

The Winston Word

NEWSLETTER VOLUME 8 ISSUE 5

May 2025



**Ear & Hearing Clinic
at Winston Park**

For an appointment with an
Audiologist please call

1-888-745-5550

Hearing Tests

Hearing Aids

Repairs

**Meet Our
Spiritual Care Team**

Kathleen & Hector



Kathleen and Hector support
both
sides of the Village.

Please stop by either of the
Spiritual Care Centres to say
hello!

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

in
Memoriam

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

Clara E
John F
Vladimir K
Maurice L
Kenneth S
Alma Z
Mohammad A
Joan H
Vladimir K
Lillian M
Wilfred N
Helga S
Aileen S
Cheryl W



The Village of
WINSTON PARK

Village Events

May Events

Volunteer Appreciation Event

May 3rd from 11-2 in the Pinehaven
Community Centre

Mother's Day High Tea

May 9th
All Neighbourhoods

Vendors

May 3 11-3 Traditions Alive
May 7 Vicky's Jems and Jewels
May 12 10-3 KMW Clothing
May 23 11-3 Clothing Inc
May 28 10-2 Plattsville Paperwork

WELCOME TO THE VILLAGE!

Last month we welcomed the
following residents to Winston Park:

Patrick B
Robert C
Carolyn H
Thomas M
Joan M
Agne P
Stanley R
Paul S
Robert W
Earl A
Ruth B
Audrey C
Geertje G
Lloyd J
Janet L
Charlotte S

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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This month we hope to see all the flowers from the April shower/snow! As spring is in the air we are so happy to see lots of residents and families taking advantage of the beautiful spring weather. Please note that patio furniture is ready to use, the awnings for our Emma's and Newberry neighbourhoods should be installed shortly as well.

Easter in the village was a hit by all. We thank the family and friends who were able to attend and hope that everyone had a hopping good time!

As we look on to May we are so happy to share that we will be hosting our yearly Caregivers Week starting May 12th and going through until May 18th. We host this week as a way to thank our village team members for the hard work and dedication they provide to each and every resident in the village. You will see our team wearing fun colours, having some special treats and maybe a few prizes here and there. If you would like to share a message of thanks we encourage our residents, family and friends to use our "Spot the dot board". You will find the Spot the dot boards in both LTC and Retirement. In Retirement you will find our board right outside the hair salon. In LTC you will find the board outside the village office by door 2. At each board you will find paper and pens to share a message of thanks to our team.

Tara



May your days be as colorful and vibrant as the spring flowers in bloom

Breaking the Silence: Talking About Depression in Older Adults

Mental health is a topic that many people are hesitant to talk about, particularly when it comes to older adults. The stigma surrounding depression in seniors can prevent many people from seeking help, leading to feelings of isolation and loneliness.

Depression is not a natural part of aging, yet according to the Canadian Coalition for Seniors Mental Health website, up to 20 per cent of older adults have symptoms of depression. That number doubles for people in hospitals and long-term care (LTC) homes.

There are many reasons older adults may be reluctant to talk about their mental health, including generational stigma, social isolation, and thinking the feelings of sadness, hopelessness, and fatigue are “just part of getting older”.

Clinical or major depression is not just about feeling sad; it is a serious condition where you may feel sad all the time and lack interest in activities that used to bring joy.

Several factors can increase the risk of developing depression as one ages:

- The loss of a friend or loved one
- Loneliness
- Ongoing medical problems
- Struggles with thinking, focusing, and memory



Seeking Help

If you or someone you know might be experiencing depression, the first step is to talk to your family doctor. They can assess your symptoms, provide a diagnosis, and develop an individualized treatment plan. The severity of symptoms may vary from mild to severe, and the signs and symptoms can vary from person to person. Below is a checklist to help you talk to your healthcare provider.

Symptom Checklist

- I am experiencing sleeping issues.
- My eating habits have changed.
- I have feelings of guilt or worthlessness.
- I no longer find joy in activities or my favorite things.
- I am not maintaining my hygiene like I used to.
- I have trouble concentrating or focusing.

Normalizing conversations around mental health can help older adults feel more comfortable addressing their mental health without fear of judgment.

For more information and helpful resources visit the-ria.ca.

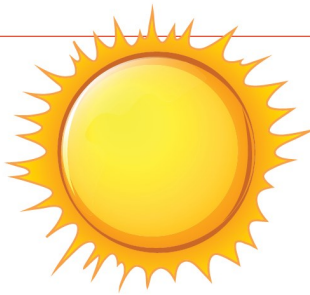
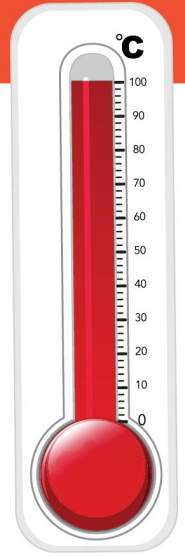
Heat-related illness

Prevention and management

As warmer weather approaches, we want to provide a safe and comfortable environment for all residents.

Heat-related illnesses are a group of serious and escalating medical conditions which include heat rash, heat cramps, heat exhaustion and heat stroke, and can have a significant impact on the health of our residents.

Our heat related illness prevention and management plan will be implemented annually, beginning May 1st to September 30th, as well as any other time when the temperature is forecasted externally, or reaches internally 26 degrees.



Hot weather tips

The signs and symptoms of heat related illness can occur quite quickly with little to no warning. Residents are assessed for heat risk annually and strategies developed. The following tips are general in nature.



Staying cool

- With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather.
- Keep cool cloths handy to apply to the face, neck, and arms.
- Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.



Clothing

- Wear loose, lightweight, light-coloured clothing.
- A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.



Skin protection

- Stay out of direct sunlight by using shade trees, covered awnings or patio umbrellas.
- Sunscreen should always be applied, even in the shade. Remember to reapply as needed.



Nourishment

- Frequent, smaller meals may be more easily tolerated during hot weather.
- Avoid dehydration by consuming fluids before, during and after meals, as appropriate.
- Hydrate with water and other cooling choices such as Popsicles and watermelon between meals.
- Alcohol may cause dehydration and should be avoided.



Physical activity

- Keep outdoor physical activity to a minimum and take frequent rest periods.
- Attempt to stay indoors during the warmest part of the day.

Schlegel Villages – CONNECTIONS

SPOT the dot!

For those with long connections to our Villages, the Spot the dot concept may be familiar. It follows our **Connect the Dots Customer Service credo**, built upon a philosophical foundation of **five key values**:



KNOW ME

as a unique human being



BE PRESENT

in all communications



WALK IN MY SHOES

try to understand how I feel



EARN TRUST

be clear, genuine and transparent



FOLLOW THROUGH

all the way



CONNECT*the***DOTS**
The Schlegel Villages Customer Experience

Spot the dot urges residents, family members and visitors to recognize when a team member lives one of these simple values and brings them to life.

This May, as we look to celebrate all of our caregivers, we urge people to take a moment to recognize the team, for a simple kind word or two can have a lasting impact.



Maria,
You are so great at reading the body language of our visitors! Thank you for always taking the time to introduce yourself and offer a helping hand.

The Spot the dot boards can be found within the Village.

Let's fill them with spots of gratitude.

Thank you **CAREGIVERS**

Every year we celebrate the amazing waves of people in our Villages who bring our mission, vision and values to life during **Caregivers' Week (May 12–18).**

It was developed as an expansion on International Nurses' Day, because while we recognize the tireless commitment of our amazing nurses, it takes an entire Village of caregivers to create communities where we all can thrive.

It's the housekeeper who takes time after her shift to bake cookies with residents or the personal support worker (PSW) who takes his break on Main Street, sipping tea and chatting with a resident from a different neighbourhood. It's the people who have always found fulfillment in service of others – the ones who say they

always want to help when someone is in need – and the ones who came to this career to fill a void they felt in other jobs.

We've taken time to speak to some of our caregivers, and their images and a few of their thoughts live on our website. They represent the best in all of us, with backgrounds and life stories as diverse as all of Canada, and we celebrate the common thread of love and compassion that binds us all together.

"I did work in different professions," one of our caregivers told us, **"but I always felt that I was missing something in me. However, when I opted to work in long-term care, I felt complete, contented and grateful to be present in this universe."**

And grateful so are we, for each of the beautiful caregivers within our Villages.





Join us for High Tea
as we celebrate

Mother's Day

Friday, May 9 | Noon–1 p.m.

Main Dining Room of LTC and RH

RSVP

Village Office **519-576-2430**

Standard lunch meal ticket price.

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/Dining Room Supervisor	Ext. 8062
Shirley Tulk	Neighbourhood Coordinator Williamsburg	Ext. 8215
Karena Nnebo	Neighbourhood Coordinator Egerton & Becker	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator Emma's	Ext. 8012
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
Venkatesh Gaddam	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
Archana Renuka	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