

The Gates Gazette

**PROUD TO BE
CANADIAN**

JOIN US JULY 1ST

Exploring our country

Canada Day parade

Entertainment

Light snacks & refreshments

See your calendar for details

Village News

Long-Term Care

Residents' Council

July 17th at 2pm
in the Chapel

Food Committee

July 30th at 2pm on the
Johnston Neighbourhood

Canada Day July 1

Travel through our neighbourhoods for
our Canada Parade from 11am-12pm

Come join us at 2pm on Mainstreet for a
Canada Day Party with Lynne & Rick!

YMCA Campers Visit

Wednesdays at 10:30am we will be
having a group of YMCA campers visit
on Main Street. Join us for a morning of
fun, intergenerational activities.

We look forward to seeing you there!



Happy Birthday!

Margaret A.
Robert A.
Eman A.
Barbara F.
Beulah F.



Daphne G.
Vera L.
Caroline M.
Vasile V.
William W.

Village News

Retirement



Canada Day July 1

Come join our traveling Parade
11 am – 12 pm celebrating
Canada Day

2:30 pm Canada Day Party
with Les Picard
Patio

Vendors Coming to the Village

Vicky's Gems
10 am - 2 pm

Lost and Found & Retirement Item Swap

July 5th – All Lost and Found items will be placed out for residents to look through.

July 6th – Bring down any items you'd like to donate, and feel free to take anything you can use. At the end of the day, all remaining items will be donated to Goodwill.

RESIDENT COUNCIL

Meeting:

July 9th 3:00pm
In Council Chambers

Food Committee

Meeting:

July 10th 3:00pm
In Council Chambers

Village Town Hall

Meeting:

July 16th 3:00pm
In Town Hall

July Birthdays!



Alice M.
Ann H.
Brigitte H.
Bruce C.
Carl S.
David C.
Dulcie F.
Elizabeth C.
Ellen S.

Janet H.
Jack K.
James O.
Jean W.
Joseph M.
Joyda R.
Ken L.
Larry L.

Larry M.
Lee K.
Martha D.
Olga G.
Peter F.
Phyllis L.
Suzanne S.
Vernon C.
Kenneth M.

Our Spiritual Life Together

Retirement Home Spiritual Care Team



Spiritual Life

Facilitator:

Jane Kuepfer

(RP, MDiv, PhD)



Spiritual Care

Student:

Becky Dmitrienko

(MTS, Conrad

Grebel)

CONTACT us to
arrange for a visit:

jane.kuepfer@

uwaterloo.ca

519-904-0650 x 8249

Through the summer months this world is a palette of colour and beauty! Creation thrives and flourishes and we wonder at it all.

We too are creators, made in the image of the source of all life. We each create in our own ways, some very practical, and others using various artforms.

Over the summer, during our Tuesday spiritual life gatherings, we will be considering and appreciating different forms of art, and how both expressing ourselves creatively and appreciating and enjoying art created by others, brings us joy and peace.



THIS MONTH YOU ARE INVITED TO JOIN US FOR:



Tuesday Spiritual Life Gatherings
at 2:30 in the Town Hall.

These will be held every **SECOND** week during July and August:

July 8 and July 22
ART and spirituality

Watch for posters for more details!



Other weekly gatherings:
Thursdays -10:15 in Egerton
11:00 'Good Morning God!'

group in the library
(scripture, conversation & prayer)

Sunday evening Hymn Sings— 7:30 in the Town Hall



Roman Catholic Communion and Prayers

(Town Hall, then Egerton):

Sundays, July 6th at 10:45, July 20th at 10:30

Communion and Rosary: Thursday July 10th 2pm

Mass with Father Jamroz, with Confessions:

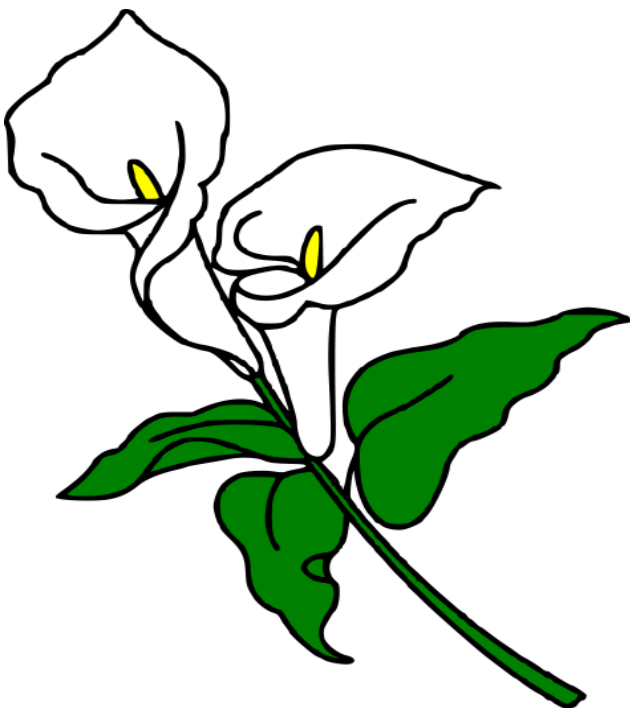
Friday July 25th 11am

We Remember



Giovanni C. (LTC)

Lynda H. (RH)



*Thank you for sharing
your time with us*



An opportunity to **GATHER** with others who understand.

The **Care Partner Gather** group is for spouses, adult children or friends of persons living with dementia or other challenges that put us in a 'care partner' role.

In a small group setting we share how things are going and offer listening and support. You are welcome to join us!

When? Tuesday, July 8th and 22nd 3:45-4:30

Where? Retirement Home Town Hall

A **Gathering for those who are grieving** provides a supportive space for residents to connect, share, and explore their grief, fostering healing and emotional well-being through shared experiences.

When? Friday, July 11th and 25th

2:30-3:15

Where? Retirement Home Town Hall

For more information please contact Jane Kuepfer at
jane.kuepfer@uwaterloo.ca



Spiritual Care Services (Long Term Care)



Spiritual Care Services
Rev Mike Zenker

Mike.zenker@schlegelvillages.com

519-904-0650

Ext. 8011

HOURS

Tuesday - Thursday Mornings

*(*times may vary depending of events in the village)*

Special & Religious Holidays In June

July 5 – Islamic: Ashura*

Marks the martyrdom of Husayn ibn Ali.

July 9 – Baha'i: Martyrdom of the Bab* Commemorates the execution of the Baha'i co-founder.

July 23 – Rastafari-an: Birthday of Haile Selassie* Celebrates the birth of the Ethiopian Emperor, revered in Rastafarianism.

July 24 – Church of Jesus Christ of Latter-day Saints: Pioneer Day
The arrival of the first Mormon pioneers in Utah.



Spiritual Life Gatherings

- Tuesdays **9:30am** Rosary Service
- Thursdays **9:30am** 'Hymns' Chapel Service.

Roman Catholic Communion & Prayers:

- *See Retirement Chaplain's Page for monthly services. If you wish to attend, or your loved one wished to attend, please let us know and we will do our best to make sure they can participate.*
- *We have a team of volunteers who come and visit one-on-one with residents and administer Communion, pray a prayer of Blessing etc. If you would like them to visit you (or your loved one), please send me an email and we will add them to the visitation list.*

Moving Into the Unknown – Henry Nouwen

It takes courage to move away from the safe place into the unknown, even when we know that the safe place offers false safety and the unknown promises us a saving intimacy with God. We realize quite well that giving up the familiar and reaching out with open arms towards him who transcends all our mental grasping and clinging makes us very vulnerable. Somewhere we sense that, although holding on to our illusions might lead to a truncated life, the surrender in love leads to the real Love. (*Agape) - Greek



TIMELESS RECIPES, *endless stories*

PURSUIT OF PASSIONS 2025

**JOIN US FOR A
CELEBRATION
OF FOOD, CULTURE,
AND COMMUNITY!**

Our residents will share
their treasured recipes and
the stories behind them —
from family traditions to
cultural favorites.

Wednesday, July 23

2 pm - 4 pm

Long Term Care's Main Street



WATERLOO PARK RETIREMENT WALKING GROUP

WHEN: EVERY MONDAY

Sign ups will be posted
at hobbyshop due to
limited spaces

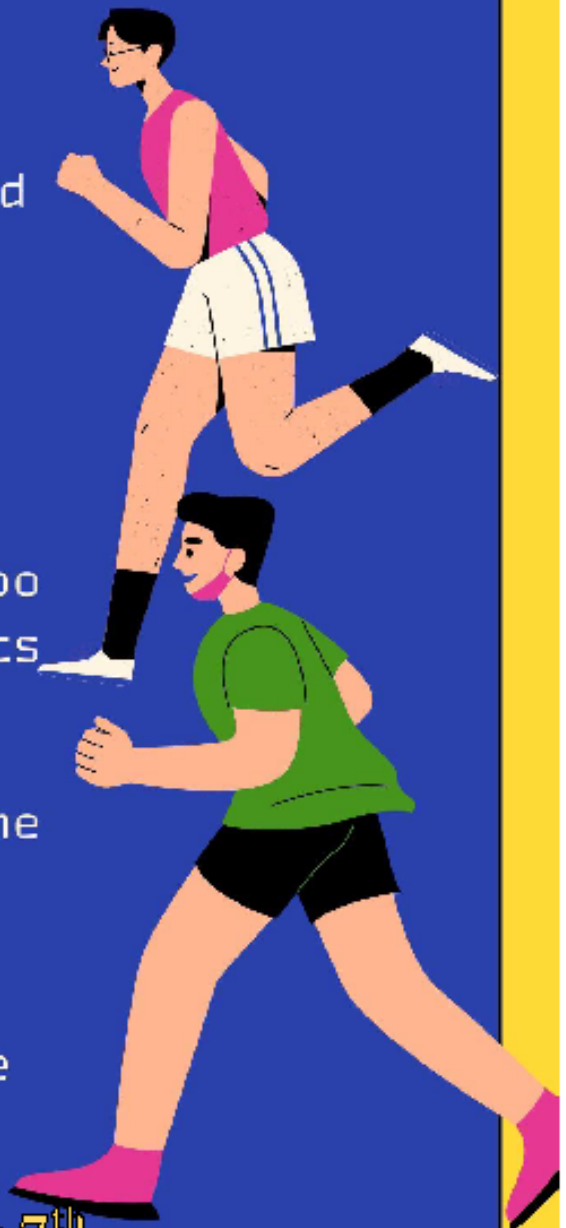
TIME: 2:30-4:00 PM

Enjoy walking around
silver Lake in waterloo
park if weather permits

Rain location will be
the indoor track at the
Waterloo Rec Centre

We will be bussing to
Waterloo Park from the
village

Start Date: Monday, July 7th



ATHLETE OF THE MONTH



BOB SCHULZ



ABOUT THE RESIDENT

Bob is one of our newer residents at the Village and has already made so much progress in the PAL program!

He is always willing to exercise and brings positive energy to our fitness center!

FITNESS GOALS

Bob's fitness goal is to be able to go on outdoor walks outside around the Village! He had a cottage on Lake Huron and enjoyed walking down to the beach.

FAVOURITE EXERCISES

Bob enjoys coming to the fitness center to use the NuStep as well as attending many of the group fitness classes such as Balance Class and Zumba!





Cook's Pharmacy
EMPOWERING PATIENTS FOR BETTER HEALTH



1065-250 LAURELWOOD DR., WATERLOO, ON
519-213-9504 | WWW.COOKSRX.CA
*** HOURS: MONDAY through THURSDAY: 9AM TO 5PM ***

**Our pharmacy is open to the public
That includes your friends and families!**

**Hours of operations: Monday to Thursday from 9am to 5pm
Closed on Friday, Saturday, Sunday and Holidays**

**Join us our next education presentation
on July 9th @ 2pm in the Townhall:
Arthritis and the Importance of Physical Activity with Ashima**

**Did you know our pharmacies also carry toiletries, incontinence products, meal replacements, RogersTV Bingo and many more!
Come by and have a look!**

About Us

Located in the Schlegel Village at the University Gates, you can count on the fact that we will know you by name. We will be familiar with your health history. We will go the extra mile to ensure your health and well-being are a top priority.

CAMBRIDGE
182 Pinebush Rd.
(548) 288-4088

GUELPH
649 Scottsdale Dr.
(519) 780-2778

KITCHENER
1450 Block Line Rd. 31 Kingsbury Dr.
(519) 742-5600 (519) 208-9767

NEW HAMBURG
75 Huron St.
(519) 662-2640

WATERLOO
520 University Ave W.
(519) 744-2200

WELLESLEY
1201 Queens Bush Rd.
(519) 656-2240



Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of University Gates, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Quality & Innovation Update

LTC



- Phone tree adjustment, returning ability to leave voicemails on Neighbourhood RPN phone to support more efficient and accessible communication
- Streamlined server lock and key storage system to support compliance
- Overall decrease in complaints from March (19) to May (4) = 78% improvement
- Implemented process to complete All ME Forms to support more rounded resident knowledge and understanding
- As of June 13 all of the pressure injuries in the village were stable or improving
- QIP: 1-month followup with resident initiated complaints are ongoing
- QIP: monthly complaints and concerns trends discussion at Risk Management meetings ongoing
- QIP: sharing of improvements and changes at residents' councils ongoing
- QIP: townhalls to share improvements with residents on the neighbourhood not yet started
- QIP: neighbourhood discussions and root cause analysis related to specific new stage 1 pressure injuries – ongoing, but wanting to decrease original target of number of discussions related to sustainability
- QIP: skin & wound trend discussion with neighbourhood nurses are ongoing
- QIP: planning to adjust toileting and repositioning documentation audit to be more helpful with targeting specific skin needs
- QIP: Pharmacy review of antipsychotic medications at 3 month and 6 month review are ongoing
- QIP: Neighbourhood case studies with resources to support recognition of escalating situations are ongoing
- As of Q4 2024, number of residents experiencing worsened mood from symptoms of depression (17.8) decreased from 22.4 (Q4 2023)

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."

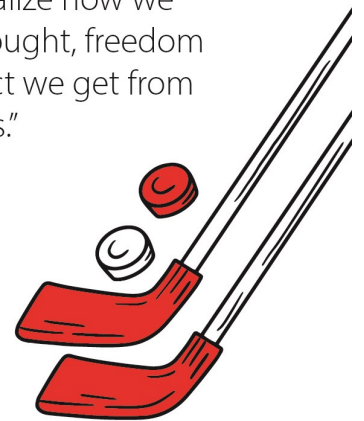
This year has been one of great reflection for many Canadians, for there have been new challenges borne out of changing perspectives among our global neighbours. There has been a rise in Canadian patriotism as a result, and across our Villages we see it in full force as our residents and team members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

RESEARCH MATTERS

RIA FEATURE

July 2025

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).

THE GATES GAZETTE

WHO TO CONTACT WITH QUESTIONS OR CONCERNS
VILLAGE PHONE NUMBER: 519-904-0650



When calling an LTC resident directly please use the Resident Line 519-904-0653

RH Residents each have private phone numbers



LONG TERM CARE

Role/Name	Extension
General Manager: Chris-Anne Preston	8203
Asst General Manager (LTC): Patricia Solik	8003
Asst General Manager (RH): Ion Zdrengha	8204
Administrative Coordinator: Elena Oprea	8202
Admin Assistant (LTC): Clare Legare	8001
Neighbourhood Coordinators	
Hagey & Johnston (LTC): Brandy Douey	8031
Wright & Matthews (LTC): Kim Boyes	8025
Downey & Pollock (LTC): Lee-Ann Air	8037
Department Directors	
Director of Nursing Care (LTC): Wendy Miller	8005
Assistant DNCs (LTC): Ruhab Muzaffar	8054
Assistant DNCs (LTC): Emily Uebele	8059
Assistant DNCs (LTC): Vidhi Goyal	8060
Director of Environmental Services: Dilan Ganegoda	8006
Director of Recreation: Meghan Connelly	8007
Director of Hospitality: Lisa Price	8004
Food Services (LTC): Savita Devi / Liz Barre	8008
Director of Program for Active Living (PAL): Liam Stiles	8126
Exercise Therapist (LTC): Sarah Harris	8013
Nursing	
Charge Nurse LTC	8055
Psychosocial and Spiritual Well-being	
Resident Support Coordinator (LTC): Janessa	8057
Chaplain (LTC): Mike Zenker	8011
Volunteer & Student Services (LTC): Jessica Lambe	8010
The Ruby Dining Room	8224 (bar)
Riverstone Spa and Salon	8227

THE GATES GAZETTE

WHO TO CONTACT WITH QUESTIONS OR CONCERNS
VILLAGE PHONE NUMBER: 519-904-0650



When calling an LTC resident directly please use the Resident Line 519-904-0653

RH Residents each have private phone numbers



RETIREMENT

Role/Name	Extension
General Manager: Chris-Anne Preston	8203
Asst General Manager (LTC): Patricia Solik	8003
Asst General Manager (RH): Ion Zdrengha	8204
Administrative Coordinator: Elena Oprea	8202
Admin Assistant: Theresa / Arsha / Melod	8201
Neighbourhood Coordinators	
Williamsburg/Ailsa Craig 7-8: Jennifer Allen	8208
Emma's/Egerton: Sandy Taylor	8205
Becker: Victoria Leger	8206
Ailsa Craig 8-10 Ion Zdrengha	8204
Department Directors	
Director of Wellness (RH): Trish Baird	8209
Assistant Director of Wellness (RH): Meena Sukhram	8210
Director of Environmental Services: Dilan Ganegoda	8006
Assistant Director of Environmental Service (RH): Jessica England	8250
Maintenance Services (RH): Brad/ Will	8234
Director of Recreation: Meghan Connelly	8007
Recreation Supervisor (RH): Noah Bester	8207
Director of Hospitality: Lisa Price	8004
Director of Program for Active Living (PAL): Liam Stiles	8126
Exercise Therapist (RH): Emily Port	8216
Nursing	
Lead Nurse (RH)	8255
Psychosocial and Spiritual Well-being	
Chaplain (RH): Jane Kuepfer	8249
Volunteer & Student Services (LTC): Jessica Lambe	8010
Marketing	
Dirs. of Lifestyle Options: Sahar/Sophia/Nicolette	8248/8041/8241
Village Experience Coordinator: Alex Hamley	8048
The Ruby Dining Room	8224 (bar)
Riverstone Spa and Salon	8227