


View from the Heights

July 2025 

Timeless Recipes, Endless Stories

Thursday, July 24th
2:30-4pm on Main Street

We will be hosting a program that falls under our Wisdom of the Elder umbrella. This program is a part of Pursuit of Passions and is called *Timeless Recipes, Endless Stories*. Each Village will have the opportunity to host a Village event showcasing favourite recipes from residents. This internal event will allow families, residents and team members to come together, taste test and learn the stories of why that recipe is meaningful. If you or your loved one has a recipe that is meaningful to you and your family, please reach out to Elaine or Melissa. If you would like to join your loved one for the event to help prepare the recipe, we would be very grateful for the assistance!

The top 4 recipes, with the most votes on July 24th, will be featured in the Schlegel Villages Cookbook.

Read more about the program on page 27.

Canada Day

Tuesday, July 1st

Join us for a Canada Day celebration!

Entertainment with Lorelee McGuirl

Please join us for entertainment in Town Square at 10:00am.

Canada Day BBQ (11:00am-3:00pm)

We will be celebrating Canada Day with a BBQ with cheeseburgers, hot dogs, kale salad, potato salad, chips, pop, beer, and ice cream. For those not on a meal plan, tickets can be bought at the retirement office for \$10.00.

Canada Day Carnival (11:00-3:00pm)

Please join us for a fun-filled afternoon at the Carnival on the back patio. Enjoy some carnival games and delicious treats—popcorn, cotton candy and snow cones.

Families and friends are welcome to attend!

Don't forget to wear your red, white and/or orange!

Village Events

Details on Pages 12-13

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!



The Village of
WENTWORTH HEIGHTS

A Message From... *The General Manager*

From the desk of Michelle Wood

The RESIDENT BILL OF RIGHTS States:

"Every resident has the right to be told both who is responsible for and who is providing the resident's direct care."

Each year, we take a moment to pause and celebrate the incredible people who make Wentworth Heights such a special place to live and work. Whether it is a warm smile in the hallway, a thoughtful gesture, or a helping hand when it is needed most, these moments matter. They are what make our Village feel like home.

At Schlegel Villages, our culture is built around meaningful relationships, and the way our team members support residents and one another each day is something truly worth celebrating.

One way we recognize this is through our Connect the Dots Success Awards, which honour team members who embody the values at the core of our customer experience: Know Me, Be Present, Walk in My Shoes, Earn Trust, and Follow Through. This year, we received so many thoughtful nominations from residents, families, and fellow team members, each one a beautiful reflection of the care, compassion, and dedication that fills our Village. Thank you to everyone who submitted a nomination and shared such kind and inspiring words. Your stories remind us of the meaningful impact our team members have every day.

We're proud to announce this year's Connect the Dots Success Award Winners:

Know Me – Lori Nikischin, Neighbourhood Care Partner RH

Be Present – Anacleta "Annie" Ebale, Neighbourhood Care Partner RH

Walk in My Shoes – Kathy Sherwood, Housekeeper - LTC

Earn Trust – Stephanie Martinez, Food Server - RH

Follow Through – Josephine Hora, Registered Practical Nurse - LTC

These awards were presented at our Team Appreciation Event in May, where we had the opportunity to gather, celebrate, and say thank you.



To our award winners, congratulations! And to each and every team member who brings heart, energy, and care to our Village, thank you. Your everyday efforts create a place where people feel safe, supported, and truly at home. We see you, we appreciate you, and we are so grateful for all that you do.

It takes a Village, and because of each of you, this one is pretty amazing.

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.

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

From the desk of Barbara Taylor-Bhagwan

"Because every day is better when we live it together."

Dear Residents, Families, and Friends,

As July begins, we are reminded of the joy that summer brings, warm sunshine, fresh air, and time spent with the people who matter most. This month is all about focusing on what truly makes a difference: staying well, building meaningful connections, and making sure everyone feels cared for, respected, and part of something bigger.

Canada Day is a special time for us to reflect on the country we call home. It is more than a holiday—it is a moment to honour the stories, history, and values that define who we are. Many of you have helped shape this nation through years of dedication, hard work, and family life, and we are proud to celebrate not just Canada's birthday, but your important role in its story. On July 1st, we will come together to enjoy music, food, and celebration, surrounded by the people who make this Village so special.

Caring for ourselves also means taking time to slow down and enjoy the peaceful moments around us. Our gardens, patios, and walkways offer the perfect setting to unwind. Whether you are sipping your morning coffee under the gazebo or sharing a quiet conversation in the fresh air, these moments of stillness are a chance to refresh your mind, lift your spirit, and feel renewed.

That sense of connection is at the heart of everything we do. Wentworth Heights is not just a place to live, it is a place to belong. This summer, we are encouraging everyone to reach out with kindness. A warm smile, a shared memory, or a simple "How are you today?" can turn an ordinary moment into something meaningful. Whether you are a long-time resident, a newcomer, or a visiting loved one, you are part of our Village. Every interaction, every kind word, and every laugh shared helps weave a community built on trust, dignity, and genuine care.

To our residents: thank you for the trust you place in us, for the stories you share, and for the strength and grace you bring to this home. To our families: your love, support, and partnership mean the world, and we are so grateful to walk this journey with you. And to our team: thank you for showing up each day with heart, compassion, and an unwavering commitment to making each resident feel safe, valued, and truly at home.

Here is to a month filled with sunshine, friendship, and the kind of moments that remind us how special it is to be together. Let us make this July one to remember.

Nursing News

Hello Wentworth!

As a Leadership and Nursing team, we have been meeting with Ontario Health at Home (OH atHome) and Paramed to look at coordination of care provided within our village. You may be aware that OH atHome employ care coordinators that determine eligibility of services apart from care provided by our staff. As such, we meet together to discuss how best to work together as a team.

In the near future, Paramed team members will be scheduled to a neighbourhood as a shift approach. This allows for more consistency of care to individual residents and less travel of Paramed staff throughout the building. This approach allows for more consistent support throughout the day, ensuring that each neighbourhood receives dedicated attention and continuity of care.

We have been working very closely with OH atHome and Paramed to review residents' care, meal plans and preferred times to assist with accommodating needs and preferences, while keeping as much consistency as possible in each neighbourhood.

If you have any questions or concerns, please reach out to your appropriate Neighbourhood Coordinator, and if needed, we can direct your question directly to Paramed.

Looking forward to a more collaborative approach.

Your Leadership Team,

Williamsburg, 4th & 5th Floor- Chanelle Cavey
chanelle.cavey@schlegelvillages.com ext. 8080

Egerton & 3rd Floor- Courtney Roarke
courtney.roarke@schlegelvillages.com ext. 8077

Emma's & Ailsa Craig- Blessing Iwegim
blessing.iwegim@schlegelvillages.com ext. 8081

Neighbourhood

News

From the desk of Andrea Walker

My name is Andrea Walker, and I am so happy to be back as your Neighbourhood Coordinator for Scotsdale and Stonechurch. It is a joy and pleasure to return to a role that means so much to me, and I am really looking forward to reconnecting with familiar faces and getting to know those I have not met yet! You will often see me around the neighbourhoods, please feel free to stop me anytime for a chat. I am here to support you, answer questions, and help make our Village feel warm, welcoming and a positive place for everyone.

A bit about me, I am married with four children, one grandson, and three dogs. In my free time, I love being outdoors and spending time with my family, especially in the beautiful summer weather.

I am truly excited to be here and to work alongside all of you again. If you ever need anything, please don't hesitate to reach out. You can contact me at 905-575-4735 extension 8036. Looking forward to seeing you all in the village this summer and enjoying your company at our summer time barbecues out in the fresh air.

Andrea Walker

Neighbourhood News

From the Desk of Courtney Roarke

You may have already noticed some changes to the layout of the Egerton neighbourhood! We are in the process of enhancing the environment with more open space and purposeful design to better support mobility needs, including those who use wheelchairs, walkers, or other assistive devices. These adjustments are part of our ongoing commitment to creating a more accessible and comfortable space for everyone.

We are also introducing more visual cues to inspire residents to engage in both spontaneous and scheduled activities throughout the day. While our facilitated programs will continue as always, we are excited to add additional resources and materials that residents and families can explore together at their own pace.

Families and friends are always welcome and encouraged to participate in any programs happening throughout the Village. Your involvement helps enrich the experience for all, and we look forward to seeing you.

Kind regards,
Courtney Roarke



Environmental

Update

From the Desk of Heather Bell Livingstone

July 2025

We have completed some projects around the village and we will be beginning a few.....

One of our ongoing initiatives is to support our residents with deep cleans in our residential suites. They are above and beyond services we can provide, such as inner windows, high dusting and vacuuming of furniture. Please reach out to ext. 8070 or your accredited housekeeper to discuss further.

Completed projects:

- Exterior window washing
- Bed Entrapment Audit
- Annual Fire Inspection
- RHRA Semi Annual Inspection
- Exterior Furniture and Accessories Set Up
- Temperature Monitoring Stick (LTC) Carrington and Scotsdale

Ongoing Projects:

- Blowing Condensation lines
- Verifying functionality of appliances
- Checking, replacing, and cleaning filters to maintain optimum air quality
- Carpet and floor care

Thank you for your ongoing support throughout these projects.

Heather Livingstone Director of Environmental Services

A Message From... Resident Support Coordinator

From the desk of Jody McDonald

Summer Days are about Sunshine, Smiles & Special Moments

As the warm breeze rolls in and the days grow longer, our Village comes alive with the joy of summer! From garden strolls to ice cream socials, every sunny day is a chance to create new memories and celebrate life together. But also comes the reminder of the importance of self-care.

Physical Self-Care

- **Start a morning or evening walk routine** — even 15 minutes can make a difference.
 - **Try a new physical activity** like swimming, yoga, reading, or dancing.
 - **Stay hydrated and eat fresh, seasonal foods** — think berries, cucumbers, and watermelon.
 - **Prioritize sleep** by setting a consistent bedtime and creating a calming nighttime routine.
-

Mental & Emotional Self-Care

- **Journal regularly** — reflect on your day, your goals, or things you're grateful for.
 - **Practice mindfulness or meditation** — apps like Headspace or Insight Timer can help.
 - **Read for pleasure** — pick up a novel, poetry, or something inspiring.
 - **Limit screen time** and take breaks from social media, or TV time when needed.
-

Social & Emotional Connection

- **Plan quality time with friends, family or a pet** — picnics, game nights, or a movie.
 - **Volunteer** for a cause you care about — it is a great way to give back and feel good.
 - **Join a local club or group** — book clubs, gardening groups, fitness classes, or a Gather group.
-

Creative & Personal Growth

- **Start a creative project** — painting, writing, photography, or crafting.
- **Learn something new** — a language, an instrument, or a new recipe.
- **Create a summer bucket list** with fun and meaningful goals.

If you need some motivation and inspiring, please stop by my office on the LTC side

Thanks, Jody McDonald your Resident support coordinator



JULY

Dear Residents, Families and Friends;

Summer is in full swing, and there is no better place to savour the season than on the 10th floor, where the views are as delightful as the company. We are excited to unveil our brand-new menu, thoughtfully crafted with fresh, seasonal ingredients and a variety of flavourful options to please every palate. Whether you are in the mood for a light salad, a hearty entrée, or a sweet treat, there is something new to discover — and it is all served with a side of sunshine and warm hospitality.

In addition to our new menu, do not forget to check out our weekly features, changing every week to keep things exciting and delicious. From chef's specials to creative twists on classic dishes, these rotating features are a great reason to visit again and again. Bring a friend or come solo — either way, your taste buds are in for a treat!

Mark your calendars for a special event: Hors d'Oeuvres in the Orchard, happening this month on the back patio near the fruit trees. Enjoy a charming evening outdoors with a variety of appetizers, live music, and a complimentary cocktail to toast the summer. July is the perfect time to enjoy great food, good company, and the beautiful outdoors — and we cannot wait to see you there!

Always,
Your Ruby Team

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

UPCOMING EVENTS

HORS D'OEUVRES IN THE ORCHARD

SATURDAY, JULY 12TH

1:00 PM – 4:00 PM

Outside on the patio!

**Menu to be announced.*
Feature cocktail included in price*

**\$25+tax per person
Reservations are required.
Guarantee your table today!
Call X8086**

RUBY ON THE RUN

EVERY WEDNESDAY

11:30 AM ON MAIN STREET

**Join us each week at the Market
on Main St., where you'll find a
rotating selection of fresh soups,
hearty sandwiches or wraps, a
delicious hot entrée, and an
assortment of baked treats like
muffins and cookies. There's
always something new to try —
stop by and see what's cooking
this week!**

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

Happy Canada Day! Welcome to July.

We are so proud and happy to be celebrating Canada Day with you all. Please join us out back for an amazing carnival and BBQ lunch. Burgers, hot dogs and salads! And a really cool treat for dessert.

We hope you have been enjoying BBQ season so far! This is what to expect this month:

Canada Day BBQ

July 10th - Grilled chicken on a bun with Greek salad

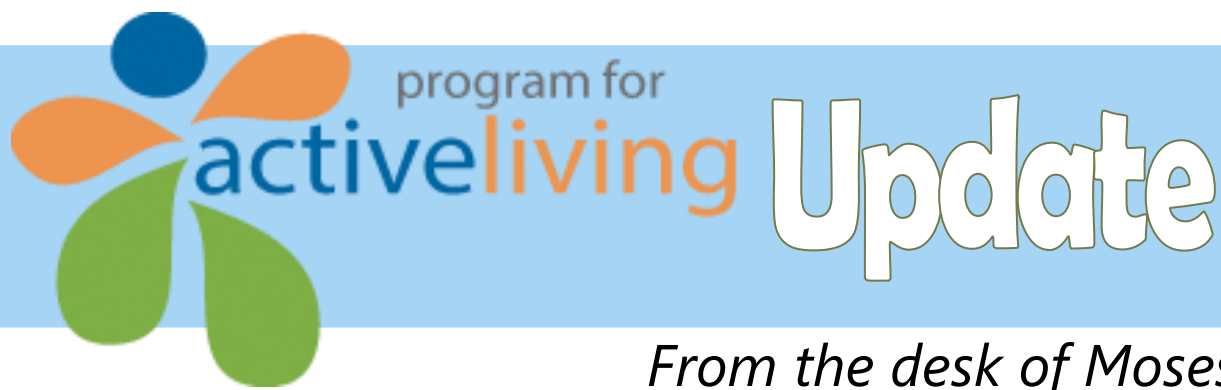
July 24th—Sausage on a bun with red skinned potato salad

Tuesday, July 29th is National Lasagna Day. To celebrate that we will have an Italian themed lasagna dinner. We will be serving an appetizer, main course of lasagna and salad and an Italian dessert with an Italian inspired cocktail.

Thanks to all who come to Lettuce Talk Food! Our meeting this month is on July 8th at 10:30am in the Hobby shop. See you all there.

Your Hospitality Team





From the desk of Moses Genat

Happy July, Wentworth Heights,

Summer is here! Have fun in the sun, but remember to keep your health a number one priority this summer. As the warm weather continues, it allows for more opportunities to relax and partake in outdoor activities. We wanted to take the time to put emphasis towards some tips and tricks that you may use to enjoy a healthy summer season.

- Keep hydrated
 - The standard suggestion is to aim to drink around 6-8 cups of water/day. If you intend to spend much time outside in the sun, you may want to aim even higher to maintain adequate hydration.
 - Water, sport drinks, and/or juice are your best options especially in comparison to alcohol and caffeine, which are known to accelerate dehydration.
- Protect yourself when in the sun
 - When possible, try to avoid direct sun exposure, especially during the peak hours of 10am-4pm.
 - You also want to remember to apply sunscreen before heading outside.
- Wear light clothing
 - Check the forecast before you go out! Make sure you know what to expect of the weather so you may dress accordingly.
 - A summer wardrobe that we suggest would consist of loose-fitting and light-colored clothing, selecting lightweight natural fabrics such as cotton being that they are more breathable compared to polyester or nylon.
- Protect your eyes
 - Stay cool with sunglasses! Too much exposure to the sun increases the risk of eye damage.
 - Similar to sunglasses, hats also offer sufficient sun protection towards one's eyes!

Constant monitoring of your body is also especially important during these times, done so by recognizing when the hot weather is making you sick, and when to get help.

- Watch for any signs/symptoms of heat stress (heat exhaustion, heat stroke, etc.) that include, but are not restricted to:
 - Heavy sweating, muscle cramps, tiredness, weakness, cold or clammy skin, dizziness, headache, extreme thirst, nausea or vomiting, fast and weak pulse, a very dangerous rise in your body temperature, confusion, and loss of coordination.
- It is best practice to always remember to cool down and realize when it is time to limit your time outdoors. And, do not be afraid to seek medical care immediately if you have, or someone you know has, symptoms of heat related illness.

Stay Safe & Active,
Your PAL team.

Village Events

Joint LTC & RH:

- Tuesday, July 1st—Canada Day (Wear your red, white or orange)
- Tuesday, July 1st—10:00am Canada Day Entertainment with Lorelee—TS
- Tuesday, July 1st—11:00am-3:00pm Canada Carnival—BP
- Tuesday, July 15th—2:30pm Armchair Travel: Mexico—TH
- Wednesday, July 23rd—National Gorgeous Grandma Day—We will be offering a photo shoot for some of our female residents—sign up with recreation
- Thursday, July 24th—2:30-4pm Pursuit of Passions: Timeless Recipes, Endless Stories—MS
- Saturday, July 26th—2:30pm National Day of the Cowboy (Dress in your Western wear)
- Saturday, July 26th—2:30pm Country Entertainment—TS

Long Term Care

- Friday, July 4th—8:30am Men's Breakfast—CC
- Saturday, July 5th—2:00pm Pub with Chris Bruder—MS
- Monday, July 7th—10:15am First Intergenerational Jamboree Music Therapy (July 7th-August 18th, except August 4th)
- Thursday, July 10th—3:15pm Residents' Council—CC
- Friday, July 11th—2:30pm Gather Group—Lib
- Saturday, July 12th—2:00pm Entertainment with Cam Woolvett on Carrington
- Friday, July 18th—3:00pm Happy Hour with Greg Keyes—MS
- Wednesday, July 23rd—5:00pm Diner's Club: Greek Food—TH
- Friday, July 25th—2:00pm Birthday Bash—CC
- Friday, July 25th—2:30pm Gather Group—Lib
- Wednesday, July 30th—2:00pm Entertainment with Jim Young on Stonechurch

Retirement

- Thursday, July 3rd—2:30pm Build Your Own Bouquet—Fresh Cut Flowers—A
- Saturday, July 5th—2:00pm Dave Thierry Pianist Performance—Egerton (2nd Floor)
- Tuesday, July 8th—10:30am Lettuce Talk Food Meeting—H
- Thursday, July 10th—3:00pm Teddy Bear Picnic Social Hour—H
- Saturday, July 12th—2:30pm Sean Bienhaus Performs—Back Patio
- Tuesday, July 15th—2:00pm Armchair Travel: Mexico—TH
- Tuesday, July 15th—3:00pm Ruby Reflections Food Meeting—H
- Thursday, July 17th—9:15am Breakfast Club: Bacon & Eggs—H
- Friday, July 18th—3:00pm Emma's Happy Hour with Gerry Larkin
- Saturday, July 19th—2:30pm Entertainment with Joey Ace—TH
- Tuesday, July 22nd—5:00pm Diner's Club—H \$
- Thursday, July 24th—2:30pm Timeless Recipes, Endless Stories—MS
- Saturday, July 26th—2:30pm Country Entertainment—TS
- Tuesday, July 29th—4:45pm & 6:15pm Italian Theme Dinner for National Lasagna Day

Village Outings

LTC

- Thursday, July 3rd 10:00am Country Drive (Scotsdale/Stonechurch)
- Wednesday, July 9th 10:45am Outing to Hutch's on the Beach
- Saturday, July 19th 2:00pm Country Drive (Carrington/Rymal)
- Friday, July 25th 11:00am Outing to the Watering Can Market (Vineland)

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

Retirement

- Thursday, July 3rd—1:30pm Metro and Shopper's Drug Mart
- Friday, July 4th—12:30pm Lighthouse Festival "The Hound of the Baskervilles" Port Dover—\$25
- Saturday, July 5th—11:00am Brott Music Fest on the Water
- Monday, July 7th—10am Knitting club outing – lunch and Lens Mills Port Dover
- Tuesday, July 8th—1:30pm Fortinos Grocery Shopping
- Thursday, July 10th—1:30pm Williams Café on Pier 8 for Emma's and Egerton Residents
- Friday, July 11th—1:30pm Egerton Giant Tiger Shopping Trip
- Monday, July 14th—10:00am Brantford Casino Outing
- Tuesday, July 15th—11:00am Boat for Hope—\$100 per person for the Team Member Hope Fund
- Wednesday, July 16th—1:30pm Hewitt's Dairy Bar Emmas and Egerton
- Thursday, July 17th—10am No Frills Grocery Shopping—New store on Upper Wentworth St.
- Monday, July 21st—1:30pm Hewitt's Dairy Bar
- Tuesday, July 22nd—1:30pm Lococos Grocery Shopping
- Wednesday, July 23rd—1:30pm Country Drive Emma's
- Tuesday, July 29th—1:30pm FreshCo Grocery Shopping
- Wednesday, July 30th—9:30am Waterfront Trolley \$8.50
- Thursday, July 31st—9:30am St. Jacob's Market

For those of you unfamiliar with sign up day; on the allotted day, drop into the Art Studio between 10am-2pm 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 Wednesday, July 2nd in the Hobby Shop.

You can sign up alone or with a friend/spouse on the same ballot. One Ballot per person/partner 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
Friday happy hour
of the month in
retirement
Social Club.
LTC Birthday bash
will be on July
25th at 3pm.
All are
welcome!

**Please see Village posters for
resident birthdays!**



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

GARDEN CLUB NEWS

Our Communal Garden is Thriving



This is our communal garden. The Garden Club has planted and is caring for the garden but it belongs to all of us to enjoy. As the various plants mature, we are invited to sample and use the produce. Some of the recreational programs may use some produce for special events or make preserves to sell at our bazaar. Perhaps, some herbs will make their

Can You Help?

Perhaps you would like to join the Garden Club. Everyone is welcome. If you can help with watering a little, or a lot, we can use your help. If you are interested in the Garden Club or in helping, call Linda at (905) 923-3370

Next Garden Club Meeting July 16th at 3:00 PM in the School House.

Please join us if gardening is of interest to you. We may move out to the garden. However, we will be discussing special ways to make use of the garden in the latter part of the summer. Come and bring your ideas.

way to some dishes in the Ruby.

The Kale (below) is now ready to pick. If you like Kale there are two varieties. **Please use scissors to cut the lower leaves first and remember that everything is for sharing.** The same guideline will be true as other produce matures (*i.e. cut, don't tear off*). Lettuce, Swiss Chard and herbs will follow soon.





Retirement

The next Foot Care Clinic for Williamsburg and Egerton neighbourhoods will be on July 9th, Emma's neighbourhood will be on July 10th. There is no Foot Care Clinic for the Ailsa Craig and Becker neighbourhood in July



Please note that the price will be increasing from \$33.00 to \$35.00 commencing June 30th.

Long Term Care

There are no Foot Care Clinics for Long Term Care in July

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

Please help us welcome Teresa to the RiverStone Spa and Salon.

Teresa has over 40 years of hairstyling experience and will be a great addition to the Salon.

Chaplain's Corner

July has finally arrived!

If you are new to the Village, I hope that you will consider joining me for the New Residents Gathering.

3 new Groups

- age 50—70ish
- 'read a book in a month club'
- "Coffee, Chat and Dash"

Sing-a-long with Janet is 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 2:00pm
"Life with Father"
with

William Powell, Irene Dunne and Elizabeth Taylor

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 or if you would like to join or learn more about our 3 new groups!

What do you think about taking a leisurely "paws", for a walk and chat in the fall?

Shalom,
Chaplain Janet (ext. 8045)

July 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

In Memoriam...

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

Lenore MacDonald
Deanna Morrow



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

October 29th at 11:00 am

FATHER'S DAY CHURCH SERVICE 2025

Our special church service for Fathers was well attended. During our time together we talked about our Father

The following are the memories that were shared by the residents who attended the afternoon church service.

HAPPY FATHER'S DAY

I remember his smile
He taught me how to sing
I remember him coming home from work
As a minister, he taught me about Christ
He always had time for us
He taught me about nature and to appreciate trees
He always showed his love to my Mother. He kissed her
He took us for ice cream
He took us to the cemetery to visit our loved ones
He taught us about Devotions
He made sand castles and dribble cakes with me
He prayed with me before bed
He taught me how to ride a tractor and drive a car
He took us to church
He taught me to fish
He taught me how to walk
He showed me how to look for worms and how to put them on a hook
I loved him
He shared his faith
He helped me to enjoy farm life
He climbed mountains
He took us to the beach
He took us to see movies
He taught me to play the guitar and organ
He taught me how to clean fish
He brought us to the Hamilton Market on Saturdays

WELCOME TO THE VILLAGE!

"Thank you to everyone for making our Big Band event another one to remember! We really enjoy hosting The Toronto All Star Big Band each year and we can see that you all enjoy it as well. We had over 20 people join from our waitlist so that they can see just how much fun we have here at The Village! Next year we may try a cooler month so that we can host them outside. Stay tuned!"



WELCOME COMMITTEE RESIDENT VOLUNTEER

Annie W. – ext. 2123

Barb J. – ext. 2311

Audrey M. – ext. 2326

Mary M. – ext. 2329

Margo F. – ext. 2518

Barb H. – ext. 2527

Georgette L. – ext. 2616

Tom & Donna L. – ext. 2714

Mary C. – ext. 2822

Roy R. – ext. 2921

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

GENERAL STORE

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



Seasonal Clothing!

**Tops, Sweaters, Slippers,
Knitted Items, Afghans**

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

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

**Tissue, Detergent, Soap 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 Member at present:

Mary Millar

Our next meeting will be held on
Thursday, July 17th
@ 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 the previous meeting, meetings have been moved from the 2nd Thursday to the 1st Thursday of the month.

Next meeting:
Thursday, July 3rd at 2:00pm

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 include Wine and Cheese.

LTC FAMILY COUNCIL:

We are excited to share that we will be hosting LTC Family Council on Thursday, July 24, 2025 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.



Announcement of the Current Events Group

Dear Residents of Wentworth Heights,

We are planning another fundraising event in support of two local charities, Indwell and Good Shepherd. This is the fifth time we are attempting to support homeless people in Hamilton, and we are looking forward to another successful outcome.

This will be a **two-week fundraiser from Saturday September 13th to Sunday September 21st**.

Again, we are asking for financial contributions for both charities in support of special projects as well as donations of good used clothing and kitchen items for Good Shepherd. As the charities' representatives have assured us, they can use almost anything, from clothing to tools, sewing machines to bed sheets, shoes to scarves (no underwear, please), as long as these items are in good condition.

In case you, dear Residents, would like to clear out any items now, we can either pick them up or you may leave them in the gazebo on Main Street. They can be stored safely in our locker in the basement.

If you are a new Residents at Wentworth Heights, I would like to give you a brief explanation of our project. About two years ago, the topic of "Homelessness in Hamilton" was discussed in our Current Events Group as it had become a crisis in our city. We wondered if we could help in a small way. Since then, we have organized two annual fundraisers with great support from management and team members. In total, we have raised more than \$20,000 for the two charities of our choice and collected more than 300 boxes and bags of used items. All financial donations for Good Shepherd were in support of Regina Place, where, in a supportive environment, 40 teenage moms and young couples with their babies are offered a new start in life. The donated goods are available free of charge to Goodwill clients. The funds for Indwell went to the following projects: Funding of a number of beds for new Indwell supportive housing; stacking the pantry in a group home; a cooking course for Indwell residents.

We hope that you, dear Wentworth Residents, will walk past our tables in front of the gazebo on Main Street with a smile and a generous heart. We are looking forward to greeting you there!

One last note: If you would like to join our group of volunteers and spend some hours at our tables, greeting passersby and explaining our project, we would very much appreciate your participation. (Please contact Kathe at 2811)

Kind regards,
Kathe Kleinau



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: July 9th

Emma's: July 10th

Becker & Ailsa Craig: No foot care in July

Long-Term Care:

No footcare in July

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

Hearing Clinic

Upcoming dates on:
Every Wednesday
(Dependent on registration for the service)

Please visit us in Council Chambers in retirement on 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.

July 18th

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 Main Street in Retirement 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 ****

Signs and symptoms of heat illness



Heat exhaustion

If you or someone you are with experience any of these symptoms, immediately move to a cool place and drink fluids; water is best. Alert a registered team member as soon as possible.



Skin rash



Muscle cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination

Heat stroke



High body temperature



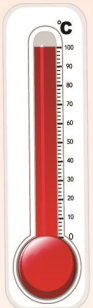
Confusion and lack of coordination



Dizziness or fainting



No sweating, but very hot, red skin



Heat stroke is a medical emergency – immediately report to a registered team member or call 911 if away from the Village. While waiting for help-cool the person right away by:

- Moving them to a cool place, if you can;
- Remove excess clothing (layers);
- Applying cold water to large areas of the skin; and
- Fanning the person as much as possible.

Schlegel Villages – **CONNECTIONS**



Schlegel family's pride in **CANADA**

"The beauty and vastness of the country and its countless different landscapes is a great point of pride," says Brad Schlegel, reflecting on the celebration of Canada Day this year. "Mirroring that it is the beauty of our people, with our multitude of cultures, and the bounty of their generosity and kindness."

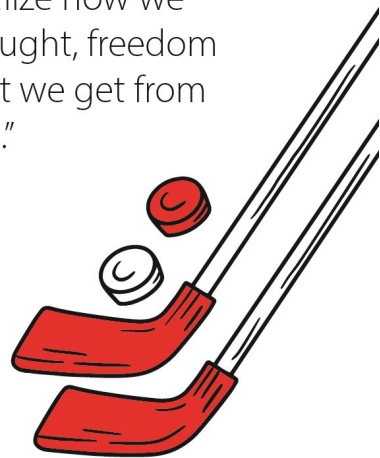
This year has been one of great reflection for many Canadians, for there have been new challenges borne out of changing perspectives among our global neighbours. There has been a rise in Canadian patriotism as a result, and across our Villages we see it in full force as our residents and team members celebrate the ties that bind us together across our nation on July 1.

As Jamie Schlegel considers this, he echoes much of what his brother says, with an added flare for a stalwart Canadian Passion. "I'm proud of the vast and rugged natural beauty of our land," Jamie says, "the humility and kindness of our people and the fact we dominate the game that really counts – hockey!"

For their father, Ron, who founded Schlegel Villages and in doing so, furthered his father's passion for community building, Canada finds its strength in its diversity. He notes he was born in a tiny Hamlet west of Kitchener, Punkeydoodles Corners, and as a boy moved to the village of Ailsa Craig. Influences came from Germany and Scotland respectively in these areas, and these blend together to make Canada strong. "In my opinion, Canada is the best country in the world," Ron says, reflecting on the diversity of language and geography that helps define the nation.

His oldest son, Rob, while travelling in Europe, expands on that reflection. "I am proud to be Canadian as we travel around the world and realize how we enjoy our freedom of thought, freedom of speech and the respect we get from people in other countries."

**Happy
Canada
Day!**



Schlegel Villages – CONNECTIONS



Throughout Senior's Month in June, we saw many great events to celebrate **#Elderwisdom** across the province, and we thank everyone who participated and helped remind our communities how much our oldest generations have to teach us. We are looking forward to the month of July as our Wisdom of the Elder signature program continues with our **Pursuit of Passions** tradition.

In years past, Villages have showcased the artistic talents of residents through art shows, large and small, but we've also found that a celebration of cuisine and the culinary passions of residents is always well received.

Throughout July, we know there are many events planned; some Villages are hosting cook-offs to showcase favourite recipes

where fellow residents and team members will have opportunities to vote on their favourites. In others, space is being created for residents and team members to cook together and break bread in the neighbourhoods with their neighbours.

Throughout the **"Timeless Recipes, Endless Stories"** events, the memories shared and the explanation of the meaning behind the recipes will be the greatest points of pride.

No matter how your Village and neighbourhood is focusing on the passion we all share for good food and company, we hope everyone can take a bit of time to share some of their culture and personal history through conversations about the foods we love.

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VILLAGE PHARMACIES

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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



GIFT BASKET RAFFLE



Open to Village Pharmacies Customers
and Team Members

Introduce a friend, co-worker, or
fellow resident to VILLAGE PHARMACIES
and be entered to win

**A BEAUTIFUL GIFT BASKET
(VALUED AT \$200)**

Includes 2 meal tickets
for a
**Grand River
Dinner Cruises**
(\$150 value)



Draw Date: July 31st

ALL NEW PATIENTS DECIDING TO USE OUR STORE FOR THEIR
EVERYDAY NEEDS WILL ALSO BE ENTERED IN THE DRAW!

Boosting Brain Health: Small Habits, Big Impact

Brain Health Day (July 22) is a reminder that how we care for our brains today can shape how we live tomorrow.

Our brains change over time, but the choices we make every day can help keep them strong.

How we live, move, eat and connect with others can shape our brain health. Even small lifestyle changes can help support memory, thinking skills and overall brain function.

The Brain-Body Connection

Our brains and bodies are deeply connected. Lifestyle behaviours such as regular physical activity and a balanced diet not only support general health, they also have a positive effect on memory and thinking abilities.

What can you do?

- Take a brisk walk most days of the week
- Eat more vegetables, fish, and whole grains
- Limit processed foods and added sugars
- Stay hydrated

Exercise Your Mind, Too

Keeping the brain active is just as important as staying physically active. There's growing evidence that challenging your brain helps keep your thinking sharp.



Try these brain-boosting activities:

- Do a daily crossword or Sudoku puzzle
- Play matching games
- Use both hands equally for tasks like brushing your teeth or making breakfast
- Try a new form of movement like yoga, tai chi, or dancing – bonus if it involves remembering sequences
- Memorize short lists of items in your home, then test yourself after a short break
- Read aloud to yourself or others
- Use a journal to track emotions and memory progress
- Socialize regularly – join a game night, walking group, or volunteer activity

Take One Small Step Today

Whether it's going for a walk, trying a crossword puzzle, or adding more leafy greens to your plate, each step matters. The RIA offers tools, resources, and research-based programs to help older adults live their best lives—and that includes supporting better brain health.

Want more? Check out the Memory Workout By Us For Us Guide (the-ria.ca/bufu).



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:

July 2, 9, 16, 23, 30

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

| | |
|---|-----------|
| Michelle Wood – General Manager Michelle.wood@schlegelvillages.com | Ext. 8028 |
| Sara Calder – Assistant General Manager Sara.calder@schlegelvillages.com | Ext. 8060 |
| Zeljka Susnjar – Administrative Coordinator Zeljka.susnjar@schlegelvillages.com | Ext. 8027 |
| Melissa Marks-Truscello – Director of Recreation Melissa.marks@schlegelvillages.com | Ext. 8035 |
| Daniel Lazniewski – Kinesiologist/Exercise Therapist Daniel.lazniewski@schlegelvillages.com | Ext. 8113 |
| Jody McDonald – Resident Support Coordinator Jody.mcdonald@schlegelvillages.com | Ext. 8305 |
| Sumarani Jose – Director of Nursing Care Sumarani.jose@schlegelvillages.com | Ext. 8034 |
| Chris Micheletti – Assistant Director of Nursing Chris.micheletti@schlegelvillages.com | Ext. 8329 |
| Ruti Patel – Interim Assistant Director of Nursing – IPAC Ruti.patel@schlegelvillages.com | Ext. 8066 |
| Sue Waddell – Interim Neighbourhood Coordinator for Rymal & Carrington Sue.waddell@schlegelvillages.com | Ext. 8048 |
| Andrea Walker – Neighborhood Coordinator for Scotsdale & Stonechurch Andrea.walker@schlegelvillages.com | Ext. 8036 |
| 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 |
| Charge Nurse Call this number for any health related emergency | Ext. 8057 |

YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

| | |
|--|----------------|
| Michelle Wood — General Manager Michelle.wood@schlegelvillages.com | Ext. 8028 |
| Barbara Taylor-Bhagwan — Interim Assistant General Manager Barbara.taylorbhagwan@schlegelvillages.com | Ext. 8075 |
| Zeljka Susnjar — Administrative Coordinator Zeljka.susnjar@schlegelvillages.com | Ext. 8027 |
| Elaine Thompson — Recreation Supervisor Elaine.thompson@schlegelvillages.com | Ext. 8332 |
| Moses Genat — Kinesiologist/Exercise Therapist Moses.genat@schlegelvillages.com | Ext. 8031 |
| Danica Milos — Interim Director of Wellness Danica.milos@schlegelvillages.com | Ext. 8072 |
| Sumeya Aleman — Assistant Director of Wellness Sumeya.aleman@schlegelvillages.com | Ext. 8301 |
| Courtney Roarke — Neighbourhood Coordinator for Egerton and 3rd Floor Becker Courtney.roarke@schlegelvillages.com | Ext. 8077 |
| Chanelle Cavey — Neighbourhood Coordinator Williamsburg & 4th and 5th Floor Chanelle.cavey@schlegelvillages.com | Ext. 8080 |
| Blessing Iwegim — Neighbourhood Coordinator for Emma's and Ailsa Craig Blessing.iwegim@schlegelvillages.com | Ext. 8081 |
| Heather Bell Livingstone — Interim Director of Environmental Services heather.bell.livingstone@schlegelvillages.com | Ext. 8070 |
| Duro Brajic — Environmental Service Supervisor Duro.brajic@schlegelvillages.com | Ext. 8071 |
| Michelle Piccolo —Director of Hospitality Michelle.piccolo@schlegelvillages.com | Ext. 8074 |
| Cora Marcelin — Interim Dining Room Supervisor Cora.marcelin@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 |