

Riverside REVIEW

Vol. 27 Issue 5 May 2025

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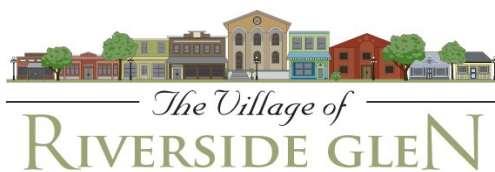
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Mission Statement

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

Greetings to our Residents, Families, and Team Members,

As we welcome the month of May at the Village of Riverside Glen, we reflect with gratitude on the kindness and community spirit that continues to shape our Village into a truly special place to live, work, and visit.

In April, we celebrated National Volunteer Week, a time to recognize the incredible impact our volunteers have on daily life here. Their generosity, warmth, and presence uplift and inspire us all. We were honoured to present the **Barb Schlegel Award to Jim Albrecht**, an award created in Barb's memory to celebrate the outstanding, everyday contributions of a volunteer who embodies compassion and dedication. We thank Jim Albrecht and all of our volunteers for the love they pour into our village.

Looking ahead, **Mental Health Week** takes place from **May 5th to 11th**, with this year's theme: "*A Call to be Kind: Unmasking Our Mental Health.*" This national campaign by the Canadian Mental Health Association invites us to practice kindness, not just toward others, but toward ourselves. It's a reminder that our mental health matters just as much as our physical health. Let's continue creating space in our lives for rest, reflection, and reconnection, and encourage one another to speak openly about mental wellness.

We're also excited to celebrate **Caregiver's Week from May 12th to 16th**, an opportunity to recognize the remarkable team members who care for our residents with empathy, strength, and heart. Please join us for our **Caregiver's Carnival on Monday, May 12th from 1:00pm to 4:00p.m.**, held in the rear parking lot behind our Long-Term Care Erin Neighbourhood. This festive afternoon is a tribute to the caring hands and big hearts that make our village thrive.

To all our caregivers: thank you for the deep commitment you show every day. Your work does not go unnoticed, and your impact is felt in every smile, every shared story, and every moment of comfort you provide.

We hope you enjoy this May edition of our newsletter, and we look forward to sharing a month filled with connection, gratitude, and celebration.

With appreciation,

Bryce
General Manager
The Village of Riverside Glen

Message from Your Long-Term Care Family Council

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

Is spring here at last? Snow banished until winter? I certainly hope so! April was a full month with Easter/Passover, 2 birthdays in our family and the federal election. Not to mention a couple of wild weather days! May is one of my favourite months of the year. Not only is it my birth month (although that fact isn't quite as exciting as it used to be), but it really is a month of flowers and new beginnings in nature. I look forward to watching the young geese and ducks as they hatch and waddle around as well as the trees and flowers in bloom.

We had a great Family Council meeting this month. Our biggest turnout yet. Still, there is always room for more to join us on Zoom, once a month, with absolutely no obligation to do anything except show up. Don't be shy, and don't think of this as yet one more obligation in your life! Coming to Family Council and relaxing in the support of fellow family caregivers, getting your questions answered about life at Riverside Glen, and listening to some great speakers could be the easiest commitment you make all month! Look for your invitation prior to the May 8th meeting....

Heather Luth, Director of Dementia Services for Schlegel villages was our speaker for April. She gave an excellent presentation on "dementia personal expressions". We learned some great tips for how to approach our own loved ones who are living with dementia, and also heard about how the team members are trained to respond to these expressions. Be sure to tune into her "Care Connections" for caregivers later this month to learn more about dementia.

Our speaker on May 8th will be Carolyn Maloney, an Independent Registered Dental Hygienist. You may have seen her around the Village, pulling a big kit around with her! She does oral care and will be talking about how we can help with the oral care of our loved ones, and what her scope of practice is. It is certainly wonderful to have dental services available in the Village.

That wraps things up here, until next month,
Wendy Presant Chair of Riverside Glen Family Council

Chaplain's Corner

To: Residents, Families, and Team Members

It is wonderful to feel the beginnings of spring weather. On my drive to Riverside, I am again seeing the pair of peregrine falcons nesting along highway 7. I always look for them as the sign of better weather. The warmth of the temperature may be reflected in the warmth of a Mother, as we come to celebrate Mothers and those who have had a Motherly influence upon us. So I will include here a reading by Helen Steiner Rice called, "Mother's Day is Remembrance Day."

"Mother's Day is remembrance day, and we pause on the path of the year, to pay honour and worshipful tribute to the mother our heart holds dear. For whether here or in heaven, her love is our haven and guide, for always the memory of mother is a beacon light shining inside. Time cannot destroy her memory and years can never erase the tenderness and the beauty of the love in a mother's face. And when we think of our mother, we draw nearer to God above, for only God in God's greatness could fashion a mother's love." A happy Mother's Day to Mothers, Grandmothers, and all who have shared a Motherly influence.

Also a reminder of the Memorial Service in Long-Term-Care on Thursday May 8 @ 2:30.

Blessings to you,
Rev. Brenda Woodall

In Memoriam

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

Elizabeth M
Clarona C
Wilma E
Jocelyn A

Josephine W
Douglas W
Paul H
Gordon M



Riverside Glen *welcomes new residents* *to our community*



E Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Shirley R
Patricia F
Bill Y
Mary G
Maria D
Eleanor B
Diane S

Long Term Care

Sheila D
Donald M
Darlene E
Marek O
Sheila G





Photo Review of April

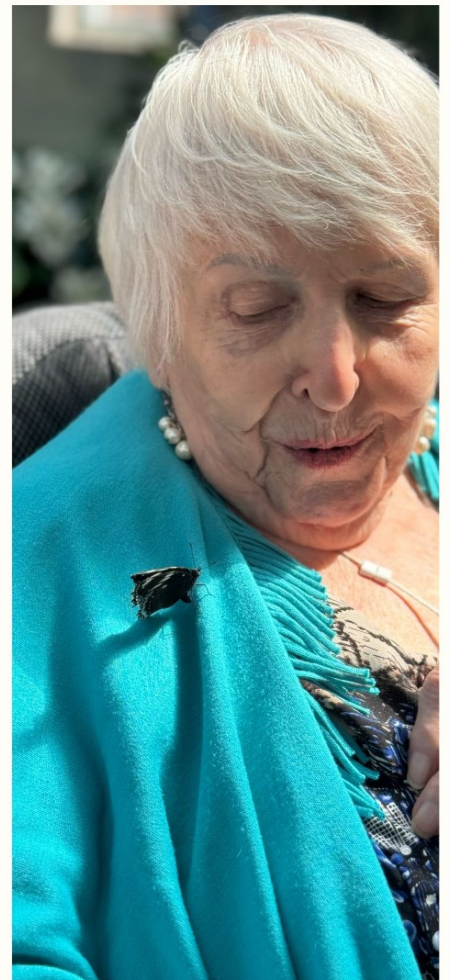


Photo Review of April



Coming Up in May

Mon May 5th	2 P.M	Cinco De Mayo Socials
Tues May 6th	10 A.M	Bonnie's Card Making
Sat May 10th	12:30 P.M	Mother's Day Lunch (RSVP Only)
Sun May 11th		Mother's Day
Mon May 12 - 16		Caregiver's Week
Wed May 21	2- 4 P.M	World Day for Cultural Diversity Festival (RH Main Street)
Sat May 24	11 A.M	Children's Piano and Voice Concert (RH Café)

Vendors

Adrian's Fashion's

Friday May 2nd 10-2 Mainstreet RH

Stars of Modern Jewellery

Wednesday May 7th 10-2 Mainstreet RH

Cameron Cards

Thursday 8th 10-2 Mainstreet RH

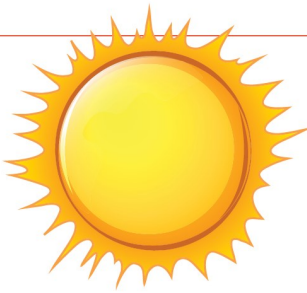
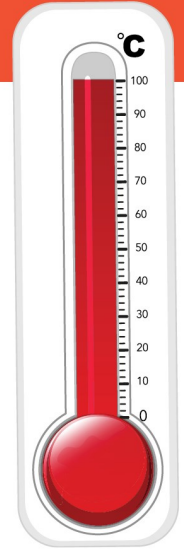
Heat-related illness

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.

Happy May from the PAL team!

May is Mental Health Awareness Month

Mental Health Awareness Month

- This month is to raise awareness about mental health and to support people suffering from mental health problems. Mental Health can affect people in many ways and some may go unnoticed.

Exercise and Mental Health

Exercise can benefit by:

- Reduces stress by regulating stress hormones and endorphins which have mood boosting effect.
- Boosts self confidence.
- Improves sleep quality.

Ways to improve your Mental health:

Physical Activity

- ⇒ Being active will help you stay healthy!
- ⇒ 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

Athlete of the Month:

Suzanne P

April's Athlete of the

★ Month! Suzie can be found exercising with energy and excitement in group classes and in her room. Suzie is very dedicated to keeping active and makes sure she participates in any form of exercise.

Suzie is always up and motivated to get into exercise mode, Suzie encourages everyone to try even if you think its hard and to keep staying active.

Congratulations Suzie!



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.

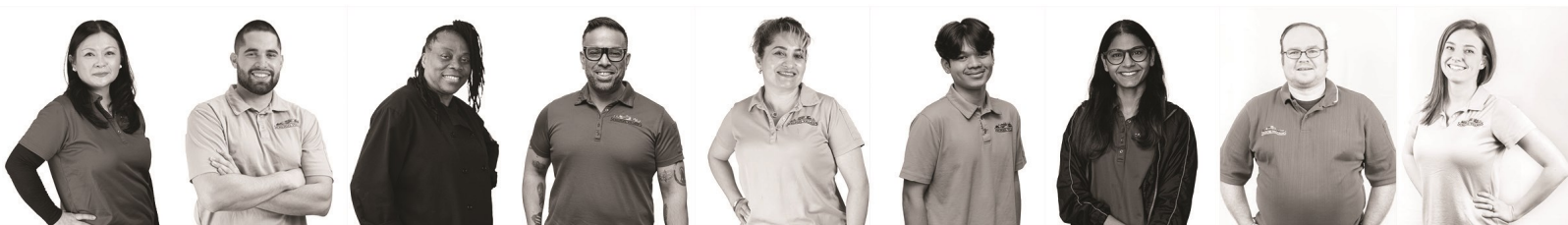
It's the housekeeper who takes time after her shift to bake cookies with residents or the personal support worker (PSW) who takes his break on Main Street, sipping tea and chatting with a resident from a different neighbourhood. It's the people who have always found fulfillment in service of others –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

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.

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.





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

“Bloom” and “Grow”

Use the clues to determine words that rhyme with *bloom* or *grow*. The first eight words rhyme with *bloom*. The remaining words rhyme with *grow*.

1. Weaving apparatus _____
2. Sweeping tool _____
3. Hotel offering _____
4. Wedding cake figurine _____
5. Cannon sound _____
6. Grant's landmark _____
7. Be furious; exhaust vapor _____
8. Gloom's partner _____
9. Black bird _____
10. Paddle a boat _____
11. Average guy _____
12. Kind of worm _____
13. Sluggish _____
14. AAA service _____
15. Hurl _____
16. Use a needle and thread _____
17. Trim the lawn _____
18. Slang for money _____





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.

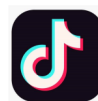
**www.
schlegelvillages.com**



@riverside_glen



The Village of
Riverside Glen



@villagelife_sv

Gloria M
Jean C
Elzbieta P
Frances I
Benny M
Ralph S
Bruce T
Maria D
Dianne K
Suzanne P
Jennifer S
Erallyn A
Renee E
Graham T
Ronald W
Robert S
Josephin F
Ruth R
Egil R
Tamara P
Vicky Q
Robert S
Frances H
Ian M
Karen V
Byung T
Robert L
Buck B
Eleanor B
Cameron L
Mary S
Vernon A
Mariam W
Norman C
Bartolomea O
Robert St
John S

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Kiseri T
Christy C
Haben T
Anisha V
Angelina G
Arlene E
Sara F
Jack M
Emily P
Lul S
Lucie O
Lily S
Lorie L
Leslie K
Paul V
Sabrina B
Senelisiwe S
Parmila C
Lilianeth A
Pawandeep K
Sussie N
Tanya B
Cornelius L
Micaela J
Manveer K
Cassidy H
Yolanda M
Mariola S
Venicea K
Semhar S
Sofonia G
Wendy P
Tanya K
Leny T
Dawn G
Gloria A

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Birthday Celebrations

Retirement Birthday Party

Tuesday, May 13th 2:00 pm in the café
with Aidan Purnell

Long Term Care Birthday Party

Thursday, May 29th at 2:00pm in the café
with Bob MacLean

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
Chrissy Lecours, 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
Chrissy Lecours, 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