remove spent flowers to encourage new blooms and prevent plants from wasting energy on seed production.

Pruning Shrubs: Trim back any dead or diseased branches in your shrubs to help them grow stronger and healthier.

Weed Regularly: Keep weeds under control by pulling them early or using a weed barrier like mulch or landscape fabric.

6. Pest Control:

Natural Solutions: Instead of using harsh chemicals, consider natural pest control methods like introducing beneficial insects (ladybugs, lacewings), using neem oil, or sprinkling diatomaceous earth around plants.

Inspect Plants Regularly: Check your plants for signs of pests or disease, such as discoloured leaves, holes, or sticky residue. Early detection can prevent major infestations.

7. Companion Planting:

Plant Partners: Some plants grow better when paired together. For example, plant basil near tomatoes to help repel pests and enhance flavour.

Avoid Planting Certain Pairs: Avoid planting crops like onions and beans together, as they can inhibit each other's growth.

8. Keep an Eye on Weather:

Frost Protection: Be prepared for unexpected cold snaps. Use row covers, blankets, or cloches to protect tender plants from late frosts.

Wind Protection: If your garden is in a windy spot, provide some shelter with a fence or plant taller shrubs around more delicate crops to prevent wind damage.

With these tips in mind, your garden is sure to flourish as you enjoy the vibrant growth of spring. I hope this month brings you joy, inspiration, and new opportunities.
Happy Gardening!

Wishing you a wonderful April!

Kind regards,

Courtney Roarke (Neighbourhood Coordinator - Egerton & Becker 3rd Floor)

From the Desk of Environmental....

Spring is in the Air...

Ah, spring! The season of blooming flowers, warmer days, and fresh new beginnings.

Let us look to hydrate our spaces with a SPRING CLEAN. Our housekeeping team thrives on quality and regularly assists with your organizational needs.

During this time of year, we tend to fancy an uplifted environment, give a fresh look to our home and evict the winter blahs and blues.

Please reach out to your housekeeper to book additional services. They will have a Deep Clean Checklist for you to review, as a leave behind.

Once you have determined your needs, please return the completed checklist to your Housekeeper and we will coordinate a mutually agreeable time for us to complete the service.





The Ruby

SCHLEGEL VILLAGES' HIDDEN GEM

April

Fresh Flavors and Springtime Delights!

April is here, and with it comes the vibrant energy of spring! We are excited to welcome you to enjoy delicious seasonal dishes, exciting events, and of course our beautiful view of the city at The Ruby.

As always, thank you for your continued love and support.

Your Ruby team,
Keisha & Kevin

Hours Of Operation

Wednesday

Ruby on the run on Main St:
11:30a.m. - 1:30p.m.

Open for dinner: 4p.m. - 6p.m.

Thursday - Saturday

Open for lunch and dinner:
12 noon - 6p.m.

UPCOMING EVENTS

Ruby on the run Easter Sale

Wed. April 16 at 11:30a.m. - 1:30p.m.

Join us on main street for lots of delicious baked goods and a tasty soup.

Captain's Table:

Tuesday April 29 4:30p.m. & 6p.m.

We can't wait to bring yet another Captain's Table experience to the village during cruise week in the main dining room! This year we'll be taking you to Iceland with Chef Kevin's Icelandic inspired menu.

For more information or to book a reservation
please call us at
905-575-4735 x8086

Hospitality

News

From the desk of Michelle Piccolo

Hello there and welcome to April! (this is not a joke)

Spring is here and we want to celebrate! Come join us on April 29th for our Village wide annual Captain's Table cruise dinner! We will be stopping our cruise in Iceland for an Icelandic dinner. Steered by our wonderful leaders and ultimate captains Michelle and Barb! This will include an appetizer, entrée and dessert and will feature a signature Icelandic cocktail. Wear white and blue if you have it! We will be posting around the village about all the details soon. Keep your eyes open!

Happy Easter to everyone, on Good Friday we will be offering our Hot Cross Buns at breakfast time and an Easter themed Sunday dinner that weekend.

Thanks to all who come to our Lettuce Talk Food meetings. Our next meeting for this month will be April 8th at 10:30 am in the Hobby Shop. Everyone is welcome. See you all there.

The Hospitality Team

Village

Events

Joint LTC & RH:

- Wednesday April 2nd 2:00pm Coffee & Conversation with Students—Café
- Friday April 4th 10-3pm Nelly's Comfort Shoe Vendor—MS
- Tuesday April 9th 10-3pm Fly Away Books, Children's Book Vendor—MS
- Thursday April 10th 10-3pm Fortino's Floral Shop & Gifts—MS
- Friday April 11th 2:00pm Tulip Trot (Walk for Parkinson's Disease) Meet in Town Square
- Tuesday April 15th 10-3pm The Boutique Vendor—MS
- Wednesday April 16th 2:30pm Easter Parade—MS & TS
- Thursday April 17th 10:00am Parkinson's Awareness Month Guest Speaker—SH
- Saturday April 19th 10:30am Children's Easter Egg Hunt—in the Neighbourhoods & MS
- Saturday April 19th 10-3pm Boy Scouts Easter Bake Sale-MS
- Wednesday April 23rd 2:30pm Arm Chair Travel: Iceland—TH
- Thursday April 24th 10-3pm Mom's Time Out Handmade Items Vendor—MS
- Monday April 28th 10-3pm EZ Fit Shoe Vendor—MS
- Tuesday April 29th 4:30pm & 6pm Captain's Table Dinner & Entertainment—sign up with Village Office
- Every Thursday 2:15-3:15pm Tech Support in the School House with Volunteer Thomas

Long Term Care

- Friday April 4th 8:00am Men's Breakfast—CC
- Saturday April 5th 2:00pm Pub with Jeff Giles—MS
- Wednesday April 9th 10:30am Salvation Army Band—TH
- Thursday April 10th 9:45am Grandfriends-TH
- Thursday April 11th 3:00pm Happy Hour with Andrea Brunet—MS
- Saturday April 12th 2:00pm Entertainment on Carrington with Cam Woolvett
- Wednesday April 16th 2:30pm Easter Parade—MS
- Saturday April 19th 10:30am Children's Easter Egg Hunt—MS & Neighbourhoods
- Tuesday April 18th 3:00pm Snack Battle: Iceland-CC
- Wednesday April 23rd 2:30pm Arm Chair Travel: Iceland—TH
- Thursday April 24th 2:00pm Birthday Bash-CC
- Saturday April 26th 2:00pm Magic Show "Art of Illusion" - MS
- Wednesday April 30th 5:00pm Diner's Club—CC

Retirement

- Tuesday April 1st 10-3pm Sign Up Day—H
- Saturday April 5th 2:00pm Paula French Entertains—Egerton (all residents welcome to attend)
- Wednesday April 9th 3:00pm Garden Club Meeting—SH
- Thursday April 10th 9:15am Breakfast Club: Bacon & Eggs—H—Sign up
- Thursday April 10th 10:30am Fish Pond Question & Answer period with Adriaan—TH
- Saturday April 12th 2:30pm Entertainment with Jeff Giles—TH
- Tuesday April 15th 10:30am Lettuce Talk Food Meeting—H
- Tuesday April 15th 10:30am Mindful Meditation with Nicole—SC
- Tuesday April 15th 2:00pm Easter Choir Concert—TS
- Wednesday April 16th 2:30pm Easter Parade—MS
- Thursday April 17th 10:00am Parkinson's Awareness Month Guest Speaker—SH
- Thursday April 17th 2:30pm Residents' Council Open Meeting—TH
- Friday April 18th 3:00pm Emma's Happy Hour with Ronnie Russell Entertaining

Village Outings

LTC

- Thursday April 3rd 10:00am Spring Drive
- Thursday April 17th 1:00pm Casino Outing
- Friday April 25th 1:30pm Williams Cafe

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

Retirement

- Tuesday April 8th 2:00pm Metro Grocery Shuttle
- Thursday April 10th 1:30pm Art Gallery of Hamilton
- Friday April 11th 1:30pm Limeridge Mall Outing Emma's & Egerton
- Monday April 14th 2:00pm Knitting Club Outing—Len's Mill Store Cambridge
- Tuesday April 15th 2:00pm Zarky's Grocery Shuttle
- Wednesday April 16th 10:00am Emma's & Egerton Country Drive
- Tuesday April 22nd 2:00pm No Frills Grocery Shuttle
- Thursday April 24th 1:30pm Art Gallery of Hamilton Emma's & Egerton
- Tuesday April 29th 2:00pm Walmart Rymal & Upper Centennial Grocery Shuttle
- Wednesday April 30th 10:00am Dutch Mill Market

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 April 1st 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!

Wentworth Heights Choir

The choir was initiated before Christmas but Covid restrictions prevented our advent concert. However, in the new year, our choristers were delighted to return to rehearsals because they were so much fun. We leave each practice energized and uplifted.



Our conductor, Trevor Price has chosen songs that are familiar and helps us gain confidence in using our voices. He has extensive experience with choirs and his enthusiasm for singing is infectious. You will love singing with us. No experience needed.

Besides, singing is good for your health. It is a therapy for chronic lung disease, improving lung expansion. It is also good for mental health as we experience. We leave practice elated each Tuesday.

SO COME AND SING WITH US.

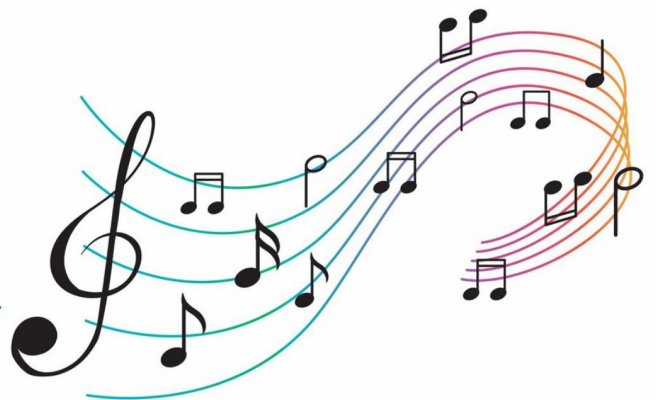
EVERY TUESDAY

at

2:00PM

in the

TOWN HALL





Retirement

The next Foot Care Clinic for Williamsburg and Egerton neighbourhoods will be on April 16th and Emma's neighbourhood on April 17th. The Foot Care Clinic for the Becker and Ailsa Craig neighbourhoods will be on April 14.



Long Term Care

The Foot Care Clinic for Long Term Care will be the 1st week of April.

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

Wishing you a Happy Birthday!



Birthday celebration will be held at the last happy hour of the month in retirement Social Club. LTC Birthday bash will be on April 24th at 2pm. All are welcome!

Please see Village poster for Resident Birthdays!



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

Volunteer

Update

Hello,

April showers bring May flowers. April also brings a new crop of students into the village. We are excited to be hosting a new group of PSW students and have them learn with us. Please join me in welcoming these students to the village. We hope that they will enjoy their time with us and be able to learn the required skills. Throughout the year we welcome and support many students to do a variety of placements with us.

Thank you to all who have volunteered with us over the past year. We are really lucky to have such caring and supportive volunteers. We could not do a lot of the things that we do without volunteer support. April is home to Volunteer Appreciation Week and this year's theme is **#VolunteersMakeWaves**. No matter how big or small you think your contribution is, it makes a difference. "It highlights the power, impact and importance of individual and collective volunteer efforts across Canada. Like a wave, volunteering is movement building. Water is in constant motion, always flowing, shifting, and transforming with every powerful wave or quiet ripple. And so is each volunteer's contribution toward creating Impact in our communities. "

In other volunteer news, we are happy to announce that we have a new tech support volunteer joining us. He is excited to be able to help residents troubleshoot technology as well as learn more about their technology. Please check out the calendar and posters for information on when he will be present.

Thanks and Happy Volunteer Appreciation week!

Andrew



**NATIONAL
VOLUNTEER
WEEK 2025**
VOLUNTEERS MAKE WAVES

APRIL 27 - MAY 3

Chaplain's

Corner

April—we welcome you!!

If you enjoy singing, I hope that you will join us for our Sing-a-long! It is a time for us to get to know each other better and share in singing some of our favourite songs.

Palm Sunday Church Services—April 13

Maunday Thursday Seder Supper- April 17
limited spaces sign up is required.

Good Friday Service—April 18 at 2:00pm

Easter Vigil—April 19

Easter Communion on April 20th

Palliative Visiting Team: Please let me know if you are interested in being part of our Team. (ext. 8045)

Sing-a-long with Janet ‘has moved’, it is now on the 2nd and 4th MONDAY at 10am in the Chapel and on EVERY Thursday morning at 9:45 in the Chapel.

Movie with Janet at 2:30pm
“ I Can Only Imagine”
with Dennis Quaid and Cloris Leachman

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, Chaplain Janet

April 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.

Easter Communion served on Sunday, April 20, 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...

Ann Adams

Giuliana Alfonsi

Don Baylis

Norm Gibbons

Betty Grover

Anna Marie Hendry

Sheila Ross

Doris Turner

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

Our next Celebration of Life Service will be held on

Wednesday, May 28th at 11:00 am



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

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– Elaine Thompson

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, April 10th 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 Thursday, April 17th 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.



Room Reservations

Room Reservation Policy...

We are happy to try to accommodate Family requests to have parties and special celebrations at the Village so that your loved one can continue to be a part of your family's get-togethers!

Our space for these bookings is limited as these spaces are also enjoyed by our Residents for programs, visiting, and independent leisure activities.

Please speak to the Village office regarding room bookings and cost.

Community Centre -Available **after** 4:30p.m.
Maximum of 20 people.

Library LTC -Available after 4:30p.m. Maximum of 20 people

Country Kitchens—Available upon Request

School House— Maximum 20 people

Education Room (LL)— Maximum 40 people

Please note: If your group size exceeds the maximum for the space, we respectfully ask you to book at an external venue or contact the Ruby for a catering event. Thank-you for your understanding.



Upcoming

Services

Denture Services

Direct Denture Services provides on-site denture services to residents living in long-term care and retirement.

To book an appointment on site as needed, please scan QR code, call 416-482-3700 or email us at reception@directdenture.ca

Alternatively, you can ask the Nurse to send a referral form to our office.



Footcare

STEP AHEAD is a partnership of specially trained nurses, who provide foot care.

Retirement:

Williamsburg & Egerton:

April 16th

Emma's:

April 17th

Becker & Ailsa Craig:

April 14th

Long-Term Care:

First week of April

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

Hearing Clinic

Upcoming dates on:

April 2nd, 9th, 16th, 23rd & 30th

Please visit us in council chambers on retirement Main Street.

Please call 1-888-745-5550 to book an appointment.

Please see page 29 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.

April 22nd to April 25th

Clinic will be held in the Rymal neighbourhood country kitchen.

Please keep an eye on the newsletters and posters in the Village for upcoming clinic dates.

Eyecare Services

On-Site Specialists offers comprehensive eye care services in the Village, including complete eye examinations, full assortment of eyeglass and optical needs, etc.

Please call (905) 326-9900 or email consult@onsitespecialists.com to book an appointment.

NO CLINIC SCHEDULED THIS MONTH

In addition, please speak with your Nurse for a consent form which can be internally sent to our office.

Spa and Salon

The Riverstone Spa and Salon, located on retirement Main Street offers a variety of services, including:

Hair care for both men and women,
Manicures,
Pedicures,
Facial Waxing,
And more!

Please call 289-678-0021 or ext. 8090 to book an appointment.

For a full list of services, please visit Riverstone Spa and Salon in-person or on their website: www.riverstonespasalon.com

**** Dentist and Eyecare Services: Clinic frequency is dependent on the registration for the service ****

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



— 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

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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.



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In Council Chambers on Retirement Main Street:

April 2nd, 9th, 16th, 23rd & 30th

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

1-888-745-5550

retirement@earandhearingclinic.com



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YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

| | |
|---|-----------|
| Michelle Wood – General Manager Michelle.wood@schlegelvillages.com | Ext. 8028 |
| Sara Calder – Assistant General Manager Sara.calder@schlegelvillages.com | Ext. 8060 |
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| Donna Padget – Director of Food Services Donna.padget@schlegelvillages.com | Ext. 8015 |
| Lead Nurse Call this number for any health related emergency | Ext. 8079 |

YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

| | |
|--|----------------|
| Michelle Wood – General Manager Michelle.wood@schlegelvillages.com | Ext. 8028 |
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| Chanelle Cavey – Neighbourhood Coordinator Williamsburg & 4th and 5th Floor Chanelle.cavey@schlegelvillages.com | Ext. 8080 |
| Blessing Iwegim – Neighbourhood Coordinator for Emma’s and Ailsa Craig Blessing.iwegim@schlegelvillages.com | Ext. 8081 |
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| Duro Brajic – Environmental Service Supervisor Duro.brajic@schlegelvillages.com | Ext. 8071 |
| Michelle Piccolo –Director of Hospitality Michelle.piccolo@schlegelvillages.com | Ext. 8074 |
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| Nicole Andreatta & Bradley Hiltz –Director of Lifestyle Options Nicole.andreatta@schlegelvillages.com & Bradley.hiltz@schlegelvillages.com | Ext. 8067/8068 |
| Holly Ross – Village Experience Coordinator Holly-jean.ross@schlegelvillages.com | Ext. 8069 |
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| Lead Nurse Call this number for any health related emergency | Ext. 8079 |