

Riverside REVIEW

Vol. 27 Issue 4 April 2025

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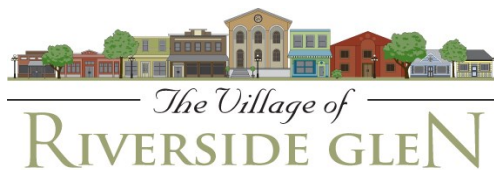
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Mission Statement

Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.



Message from

BRYCE MCBAIN

Dear Residents, Families, and Team Members,

As the vibrant colours of spring begin to bloom around us, we are reminded of the beauty that comes with renewal and growth. In the village, this sense of rejuvenation is already present and we're excited to see how our community garden will flourish this year, thanks to the collective efforts of residents, families, and team members. This season brings a powerful reminder of hope, new beginnings, and the simple joys that nature offers each day.

Easter Celebration: A Season of Giving and Renewal

Easter, the perfect segue into spring, is a celebration of giving, renewal, and togetherness. This year, Easter falls on April 20th, and we hope it brings everyone warmth, love, and cherished moments. Whether you're celebrating with family, friends, or within our village community, we wish you a joyful Easter filled with reflection and gratitude for the blessings of the season.

A Community of Celebration and Diversity

Last month, we came together to celebrate Holi, the vibrant festival of colors. The celebration brought joy and excitement to our community, as we honored this beautiful tradition that symbolizes the triumph of good over evil and the arrival of spring. Our village continues to foster an atmosphere of inclusion and unity, welcoming people from all backgrounds with open hearts. It's inspiring to see the way our community embraces diversity, and we look forward to more opportunities to celebrate the richness of our traditions and cultures in the months ahead.

National Volunteer Week: April 27th – May 3rd

As we move into April, we have another important event on the horizon—**National Volunteer Week**. This year's theme, *Volunteers Make Waves*, highlights the powerful impact that volunteers have in shaping and strengthening our community. Here at Riverside Glen, we are incredibly fortunate to have dedicated volunteers who share their time, talents, and energy to enrich the lives of our residents.

We want to express our deepest gratitude to all who have contributed to our village, as well as to those who took the time to nominate volunteers for the **Barb Schlegel Volunteer Award**. This prestigious award honours volunteers who go above and beyond in making a difference, and we look forward to recognizing the recipient in our village during Volunteer Week. This award, named in honor of Barb Schlegel, celebrates her commitment to volunteerism and her tireless efforts to inspire others. We're proud to carry forward her legacy by celebrating those who help make our community stronger and more vibrant.

To become a volunteer, contact Britney Burton, Volunteer and Student Services Coordinator at brittany.burton@schlegelvillages.com or 519 822 5272 x863.

In closing, we thank our residents, families, team members, and volunteers for their ongoing support, compassion, and dedication. Together, we continue to create a village where diversity is celebrated, and every individual is valued. May this spring bring you peace, joy, and a renewed sense of community.

Warm regards,

Bryce

Message from Your Long-Term Care Family Council

Family Council News for families and friends of Riverside Glen **Long Term Care** Residents:

Happy Spring! This last month, I've seen lots of signs that winter is over including the appearance of beautiful spring flowers, a warmer sun, and hissing geese! It's wonderful to see the excitement building in the Village as residents get outdoors more and attend spring events both inside and outside.

In March residents and team members celebrated the very colourful Holi as well as St. Patrick's Day. Mom and I had a chance to watch the energetic young Irish dancers. It was great seeing the children perform.

Our many thanks for the extra activities that the team members at Riverside Glen provide. From decorating to arranging spaces and special guests to ensuring residents are informed and taken to events, may team members work together to create a successful experience. It really makes for memorable days in the lives of our loved ones. Next time you are visiting Riverside Glen, why not take a quick picture of your loved one's activity calendar which is posted in their room. That way you can see if there is something coming up your loved one might be interested in, and let the team know. Join in yourself if you are able, that makes it extra special for your loved one!

We held our Family Council meeting on March 13th. We discussed communication we had received from both Riverside Glen and Family Councils of Ontario regarding our inquiry into safe locks on bedroom doors. The minutes detailing our discussion on this will be available later in the month in the white binder across from Helen's desk in the long-term care lobby. We also talked about resident's oral health, and life in general at Riverside Glen.

This month, for our April meeting, we welcome Health Luth, the Director of Dementia Services at Riverside Glen. She is happy to answer any questions you might have about dementia. Dementia is a very common diagnosis among our residents. It can have a powerful impact on the resident and family members. Find out how the teams at Riverside Glen work to support people on their dementia journey.

Next month, in May, we will be hosting Carolyn Maloney, an Independent Regulated Dental Hygienist. Dental hygiene is one of Family Council's most frequently discussed topics. This will be a great opportunity to hear about the services Carolyn offers at Riverside Glen, as well as tips on how we can help with maintaining our loved one's oral hygiene.

Join us on April 10th, at 6 pm by Zoom. Our Family Council contact at Riverside Glen, Jacqueline Swan, will send you a link in the week of the meeting to join. If you are new to Riverside Glen, or not sure if you are on her contact list, please contact her at Jackie.swan@schlegelvillages.com

Until then,

Wendy Presant Chair of Riverside Glen Long Term Care Family Council

Chaplain's Corner

To: Residents, Families, Team Members:

It seems everywhere we go we cannot get away from hearing about Trump's latest rants. It does have everyone on edge and there are segments of our society who are more impacted than others. I think we all need a shift away from this constant negative bombardment and as people from various faith backgrounds, thought I would pass on some inspiration from each:

Judaism: "He that cannot endure the bad, will not live to see the good."

"Think of all the beauty still around you and be happy." - Anne Frank

Hinduism: "Great things happen to those who don't stop believing, trying, learning and being grateful."

"Be stronger than the storm."

Sikhism: "He who has no faith in himself cannot have faith in God."

"Truth is high, but higher still is truthful living."

Islam: "When love of this world enters the heart, the fear of the hereafter exits from it."

"Truth lifts the heart like water refreshes thirst."

Christianity: "God never said that the journey would be easy, but He did say that the arrival would be worthwhile." - Max Lucado

"I would have despaired unless I had believed that I would see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and let your heart take courage. Yes, wait for the Lord." - Psalm 27: 13-14

Be encouraged!

Blessings to you,
Rev. Brenda Woodall (Spiritual Care Lead)

In Memoriam

The Board of Directors, Leadership, Team Members and Residents were saddened by this month's passing of:

Carol S

Joy C

Jeanne S

James P

Hennie R

Janet H

Tunney M

Gloria S

Anna D



Riverside Glen *welcomes new residents*

to our community



Ē Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Manuella A
Valeria K
Brian F
Jeanette L
Charlotte G
Kenneth F
Shirley P

Long Term Care

Clarona C
Hildegard L
Elaine B
Ethel T
Marilyn M
Nancy S
Mohammad G
Patricia H
Graham F

PHOTO REVIEW OF MARCH



COMING UP IN APRIL

Tues	April 1st		April Fool's Day
Tues	April 8th	10:00 A.M	Bonnies Card Making
Wed	April 11th		National Pet Day
Sun	April 13th		Palm Sunday
Fri	April 18th	2:30 P.M	Good Friday Service
Sun	April 20th	10:00 A.M	Easter Sunday Service
Mon	April 21st	10:30 A.M	L.T.C ArtShine (Sign up)
		2:00 P.M	R.H ArtShine (Sign up)

Vendors

Cameron Cards

Thursday April 10th 10-2 Mainstreet RH

Creations Boutique

Thursday April 17th 10-3 Mainstreet RH

Cathy's Scarves and Gifts

Tuesday April 29th 10-2 Mainstreet RH



Happy March from the PAL team!

April is IBS Awareness Month

IBS Awareness Month

- This month is to raise awareness about Irritable Bowel Syndrome and to support people living with the condition. IBS is a gastrointestinal disorder that discomforts 6 million Canadians every year.

Exercise and Irritable Bowel Syndrome

Exercise can benefit by:

- Improved gut mobility which helps with constipation and bloating.
- Reduces stress and anxiety.
- Increasing mood, which can further relieve IBS symptoms.

Ways to improve your heart's health:

Physical Activity

- ⇒ Being active will help you maintain your Gut health!
- ⇒ You can exercise in any way that you like.
- ⇒ Exercise can be walking, cycling, dancing, or participating in classes with the PAL team.

Social Events

- ⇒ Exercise classes run by the PAL team are a great way to meet others in your neighborhood and in the village.
- ⇒ Chat with the team as you work through exercises

Mindfulness

- ⇒ Activities like crafts, Tai Chi, yoga and going for walks can help you relax and reduce stress
- ⇒ Focus your thoughts on gratitude and positivity

Your PAL Team Richard, Brittany and Narain

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/.

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

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

SPOT the dot!

Tell us who is connecting the dots and delivering an extraordinary experience.

Easy as 1, 2, 3!

- 1 Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- 2 Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- 3 Take the matching sticker, find the team member and present it to them.

KNOW ME
...as a unique human being.

BE PRESENT
...in all communications.

WALK IN MY SHOES
...by trying to understand how I feel.

EARN TRUST
...by being clear, genuine and transparent in all interactions.

FOLLOW THROUGH
...all the way.





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 Riverside Glen, please call

1-888-745-5550

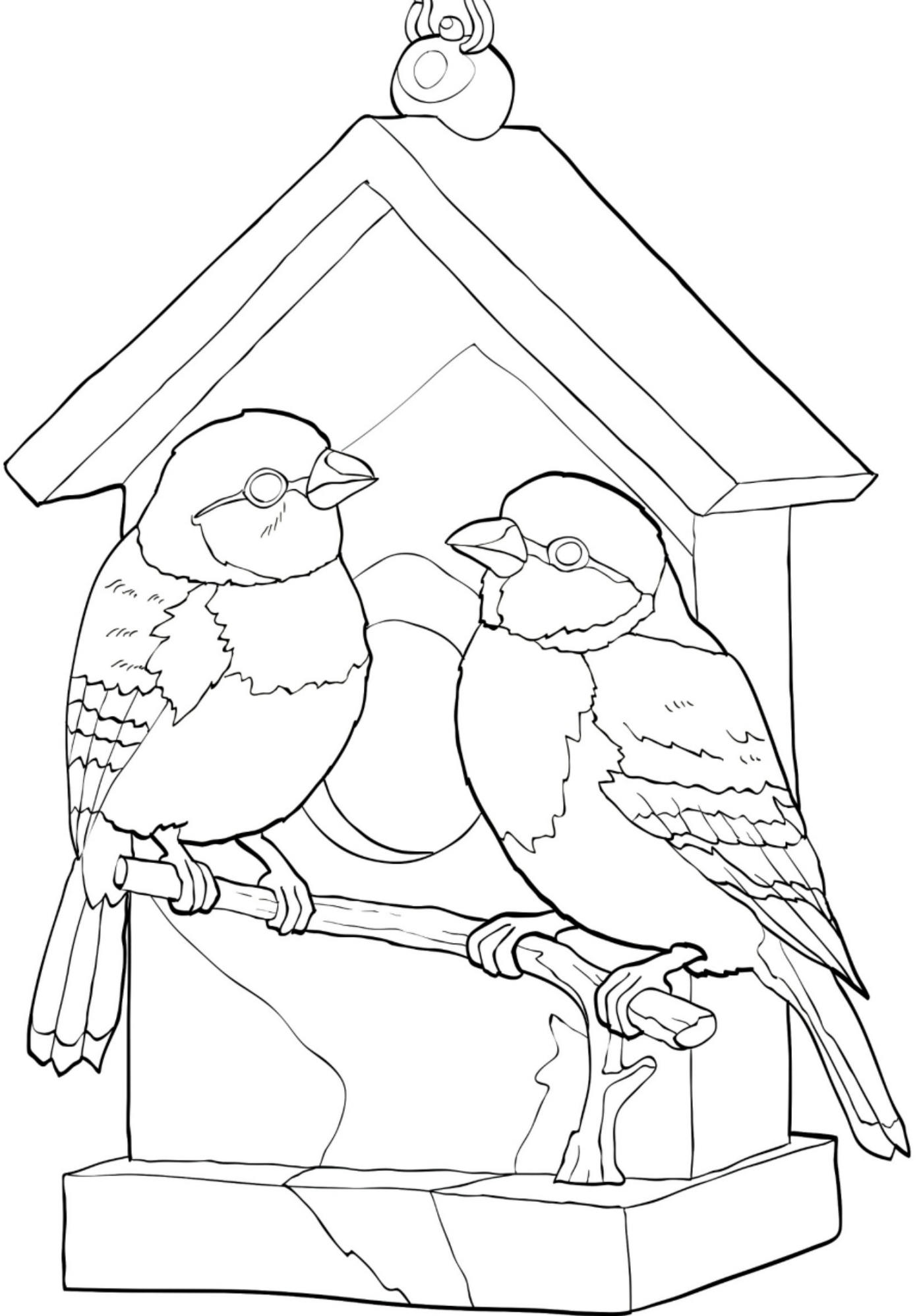
retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com





Happy Birthday

Resident Birthdays

Team Member Birthdays

VILLAGE VOICE NEWSLETTER

Read these stories
and more on the
Villages website.
Sign up online to
receive the email
newsletter.

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

Vangelija M	April 01	Aung H	April 02
Lewis A	April 04	Tara S	April 04
Margaret C	April 04	Charito C	April 05
John V	April 05	Lynn B	April 07
Shirley H	April 05	Meet P	April 08
Barry L	April 06	Arathy S	April 10
Alan Y	April 07	April C	April 11
Donnalee B	April 08	Jaspri K	April 11
Anthony A	April 09	Meenu M	April 11
Susanna K	April 10	Menal Z	April 12
Caleb H	April 10	Monika K	April 13
Lucette M	April 10	Melanie M	April 14
Peter B	April 12	Crystal J	April 15
Ann O	April 14	Laxmi T	April 15
Yvonne B	April 15	Christine Z	April 16
Suzanne A	April 15	Jaspreet K	April 17
Anne Marie Q	April 16	Isaac A	April 20
Diane H	April 20	Madeline T	April 22
Jan T	April 20	Kaitlyn D	April 23
Johanne T	April 21	Ryan S	April 24
Leona M	April 22	Lynn R	April 26
Clarona C	April 22	Jason W	April 26
Robert C	April 22	Jadyn L	April 27
Elizabeth B	April 24	Sanwayit S	April 29
Jeffrey F	April 24	Auralyn V	April 30
Bernice B	April 25		
Mary M	April 25		
Margaret C	April 25		
Elizabeth L	April 26		
Anne H	April 28		
Sheila P	April 28		
Jacqueline R	April 30		
Debra C	April 30		

 @riverside_glen

 The Village of
Riverside Glen

 @villagelife_sv

Birthday Celebrations

Retirement Birthday Party

Tuesday, April 7th at 2:30 pm in the café
with the Beatlest

Long Term Care Birthday Party

Friday, April 25th at 2:00pm in the café
with Manvir Rai

The Village of Riverside Glen Directory

Phone 519.822.5272

Retirement Home

Bryce McBain, General Manager	Ext. 815
Lynn Lake, Assistant General Manager RH	Ext. 761
Michelle Mayhew, Director of Wellness	Ext. 812
Sherri Henderson, Assistant Director of Wellness	Ext. 8667
Dylan Pust, Egerton Neighbourhood Coordinator	Ext. 836
Madalyn MacIntyre, Emma's Neighbourhood Coordinator	Ext. 807
Karleigh Herd, Williamsburg Neighbourhood Coordinator	Ext. 893
Shaleena Campbell, Director of Hospitality and Food Services	Ext. 840
Dayna Brinton, Recreation Supervisor RH	Ext. 620
Richard Ayala, Director of Program of Active Living	Ext. 826
Melissa Gareri, PAL Coordinator RH	Ext. 821
Tammy Smith, Director of Environmental Services	Ext. 804
Vinny Setia, Assistant Director of Environmental Services	Ext. 857
Karen Murray, Director of Lifestyle Options	Ext. 759
Jaycel Nabua, Director of Lifestyle Options	Ext. 865
Brittany Burton, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall and Eileen Harbottle, Spiritual Care Providers	Ext. 871
Sue Rice, Hair Salon RH	Ext. 816
Jen Jimenez, Administrative Coordinator	Ext. 805
Vrushank B, Administration RH	Ext. 800

The Village of Riverside Glen Directory

Phone 519.822.5272

Long Term Care Home

Bryce McBain, General Manager	Ext. 815
Devon Richards, Assistant General Manager LTC	Ext. 841
Deb Guthrie, Director of Nursing Care	Ext. 801
Raman Mander, Assistant Director of Nursing Care	Ext. 797
Vincent Domosmog, Assistant Director of Nursing Care	Ext. 763
Kryssy Freeman Assistant Director of Nursing Care	Ext. 848
Cheyenne Boyce, Assistant Director of Nursing Care	Ext. 780
Cheryl Ridler, Director of Quality and Innovation	Ext. 798
Brandon Wilton, Mapleton/Eramosa Neighbourhood Coordinator	Ext. 298
Angela Gualtero, Puslinch/Nichol Neighbourhood Coordinator	Ext. 794
Angela Keller, Erin/Arthur Neighbourhood Coordinator	Ext. 834
Amy Hasson, Food Services Manager	Ext. 873
Ayah Elhafan, Assistant Food Services Manager	Ext. 747
Kadri Phillips, Director of Recreation	Ext. 811
Richard Ayala, Director of Program of Active Living	Ext. 826
Brittany McNeely, PAL Coordinator LTC	Ext. 835
Tammy Smith, Director of Environmental Services	Ext. 804
Brittany Burton, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall and Eileen Harbottle, Spiritual Care Providers	Ext. 871
Sue Rice, Hair Salon LTC	Ext. 860
Jen Jimenez, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858