

# *The Glendale Gazette*

## July 2025



Barb P(RH) & Gianni (Entertainer)



Colin H (LTC) & Ali (Team Member)



Donna B (RH)



Bill K (RH) & Anna K (LTC)



Arden M (RH) & Anne W (RH)



Ann P (LTC) & Ron A (LTC)



# From The Desk of Cindy Awde

Welcome to July—a month bursting with sunshine. As summer settles in with its golden glow, there's no better time to enjoy the simple pleasures that this vibrant season offers.

July is often a time when families come together, and we encourage you to embrace these moments with open arms. Whether it's a visit from family or friends, a backyard barbecue, or a quiet afternoon sharing stories on the back patio, these moments become cherished memories.

The July weather brings the perfect balance of sunny days and pleasant evenings. It's ideal for spending time outdoors—perhaps with a morning walk, or an afternoon on the back patio. Be sure to stay hydrated, wear a hat, and apply sunscreen when enjoying the sunshine!

**If you haven't heard already the Bees have arrived at the village. Monika the Horticultural Therapist will be helping with the bee keeping this summer. We are excited to see how much honey our bees produce.**

Wishing you a month full of sunshine, laughter, and love.

Warmly,

**Cindy Awde**

**General Manager**





# Garden Tips From Monika

## A GARDENER'S GUIDE:

### HOW TO KEEP YOUR COOL IN A HEAT WAVE

Oh Canadian weather, how I love to hate thee. It seems that our climate is becoming increasingly unpredictable and with that comes dramatic fluctuations in temperature. This is going to be a controversial opinion, especially in this season of heat and sunshine—but I really don't like summer all that much. I can't stand baking away on a beach. Just the words "hot girl summer" make me cringe. Maybe it's because my job entails working outside/in a hot greenhouse and I live in a farmhouse that offers little reprieve from the sticky summer air, but a sweltering summer usually means a miserable one. That being said, I still believe in enjoying each season to the fullest—and so I have managed to become quite the expert at beating the heat and making life a little easier during the steamiest summer days.

#### 1. GET MINTY

Peppermint has a natural cooling and anti-inflammatory effect on the skin. Invest in shampoo, soaps, lotions or a roller that is peppermint based. Especially before bedtime, have a cool, minty shower and it will make a world of difference in helping you get through the night if your room is starting to resemble an oven.



#### 2. FOCUS ON YOUR BODY'S KEY POINTS:

Applying a cold compress or an ice pack to areas of your body where the veins are close to the skin can lower your body temperature quickly and effectively. Focus on your wrists, temples, chest, and neck for best results. Soaking your feet in cold water can also bring fast relief from the heat.

#### 3. BOOST HYDRATION WITH COOLING FOODS:

Let's be honest, one of the best parts about summer is all of that readily available, gorgeous, freshly grown produce. Snacking on high water content foods can help your body stay hydrated and better regulate temperature. Opt for snacks like cucumber, celery, melons, and strawberries throughout the day.

#### 4. SPICE IT UP

It sounds counterintuitive but eating spicy foods can enhance circulation in the body and cause us to sweat—which is our body's natural air conditioning.

#### 5. AVOID TIGHT CLOTHING AND SYNTHETIC FABRICS:

Now is not the time for skinny jeans or anything tight. Wear only what will allow your body to breathe. This means loose, light, and linen based clothing.

#### 6. HOT TEA:

I know, I know. Hot tea? On a hot day? It may not feel comfortable at the time but like spicy food, hot tea can help your body cool itself down more effectively. Specifically, Fenugreek tea has been shown to promote sweat, which as unpleasant as that might seem, helps to cool you down.

# From The Desk of Amy Jackson

## **Weather Preparedness at Our Village!**

At Glendale Crossing, the safety and well-being of our residents is always our top priority—especially during severe weather. Whether that be facing a storm, heavy snowfall, or a power outage, we are fully prepared to keep everyone safe, secure, and comfortable.

Our long-term care and retirement buildings are both equipped with emergency generators that automatically activate in the event of a power outage. These generators are essential in maintaining critical systems, including emergency lighting, vital medical equipment, food and medication storage, and, when possible, heating or air conditioning. To ensure reliability, our generators are inspected every week and tested monthly by our maintenance team.

Our staff is trained in all emergency protocols and follow the safety procedures outlined in our internal policies. This training includes managing weather-related emergencies, supporting residents during shelter-in-place situations, and, if necessary, relocating residents safely within the building. We regularly conduct drills to ensure all staff members are confident and ready to respond effectively.

In the event of severe weather, residents can rest assured that our team will provide guidance, support, and regular updates. Families will be kept informed through direct communication, and our main line will remain available for any inquiries. For added peace of mind, we encourage residents to keep a small personal emergency kit in their room, including items like a flashlight, extra hearing aid batteries, and a list of important contacts.

While it is very rare, if an evacuation ever becomes necessary, we have detailed plans in place to ensure all residents are transported safely and continue to receive the care they need. Families would be notified promptly should this occur.

Our team remains dedicated to providing the highest level of care, no matter the weather. If you have any questions about our emergency preparedness or would like to speak with someone on our management team, please don't hesitate to reach out.

Thanks for reading, I am always happy to chat!

Amy Jackson – Assistant Director of Environmental Services extension 8229  
Caring for you! Rain or shine!





# Deep Thoughts with Nicole Daley

By now, I promise you this girl is waiting for fall... So, if you see me sweating and hogging every fan I come across, just throw ice cubes and keep walking!

I felt a bit “stuck” about what to write for you this month... So enjoy some getting to know me facts.

- Do you have a favorite unusual or surprising hobby?  
I like to crochet and collect useless knowledge
- What was the first concert you attended?  
Ricky Martin - Livin La Vida Loca
- Is there something you've never done that most people have?  
I have never been to Canada's Wonderland
- Is there a speech or movie scene that you know by heart?  
Grease- The whole movie
- Do you love any "unusual" music genres or niche podcasts?  
Bet you'd never peg me for an old country fan... Loretta Lynn is my favorite!!

Until next time, be the reason someone smiles today and every other day!

Nicole Daley—LTC 1st floor Neighbourhood Coordinator



# 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



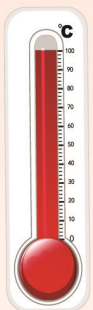
Confusion and lack of coordination



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.





Wishing you a  
**Happy Birthday!**

## Our Residents

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

### LTC

Barbara B July 1st  
Laura S July 3rd  
Barb B July 4th  
Sam C July 5th  
Lauraine S July 6th  
Betty H July 6th  
Annabell C July 7th  
Rudy S July 7th  
Sharon S July 13th  
Bill G July 14th  
Helen D July 14th  
John K July 17th  
Dan T July 18th  
Marion T July 21st  
Bill L July 21st  
Jackie L July 22nd  
Arlene A July 24th  
Janice G July 24th  
Mary S July 26th  
Jan H July 27th  
Henny R July 27th  
Albert P July 30th

### RH

Chloe S – July 4<sup>th</sup>  
Richard VH – July 4<sup>th</sup>  
Lucille P – July 7<sup>th</sup>  
Michelle S – July 7<sup>th</sup>  
George W – July 9<sup>th</sup>  
Anne B – July 10<sup>th</sup>  
John A – July 10<sup>th</sup>  
Jeanine D – July 11<sup>th</sup>  
Ruth M – July 11<sup>th</sup>  
Donna M – July 13<sup>th</sup>  
Ken G – July 14<sup>th</sup>  
Marion R – July 17<sup>th</sup>  
George T – July 20<sup>th</sup>  
Doreen E – July 24<sup>th</sup>  
Helen L - July 24<sup>th</sup>  
Simone W – July 26<sup>th</sup>  
Rick P – July 28<sup>th</sup>  
John K – July 29<sup>th</sup>  
Joyce B – July 31<sup>st</sup>  
Don T – July 31<sup>st</sup>



### In Memoriam

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

*LTC– Dorothy I  
RH– Maria K, Helen T, Robert M*

# Village Events

## **Combined Village Events with Retirement and Long Term Care**

Every Sunday at 2:45 Church Service in Town Hall

Every Monday Evening at 6:30 Musical Entertainment in Town Hall

Every Friday Evening at 6:30 & 7:45 Documentary Hour in Town Hall

July 9 & 30 Village Wide BBQ

July 3 The Boutique 10-2:30 on Retirement Main Street

July 8 Speaker Series: Author Nicola at 2:30 in Town Hall

July 12 Music with Gary M at 2:45 in Town Hall

July 14 Connie's Embroidery Sale 10-3 Retirement Main Street

July 15 Big Bite Food Truck 11-3 Retirement Front Parking Lot

July 22 Timeless Recipes Taste Testing at 2:45 in the Town Hall

July 25 Celebration of Life at 2:45 in Town Hall

July 26 Music with Jim Cochetto at 2:45 in Town Square

July 30 Speaker Series: Indigenous Presentation at 2:45 in Town Hall

July 30 Dinner and Murder Mystery at 5:00 in the Ruby (Sign Up)

## **Resident Bill of Rights**

12. Every resident has the right to be given access to protected outdoor areas in order to enjoy outdoor activity unless the physical setting makes this impossible.



# RH News

Please see the list of your new Food Committee members. If you have any concerns regarding food, you can reach out to Jeff Tucker, Elise Cosens, or a committee member so that your concerns can be brought forward at our monthly Food Committee meetings. The meetings for the Food Committee occur the second Tuesday of every month at 2:30pm. However, we will continue to hold an open Food Committee meeting for all residents 4 times a year in the Town Hall, And it will be advertised on the recreation calendar. Thank you!

## **Food Committee Members**

- Bette Young (2261)
- Pat Leeson (2321)
- Tommie Racey (2422)
- Coral Lamport (2527)
- Pauline Giffin (2612)
- Ivan Siriani (2620)
- Cindy Russell (2624)
- Karen Ische (2626)
- Joan Shewfelt (2825)

# From The Desk of Valery Smith

My name is Valery Smith, and I'm proud to be the Food Service Manager here at the Village of Glendale Crossing. I'm looking forward to the Summer ahead and am especially excited about launching our brand-new menu starting July 7<sup>th</sup>! It's shaping up to be a delicious season filled with great food, fun BBQs, and plenty of exciting activities.

Here's to a vibrant, flavourful summer together!

Warm regards,

Valery Smith

Food Service Manager



# Summer Safety

## Summer Safety: Protecting Our Residents in the Heat:

As the temperatures rise and summer settles in, it's important to recognize that our residents in long-term care and retirement are particularly vulnerable to heat-related illnesses. At The Village, we are committed to ensuring the safety, comfort, and well-being of everyone in our care, especially during periods of extreme heat and humidity.

## Why Summer Weather Matters in LTC and RH

Older adults are more susceptible to the effects of heat due to age-related changes in thermoregulation, chronic medical conditions, and medications that can impair the body's ability to cool itself. In long term care and retirement settings, it's essential we take proactive steps to prevent heat exhaustion, dehydration, and heat stroke — all of which can develop quickly and have serious consequences.

## Top Risks to Be Aware Of:

- **Dehydration:** Decreased sensation of thirst and reliance on staff for fluids can increase the risk.
- **Heat exhaustion or heat stroke:** Especially when rooms or common areas become warm and residents wear too many layers.
- **Increased spread of infections:** Warm weather can lead to more group activities or outdoor time, potentially increasing transmission of respiratory or gastrointestinal illnesses if precautions aren't maintained.

## What We're Doing

Our team is taking extra precautions to monitor and protect residents during this season, including:

- Regular hydration rounds: Encouraging fluid intake throughout the day, not just at meals.
- Monitoring indoor temperatures: Ensuring resident rooms and common areas remain within safe temperature ranges.
- Adjusting clothing and bedding: Helping residents dress appropriately for the weather and using light, breathable materials.
- Limiting outdoor exposure during peak hours: Especially for residents with chronic health conditions and applying sunscreen when going outdoors even for a short period of time.
- Enhanced infection prevention measures: Even in summer, respiratory viruses and gastrointestinal outbreaks can occur — so hand hygiene, cleaning protocols, and surveillance remain key.

## How You Can Help

Families and visitors can play a big part in keeping residents safe:

- Encourage drinking water during visits.
- Bring in cool, breathable clothing for your loved one.
- Reschedule visits to cooler parts of the day if you're planning outdoor time.
- Postpone visiting if you're feeling unwell — even mild symptoms can lead to transmission in a vulnerable population.

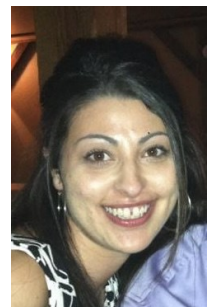
## Let's Work Together

Summer can be a wonderful time for reconnecting, enjoying fresh air, and engaging in meaningful activities — but only when it's done safely. Thank you for being a valued partner in protecting our residents.

Let's make this a healthy, safe summer for all!

Stay cool, stay safe, and thank you for all you do in helping keep our residents safe!

Maria Martin, ADNC/IPAC Lead





# SPOT the dot!

Tell us who is connecting the dots and delivering an extraordinary experience.

## Easy as 1, 2, 3!

- 1 Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- 2 Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- 3 Take the matching sticker, find the team member and present it to them.



There were so many nominations (which is amazing) that we cannot type them all out. They all will be given to who was being recognized!

The winners will get 25 points on our Bucketlist app to spend, one winner from each side of the Village per month.

The winner for the Long Term Care side is: Holly R (AGM LTC)  
The winner for the Retirement side is: Ankeeta L (RH Rec)

Congratulations!!

# Joan D - Growing up in Newfoundland

I was born in 1941 in the Republic of Newfoundland, as this it what it was called then with Responsible Government. The country was in bad shape as the depression hit it hard. Also, Newfoundlanders fought in the Gallipoli campaign in Turkey and the 1st World War with the loss of many young men for such a small country with low population. Then came WWII and the terrible price paid by Newfoundlanders in that campaign. At the end of the wars Newfoundland did not have an influx of refugees and immigrants to help it grow and prosper as the Canadian provinces did. Newfoundland was on its own.

Newfoundland was poor, although they had lots of minerals but it was expensive to get things off the island and very expensive to get food and products to the island. So, we lacked a lot growing up but to be honest we didn't know the difference.

In 1949 Newfoundland became Canada's 10th Province. It wasn't soon enough. It took a number of years before the effects of becoming a Province were felt. Gradually things got better and life improved.

My family was large by any standards and I was the youngest. My father and mother had five children, one boy and four girls. I think my nearest oldest sister, Shirley was jealous of me when I came along as she was no longer the baby. My father and his deceased first wife had nine children together, and so that would make me the youngest of 14. Three of his children along with their mother died early in life.

My father was a fire truck driver/mechanic until, as the story goes, the Fire Chief said something he didn't like and his Irish temper got the better of him. Apparently, he decked the Chief, thus resulting in the end of life in the Fire Department.

I do have a copy of a letter from the automobile agency in Montreal who represented Henry Ford, whom my father met. My father was offered a position there but it would mean relocating to Montreal and I guess that was not an option. He did drive one of the first automobiles that arrived in St. John's. They had to tie oil lamps on the front in order to see while driving at night.

Most of my father's other children were already adults by the time I was growing up, so I didn't have the chance to be raised alongside them. I do remember my siblings put on plays in a big empty barn and I loved it but too soon things changed and they moved on. The immediate family consisted of Gertie, Mike, Kitty (Catherine) Shirley and myself. However, the four older boys were around on and off but two moved away after they returned from the war. One being Fred who was in the Merchant Marines and was torpedoed twice but survived. The other, Robert was in Forestry and spent a long time in Scotland. I never considered them anything but brothers and sisters. One of them never married and lived in California after leaving Newfoundland and had developed Parkinson's Disease. Alex and I actually took him back to Texas to live with us and where we took care of him until he passed.

**Continue to next page**



# Joan D - Growing up in Newfoundland

I did know my maternal grandparents and visited them many times in the Summers but never knew my paternal grandparents. An interesting side note, I was quite young when my mother got news that my grandmother was dying so she took me with her to the fishing community where they lived. She died the night we arrived, and the “wake” was in the Parlour of their house. My mother insisted she take me in to visit her so she picked me up, I looked at my grandmother, and I swear, she turned her head and looked at me. I flew out of my mother’s arms and was finished with wakes for a very long time. By coincidence, the night I met Alex, my precious husband to be, my friend and I went to the Grand Theatre to see a play called “An Irish Wake”.

For me school was great and friends were always around. Getting to school in winter-time was a different story, as often snow reached the electric wires during drifts. The wind never stops in St. John’s and at times it could be brutal. However, we made it through and it probably made us stronger. Unfortunately, walking was our only form of transportation. We actually did that walk four times a day as we had to walk home for lunch and then back to school. It was a long walk to our school and it included walking around a large open pond.

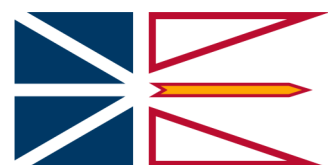
Our family traditions included getting our Christmas tree on Christmas Eve and decorating it before we headed out to Midnight Mass. The tree stayed up until what my father called “Old Christmas Day”, January 7th. We didn’t get a lot of gifts. And celebrating birthdays was unheard of.

Parents were never involved in our lives or school. No parent teacher meetings, no organized sports. We did go ice skating on the pond and in arenas, and rolling skating was so much fun. But we kept busy during summer, we played outside all the time whether it was hide and seek, skipping rope, follow the leader or hopscotch. If it rained, we played cards, dominoes and jacks. Who knows what jacks are? Also marbles or alleys as we called them. Life went by too fast, as we grew up, we had boy or girl friends but we hung out in groups. We often went to movies, hockey games and dances. These were carefree years! I moved to London, Ontario in the mid to late 60’s and loved my life in London. I wouldn’t trade my life there for anything!

A big thank you to my parents and siblings most of whom have passed on, for having such a big impact on my life. I now have the most amazing life with Alex in our new residence, The Village of Glendale Crossing in London. It is home, it is community, it is family and so much more. What more can I say, what more can I ask for.

Thank you, Glendale Crossing & Schlegel Villages.

**Joan Demetriadis**



# 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."

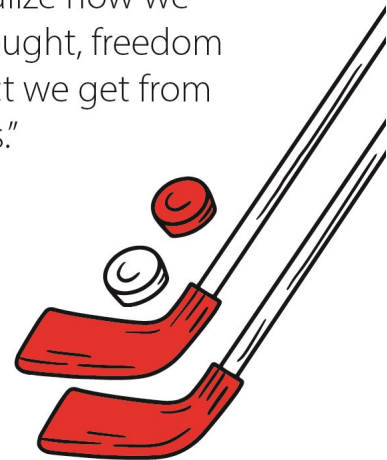
This year has been one of great reflection for many Canadians, for there have been new challenges borne out of changing perspectives among our global neighbours. There has been a rise in Canadian patriotism as a result, and across our Villages we see it in full force as our residents and team members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



# Volunteer Corner with Heather/Maria

To Glendale Crossing:

Happy Canada Day on July 1st!

It's my favourite day of all time! Any plans with the family? I just have to say, we are so lucky and proud to be Canadians!

Summer has started and some students have just graduated high school, congrats to the class of 2025! Way to go! If you have summer ideas for Glendale Crossing, let Maria, Taylor or Erin know!

Happy Canada Day!

Your Co-editor,  
Heather



## **Retirement General Store Hours:**

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

If you are interested in becoming a volunteer for Retirement or Long Term Care, you can apply online through our website or fill out an application form within the Village. If you want more information, you can also reach me – Maria Campbell at:

[glendale.volunteers@schlegelvillages.com](mailto:glendale.volunteers@schlegelvillages.com) or  
by phone at (519) 668-5600 ext. 8046



## 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](https://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

For more information or to book an appointment at The Village of Tansley Woods, please call

**1-888-745-5550**

[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)



# Contact us...

3030 Singleton Ave. London ON N6L 0B6  
519-668-5600

*Our mission..* is to provide holistic health care in a home environment, located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.

## Long Term Care Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
Holly Ross	Assistant General Manager	X 8003	Holly.Ross@schlegelvillages.com
Anne Marggraf	Director of Care	X 8005	Anne.Marggraf@schlegelvillages.com
Maria Martin	Assistant Director of Care-Ipac Lead	X 8024	Maria.Martin@schlegelvillages.com
Janna Cook	Assistant Director of Care	X 8019	Janna.Cook@schlegelvillages.com
Erin Seldon	Director of Recreation	X 8007	Erin.Seldon@schlegelvillages.com
Greg Lee	Director of Environmental Services	X 8006	Greg.Lee@schlegelvillages.com
Valery Smith	Director of Food Services	X 8004	Valery.Smith@schlegelvillages.com
Tracey Moore	Assistant Director of Food Services	X 8012	Tracey.Moore@schlegelvillages.com
Lindsay Tansey	Registered Dietitian	X 8009	Lindsay.Tansey@schlegelvilages.com
Josine Bellosillo	Administrative Coordinator	X 8202	Josine.Bellosillo@schlegelvillages.com
Elvira Mujin	Administrative Assistant	X 8001	Glendale.Admin@schlegelvillages.com
Mandeep Panesar	Neighbourhood Coordinator	X 8017	Mandeep.Panesar@schlegelvillages.com
Amanda Verberne	Neighbourhood Coordinator	X 8023	Amanda.Verberne@schlegelvillages.com
Nicole Daley	Neighbourhood Coordinator	X 8020	Nicole.Daley@schlegelvillages.com
Aisosa Agbonlahor	Director of PAL Services	X 8008	Aisosa.Agbonlahor@schlegelvillages.com
Madison Wardle	PAL Coordinator	X 8016	Madison.Wardle@schlegelvillages.com
Maria Campbell	Student Services/Volunteer Coordinator	X 8046	Glendale.Volunteers@schlegelvillages.com
Shannon Brady	Resident Support Coordinator	X 8014	Shannon.Brady@schlegelvillages.com
Tracy King	Director of Quality and Innovation	X 8057	Tracy.King@schlegelvillages.com
Amera Elnamara	Nurse Practioner	X 8013	Amera.Elnamara@schlegelvillages.com
Hans Van Eyk	Chaplain	X 8043	Glendale.Chaplain@schlegelvillages.com

If any Resident would like a copy of the newsletter delivered monthly, please contact Erin Seldon at extension 8007, or let your Recreation Team Member know.

# Contact us...

3030 Singleton Ave. London ON N6L 0B6  
519-668-5600

## Retirement Home Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
Heather Hyland	Assistant General Manager	X 8204	Heather.Hyland@schlegelvillages.com
Kafilat Driniowo	Administrative Assistant	X 8201	Gcrhadmin@schlegelvillages.com
Josine Bellosillo	Administrative Coordinator	X 8202	Josine.Bellosillo@schlegelvillages.com
Cherie-Lynn Palmeter	Director of Wellness	X 8209	Cherie-Lynn.Palmeter@schlegelvillages.com
Elqueenny Pattalitan	Assistant Director of Wellness	X 8235	elqueenny.pattalitan@schlegelvillages.com
Kathy Howell	Neighbourhood Coordinator	X 8205	Kathy.Howell@schlegelvillages.com
Shannon Dafoe	Neighbourhood Coordinator	X 8208	Shannon.Dafoe@schlegelvillages.com
Tina Lancaster	Neighbourhood Coordinator	X 8289	Tina.Lancaster@schlegelvillages.com
Brittany Vanraes	Neighbourhood Coordinator	TBA	Brittany.Vanraes@schlegelvillages.com
Taylor Morin	Recreation Supervisor	X 8207	Taylor.Morin@schlegelvillages.com
Mya Lamport	Exercise Therapist	X 8216	Mya.Lamport@schlegelvillages.com
Greg Lee	Director of Environmental Services	X 8006	Greg.Lee@schlegelvillages.com
Amy Jackson	Assistant Director of Environmental Services	X 8229	Amy.Jackson@schlegelvillages.com
Jeff Tucker	Director of Hospitality	X 8056	Jeff.Tucker@schlegelvillages.com
Elise Cosens	Dining Room Supervisor	X 8223	Elise.Cosens@schlegelvillages.com
Holly Albion	Director of Lifestyle Options	X 8231	Holly.Albion@schlegelvillages.com
Monika Szpigel	Director of Lifestyle Options	X 8232	Monika.Szpigel@schlegelvillages.com
Rema Kadri	Village Experience Coordinator	X 8233	Rema.Kadri@schlegelvillages.com
Riverstone Spa	Salon	X 8227	Marney@thespaathome.com
Rob Dore	Chaplain	X 8236	gcrhchaplain@schlegelvillages.com
Robert Fagan	Ruby Restaurant Team	X 8224	Robert.Fagan@schlegelvillages.com
Hardeep Kumar (chef)	Ruby Restaurant Team	X 8224	Hardeep.Kumar@schlegelvillages.com
Lead Nurse		X 8255	

