

The Glendale Gazette

May 2025



A Word From Your AGM

Embracing the Outdoors at The Village of Glendale Crossing

As the warmth of spring settles in across Ontario, we're excited to welcome the season of renewal and growth at Glendale Crossing. With the forecasted sunny days ahead, it's the perfect time to get outside and immerse ourselves in the beauty of nature.

Gardening: A Therapeutic Endeavor

Gardening is my favourite pass time. As soon as the weather starts to get warm, you will find me outdoors in my veggie or perennial gardens. Gardening offers more than just aesthetic pleasure—it provides a multitude of benefits:

- **Physical Activity:** Engaging in gardening tasks helps improve flexibility, mobility, and overall physical health. It's a gentle form of exercise that promotes circulation and strengthens muscles. Many of our residents find joy in tending to plants, which contributes to their well-being.
- **Mental Stimulation:** The process of planning and caring for a garden stimulates the mind, enhancing cognitive functions. It's a mindful activity that encourages focus and concentration.

Emotional Well-being: Spending time in the garden can alleviate stress and anxiety, boosting mood and fostering a sense of accomplishment. The act of nurturing plants provides a sense of purpose and connection to nature.

The Joys of Being Outdoors

Beyond gardening, spending time outdoors offers numerous advantages:

- **Enhanced Mood:** Exposure to natural light increases serotonin levels, which can improve mood and reduce feelings of depression.
- **Social Interaction:** Outdoor spaces encourage socialization among residents, fostering a sense of community and reducing feelings of isolation. Whether it's sharing stories on a garden bench or participating in group activities with Monika in LTC, our fantastic Horticultural Therapist, these interactions are vital for emotional health.

Physical Health: Regular outdoor activity can improve cardiovascular health, balance, and coordination. Gentle walks and light exercises in the fresh air contribute to overall physical well-being.

If you get as much pleasure as I do from the outdoors, getting your hands dirty and watching something grow from a seed to a mature plant; make sure to get involved in the recreational activities. On your calendars, you will see which activities are being offered and their location. Challenge yourselves to get outdoors more often and try a horticultural program with Monika in LTC, if you haven't done so already.

Holly Ross, AGM LTC



Introducing Elqueeny

AN INTRODUCTION AND WHAT'S AHEAD IN MAY!

Dear Wonderful Residents,

I'm excited to take this moment to share a bit about my journey and what we have for the month of May! Allow me to introduce myself—I'm Queeny, and I'm absolutely thrilled to be part of the leadership team in our retirement home! My adventure began in the Philippines, where I proudly served as a registered nurse for over three years. I then took my skills to Dubai, where I continued my nursing journey for two incredible years. In 2022, I embarked on a new adventure as an international student at Fanshawe College, where I pursued my passion for healthcare administration management.

While studying and navigating the process of getting my license, I had the wonderful opportunity to work as a personal support worker on the long-term care side.

I stepped into the role of lead nurse on the retirement, the moment I passed my exam in 2024—a dream come true! Then, a year later, a new opportunity arose to advance my career into a managerial position, allowing me to grow personally and professionally.

I feel so fortunate to work alongside such supportive leaders and to be part of a vibrant community of residents in our village. I can't wait to embark on this exciting journey with all of you!

What's Happening in May? Let's Shine a Light on Awareness!

May is here, and it's packed with powerful causes! Across Canada, we're turning the spotlight on **Mental Health Awareness Month**—a time to spark conversations, break down stigma, and promote understanding about mental health.

But that's not all—May is also **Food Allergy Awareness Month**, where we raise awareness about the challenges faced by those with food allergies and work toward safer, more inclusive environments. This May, let's make a difference together by learning, sharing, and advocating for those who need our support!

Mental Health Awareness Month

Mental health is about how we think, feel, and handle life's ups and downs. As we get older, we may feel lonely, anxious, or even a little down at times—and that's normal. But we don't have to go through it alone.

Here's how we can take care of our mental health:

- Talk to someone: a friend, family member, co-resident, nurse, counselor or one of the leaders in the village.
- Stay active: gentle walks, stretching, or light exercise can boost your mood.
- Join activities: social time can brighten your day.
- Get enough rest: good sleep helps your mind feel clear.
- Do something you enjoy: reading, puzzles, or hobbies.

Food Allergy Awareness Month

Some people are allergic to certain foods, like peanuts, milk, eggs, or shellfish. For them, eating the wrong food can cause a serious reaction, and they must be very careful.

Here's how we can help each other:

- Always ask if someone has a food allergy before sharing snacks.
- Don't share your food unless you know it's safe for them.
- Tell the Team if you feel unwell after eating something.
Watch for symptoms: rashes, swelling, or shortness of breath.

Let's be kind to ourselves and to one another.

Here's to a happy, healthy May!



May's Blessings

May is a special time of year — a gentle, joyful month that brings with it the full arrival of spring and a season filled with love and gratitude. It's no wonder that May feels like a fresh beginning — a time to plant, to dream, and to enjoy the world coming alive again.

May isn't just about nature's beauty. It's also the month when we celebrate **Mother's Day**, observed on the second Sunday of May in many countries. This special day honours the incredible role of mothers and mother figures — their endless love, strength, and sacrifices.

As someone who has been living in Canada for the past 12 years, far away from my family — especially my mom — I haven't had the chance to celebrate this day with her in person. But every year, my daughters make the day special for me. They create beautiful handmade cards and prepare breakfast with the things I love. It warms my heart and reminds me that love always finds a way to reach us, no matter the distance.

May, with all its colors and emotions, is a month that brings people closer — to nature, to each other, and to the ones we carry in our hearts.



RH Food Council Members Needed

Looking for Retirement Food Council Members

We are looking for a couple of residents that are interested in joining the Food Council. We meet once a month just as a Council, and then four times a year we have an advertised open forum in the Town Hall for all residents. Ideally, we would like to have one or two representatives from Williamsburg, Egerton, Becker and Ailsa Craig so that every Neighbourhood and meal package has representation.

As a Food Council member, you would bring to the meeting any concerns that other residents have brought forward to you, and then follow up with information from the Council meeting to your fellow residents.

If you are interested in joining the Food Council please let Jeff Tucker, a Resident Council Member or any Leader know. Jeff will contact you to discuss further.

Thank you for your interest.



Wishing you a
Happy Birthday!

Our Residents

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

LTC

Jean L—May 2nd
Earlena M—May 10th
Diane B—May 13th
Martin W—May 16th
Skip F—May 16th
Luke P—May 19th
Margaret F—May
19th
Betty H—May 21st
Marion D—May 23rd
Gladys G—May 24th
Graham B—May 26th
Doreen R—May 28th
Gerry H—May 30th
Mona B—May 30th
Jim C—May 30th

RH

Margaret F – May 2nd
Robert M – May 2nd
Donna T – May 2nd
Arden M – May 2nd
Alex D – May 3rd
Frank S – May 4th
Nancy J – May 5th
Joan C – May 9th
Paul B – May 11th
Christa S – May 12th
Wilf A – May 12th
Norm F – May 12th
Eva B – May 14th
George Q – May 17th
Les F – May 17th
David B – May 17th
Ron G – May 17th
George H – May 17th
Neil H – May 19th
Derek K – May 20th
Barb M – May 25th
Cindy R – May 27th
Karen T – May 30th



In Memoriam

*The Board of Directors, leadership team and team
members were saddened by the passing of:*

*LTC– Annamma T, Don H, Elisabeth H, Ercil B, Lloyd H,
Ethel M*

RH– Betty W, Alda M, Don R

Schlegel Villages – CONNECTIONS

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.

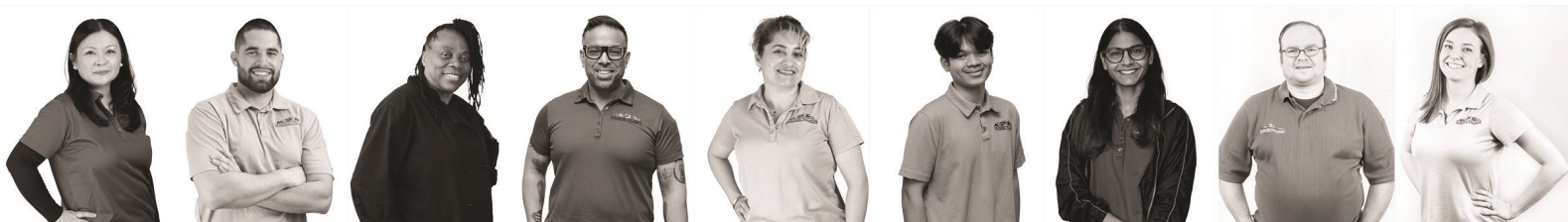
It's the housekeeper who takes time after her shift to bake cookies with residents or the personal support worker (PSW) who takes his break on Main Street, sipping tea and chatting with a resident from a different neighbourhood. It's the people who have always found fulfillment in service of others –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



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.

A Bit About Chaplain Hans

Who am I?

I was born in a small town in Holland in 1956 in a house my dad built. We immigrated to Canada in 1962 when I was 6 years old. I remember I started school but didn't know a word of English, somehow I passed the grade as we learned most of our English from watching cartoons.

My mother was very homesick and suffered much of her life with drug and alcohol addiction, being in and out of Mental hospitals and drug rehab centers. Us 4 kids all made out pretty good being much raised by my dad and older sister. The good news is when my mom turned 50, came to church and gave her life to Jesus and became a real loving mom. She died 8 weeks ago at the young age of 95.

But about me? I married at 20 and we had 4 wonderful children. Since Covid, all have moved to the East Coast. While married I was confused about my faith in God. I read hundreds of books and the Bible through several times. I had over 3000 religious books. We attended many churches over the years, Catholic, Baptist, Reformed and several No-Name churches. If you ask what religion I am ... I would say a Christian and have met many beautiful people in many denominations who have put their faith in God. If you ask me what I believe I would say the Apostles Creed sums it up pretty well.

I worked at FORD Motor company for 30 years, building cars. I retired at 50 and became a Lay Minister. I had several brushes with death since, 2 cardiac arrests, 2 heart valves replaced and recently had a sepsis infection crisis. It has all brought me closer to God, made me more loving and compassionate to others; and I know that God loves me and nothing happens that's not in His plans for me.

Life is not always rosy. My first marriage ended after 33 years, but God led me to Marianne, a blessing I could never have dreamed up and we have been married for almost 13 years. Sadly too, my youngest daughter hasn't spoken to me in 13 years. But we can't fix everything in this life but we commit all things to God.

One of the greatest blessing in my life has been to be your Chaplain here at Glendale and meet some of the most wonderful people from around the world with whom I will be spending eternity with.

God bless you all.

Hans



Recreation Review

May brings lots of blooms and longer days!

We are excited to be hosting a Spring Sale here at the Village on Saturday May 3rd from 9am-2pm on Retirement Main Street. For Mother's Day, we will be hosting an Open House on Saturday May 10 for both sides with entertainment and treats from 2pm-4pm. We will be taking a busload of Residents to the Walk for Alzheimer's on Saturday May 24th from 9:30am (bus leaving)-12pm from both Retirement and Long Term Care.

May brings the beginning of more outdoor programs, if you have any ideas of in house or bus trips you'd like to see now that we have nicer weather, please let myself (erin.seldon@schlegelvillages.com) or Taylor Morin (taylor.morin@schlegelvillages.com) know.

The outdoors is great for our mental health. Spending time in nature provides a sense of calm and connection to the environment. Nature has been shown to have therapeutic benefits, helping to reduce stress and promote a sense of tranquility. Whether it's listening to the birds, feeling the breeze or enjoying the beauty of a garden, being outdoors can instill a sense of peace and appreciation for the world around us. With nicer weather, you see more people roaming around outside, which is great for physical health too.

To all the Mother's out there, wishing you a very Happy Mother's Day! Mother's are so nurturing and just have a way about them that often make people feel comfortable and loved! Your strength, kindness and wisdom inspire us! Sending love and thinking of those who have lost their Mother's or could not have children of their own!

Hope to see some of you out for the Walk For Alzheimer's on Saturday May 24 at Mother Teresa Catholic Secondary School, event runs from 10am-12pm!

I am excited to announce we are getting a chick hatching kit on May 10th that will be kept in the Long Term Cares Library, feel free to check on their process, the eggs should hatch in June and we will get to keep them for a week. We also have our own bees coming in May, that will provide us with honey that should be sold in the store by sometime in October!

Erin Seldon
Director of Recreation LTC



Village Events

Combined Village Events with Retirement and Long Term Care

Every Sunday at 2:45 Church Service in Town Hall

Every Monday Evening at 6:30 Musical Entertainment in Town Hall

Every Friday Evening at 6:30 & 7:45 Documentary Hour in Town Hall

Saturday May 3rd 9-2 Spring Vendor Sale on Retirement Main Street

Monday May 5th at 2:45 Cinco de Mayo in Town Hall

Thursday May 8th at 2:45 Nostalgic Theatre in Town Hall

Sunday May 11th at 10:30 Mother's Day High Tea in Town Hall

Wednesday May 14th at 10:15 Catholic Mass in Town Hall

Saturday May 17th at 2:45 Music with Bob F in Town Hall

Thursday May 20th at 2:45 Nutrition Presentation in the Social Club

Wednesday May 21st at 10:30 Covent Theatre Comedic Group in Town Hall

Saturday May 24th from 9:30-12 Walk for Alzheimers Outing—sign up

Tuesday May 27th at 2:45 Pride Presentation in Town Hall

Wednesday May 28th from 10-3 Wellness Fair on Retirement

Friday May 30 at 2:45 Celebration of Life in Town Hall

Resident Bill of Rights

10. Every resident has the right to pursue social, cultural, religious, spiritual and other interests, to develop their potential and to be given reasonable assistance by the licensee to pursue these interests and to develop their potential.

Celiac Awareness

May is Celiac Awareness Month

What You Need to Know

Did you know that celiac disease affects an estimated 300,000 to 400,000 people in Canada? That's about 1% of the population—and many of them don't even know they have it. Celiac disease is an autoimmune disorder where the body reacts negatively to gluten, a protein found in wheat, barley, and rye. While it was once thought to be mainly a childhood condition, we now know that celiac disease can appear at any age. In fact, it is most commonly diagnosed in adults between the ages of 30 and 60—making it especially relevant to many of us.

Why Awareness Matters

Many people with celiac disease remain undiagnosed. Symptoms can be wide-ranging and often misunderstood, including digestive issues like diarrhea, gas, and bloating, but also non-digestive problems such as fatigue, weight loss, and anemia. Some may even experience no obvious symptoms at all. This makes awareness and proper screening critically important.

Risk Factors to Watch

Celiac disease is more common in individuals who have a family history of the condition, or who live with other autoimmune disorders such as type 1 diabetes or autoimmune thyroid disease. If you or someone you know fits into these categories, it may be worth having a conversation with your healthcare provider.

Living Gluten-Free

The only current treatment for celiac disease is a strict gluten-free diet, which can be quite an adjustment. Fortunately, awareness and food options are steadily improving, making it easier for those affected to maintain a healthy and satisfying diet. Check out the PAL board on retirement side for gluten free recommendations and resources!

What You Can Do

Know the signs and symptoms – especially the less obvious ones. Talk to your doctor if you have concerns or a family history. Support others who are living gluten-free, whether it's helping at community meals or learning more about their dietary needs.

Let's use this Celiac Awareness Month as an opportunity to learn, support each other, and promote healthier living at every age.

Mya Lamport

PAL Coordinator RH

LTC Family Council

Please note: The minutes of all of the Long Term Care Family Council Meetings are outside of Erin Seldon's Office on Main Street.



COME JOIN OUR FAMILY COUNCIL

Contact Erin Seldon at
erin.seldon@schlegelvillages.com or ext. 8007

When: The 3rd Monday of every month in the LTC Library

Time: 3:00pm

New Family Members welcome!



Family
Councils
Ontario



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.



There were so many nominations (which is amazing) that we cannot type them all out. They all will be given to who was being recognized!

The winners will get 25 points on our Bucketlist app to spend, one winner from each side of the Village per month.

The winner for the Long Term Care side is: Alka R (RPN)

The winner for the Retirement side is: Enitan O (PCA)

Congratulations!!

LIVE QUARTERLY WEBINAR



Care Partners Connection



Tuesday, May 27

6–7:30 p.m.

REGISTER NOW

*Do you know someone
living with dementia?*

You're not alone! Join us and let's learn about dementia together and explore how to offer support.

Register to attend and submit questions

for expert panelists. Each webinar includes education, guest speakers, resources, and a Q&A panel.

Future webinars

August 26 and November 25

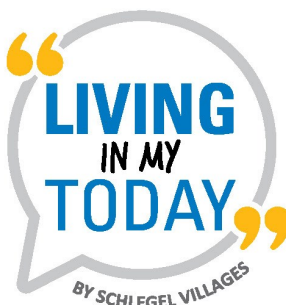


Hosted by

Heather Luth

Director of Dementia Services
and Knowledge Integration

Schlegel Villages



Volunteer Corner with Heather/Maria

Spring is here, and it also means April showers brings May flowers!

This my my way of saying welcome Spring to everyone at Glendale Crossing!

This is the time to relax and read a good book. Thanks to those you helped out with the Earth Day clean up!

If you have a any ideas of music or spring crafts, just let Erin or Maria know.

Don't forget to go for a walk, visit with the family and reflect on what God has in store for everyone!

See you soon

Your Co- Editor

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Retirement General Store Hours:

- Monday 11:30-2:30pm
- Wednesday 5:00-7:00pm
- Friday 11:30-2:30pm

If you are interested in becoming a volunteer, you can apply online through our website or fill out an application form within the Village. If you want more information, you can also reach me – Maria Campbell at:

glendale.volunteers@schlegelvillages.com or by phone at (519) 668-5600 ext. 8046

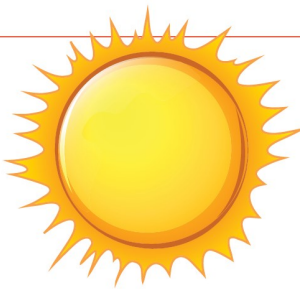
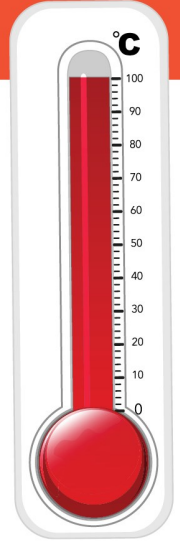
Heat-related illness

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.





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 Tansley Woods, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

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.

Contact us...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

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.

Long Term Care Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
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If any Resident would like a copy of the newsletter delivered monthly, please contact Erin Seldon at extension 8007, or let your Recreation Team Member know.

Contact us...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

Retirement Home Leadership Team

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