

# The Winston Word

NEWSLETTER VOLUME 8 ISSUE 6

June 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.*

Lois E  
Katherin G  
Donald G  
Thomas J  
Lois L  
Merve M  
Lloyd R  
Joan S  
Jacqueline V  
Wilhelmine B





*The Village of*  
**WINSTON PARK**

# Village Events

## June Events

---

### Pride Day

June 11th Pride Parade 2:00pm

---

### Cruse Night

June 12th 6-8pm  
Main parking lot

---

### Vendors

June 5th 11:00-3:00 Vicky's Jem's and Jewels  
June 12th 10:00-2:30 Adrian's Fashion  
June 25th 10:00-2:00 Plattsville Paperwork FREE  
June 30th 10:00-2:00 Ezfit Shoes

---

### Father's Day

June 15th is Father's Day  
Celebrations occurring on all  
neighbourhoods

## WELCOME TO THE VILLAGE!

**Last month we welcomed the  
following residents to Winston Park:**

Jaikallia D  
Karen F  
Donald F  
June F  
George G  
Monica H  
Margaret M  
Helga P  
Elizabeth U  
Bonna W  
Ruth B  
Marlene D  
Caroline H  
Joan L  
William P  
Charlotte S  
Ludwig V  
Marianne V

## 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
<b>Breakfast</b>	\$10.50	\$10.50
<b>Lunch</b>	\$16.80	\$13.65
<b>Dinner</b>	\$19.95	\$16.80



# The Winston Word

NEWSLETTER VOLUME 8 ISSUE 6

June 2025



## What should we be celebrating in the month of June?

First it is a wonderful opportunity to celebrate all the fathers in our villages – our residents, our family members and our team members. It is a celebration honoring fathers, celebrating fatherhood, paternal bonds, and the influence of

fathers in society! **HAPPY FATHERS DAY!**

Second it is PRIDE month - a month to celebrate gay, lesbian, bisexual, transgender, plus all other sexual orientations and genders. During PRIDE month, the Rainbow Flag takes the forefront as a symbol of pride, safety and community and holds great significance. When was the rainbow Pride flag created? The rainbow Pride flag, the most enduring symbol of the LGBTQ rights movement, was created by seamster Gilbert Baker nearly half a century ago for the San Francisco Gay Freedom Day Parade in June 1978, which drew hundreds of thousands of revelers. “Up until the rainbow flag in 1978, the pink triangle had really functioned as kind of the symbol of homosexuality and gay rights. It was designed by Hitler. It was put on us in the same way that they used the Star of David against Jews. It was a whole code of symbols that were used to oppress people,” Gilbert told NBC News in 2016. “So, we needed something that was from us.” Gilbert liked the idea of a flag because “flags are about power,” he said, adding: “I knew right away that the rainbow would be the perfect fit for us.” “It expressed our diversity in terms of our gender, our race, our ages — all the ways we’re different, yet connected,” he said of the rainbow. “And then using something from nature, taking the rainbow, one of the most beautiful, magical, spiritual parts of nature and making that a symbol for our sexuality, for our human rights.”

The flag is made up of 6 colours and the following explains each colour:

<b>Red</b>	Life - Red is always at the top of the flag
<b>Orange</b>	Healing
<b>Yellow</b>	Sun - be yourself; don't hide in the shadows
<b>Green</b>	Nature
<b>Blue</b>	Serenity
<b>Purple</b>	Spirit
<b>Black &amp; Brown</b>	Represent people of colour
<b>Pink, Baby Blue, &amp; White</b>	Represent Transgender People



On June 11<sup>th</sup> this year we will be celebrating PRIDE and will hold our own Village parade.

Please watch the calendars for more information.



# RESEARCH MATTERS

RIA FEATURE

## Meet Aaron Jones, RIA's Newest Researcher

Earlier this year, the Schlegel-UW Research Institute for Aging (RIA) welcomed Aaron Jones to their world-class research team, as the Schlegel Chair in Clinical Epidemiology and Aging. Let's get to know the newest member of the RIA's researcher team.

**Question: Tell us about you and your work?**

**Answer:** I am a health services researcher and biostatistician with expertise in the use of health administrative data and data science methodologies. My research focuses on the health service use of older adults with ongoing care needs, with the aim of discovering how to better organize, manage, and deliver the care older adults need in their preferred location. This could mean improving care in the emergency department to better support people with higher needs, making sure older adults with trouble reaching a family doctor can access effective primary care, and striving for more efficient and clear communication among health care professionals.

**Question: What inspired you to pursue research in the field of aging?**

**Answer:** I didn't start out with a specific interest in aging. Originally, I was more drawn to the science of statistics but moved away from the theoretical to the practical because I wanted to have a real-world impact. I was working in health analytics for the government of Ontario when I realized that our health care system was not designed or set up to best meet the



needs of older adults, particularly those with greater care needs such as people living with dementia. This realization inspired me to pursue a career in health research to address this gap.

**Question: What is the primary focus of your current research?**

**Answer:** My primary focus is investigating ways we can better organize, manage, and care for older adults. Currently, my two main focus areas are:

1. Geriatric care in the emergency department. I'm exploring the availability and effectiveness of geriatric-trained nurses to improve patient experiences and outcomes in the emergency department.
2. Primary care for older adults with functional impairment. I'm looking at various models of primary care for older adults who have difficulty visiting a doctor or medical office, including home visits and virtual visits.

To read more about Aaron Jones and his work, visit [the-ria.ca](https://the-ria.ca).

# Warm weather facts



## WHO IS AT RISK

Anyone can get heat stroke, but infants and the elderly are at higher risk as their bodies may not be able to regulate temperature effectively.



## COPING MECHANISM

Your ability to cope with extreme heat depends on the strength of your central nervous system.



## OCCUPATION

People with occupations that require physical labour in hot environments are susceptible to heat strokes.



## MEDICATION

Diuretics, sedatives, tranquilizers, and heart and blood pressure medications affect your body's ability to regulate temperatures.



## BEVERAGES

Caffeine (stimulant) and alcohol increase the risk of warm weather-related illness.



## MEDICAL CONDITIONS

Sleep disorders, and problems with the heart, lungs, liver, kidneys, thyroid, or blood vessels increase the risk.



## CLOTHING

Wearing heavy and tight clothing can increase the risk. Opt for light-colored, loose-fitting clothing made of natural fibers (cotton/silk/linen).



## DISEASES

Certain diseases increase risk; cystic fibrosis, for example, affects the ability to sweat.



# Schlegel Villages – **CONNECTIONS**



## Join the **CELEBRATION**

We are honouring ten years of **#ElderWisdom**, a program dedicated to challenging the stigma and ageism that older adults often face in our society.

For the past 10 years, we have celebrated **Senior's Month** each June with our **#ElderWisdom** campaign, and for our 10th Anniversary, we're excited by the events we have coming up.

A key component of the campaign is always the **Green Bench movement**, where residents from Schlegel Villages sit on a signature green bench in public spaces to share their life experiences and insights with the community. This initiative fosters meaningful conversations between older and younger generations, helping to challenge stereotypes about aging and we're excited about each of the events the Villages are hosting this month.

This year, however, we are expanding the impact by incorporating a new, exciting element to our campaign: **the Green Bench travels**. Selected residents will have the opportunity later this summer to return to places of personal significance—whether it be their hometowns or dream destinations, such as Newfoundland, Ottawa, and London, England.

We intend to document these adventures through storytelling in our Village Voice and through a documentary we hope to showcase at film festivals and within the senior's care sector.

**Continued on page 2**



# Schlegel Villages – CONNECTIONS

Many years ago, Ron Schlegel challenged our teams to find meaningful ways to showcase the amazing wealth of knowledge older adults harbour, suggesting that **“the greatest untapped resource in Canada, if not the world, is the collective wisdom of our elders.”**

**#ElderWisdom** is dedicated to challenging the stigma and ageism that older adults often face in our society. It reminds us of the wealth of wisdom that seniors offer and helps restore them to a place of reverence and respect. We're grateful for everyone who helps make these events such a success!

To learn more about the program, find a local event and/or take the #ElderWisdom pledge, **scan the QR code** or visit **elderwisdom.ca**



# PRIDE MONTH

We stand with our 2SLGBTQIA+ team and family.

SPREAD LOVE  
NOT HATE





## **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](mailto:winstonpark.familycouncil@schlegelvillages.com)



# The Winston Word

NEWSLETTER VOLUME 8 ISSUE 6

June 2025

## 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 <b>Williamsburg</b>	Ext. 8215
Karena Nnebo	Neighbourhood Coordinator <b>Egerton &amp; Becker</b>	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator <b>Emma's</b>	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](mailto: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

# The Winston Word

**NEWSLETTER VOLUME 8 ISSUE 6**

**June 2025**

## 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 <b>Eby, Trussler, Newberry</b>	Ext. 8005
Garry Sharma	Neighbourhood Coordinator <b>Strasburg &amp; Aberdeen</b>	Ext. 8370
Rada Jokic	Neighbourhood Coordinator <b>Roseville &amp; Kingsdale</b>	Ext. 8182
Venkatesh Gaddam	Neighbourhood Coordinator <b>Sandhills &amp; Waldau</b>	Ext. 8266
Meredith Herr	Neighbourhood Coordinator <b>Haysville</b>	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](mailto:FIRSTNAME.LASTNAME@schlegelvillages.com)**

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