

The Glendale Gazette

June 2025



Rosa B—RH



Carol H—LTC



Anne W— RH



Barbara B—LTC



Marion D—LTC



Rick S— RH



A Word From Your AGM

Welcome to June!

Summer is here, bringing sunshine, blooming gardens, and the cheerful promise of longer, brighter days. We're excited to welcome the season with a month full of joy, connection, and celebration. Let's make this June one to remember!

Did you know? In 2025, the **summer solstice**—the longest day of the year in the Northern Hemisphere—falls on **June 20th**. It's the perfect time to enjoy the outdoors (with sunscreen, of course!). June is also known for its beautiful **birthstones**: the timeless **pearl** and the rare, color-shifting **alexandrite**, both symbols of purity, wisdom, and transformation.

As the weather warms up, please remember to **stay hydrated**, wear **sunscreen, hats & sunglasses** during outdoor activities, and let us know if there's anything we can do to make your summer even more enjoyable.

And let's not forget—**Happy Father's Day on Sunday, June 15th** to all of our wonderful fathers and grandfathers! Thank you for your strength, love, and guidance. We celebrate you this month and always.

Just a reminder for all Visitors and Retirement Residents to sign in and out using accushield when coming or going from the Village, this is really important as if we have an emergency we need to account for whose here. For Long Term Care Residents, please continue to use the sign/in out binders on the Neighbourhoods.

Regarding the dining room chairs for Retirement, we have a plan in place: the PCA team will be replacing the chairs when assisting residents back to their suites following lunch or dinner. Additionally, our dining room supervisor is available to support with chair movement as needed.

To help prevent injury, we kindly ask that residents do not attempt to move the dining chairs themselves. Please feel free to ask any team member for assistance—they will be happy to help. We also ask that residents wait to enter the dining room until it has been fully reset.

If you notice a missing chair or have any concerns related to the chairs, please don't hesitate to email or contact myself directly. (contact information is on back of the newsletter) Kindly include the date and meal (lunch or dinner) when the issue occurred so we can follow up with the appropriate team member.

Wishing you all a joyful and sunshine-filled June!

Warmly,
Heather Hyland
(RH AGM)



Peace, Be Still



PEACE, BE STILL

And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. He said to them, "Why are you so afraid? Have you still no faith?" And they were filled with great fear and said to one another, "Who then is this, that even the wind and the sea obey him?" (Mark 4:39-41)

Have you ever tried to calm a storm? Perhaps you saw a thunderstorm coming your way, about to ruin your plans? Did you step outside and tell the storm to go away? How did that work out? Of course, these are silly questions because we all know that we have no control over nature. Storms come and go and we have to live with them. But how about other "storms" in our lives that are not related to the weather? Do you ever face "health" storms, "financial" storms, "relationship" storms, or other storms? Perhaps you can control some of these storms, but many troubles in our lives are out of our control. We see the storms coming toward us but there is nothing that we can do to stop them. We feel helpless, hopeless and afraid of what is taking place.

We all go through storms in our lives. And we can all relate to the storm the disciples of Jesus went through on the Sea of Galilee. They were afraid for their lives because the sea was rough, and the wind was strong. Many of Jesus' disciples were experienced fishermen, but their expertise could not navigate through this storm. But while they were worrying about this storm, one man lay asleep in the boat. When the disciples came to the end of their own resources, they woke this man. His name was Jesus. Jesus simply spoke these words – "Peace! Be still!" and the wind and waves obeyed him. The Scriptures do not tell us they were filled with joy or shock, but rather they had great fear at the power Jesus had. After Jesus rebuked the wind and the sea, he rebuked his disciples. But this rebuke was not intended to discourage his disciples. Jesus wanted to turn their fear into faith.

I am sure that we have all feared something or someone at one point in our lives. Maybe you have to cope with daily fears because you are in the midst of a "storm". But a life of fear is not the life that God wants us to live. Be sure that it is a life we can choose to live, but why choose fear when you have someone in your boat that is capable of calming your storm? Turn your fear into faith. He has the words to calm your storm.

Rob Dore is the chaplain for Glendale Crossing Retirement.

Insights From PAL

Preventing Falls in Warmer Weather, Summer is Here—Let's Stay Safe on Our Feet!

Warm weather encourages more movement and outdoor activity, which is great for our health—but it also brings some new fall risks.

Changes in footwear, outdoor surfaces, heat-related fatigue, and dehydration can all increase the chance of a fall.

Falls are the leading cause of injury in older adults, but the good news is: most falls are preventable with a few small habits and some seasonal awareness

Common Summer Fall Risks

- Wearing loose or unsupportive shoes like sandals or slippers
- Uneven outdoor surfaces like patio stones or grass
- Overheating and dehydration causing light-headedness
- Glare or poor visibility from bright sunlight
- Wet floors from spills, gardening, or water activities

Tips for Staying Steady This Season

- Choose safe footwear – Wear closed-toe, non-slip with good support
- Use assistive devices – Bring your cane or walker when walking outdoors
- Stay hydrated – Aim for 6–8 cups of water daily to reduce fatigue and dizziness
- Take your time – Don't rush, especially when transitioning from inside to outside
- Ask for help – Staff are always here to support you with transfers, walks, or outdoor visits

Let's Keep Moving—Safely Outdoor

Walks, gardening, and group activities are wonderful ways to stay active this summer. By taking a few simple precautions, we can enjoy all that June has to offer—without taking a tumble.





Wishing you a
Happy Birthday!

Our Residents

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

LTC

Annie M– June 5th
Patsy C– June 8th
Doug C– June 9th
Gwen G– June 9th
June P– June 12th
Gisele D– June 16th
Les J– June 18th
Roger R– June 23rd
Bob K– June 23rd
Anna K– June 24th
Ericinia D– June 25th

RH

Bev B – June 4th
Joy A – June 5th
John J – June 8th
Lorraine V – June 8th
Janice B – June 10th
Dave C – June 11th
Lorraine B – June 13th
Robert R – June 14th
Terry F – June 16th
Doris B – June 19th
Bill K – June 21st
Beth DR – June 21st
Elvira C – June 22nd
Claire P – June 22nd
Dorothy T – June 23rd
Wanda D – June 24th
Maria DC – June 27th
Carl L – June 29th
Nancy L – June 29th



In Memoriam

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

*LTC– Carlos L, John M, Gerry A, Nic G, Beth N
RH– Wilma G, Frank S, George Q, Gloria T, Katie A*

Director of Nursing Care LTC

Hello Glendale Residents, Families and Friends,

I wanted to take a moment to introduce myself properly. I've been the Director of Care here at Glendale Crossing since December 2024, and every day I spend with this amazing community reminds me why I love what I do.

My journey into nursing began long before I ever set foot in Canada. I immigrated here from Germany in 2006 with a background in ICU nursing and acute interventional cardiology. Starting over in a new country wasn't easy, but it was absolutely worth it. I began my Canadian healthcare journey as a Personal Support Worker, then became a Registered Practical Nurse, and finally earned my Registered Nurse designation. Along the way, I discovered a deep passion for palliative care and became certified in it—a field that continues to inspire and ground me.

Before coming to Glendale, I worked as the Director of Care at Country Terrace in Komoka. Prior to that, I held a corporate nursing role with OMNI Health Care, where I supported several homes. Each step taught me something new, but what I value most is the opportunity to be close to residents and families, building meaningful connections and supporting our team with heart and purpose.

Outside of work, life is beautifully full. I'm a proud mom to two amazing daughters, ages 12 and 15, and the slightly overwhelmed human of two energetic dogs. When I'm not at Glendale, you'll likely find me running (sometimes literally!), cooking up something new in the kitchen, or exploring the underwater world—I'm an avid scuba diver!

I'm truly looking forward to continuing to work closely with our residents, families, and team members here at Glendale. Your warmth and kindness have made me feel incredibly welcome, and I want to thank each and every one of you for embracing me as part of this community.

My door is always open—whether you have a question, a concern, or just want to say hello. Please don't hesitate to stop by. I'm here to listen, support, and work alongside you every step of the way.

Warmly,

Anne Marggraf

Director of Care, Glendale Crossing



Dundalk Tourism

Sights and scenes around Dundalk

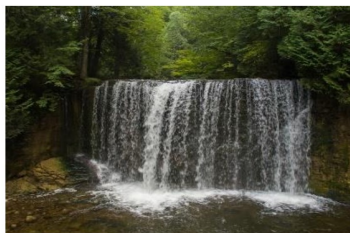
For those who don't know me, I grew up in a small town called Dundalk. A fun fact about Dundalk is that it has the highest elevation of any populated place in southern Ontario at 526m (1,726 feet). So, you could say, we're a little high up on ourselves! It's a beautiful area and I wanted to highlight some of my favourite places that I used to frequent with my family when I was a kid.

Lake Eugenia



My dad, brother and I used to come here to go fishing and swimming. The water was always so clear, you could always see the bottom. We also went swimming at the dam (which wasn't allowed, but hey, we were kids)

Hoggs Falls



Hoggs Falls was a bit of a hike off the road down a beautiful tree lined gravel road. We would often hike here around Thanksgiving when the leaves were all turning colours.

Sunset Point



Sunset Point is a park in Collingwood. We would drive here at least once a month after dinner on Sunday night and watch the sunset and play in the park. When we asked my Dad where we were going, he would also say, "we're going crazy, hold on."

All of these places might look a little different now than when I was a kid, but they will all hold a special place with my family that I will never forget.

Now that the weather is FINALLY getting nicer and we can maybe plan to do a little more with our families. I hope to take some family trips to these places and show my son how I grew up. I hope we all take the opportunity to slow down and enjoy the moment. Life tends to go by too quickly, it's never too late to stop and smell the roses! Happy June everyone! 😊



Spotlight on You: Gerry H.

Hi, my name is Gerald Healy. I was born in Haileybury Ontario. I currently reside on the Glanworth neighbourhood. My father had a trap line, which was one of the few licensed in Ontario. I used to help my father on the trap line along with my brothers. After I finished high school, my father passed away so I had to move to Brantford, along with my mother and brothers. Growing up, I was very good at golf, always getting holes in one at Mount Forest and North Ridge Golf Course. I really enjoyed the north, including all of the fishing and hockey I could do.

My longest job was for Camco in Hamilton doing quality control for refrigeration manufacturers. When I was 49, I met my second wife Karen. Marrying Karen came with 2 new daughters for me to love. When Camco closed I was too young to retire so, I became a long haul trucker travelling from California to New York City to Canada. After that I got bored, so me and my wife took a position up by Kenora. I was the Fishing Guide Manager and Karen did accounting. It was a true Canadian north adventure. One of the things I enjoyed the most was travelling. We have travelled to most of the countries in Europe, and most of the countries in Scandinavia including overnight in St Petersburg. We were also in the Caribbean many times including transiting the Panama Canal. I love to go outside when the weather is good, and if you see me say hi, I am always open for conversation.



Picture of Gerry with a barracuda caught in Mexico

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

Monday June 2nd 10th Anniversary of Elder Wisdom Launch Video at 2:00 in Town Hall

Saturday June 7th Garage Sale from 8-12 on Retirement Back Patio

Wednesday June 11th Catholic Mass at 10:15 in Town Hall

Saturday June 14th Father's Day Pub 12-2 Retirement Back Patio

Saturday June 21st Factory Shoe Sale 10-3 in Town Hall

Saturday June 21st Music with George F at 2:00 Retirement Back Patio

Wednesday June 25th Bi-Weekly Village Wide BBQ's Begin

Thursday June 26th Food Trucks 11-3 in Retirement Front Parking Lot

Saturday June 28th Music with Jim Cochetto at 2:45 in Town Square

Resident Bill of Rights

11. Every resident has the right to live in a safe and clean environment

In The RH Dining Room

Greetings from the Kitchen!

A few questions have come to my attention that I wanted to answer for every one.

Residents on Retirement have asked about how much adjustment you can make to the menu items when you order and what alternatives are available.

You can order a half portion or a double portion, depending on your appetite. You can also request half, double or none for your starch and vegetables. Some of the menu items we are adding sauce at point of service and other menu items have the protein cooked right in the sauce. Please ask your server if it is possible to have sauce on the side or no sauce. Sometimes we can accommodate and other times we cannot.

If you do not wish for either of the items on the menu, please refer to the “Always Available” menu that is on the back of your table numbers. This menu is available at both lunch and dinner. The list is also posted at the front of the dining room and on the digital menu screen outside of the dining rooms. Items on the Always Available menu are made to order and will take a little longer to have ready for you.

The new Summer/Fall menu is scheduled to launch on Monday June 30th. We will be trying some new recipes and making adjustments based on the feedback received from the Food Committee.

Thank you,

Jeff (Director of Hospitality)



RH Resident Council

Hello everyone,

We wanted to fully introduce ourselves to you all! We are the Resident Council Executive Committee. Our purpose is to:

- Review the general manager's reply to their stated problems and accept or request a different approach to the proposed solutions.
- Inform the general manager, department managers, and team members of any and all problems which affect their daily life at the Village.
- Offer suggestions for improvement to procedures and rules when they are identified.
- Participate directly in developing programs and activities.
- Participate in developing liaisons with community services and resources.

We hold the monthly meetings on the last Thursday of every month at 2:30 in Town Hall. However, there is also a Resident Council suggestion box in the general store that you can submit and concerns or suggestions.



Pictured (Left-Right) Bob Nickerson, Marni Rogers, Rick Simmons, Lorraine Pare, and Don Shewfelt

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: Shannon B.
The winner for the Retirement side is: Jennifer V (PCA).

Congratulations!!

GARAGE SALE



**If you have anything you want to
donate for the sale, please call
Taylor Morin at ext. 8207 or
Erin Seldon at ext. 8007 by
Thursday June 5th
Proceeds all go to the Dream
Team**

Sat. June 7th 8-12

**RH Back Patio
If raining, will be in
Town Hall**

Volunteer Corner with Heather/Maria

Welcome to Spring, Glendale Crossing.

Well, Spring is here and the birds are chirping away! As everyone may know, Spring is perfect for walks, driving down the country roads, and spending time with family, friends and celebrating birthdays! If you have summer ideas for events, please check with Erin, Taylor or Maria! See you soon!

You're co-editor,

Heth



Retirement General Store Hours:

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

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: Tells 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.



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www.earandhearingclinic.com

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.

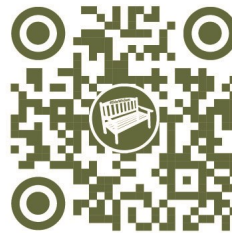
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Schlegel Villages – CONNECTIONS

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**



SPREAD LOVE
NOT HATE

PRIDE MONTH

We stand with our 2SLGBTQIA+
team and family.

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
Holly Ross	Assistant General Manager	X 8003	Holly.Ross@schlegelvillages.com
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Tracy King	Director of Quality and Innovation	X 8057	Tracy.King@schlegelvillages.com
Amera Elnamara	Nurse Practioner	X 8013	Amera.Elnamara@schlegelvillages.com
Hans Van Eyk	Chaplain	X 8043	Glendale.Chaplain@schlegelvillages.com

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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Hardeep Kumar (chef)	Ruby Restaurant Team	X 8224	Hardeep.Kumar@schlegelvillages.com
Lead Nurse		X 8255	

