

View from the Heights

May 2025

Mother's Day

Mother's Day is a time to honour the incredible women who have shaped our lives with love, strength and wisdom. In our Village, we celebrate not just mothers but all the women who have nurtured, guided, and uplifted those around them. Whether through friendship, mentorship, or community care, each woman here has played a vital role in making our world a kinder, more beautiful place. This Mother's Day, we recognize and appreciate their unwavering spirit and the legacy of warmth they continue to share. Happy Mother's Day to all the remarkable women in our Village!

The recreation team will be delivering a special flower to all of the women living in the Village. Each one of our female residents has played a significant role in the lives of younger men and women, for this we celebrate you!

Take a look at your recreation calendar for Mother's Day celebrations in both Long-Term Care and Retirement.

Caregiver's Week May 5th-11th

Help us celebrate our extraordinary team during caregivers week, May 5th-11th! We thank each and every team member for their hard work, dedication, passion and perseverance throughout the year. You will be seeing many activities happening throughout the week for our team members to enjoy. Please join us in showing our team members how much they are appreciated!

Join Us for the Walk for Memories!

We're excited to invite all residents, family members, and team members to come together for the **Walk for Memories** on **May 29th, from 10 AM to 12 Noon**. This event is a wonderful opportunity to raise awareness for Alzheimer's and support those impacted by the disease. Whether you walk in honor of a loved one or to show your support, your presence makes a difference. Stay tuned for updates, and we look forward to seeing you there!

Village Events

Details on Pages 11-12

Wentworth Heights is committed to creating a vibrant community for our Residents, and as such, we welcome family and friends to join us in our Village events and activities!



A Message From... *The General Manager*

The RESIDENT BILL OF RIGHTS States:

Every resident has
the right to exercise
the rights of a
citizen

Questions can be
forwarded to my
email

michelle.wood
@schlegelvillages.com
or call
(905)-575-4735
Ext. 8028

Please indicate if you
would like to remain
anonymous.

From the desk of Michelle Wood

We are excited to share that two of our incredible leaders have been successful in achieving new growth opportunities and will be transitioning from Wentworth Heights to support broader organizational initiatives.

Amy Radford – Regional Director of Recreation and Support Services

Please join us in congratulating Amy Radford on her new role with our Support Office Services team as the Regional Director of Recreation and Support Services.

Amy brings with her over 13 years of experience in the Recreation Department at Schlegel Villages and a deep passion for enriching the lives of residents through meaningful programming and engagement.



For the past 9 years, Amy has served as our Director of Recreation, where she has played a key role in shaping exceptional recreational experiences, mentoring a strong and creative team, and leading initiatives that bring life purpose to residents every day. Her leadership, passion, humour and heartfelt commitment to recreation therapy have left a lasting legacy at our Village. We know she will continue to make a tremendous impact in her new role as she helps guide and support teams across all Villages.

We are also proud to congratulate **Michelle Roukema** on her successful appointment to a Project Lead role, supporting the rollout of the Dedicated Care Model across Schlegel Villages.

Michelle first joined Wentworth Heights in 2015 as a Recreation Aide. Her passion for resident-centered care, advocacy and strong work ethic led her to the role of Neighbourhood Coordinator in 2020, where she has been a pillar of support for both residents and team members.

In her new role, Michelle will work with other Villages to implement and support this innovative care model, bringing her insight and firsthand experience to help ensure success.



Amy and Michelle will begin their transitions into these new roles in early May. While we will miss their leadership here at Wentworth Heights, we are so proud of their accomplishments and excited for what lies ahead. In the meantime, we are actively recruiting for an Interim Neighbourhood Coordinator to support Long-Term Care, as well as a Director of Recreation to continue the strong momentum and vision that Amy has built within our Recreation Department.

We are incredibly grateful to Amy and Michelle for all they have contributed to Wentworth Heights. Their leadership will be deeply missed, but their impact will continue to be felt across our Village and throughout the organization.

Michelle Wood GM & Sara Calder AGM-LTC

A Message From... *The Asst. General Manager*

From the desk of Barbara Taylor-Bhagwan

Dear Residents and Families,

Welcome to May—a time of growth, sunshine and celebration here at the Village of Wentworth Heights!

This month, our focus is all about fostering a strong sense of community where residents and families feel connected, valued, and included. Our village thrives when everyone takes part, and we encourage you to explore the vibrant calendar of events and programs designed to bring us together in fun, meaningful and engaging ways. Please do not forget to pick up a copy of the Monthly Activity Calendar or ask one of our team members to help you get one. From music and games to creative special events and enjoying our outdoor spaces, we have something for everyone. These activities provide cognitive engagement, entertainment and the chance to connect with other residents.

May also gives us the wonderful opportunity to celebrate and recognize the heart of our village—our incredible team members! Caregivers Week, May 5th -11th, 2025 is a time to thank every member of our team for their dedication, compassion and hard work. This week also gives us the chance to honour our team members who care for us daily. Their professionalism and kindness makes a difference in the lives of all residents and families. We are pleased to celebrate our team members at Carmen's with the Team Appreciation Dinner this year on Friday, May 23rd for a night filled with food, laughter and dancing. Our Success Award winners will be recognized at this dinner. Thank you to everyone for your nominations.

To our residents and families, **please join us in recognizing our team.** A kind word, a simple thank you, or even a shared story goes a long way in showing appreciation. Wentworth Heights is proud to reflect the values of inclusion, diversity, and the Schlegel Villages culture; where every person matters and every voice is heard.

Let us make this May a month to remember—celebrating each other, staying involved and continuing to grow as one united village

**With Appreciation,
Your Retirement Assistant Manager
Barbara Taylor-Bhagwan**

Nursing News

From the desk of Danica Milos

Mental Health Week 2025 Theme: Unmasking Mental Health

Living with a mental health or substance use challenge is hard enough; masking can make it even harder. Living with mental health challenges often forces people to hide behind a "mask" to protect themselves from judgment and discrimination. But the heavier the stigma, the heavier the mask becomes and the more isolated we feel.

This **May 5th-11th**, we are encouraging people across the village to look beyond the surface and see the whole person. By embracing honesty and vulnerability, we open the door to deeper connections and the mental health benefits that come with it. In doing so, we can create a ripple effect of courage and understanding.

On Monday, May 12th at 10:30am Kate Rizzuto from St. Joseph's Senior Mental Health Outreach Program will be joining us for Mental Health Awareness week with a presentation. She will touch on understanding and support around mental health challenges, particularly for our retirement home residents, maintaining mental health in later life, coping with change and more.

Neighbourhood News

From the desk of Michelle Roukema

Hello and Happy May!

As some of you know, I have accepted a temporary role with our Support Office to be a Project Lead to help other Villages roll out Dedicated Care. We began rolling out Dedicated Care in Stonechurch and Carrington in August of 2024 and I am so proud of the work our teams have done to embrace this model. It has so many benefits for our residents, team members, and families and we continue to learn and improve and see the positive outcomes. I am excited for the opportunity to go help, learn and support other Villages with Dedicated Care as I know how beneficial it can be.

I have had the amazing opportunity and honour to be a part of the Wentworth Heights family for almost 11 years. I started as a recreation student in September 2014, then had the opportunity to join the recreation team in February 2015. I then got the opportunity to become a Neighbourhood Coordinator in August 2020.

I have mixed emotions of leaving this team, this Village, and the residents. I have learned so much from everyone here and have grown so much over the past several years both professionally and personally. I appreciate everything I have learned, every relationship I have gained and have appreciated everyone's patience. I have memories that I will forever cherish and will hold close to my heart.

I am excited about the future, the new challenges ahead and look forward to what the Project Lead role has in store for myself, other Villages, the teams, and most importantly other residents across Schlegel Villages.

I believe in this team and I know they will carry on being the wonderful, caring, passionate, supportive team they are.

Thank you to all of you for the memories, laughs, experiences and support I have received in my time here. I am so grateful to all who I have gotten to know and support over the years. My last official day here at Wentworth will be May 2. I will be around every so often and look forward to catching up, saying hello and sharing a hug.

Thank you and see you soon.

Michelle Roukema

Neighbourhood News

From the Desk of Chanelle Cavey

Hello Wentworth and Hello Spring!

As the days grow longer and the air gets warmer, we are excited to fully embrace the beauty of spring here at the Village of Wentworth Heights. The flowers are blooming, the birds are singing, and everything feels just a little bit brighter heading into the month of May.

A Season of Renewal

Spring is a wonderful time to refresh our routines and enjoy the outdoors. Whether it is a walk through the garden in the back courtyard, sitting in the sunshine with a good book, or simply opening your window to let in the fresh air, we encourage everyone to take a few moments each day to connect with nature.

Spring Reminders:

- **Stay Hydrated:** As temperatures rise, do not forget to drink plenty of water—especially during outdoor activities. We often forget to drink enough water throughout our days anyways... Here is everyone's friendly reminder! Your body will thank you.
- **Allergy Alert:** If you are sensitive to pollen, keep windows closed during high pollen days and ensure you have antihistamines on hand to help manage symptoms. Speak with our nurses if you have questions on what could help with your oncoming allergies.
- **Light Layers:** Spring weather can be unpredictable. Keep a light jacket or sweater handy when heading out. You never know what the day will bring during a Canadian Spring!
- **Sun Safety:** Even mild sunshine can be strong—remember to wear a hat or sunscreen if you are outside for long stretches.

Fresh Starts & Cheerful Spaces

This is also a great time to tidy up your living space—maybe add a fresh plant or new photo to your shelf. Little changes can bring a lot of joy! I really enjoy treating myself to a fresh bouquet of spring flowers to have in my home. Every day I see them they remind me of growth, renewal, fresh starts, new connections, and warmer days ahead. Who says flowers should be given to you—you can show yourself some love and gift them to yourself!

Here's to a season filled with colour, comfort and community!

With warmth,
Chanelle Cavey

Neighbourhood Coordinator (Williamsburg 1st Floor, Becker 4th & 5th Floors)

Environmental Update

From the Desk of Heather Bell Livingstone



We are committed to enriching the village with exceptional service. Caring for your spaces. Respecting your privacy and ensuring we exceed expectations with promptness and with utmost professionalism.

Important dates for your consideration:

- WINDOW WASHING commencing the week of May 4th, 2025.
- ANNUAL FIRE EVACUATION DRILL LTC & RH May 14th, 2025 starting at 1:30pm.
- PATIO FURNITURE placement by May 1st, 2025 for you and your family's enjoyment.

Housekeeping: You can assist by ensuring your personal spaces are sorted and please report any spills immediately. Please do not hesitate to communicate with the team if they have overlooked a task. We are here to help!

Maintenance: Please report any maintenance concerns promptly, avoiding any service disruptions. These can include: lighting, plumbing, heating and cooling defective appliances, or if you just want some quality time with Duro.

Heather Bell Livingstone

Director of Environmental Services



The Ruby

WENTWORTH HEIGHT'S HIDDEN GEM

MAY

Welcome May!

Spring is in full bloom, and so is the flavour at your favourite spot in the sky! This month, we're celebrating the season of sunshine, blossoms, and togetherness.

Treat the amazing mothers in your life to a special brunch with breathtaking views and chef-crafted dishes. Join us for a heartwarming celebration filled with laughter, love, and delicious fare.

Reservation are required!

Menu to be announced, so keep your eyes peeled!

Get a behind-the-scenes look at how your favourite pies come to life! Our team will be hosting a live Pizza-Making Demonstration, complete with samples fresh from the oven. It's a slice of fun you won't want to miss!

Sign-up in Rec!

Please be aware on Friday, May 23rd we will be closed for dinner as the team celebrates the Village wide Team Appreciation event.

Let's make May one to remember—see you at the top!

Always,
Your Ruby Team

**FOR MORE INFORMATION OR TO
BOOK YOUR RESERVATION
905-575-4735 X8086**

UPCOMING EVENTS

MOTHER'S DAY

SUNDAY, MAY 11TH

11:00 AM – 3:00 PM

**Come celebrate with us as
we host a beautiful brunch
on the 10th floor.**

Menu to be announced.

**\$38+tax per person
Reservations are required.
Guarantee your table today!
Call X8086**

PIZZA DEMO

TUESDAY, MAY 27TH

11:30 AM IN THE HOBBY SHOP

**Join us in the Hobby Shop as Chef
Kevin takes us on a trip through
Italy as he showcases the
traditional method of pizza
making with a stone oven!
Includes delicious samples!**

**\$8 per person
Sign-up with Rec**

HOURS OF OPERATION

WEDNESDAY TO SATURDAY

Wednesday:

Ruby On the Run on Main St.

11:30 AM – 1:30 PM

Open for Dinner: 4:00 PM–6:30 PM

Thursday through Saturday:

12:00 PM – 6:30 PM

Hospitality

News

From the desk of Michelle Piccolo

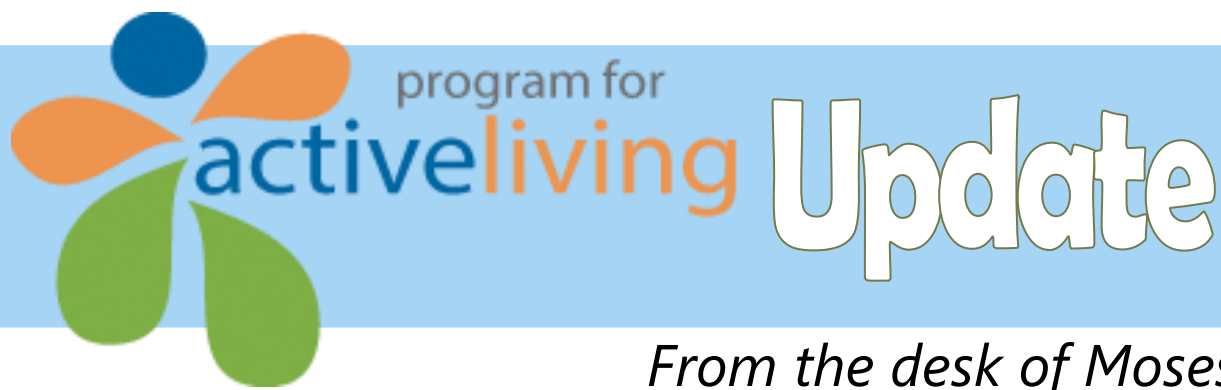
Hello! Welcome to May! I can smell the flowers now.

Thank you all who came out to Captain's Table for cruise week. It was an amazing ride to Iceland where we stopped to have dinner. What a wonderful speech from one of our co captains!

Happy Mother's Day to all the mothers this month. You deserve the best! Keep your eyes peeled for our Mother's Day Dinner in the main dining room.

This month's Lettuce Talk Food will be on Tuesday, May 13th at 10:30am in the Hobby Shop. Bring all of your comments and ideas! We love to hear from you!

Happy Spring from the Hospitality Team



From the desk of Moses Genat

Happy May Wentworth Heights!

As we step into the heart of spring, it is the perfect time to renew our focus on connection, growth and mindful living. May brings longer days, thus more opportunities to get outside, enjoy nature, and engage with one another. May reminds us to stretch beyond our routines — not just physically, but socially and mentally as well. After all, wellness is not just about movement, it is also about keeping our minds sharp and staying socially connected every day.

How can you continue growing strong and healthy this May?

1. Social Connections

Take part in group activities and social programs! Whether it is a game night, crafts, or simply sharing a cup of coffee with a neighbour, social engagement has a proven impact on mental health and emotional wellbeing.

2. Keep Moving

Make use of the beautiful weather with outdoor walks around the property or seated exercises while you soak in the sun. Do not forget the NuStep machines near the spa — they are a great indoor option if the weather takes a turn. Keep in mind: even light physical activity can lift your mood and strengthen your heart.

3. Hydration

With temperatures rising, it's important to stay hydrated. Try something new and add some fresh fruit to your water!

4. Add a Wellness Practice to your Routine

Deep breathing, meditation, stretching, reading, or journaling can all help bring a sense of calm and clarity to your day.

Remember — growth does not have to be dramatic. Small, consistent steps toward wellness can turn into lasting habits.

Stay safe,
Your PAL Team

Village

Events

Joint LTC & RH:

- Tuesday, May 6th - 2:30pm Cinco De Mayo "Mariachi Fugeo"- TS Ravi will be the lead
- Wednesday, May 7th - 8-4pm SHSM (Students)-TH
- Monday, May 12th—2:00pm Ice Cream Sundae Fundraiser for Alzheimer's Society—TS
- Wednesday, May—21st 2:30pm Armchair Travel (Connecticut) -TH
- Saturday, May 24th— Walk for Memories event (William Connell Park)
- Wednesday, May 28th— 11:00am Celebration of Life-TH
- Every Thursday 2:15pm Tech Support with Volunteer Thomas—SH

Long Term Care

- Friday, May 2nd—8:15am Men's Breakfast-CC
- Saturday, May 3rd—2pm Pub-MS
- Monday, May 5th—10:15am First Jamboree-TH (May 5th-June 16th, except May 19th Victoria Day)
- Thursday, May 8th—3:15pm Resident's Council-CC
- Saturday, May 10th—2pm Entertainment with Ron Tansley-Carr.
- Sunday, May 11th—10-12pm Mother's Day Carnation Delivery
- Tuesday, May 13th—2pm Ladie's High Tea
- Friday, May 16th—3pm Happy Hour-MS
- Monday, May 19th—2pm Victoria Day Bingo —CC
- Tuesday, May 20th—2:30pm Snack Battle Connecticut
- Wednesday, May 28th—5pm Diners Club-MS
- Friday, May 30th 2pm—Birthday Bash-CC
- Saturday, May 31st 2pm—Entertainment with Martin Kling-St.C
-

Retirement

- Saturday, May 3rd—2:00pm Ron Tansley Entertains in Egerton (2nd Floor Lounge)
- Thursday, May 8th—9:15am Breakfast Club: Pancakes & Sausage—Sign Up
- Saturday, May 10th—2:30pm Russ Weil Entertains—TH
- Sunday, May 11th—3:00pm Mother's Day Social—H
- Monday, May 12th—10:30am Mental Health Awareness Guest Speaker Kate Rizzuto—SH
- Tuesday, May 13th—10:30am Lettuce Talk Food Meeting—H
- Wednesday, May 14th—10:30am Scams, Fraud, Theft Awareness Presentation by Cst. Lalla— TH
- Thursday, May 15th—2:30pm Residents' Council Town Hall—TH
- Friday, May 16th—3:00pm Emma's Happy Hour with Gerry Larkin Entertaining
- Tuesday, May 20th—10:30am Mindfulness Meditation with Nicole—SC
- Tuesday, May 20th—5:00pm Diner's Club: Middle Easter with Team Member Fahima- H—Sign Up \$5
- Thursday, May 22nd—10:30am CRA Presentation: Pension, Retirement & More—SH
- Tuesday, May 27th—12:00pm Ruby Pizza Cooking Demo & Lunch—H—Sign up \$8

Village Outings

LTC

- Friday, May 16th 10:30am Spring Drive
- Thursday, May 22nd 1:30pm Dairy Queen
- Tuesday, May 27th 10:00am Dollarama

LTC Residents, please drop into the Community Centre any time to sign up for outings.

Retirement

- Friday, May 2nd 5:00pm Legion Fish & Chips Outing (\$)
- Tuesday, May 6th 2pm FreshCo Grocery Shuttle Upper Gage
- Thursday, May 8th 1:30pm Limeridge Mall
- Friday May 9th 11:30am Men's Club Lunch & Erland Lee Museum (\$)
- Saturday May 10th Country Drive (Emma's & Egerton)
- Monday May 12th 1:30pm Flamboro Downs Casino
- Tuesday May 13th 2pm Fortino's Shuttle Upper James & Rymal
- Wednesday May 14th 1:30pm Bowling @ Mountain Lanes (Emma's & Egerton)
- **Sunday, May 18th 12:30 Theatre Aquarius: "Waitress" (\$)**
- Tuesday May 20th 2pm Farm Boy Grocery Shuttle
- Wednesday May 21st 1:30pm Garden Club Outing to Terra Greenhouse
- Monday May 26th 1:30pm Tim Horton's Ottawa St. (Emma's & Egerton)
- Tuesday May 27th 2pm Giant Tiger (Ancaster, Wilson St.)
- Thursday May 29th 11am Welcome Committee Outing - Honsberger Winery

For those of you unfamiliar with sign up day; on the allotted day, drop into the Art Studio between 10am-3pm and fill out a ballot for each outing or special event you wish to attend. Each outing will be filled with residents by random draw to ensure fairness for everyone. Waiting lists will still exist with overflow. If you cannot make it out to sign up day you can sign up any time after by signing your name on the list in the Black binder for whichever outing you want. Binder is located in the Hobby Shop.

Sign-up day will be held:

10am-2pm Thursday, May 1st in the Hobby Shop.

You can sign up alone or with a friend/spouse on the same ballot. One Ballot per person/partners per outing.

Please check the sign-up binder, in the Hobby Shop, to see which outing you are on after sign-up day. You will receive a call from Recreation to remind you of the outing in advance.

Reminder: Bus will leave the Village at time listed on the calendar. Please ensure you are down to board the bus at least 15 minutes prior to departure time.

Please ensure you cancel **MINIMUM 24 hours** before the scheduled date for an outing or special event so we can fill your spot with someone from the wait list.

THANK YOU!

Wishing you a Happy Birthday!



Birthday celebration will be held at the last happy hour of the month in retirement Social Club.

LTC Birthday bash will be on May 30th at 2pm.

All are welcome!

Please see Village posters for resident birthdays!



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



Retirement

The next Foot Care Clinic for Williamsburg and Egerton neighbourhoods will be on May 28th and Emma's neighbourhood on May 29th. The Foot Care Clinic for the Becker and Ailsa Craig neighbourhoods will be on May 26th.



Long Term Care

The Foot Care Clinics for Long Term Care will be the week starting May 11th.

Please contact the RiverStone Spa and Salon with any questions or to book an appointment at 289 678 0021 ext 8090

Volunteer Update

From the desk of Andrew Sangster

Hi there!

Need some help with a cellphone, tablet or laptop? We will have Thomas the tech helper volunteering through out the months of May. You can meet him on Thursday afternoons in the school house from 2:15pm-3:15pm. He can help trouble shoot issues as well as assist you to learn more about your technology. If you have an interest in photography, he can also show you how to take photos using a tablet or cellphone. He is ready and willing to assist.

Happy Volunteer Appreciation week! We are excited to be able to say thank you to volunteers during this time. We have many volunteer opportunities available to residents to support in both long-term care and retirement. If you are interested in becoming an official village volunteer, I am happy to discuss this with you. I have shared ideas and volunteering options below but, if you have any other interests or ideas please share them with me. I am happy to discuss further.

- Visiting with a resident to provide companionship
- Supporting a coffee/tea and conversation group in long term care
- Leading a group (for example teaching a craft)
- Facilitating a seminar or program of interest and knowledge to you
- Sharing and teaching a passion of yours with others
- Playing an instrument to entertain others
- Help with portering residents to programs
- Assisting on a recreation outing
- Assisting with church services
- Reading to a resident or group of residents

If you have interest in learning more about becoming a village volunteer please reach out and we can schedule a volunteer orientation together. I can be reached by email at Wentworth.volunteers@schlegelvillages.com or by phone at extension 8009. Thank you for your interest.

Chaplain's

Corner

May —we welcome you!!

If you enjoy singing, I hope that you will join us for our Sing-a-long! It is a time for us to get to know each other better and share in singing some of our favourite songs.

Celebration of Life Service will be held in May. The names of residents who will be included will be posted before the service.

If you are interested a visit, so that we can get to know each other better, please let me know or call 8045.

Palliative Visiting Team: Please let me know if you are interested in being part of our Team. (ext. 8045)

Sing-a-long with Janet 'has moved', it is now on the 2nd and 4th MONDAY at 10am in the Chapel and on EVERY Thursday morning at 9:45 in the Chapel.

Movie with Janet at 2:30pm

“ I remember Mama”

with

Irene Dunne and Barbara Bel Geddes

Bible study with Ankit

Please check the monthly calendar for **times, dates and location!** Please let me know if you would like to have Communion with your family or friends.

Shalom,
Chaplain Janet

May Services

Non Denominational Church services are held every Sunday at 10:00am with Ankit, a member of our Spiritual team, and 2:30pm with Janet.

We invite you to Join us for Fellowship after the afternoon service. All residents are welcome !

Roman Catholic Mass is held on the third Wednesday of each month at 10:30am.

COMMUNION

Roman Catholic **Communion** served and prayers of the Rosary are offered on Tuesdays at 10:00am in the Chapel

Pentecost Communion served on Sunday, June 8, at both morning and afternoon church services.

In Memoriam...

The Board of Directors,
Leadership, Team Members, and
Residents of the Village of
Wentworth Heights remember...

Teresa K.

Heather Braun

Sylvia K

Jim Hewitt



We extend our sincere condolences
to these families as they grieve their loss and remember
their loved one.

Our next **Celebration of Life Service** will be held on
Wednesday, May 28th at 11:00 am

WELCOME TO THE VILLAGE!

Hello everyone,

Thank you for those of you who have been attending my meditation program. I have been enjoying getting to know some of you better and I hope that more of you will attend. To help with any confusion, I run this program every third Tuesday of the month at 10:30AM in the Social Club. This month is will be on Tuesday, May 20th at 10:30AM. It's going to be a great one, so don't miss it!

With May being the month of Mother's Day, I thought I would give you an update on my experience lately, as a mom of two boys. As most of you know, I have a 2 year old, Layo and a 4 year old, Theo. Theo is currently in Junior Kindergarten and his first year of school has been fantastic. I have seen my little baby start to grow into a child who is learning so much about the world, meeting new friends and harnessing his skills. Just this week he is learning how to read and we practice every night. His favourite things to read right now are books about Space, watches and art.

Layo is also growing quickly in front of my eyes. I feel like it was yesterday I was rocking him in the middle of the night but in reality, he is a feisty little toddler! He loves playing with his brother, riding his bike, cooking with his mom, exploring nature and tormenting his mother with always being worried about his safety. If I look away for one second, Layo will be jumping off the edge of the couch, or scaling the rocks beside our pond. He also loves to read, play with blocks and jump in puddles!

I love being a mom to two boys and I am happy I get to watch their brotherly bond grow.

- Nicole Andreatta



WELCOME COMMITTEE RESIDENT VOLUNTEER

If you are unable to reach the
Welcome Committee please call the
Marketing team in the Welcome
Centre:

Holly R. – ext. 8069
Bradley H. – ext. 8068
Nicole A. – ext. 8067

Growing Together: The Village of Wentworth Heights Community Garden

This summer, something beautiful is sprouting up at the Village of Wentworth Heights—our very own Community Garden! Created with care by the Garden Committee and open to all residents, families, and staff, the garden is more than just a place to grow vegetables—it's a space to cultivate connection, share abundance, and enjoy the wonders of nature together.

Inspired by the spirit of sharing and the words of Indigenous Scientist, Robin Wall-Kimmerer in her book, *The Serviceberry*: "The practice of reciprocity is a way to live in relationship with the world, guided by gratitude for all we receive and a responsibility to give something in return."

This philosophy guides our garden—where the harvest will be shared among residents, staff, and families alike. Whether it is fresh herbs, sun-ripened tomatoes, or a peaceful moment among the flowers, there's something here for everyone to enjoy. We're also excited to introduce our unofficial garden mascot—Harry the Heron, a Great Blue Heron who's been spotted admiring the fish in our pond and keeping a curious eye on the garden beds. Great Blue Herons are tall, graceful birds often seen near lakes, rivers, and wetlands. With their soft blue-grey feathers and slow, gliding flight, they bring a calm, thoughtful presence—like they are reminding us to slow down and take in the beauty around us. We like to think Harry brings a bit of that quiet magic to the garden.

Interested in getting your hands dirty or meeting Harry? Residents who would like to be involved in the garden are encouraged to contact the Garden Committee organizers, Linda or Art Comley, at: Email: icomley@netscape.net.

As Wall-Kimmerer reminds us, "The more we share, the more we have." That is the spirit we're planting this season—sharing the garden's gifts with each other and watching the joy, connection, and abundance grow right alongside the veggies. Please join us in enjoying the harvest and bounty this season!

With gratitude,

Janine Robertson, Horticultural Therapy Practitioner
The Garden Committee Village of Wentworth Heights

Email: janinerobertson123@gmail.com

GENERAL STORE

Tuesday 10 - 4 | Wednesday 10 - 5
Thursday 10 - 4 | Saturday 10 - 4



Seasonal Clothing!

**Tops, Sweaters, Scarves,
Slippers, Gloves & Hats.**

**Dairy, Eggs, Yogurt,
Butter, Ice Cream**

**Peanut Butter, Bread, Cookies,
Crackers**

**Tissue, Detergent, Soaps and
Paper Towel**

Pepsi, Ginger Ale, Water, Cola

No Sales Tax!

Call us at Ext. 8087

A Chance for... **YOUR VOICE TO BE HEARD**

RH Residents' Council

*Your 2025 Executive Council Members
are at present:*

Mary Millar

Our next meeting will be held on
Thursday, May 15th
@ 2:30 pm

Any questions or concerns can be
directed to Retirement Recreation
Supervisor– Elaine Thompson

LTC Residents' Council

Residents' Council will be held monthly for
all residents at 3:15pm in the Community
Centre. As per vote at a prior meeting,
meetings have been moved from the 1st
Thursday to the 2nd Thursday of the month.

Next meeting:
Thursday, May 8th at 3:15pm

This is an opportunity for our Residents to
share their concerns and suggestions that
will lead to enhancing life within the Village!

Any questions or concerns can be directed
to Jody McDonald (Resident Support
Co-ordinator) or Marie Vanlouwe
(Recreation Team Member).

This is your chance to get details and follow-up of events of common interest, to join in discussions and to share our appreciation for the work of management in our Village.

You can request team member or leadership guest speakers to attend the meeting to discuss common questions related to their department. Management team members will present an update on happenings in their areas.

Make the Residents' Council meeting a time to meet with your fellow residents, the management, and the Executives for the betterment of everyone.

Please note that Residents' Council Meetings will be followed by a Wine and Cheese Social.

LTC FAMILY COUNCIL:

We are excited to share that we will be hosting LTC Family Council on Thursday June 19th at 6:30pm. If you would like to be a part of Family Council or would like more information, please get in touch with our Resident Support Coordinator, Jody McDonald via email jody.mcdonald@schlegelvillages.com.



Room Reservations

Room Reservation Policy...

We are happy to try to accommodate Family requests to have parties and special celebrations at the Village so that your loved one can continue to be a part of your family's get-togethers!

Our space for these bookings is limited as these spaces are also enjoyed by our Residents for programs, visiting, and independent leisure activities.

Please speak to the Village office regarding room bookings and cost.

Community Centre -Available **after** 4:30p.m.
Maximum of 20 people.

Library LTC –Available after 4:30p.m. Maximum of 20 people

Country Kitchens—Available upon Request

School House– Maximum 20 people

Education Room (LL)– Maximum 40 people

Please note: If your group size exceeds the maximum for the space, we respectfully ask you to book at an external venue or contact the Ruby for a catering event. Thank-you for your understanding.



Upcoming Services

Denture Services

Direct Denture Services provides on-site denture services to residents living in long-term care and retirement.

To book an appointment on site as needed, please scan QR code, call 416-482-3700 or email us at reception@directdenture.ca

Alternatively, you can ask the Nurse to send a referral form to our office.



Footcare

STEP AHEAD is a partnership of specially trained nurses, who provide foot care.

Retirement:

Williamsburg & Egerton:

May 28th

Emma's:

May 29th

Becker & Ailsa Craig:

May 26th

Long-Term Care:

May 11th

Please contact the Riverstone Spa x8090 to make a foot care appointment or to arrange a standing appointment.

Hearing Clinic

Upcoming dates on:

May 7th, 14th, 21st & 28th

Please visit us in council chambers on retirement Main Street.

Please call 1-888-745-5550 to book an appointment.

Please see page 29 for more details.

Dentist

The Smile Room offers a mobile dentistry service in the Village.

Please call 1-888-274-9569 to book an appointment.

Dates TBD

Clinic will be held in the Rymal neighbourhood country kitchen.

Please keep an eye on the newsletters and posters in the Village for upcoming clinic dates.

Eyecare Services

On-Site Specialists offers comprehensive eye care services in the Village, including complete eye examinations, full assortment of eyeglass and optical needs, etc.

Please call (905) 326-9900 or email consult@onsitespecialists.com to book an appointment.

NO CLINIC SCHEDULED THIS MONTH

In addition, please speak with your Nurse for a consent form which can be internally sent to our office.

Spa and Salon

The Riverstone Spa and Salon, located on retirement Main Street offers a variety of services, including:

Hair care for both men and women,
Manicures,
Pedicures,
Facial Waxing,
And more!

Please call 289-678-0021 or ext. 8090 to book an appointment.

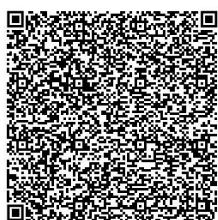
For a full list of services, please visit Riverstone Spa and Salon in-person or on their website: www.riverstonespasalon.com

**** Dentist and Eyecare Services: Clinic frequency is dependent on the registration for the service ****

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

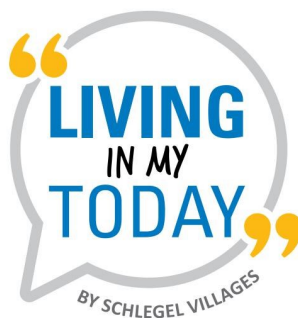
August 26 and November 25



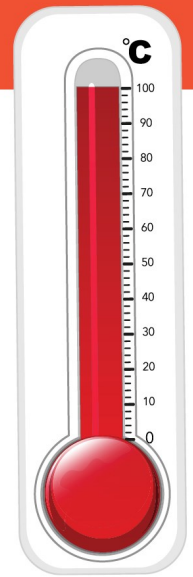
Hosted by

Heather Luth

Director of Dementia Services
and Knowledge Integration
Schlegel Villages



Heat-related illness

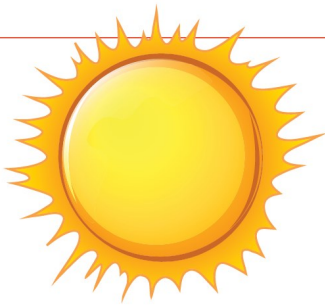


Prevention and management

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.

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.

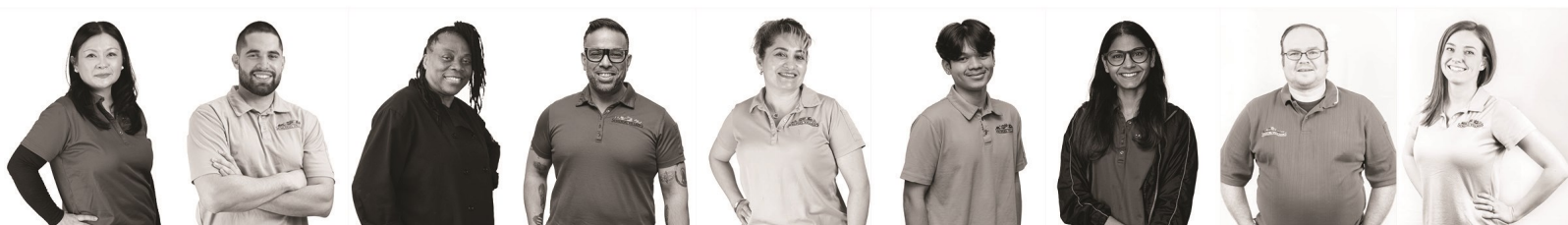
It's the housekeeper who takes time after her shift to bake cookies with residents or the personal support worker (PSW) who takes his break on Main Street, sipping tea and chatting with a resident from a different neighbourhood. It's the people who have always found fulfillment in service of others –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

 PharmaChoice

Your partners in health.

VILLAGE PHARMACIES

1620 UPPER WENTWORTH ST.
HAMILTON, ON
(289) 391-0097



About Us

Located in the Village at Wentworth Heights, we are your trusted medication experts and the trusted source for all your medication and wellness needs.

Our Services Include:



Prescriptions

Filling prescriptions, refilling prescriptions, easy prescription transfers and **custom prescription compounding**.



Health and Wellness

Advice on topics including smoking cessation, heart health, diabetes, hormone health, pain management, nutrition and more.



Injection Services

Administration of many common vaccines and others like Shingles, travel vaccines and more.



Medscheck Consultation

Ensure that you are taking the right medication, at the right dose, at the right time and are not at risk for complications.



Prescribing for Minor Ailments

Assessments and prescriptions for minor ailments including UTIs, dermatitis, cold sores and more.



Home Health Care

Products and services to support you with your health at home including compression stockings, mobility devices and more.



LIMERIDGE MEDICAL SUPPLIES
849 Upper Wentworth St. Hamilton, ON
905.385.9494

- SCOOTERS, WALKERS, POWER CHAIRS
- CERTIFIED COMPRESSION STOCKING FITTERS
- SCOOTER AND MOBILITY REPAIR
- ONTARIO DISABILITY SUPPORT PROGRAM PARTNER
- DIRECT INSURANCE BILLING AVAILABLE

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.



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

In Council Chambers on Retirement Main Street:

May 7th, 14th, 21st & 28th

For more information or to book an appointment at The Village of Wentworth Heights, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

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Melissa Marks-Truscello – Director of Recreation Melissa.marks@schlegelvillages.com	Ext. 8035
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Michelle Roukema – Neighbourhood Coordinator for Rymal & Stonechurch Michelle.roukema@schlegelvillages.com	Ext. 8036
_____ – Neighborhood Coordinator for Carrington & Scotsdale Email	Ext. 8048
Andrea Cicci-Walker – Director of Quality and Innovation Andrea.walker@schlegelvillages.com	Ext. 1306
Heather Bell Livingstone – Interim Director of Environmental Services Heather.bell.livingstone@schlegelvillages.com	Ext. 8070
Donna Padget – Director of Food Services Donna.padget@schlegelvillages.com	Ext. 8015
Lead Nurse Call this number for any health related emergency	Ext. 8079

YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

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Blessing Iwegim – Neighbourhood Coordinator for Emma’s and Ailsa Craig Blessing.iwegim@schlegelvillages.com	Ext. 8081
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Mariana Iacob –Dining Room Supervisor Mariana.iacob@schlegelvillages.com	Ext. 8073
Nicole Andreatta & Bradley Hiltz –Director of Lifestyle Options Nicole.andreatta@schlegelvillages.com & Bradley.hiltz@schlegelvillages.com	Ext. 8067/8068
Holly Ross – Village Experience Coordinator Holly-jean.ross@schlegelvillages.com	Ext. 8069
RH Administrative Team - Wentworth.retadmin@schlegelvillages.com Call this number for the front desk	Ext. 8085
Lead Nurse Call this number for any health related emergency	Ext. 8079