

The Winston Word

NEWSLETTER VOLUME 8 ISSUE 4

April 2025



**Ear & Hearing Clinic
at Winston Park**

For an appointment with an
Audiologist please call

1-888-745-5550

Hearing Tests

Hearing Aids

Repairs

Happy Birthday

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

**Meet Our
Spiritual Care Team**

Kathleen & Hector



Kathleen's focus is serving
the residents of LTC.

Hector supports both
sides of the Village.

Please stop by either of the
Chapels to say hello!

in
Memoriam

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

**Shirley M
Irvin R
Shirley R
Nicole S
Sandra S
Timothy S
Margaret W
Gerda W**



The Village of
WINSTON PARK

Village Events

April Events

Timbit Day

April 8th
All Neighbourhoods

Easter Wonderland Event

April 19th
2:00-4:00 Retirement Home
(see posters for more details)

Vendors

- April 2 Plattsville Paprwork 10-2
- April 3 The Boutique 11-3
- April 8 Leather Bag Lady 10-2
- April 12 Vicky's Jem's and Jewels 11-3
- April 23 Holly Jolly Jewelry 10-2
- April 24 Creation Boutique 10-2
- April 30 Plattsville Paperwork 10-2

Good Friday Services

March 18th
10:30am in Roseville
2:30pm in John Sweeney

WELCOME TO THE VILLAGE!

Last month we welcomed the following residents to Winston Park:

Olga B
Doreen G
May J
Betty M
Kostantinos P
Barbara Q
Mary S
Elizabeth A
Phyllis B
Marion B
Joseph D

Clare E
Geertje G
George G
Linda J
Gisela M
Jenny O
Martin O
Carmina P
Elwood T
Geraldine T
Mark Y

Reminder To Our Pet Owners

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

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



Guest meal pricing

Tickets are available for purchase at the Village Office. While we request 24 hours' notice for guest meals, when possible, we will make every effort to accommodate last-minute requests.



	Retirement	Long-term Care
Breakfast	\$10.50	\$10.50
Lunch	\$16.80	\$13.65
Dinner	\$19.95	\$16.80



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Spring has finally arrived! I'm sure you're aware of the old saying April showers, bring may flowers! One might askwhere did that saying come from? The phrase can be traced back to the 1550's and the writings of Thomas Tusser, a 16th-century English poet and writer on agricultural practices. In his collection called "500 Points of Good Husbandry," Tusser wrote the line "Sweet April showers do spring May flowers". The saying reflects the typical weather patterns in the United Kingdom, where April is often characterized by frequent showers, and the blooming of flowers often occurs in May. Beyond the literal connection to weather and nature, the phrase can also be interpreted as a symbol of hope, suggesting that after a period of hardship or rain (April), a period of beauty and joy (May) will follow.

Just in case you were wondering

Geese - Over the past couple of weeks, I have had numerous people remind me that the geese have returned to the pond. We are aware and we are working with an organization who do their best to keep the geese away so that they do not start nesting. Geese can be very aggressive when nesting and we want to ensure that everyone is able to safely enjoy the outdoors.

Easter - April is the month when we celebrate Easter. Some celebrate through the many religious traditions and others celebrate with the Easter Bunny. However you choose to celebrate this holiday time, we hope it is a meaningful time for you.

Changes to the Leadership Team – We have had a couple of changes to the leadership team in the last month. In the retirement home, Karena Nnebo (Administrative Assistant) has taken on a new role. She will be replacing Joelle Duchaine while Joelle (Neighbourhood Coordinator (NC) of Egerton/Becker Neighbourhoods) goes on Maternity leave to welcome a new addition to her family. Joelle is hoping to be here through the end of April. We wish Joelle all the best and welcome Karena to her new role. In LTC, Alyson Haffner (NC of Sandhills Waldau Neighbourhoods) is taking on a temporary role at our Support Office. Her replacement is Venkatesh Gaddam. Venky is currently one of our scheduling coordinators. We wish everyone all the best in their new positions.

Welcome to our new residents – we look forward to getting to know you and your family & friends!

Wishing everyone a Happy Easter! Brad



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



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

For more information or to book an appointment at The Village of Winston Park, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

RESEARCH MATTERS

RIA FEATURE

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/.

The Push-Up Challenge Team!



A little friendly competition for a great cause!

The Village of Riverside Glen and The Village of Winston Park went head-to-head in the Push-Up Challenge, raising awareness and funds for mental health in support of the Canadian Mental Health Association, Ontario. Over 18 days, teams pushed their limits—both physically and mentally—while sparking important conversations about well-being.

Together, they raised over \$4,100 and completed 46,771 push-ups! Winston Park may have edged out Riverside Glen by just 217 push-ups, but the real victory was in supporting mental health awareness for team members, residents, and communities.

LTC Family Council

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

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

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

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Retirement Home Leadership Directory

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

All email addresses are FIRSTNAME.LASTNAME@schlegelvillages.com

LTC Nursing Directory

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

Retirement Nursing

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

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Long-Term Care Leadership Directory

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

All email addresses are FIRSTNAME.LASTNAME@schlegelvillages.com

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