

View from the Heights

June 2025

#ElderWisdom 10th Anniversary Green Bench

As we celebrate Senior's Month we are also excited to celebrate the 10th Anniversary of our #ElderWisdom campaign. A program dedicated to challenging the stigma and ageism that older adults face in our community.

Be a part of our community event! Please join us on the Green Bench on:

Thursday, June 19th from 6-8pm at Willam's Café at Pier 8.

Have a seat on the bench and enjoy an insightful conversation with a senior.

Father's Day Sunday, June 15th

Father's Day is a special day to honour and appreciate the dads, grandfathers, and father figures who make a difference in our lives. This Father's Day, let's celebrate their unwavering support, love, and wisdom, and our special bonds with the incredible men who have always been there for us.

Please see the recreation calendars for Father's day celebrations in LTC and RH.

Canada Day

Tuesday, July 1st



Join us for a Canada Day celebration!

Entertainment (10:30am)

Please join us for entertainment in Town Square at 10:30am.

Canada Day BBQ (12:00pm)

We will be celebrating Canada Day with a BBQ at noon with cheeseburgers, hot dogs, potato salad, chips, pop, beer, and ice cream.

Canada Day Carnival (2:30-4:00pm)

Please join us for a fun-filled afternoon at the Carnival in the back courtyard. Enjoy some carnival games and delicious treats—ice cream floats, pretzels and popcorn.

Families and friends are welcome to attend!

Village Events

Details on Pages 11-12

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



The Village of
WENTWORTH HEIGHTS

Pride Day—Wednesday, June 11th

Our Villages are recognized communities of acceptance. Everyone is included and respected in their spirituality, cultural diversity and individual lifestyle. We celebrate diverse living, and supporting life purpose within the community. You can be you while being a part of our family. "Embraced, just as I am."

Pride Day on June 11th is a day where we can come together to celebrate the diversity of our Village residents, families and team members. **Please dress in your Pride or rainbow attire for the day to show your support.**

Pride Month at Schlegel Villages is a heartfelt celebration of diversity, inclusion, and belonging; honouring the 2SLGBTQI+ community. Pride Month is a celebration honouring the 2SLGBTQI+ community's progress and recognizing the progress that we still need to make collectively. "The month is meant to celebrate the 2SLGBTQI+ community, which includes individuals who identify as lesbian, gay, bisexual, transgender, queer and two-spirit as well as a range of other gender and sexual identities. Pride month is held annually in honour of the Stonewall riots, which took place in New York City in June 1969."

This month is not only a month to celebrate and wear bright colours, but a month of education. Please take the time to read some of the resources found on Main Street, or do your own research to learn more. Please join us in celebrating Pride Day by wearing your brightest and most colourful outfit. Help us to make the Village a safe place for all of those who choose to live and work here

Please keep an eye out for posters with different educational opportunities throughout the month.



**PRIDE
MONTH**

A Message From... *The General Manager*

From the desk of Michelle Wood

The RESIDENT BILL OF RIGHTS States:

Every resident has the right to proper accommodation, nutrition, care and services consistent with their needs.

Dear residents and families,

With June upon us, we're looking forward to a full summer of activity ahead, starting this month as we celebrate 10 years of our Schlegel Villages **#ElderWisdom** campaign to combat ageism.

Many years ago, Ron Schlegel, who founded Schlegel Villages, challenged our teams to find meaningful ways to showcase the amazing wealth of knowledge older adults harbour, suggesting that "the greatest untapped resource in Canada, if not the world, is the collective wisdom of our elders." **#ElderWisdom** is dedicated to challenging the stigma and ageism that older adults often face in our society. It reminds us of the wealth of wisdom that seniors offer and helps restore them to a place of reverence and respect.

A key component of the campaign is always the **Green Bench movement**, where residents from Schlegel Villages sit on a signature green bench in public spaces to share their life experiences and insights with the community. This initiative fosters meaningful conversations between older and younger generations, helping to challenge stereotypes about aging and we're excited to be hosting our own event.

Beyond the celebration of our elders this month, we also celebrate the spirit of inclusion and belonging represented throughout Pride Month in June. One of our great aspirations at Schlegel Villages is to honour all aspects of diversity within our Villages, and Pride is another opportunity to talk about how we can do that and ensure all who enter our Village feel comfortable and welcomed, just as they are.

Thank you and take good care.

Sincerely,
Michelle

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 Sara Calder

Dear residents, families, and team members,

This June, we take time to reflect on the values that bring us together: equity, inclusion, diversity, and belonging. These aren't just words—they're the foundation of the compassionate and respectful community we continue to build every day.

We have many activities planned this month to celebrate this month; please see your neighbourhood calendars and posters for details.

At The Village of Wentworth Heights, we are proud of the rich variety of cultures, backgrounds, and experiences that shape our home. Whether it's through the food we serve, the holidays we recognize, or the stories we share, we believe everyone's identity deserves to be seen, valued, and respected.

True inclusion means everyone has a voice. If you have suggestions or feedback on how we can create a more welcoming and inclusive home, please speak with a team member or leave a note in our suggestion box on Main Street.

Let's continue to learn from one another, celebrate each other's stories, and create a home where all belong.

Sara

Nursing News

From the desk of Suma Jose

As we welcome the month of June, we also embrace the warmth and energy of summer. This season brings brighter days, outdoor activities, and more opportunities to connect—with one another and with the beautiful environment around us.

June also marks Seniors Month, a time to celebrate the wisdom, resilience, and contributions of the residents we are privileged to care for. Let us continue to honor their stories with the compassion and dignity they deserve every day.

With the change in weather, please remember some key summer health tips: staying hydrated, wearing light clothing and sun protection, and avoiding prolonged exposure to heat during peak hours are all essential to maintaining well-being—especially for our residents.

"To care for those who once cared for us is one of the highest honors." – Tia Walker

Wishing everyone a safe, happy, and healthy June!

Neighbourhood News

From the desk of Sue Waddell

Hi everyone,

My name is Susan Waddell, I was born in Hamilton, Scotland and moved to Canada when I was seven years old. My journey at Schlegel Villages began in 2022 as a PSW in the Egerton neighbourhood on the retirement side. In 2024, I became a Med Cert and transitioned to working in the Williamsburg neighbourhood. Prior to this, I was a massage therapist for 13 years. Throughout my career in healthcare, I have felt truly blessed to use my God given gifts of empathy and compassion. Using these gifts, I have provided support to many lovely people to promote their physical as well as mental well-being. One of my strengths is building meaningful relationships, which brings me a deep sense of fulfillment. I truly love what I do, and I am excited to have joined the Long-Term Care team as an Interim Neighbourhood Coordinator. Outside of work, I am a proud dog mom of two wonderful senior dogs Max and Onyx, who fill my heart with more love than I can express. I have three handsome nephews that I am the proudest auntie to. I look forward to meeting new faces and making meaningful connections with you all.

We also wanted to take this opportunity to remind families to help their loved ones transition their clothing to summer attire. It is also recommended to bring a summer hat for your loved one to use while enjoying the courtyards.

Neighbourhood News

From the Desk of Blessing Iwegim

June at Wentworth Heights: Celebrating DEIB, ElderWisdom, and the Voices of Indigenous Peoples.

At The Village of Wentworth Heights, June is a time to honour the elders whose wisdom guides us, the 2SLGBTQIA+ community whose courage inspires us, and the Indigenous Peoples whose histories and cultures have shaped this land. This year, we are deepening our commitment to inclusion by highlighting the four core tenets of **DEIB—Diversity, Equity, Inclusion, and Belonging**—one each week throughout the month. Each theme invites us to reflect, connect, and grow together as a Village where every story is valued and every person belongs.

Week 1 – Diversity

We begin the month by celebrating the richness of our differences—cultural, generational, spiritual, gender, and more. Every person brings a unique story and background that makes our Village stronger. As we honour **Senior's Month** and the **#ElderWisdom 10th anniversary**, we are reminded that our elders carry diverse life journeys worth sharing. Sit on the green bench, and you will hear stories that shaped history.

- *Let us ask: What makes me unique? And what can I learn from those who are different from me?*

Week 2 – Equity

Equity means recognizing that not everyone starts in the same place—and ensuring fair access to opportunities, support, and respect. During **Pride Month**, we reflect on the barriers many in the **2SLGBTQIA+ community** have faced, especially older adults who may have lived in silence for much of their lives. This week, we listen more deeply and support more intentionally—because dignity should not have to be earned.

- *Let us ask: How can I ensure others have what they need to thrive?*

Week 3 – Inclusion

Inclusion is active—it is how we make sure everyone is welcomed, heard, and invited to the table. It is in our language, our actions, and our willingness to unlearn and grow. This week, we create space for **intergenerational stories**, for **cultural expressions**, and for **open conversations**. We honour **National Indigenous Peoples Day (June 21st)** with a commitment to learning, understanding, and lifting Indigenous voices with respect.

- *Let us ask: Who might be feeling left out—and how can I bring them in?*

Week 4 – Belonging

Belonging is the result of diversity, equity, and inclusion in action. It is that deep sense of “I am home here. I matter here.” Whether you are a team member, a resident, a visitor, or a family member, we want Wentworth Heights to feel like **your Village**. This week, we celebrate what makes us one—our shared humanity, our care for one another, and the everyday magic of feeling safe just as we are.

- *Let us ask: How am I helping to create a Village where everyone belongs?*



The Ruby

WENTWORTH HEIGHT'S HIDDEN GEM

JUNE

Dear Residents, Families and Friends;

June is here, brining with it the sunshine, the sweet scent of blooming flowers, and the promise of summer. As we welcome the longer days and warmer evenings, we are excited to share some flavourful happenings from your favourite spot on the 10th floor!

We have just launched our brand-new menu, crafted with fresh ingredients and a sprinkle of culinary creativity. Stop by and taste what is new—we think you will love it!

Join us Sunday, June 15th for a special Father's Day BBQ Buffet out by the gazebo. We will be firing up the grill for an afternoon of mouthwatering barbecue, laughter, and celebration. Bring your appetite and your best stories—it is a day to honour all the wonderful dads in our community. Reservations are required! Menu to be announced, so keep your eyes peeled!

This month, we are celebrating the sweet and tangy joys of summer berries! Our "Very Berry" Ruby on the Run Market will feature berry-inspired treats, fresh berries and even a few surprises. Whether you love strawberries, blueberries, or raspberries, you will find something delightful to enjoy.
Always,
Your Ruby Team

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

UPCOMING EVENTS

FATHER'S DAY

SUNDAY, JUNE 15TH

11:45 AM – 3:00 PM

Out by the gazebo on the patio!

**Menu to be announced.*
Will be moved to the Ruby in the
even of inclement weather*

**\$35+tax per person
Reservations are required.
Guarantee your table today!
Call X8086**

VERY BERRY MARKET

WEDNESDAY, JUNE 25TH

11:30 AM ON MAIN STREET

Celebrate the sweetness of the season at our Very Berry Market at our Ruby on the Run! Enjoy berry-themed treats and drinks, and do not miss the chance to purchase fresh, locally sourced berries to take home.

HOURS OF OPERATION

WEDNESDAY TO SATURDAY

**Wednesday:
Ruby On the Run on Main St.
11:30 AM – 1:30 PM
Open for Dinner: 4:00 PM–6:30 PM**

**Thursday through Saturday:
12:00 PM – 6:30 PM**

Hospitality News

From the desk of Michelle Piccolo

Hello, welcome to June!

Happy Father's Day to all the Fathers out there! Please join us for dinner in the dining room on Sunday, June 15th and have a beer.

BBQ season has arrived!! Keep your eyes peeled for our BBQ posters around the Village. Starting on Thursday, June 12th we will be serving a BBQ lunch bi-weekly until the end of August. BBQ season will go out with a bang when we have our End of Summer BBQ dinner. This year will be a Caribbean theme. We hope you come out and enjoy with us!

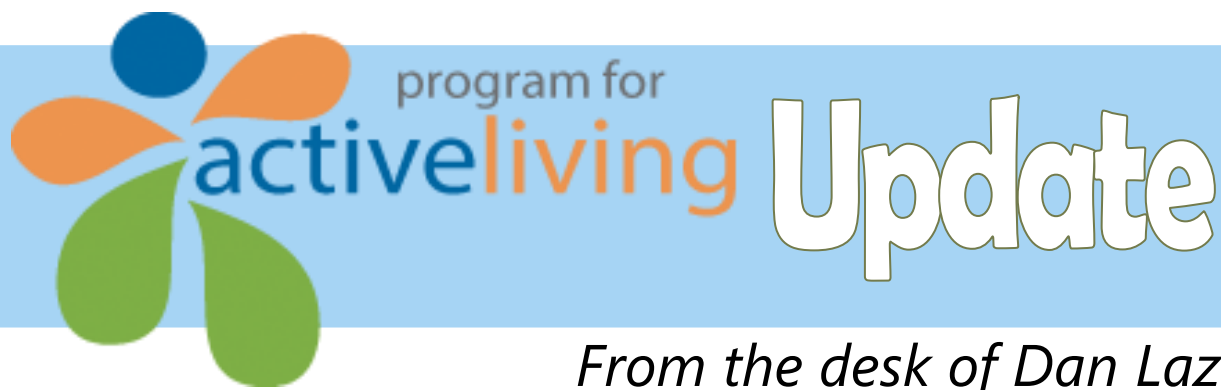
Thank you to those who joined our focus group last month. Your insight, ideas and opinions are very important to us! Thank you for taking that time out of your day to chat with us.

Our next Lettuce Talk Food will be on Tuesday, June 10th at 10:30am in the Hobby shop. We will discuss the new menu coming out at the end of this month. Come on out and chat with us. See you there!

Happy Seniors month!!

Your Hospitality Team





From the desk of Dan Lazniewski

Small Moves, Big Gains: The Power of “Exercise Snacks”

When we think of the word “snack,” we usually picture a small treat. But did you know you can also “snack” on movement throughout the day to improve your health?

Exercise snacks are short bursts of physical activity—usually just 1 to 5 minutes—that you can fit into your daily routine. These mini-movements are especially helpful for older adults, as they support strength, balance, circulation, and even memory.

Why Try Exercise Snacks?

As we age, staying active becomes more important than ever. But not everyone has the time or energy for long workouts. That’s where short, regular movement comes in. Research shows that light activity throughout the day:

- Helps keep muscles and joints strong
- Improves heart health and blood sugar levels
- Supports brain function and mood

Reduces the risk of falls and chronic illness

Even standing and moving briefly every hour can make a difference!

Simple Snacks to Try

Here are a few easy options to sprinkle into your day:

- **Sit-to-Stands:** Stand up from a chair and sit back down 5–10 times
- **Wall Push-Ups:** Press gently against a wall to strengthen your arms
- **March in Place:** Great during commercial breaks or while waiting for the kettle
- **Heel Raises:** While holding a chair, rise onto your toes and lower back down
- **Short Walks:** A quick stroll down the hallway keeps the blood flowing

You can do these on your own or with a friend to make it fun. A few minutes here and there adds up—and can lead to more energy, better balance, and a brighter mood.

The Bottom Line

You don’t need a gym or a long workout to feel better. By adding a few short “exercise snacks” into your day, you’re taking simple steps toward stronger health—one small move at a time.

Village Events

Joint LTC & RH:

- Monday, June 2nd - 2:00pm 10th Anniversary Elder Wisdom Celebration with live entertainment—TS
- Wednesday, June 4th - 10-2pm Adrian's Fashion Vendor—MS
- Thursday, June 5th - 2:30pm Strawberry Social—HS
- Friday, June 6th D Day
- Wednesday, June 11th—Pride Day—Wear rainbow colours to show support for Diversity, Inclusion and the LGBTQ+ Communities
- Sunday, June 15th—World Elder Abuse Awareness Day—Wear Purple
- Wednesday, June 18th - 10:30am Roman Catholic Mass—TH
- Saturday, June 21st - National Indigenous Peoples Day
- Monday, June 23rd—Wear Pink for National Flamingo Day
- Thursday, June 26th 2:30pm - Armchair Travel: Ottawa—TH

Long Term Care

- Friday, June 6th - 8:30am Men's Breakfast—CC
- Saturday, June 7th - 2:00pm Pub with Anesti Karantakis—MS
- Thursday, June 12th - 3:15pm Residents' Council—CC
- Friday, June 13th - 2:00pm Father's Day Pizza and Beer—CC
- Saturday, June 14th - 2:00pm Entertainment with Suzie Q—MS
- Friday, June 20th - 3:00pm Happy Hour with Andrew McTaggart—MS
- Wednesday, June 25th - 5:00pm Diner's Club: Chinese Food—MS
- Friday, June 27th - 2:00pm Birthday Bash—CC
- Saturday, June 28th - 2:00pm Entertainment with Jim Younge on Stonechurch

Retirement

- Sunday, June 1st - 10-2pm Sign Up Day—H
- Monday, June 2nd - 2:00pm 10th Anniversary Elder Wisdom Celebration with live entertainment—TS
- Saturday, June 7th - 2:00pm Entertainment with John Pebble—Egerton (2nd Floor, all residents welcome)
- Tuesday, June 10th - 10:30am Lettuce Talk Food Meeting—H
- Thursday, June 12th - 9:15am Breakfast Club—H—Sign Up Required (all welcome to attend)
- Thursday, June 12th - 2:30pm Build Your Own Bouquet with real fresh cut flowers
- Saturday, June 14th - 2:30pm John & Shiela Ludgate Perform—TH
- Sunday, June 15th - 3:00pm In house Brewery Tour at the Village—MS
- Saturday, June 21st - 2-4pm Toronto All-Star Big Band Performs—Front Patio
- Tuesday, June 24th - 5:00pm Diner's Club: Greek Meal (All residents welcome to attend) - H
- Friday, June 27th - 3:00pm Emma's Happy Hour with Entertainment—in the Emma's neighbourhood
- Friday, June 27th - 3:00pm Birthday Happy Hour—SC

Village Outings

LTC

- Thursday, June 12th - 11:00am Hutch's Lunch Trip
- Wednesday, June 18th - 11:30am KFC Picnic at T.B McQuesten Park
- Tuesday, June 24th - 10:30am Country Drive

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

Retirement

- Tuesday, June 3rd - 2:00pm Giant Tiger Shopping Trip
- Friday, June 6th - TB McQuesten Park for Emma's & Egerton residents
- Monday, June 9th - 10:00am The Watering Can Flower Market
- Tuesday, June 10th - 2:00pm Fortinos Grocery Trip
- Wednesday, June 11th - 11:00am Hutch's Lunch trip for Emma's & Egerton Residents
- Monday, June 16th - 11:00am Hutch's Lunch trip
- Tuesday June 17th - 2:00pm Walmart Shopping Trip
- Thursday, June 19th - 11:30am Lunch & Whistling Gardens Trip
- Thursday June 19th - 5:30pm Elder Wisdom Event at Pier 8 with entertainment
- Friday, June 20th - 1:30pm Golden Horseshoe Chorus in Burlington
- Tuesday, June 24th - 2:00pm FreshCo Grocery Trip
- Wednesday, June 25th - 1:30pm Jubilee Pilgrimage to the Cathedral Basilica of Christ the King
- Thursday, June 26th - 11:00am RedStone Winery & Restaurant Lunch trip (Vineland)
- Sunday, June 29th - 1:30pm Country Drive for Emma's & Egerton residents

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 Sunday, June 1st 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!



Retirement

The next Foot Care Clinic for Williamsburg and Egerton neighbourhoods will be on July 9th, Emma's neighbourhood will be on July 10th. The Foot Care Clinic for the Becker and Ailsa Craig neighbourhoods will be on June 30.



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

Long Term Care

The Foot Care Clinics for Long Term Care will be the week starting June 22nd.

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

Volunteer Update

From the desk of Andrew Sangster

Hello all,

Welcome to the volunteer section of the newsletter! As we enter the heart of summer, we are grateful for each of you who continue to dedicate your time and effort to the Village and residents. Your commitment makes a meaningful difference in our Village community, and we are excited to update you on all things regarding volunteers and students.

I hope that you will get a chance to meet some of the volunteers that have decided to join us. They can be easily identified as they wear a volunteer nametag which displays their name. They may be assisting with the programs and activities that you attend and enjoy. When you see them around the Village, please assist by giving them a warm welcome as some may be new to the Village and volunteering.

Throughout the summer, we will have College students begin a practical placement. They will be placed in village neighbourhoods. They are excited to learn along side the village team. Please welcome them as they come to the village to practice their theory and learn new skills. We hope that they will enjoy their time with us and have an exceptional placement experience.

Volunteers and students offer support to the Village in tremendous ways and we are very lucky to have their help and support. Resident volunteers are making a meaningful impact in our Village. Please let me know if you have an interest in becoming a Village volunteer. I am happy to hear ideas or suggestions as well as discuss your interest in becoming a Village volunteer. As always, if you are interested in available volunteer opportunities, please email Andrew Sangster at Wentworth.volunteers@schlegelvillages.com or by telephone at 905-575-4735 ext.8009.

Thank you

Chaplain's

Corner

June — a time to welcome the warmer weather!

We hope that you will join us for **Father's Day Worship Service** on June 15 and **Red & White Celebrations** on June 22.

2 new Groups

- age 50—70ish
- 'read a book in a month club'

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 Fridays at 2:30pm in the Library

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 2 new groups!

Coming in July ...
Coffee, Chat & Dash!

Shalom,
Chaplain Janet (ext. 8045)

June Services

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

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

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

COMMUNION

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

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

In Memoriam...

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

Virginia Clark
Donald Lyons



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

MOTHER'S DAY CHURCH SERVICE 2025

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

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

HAPPY MOTHER'S DAY

She taught me to sing
She gave me life
She brought happiness and faith
She taught me about friendship and patience
She was a great cook
She played the piano
She read to me from the bible
She gave me courage
She brought joy
She gave the best hugs
She looked after me to keep me healthy
She made my birthday cake
She did the laundry (sometimes on a ringer washer machine)
She helped me to love music
She watched old movies
She taught me to read (I love to read!)
She always had lunch ready!
She made great lemonade
She taught me to knit and sew
She gave me love, hugs, smiles and comfort
Her food was great!
Children and Grandparents

Library News

We extend our welcome to the new residents of Wentworth Heights to visit the library by the café near the front door. We hope you will enjoy our collection of books and the minimal procedure of borrowing: find a book to take out and bring it back when you are finished; there is no sign-out for books or magazines. To return: place the items in the white basket on the shelf under the small table.

The books are shelved by genre, Mystery and Fiction separately (by decision of recent survey) as well as Biography, Art and more (listed by the door) the genre is indicated by colour dot on cover of books.

We are now accepting donations of books again; however, due to extreme lack of shelving space we are forced to limit books only from **2015** and upwards. Please pay close attention to that date when selecting books for donation. Around the first of each month, the library committee displays new books that have been donated on the small table; these books are available to take out.

If you need any help or have a question, feel free to ask anyone or one of the Committee members; Adair Jenkins, Barbara Sackett, Bev Hatch, Ruth Chasty, Stella Lowe, Freda Smouter.

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 Members
are 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 a prior meeting,
meetings have been moved from the 1st
Thursday to the 2nd Thursday of the month.

Next meeting:
Thursday, June 12th at 3:15pm

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

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

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

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

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

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

LTC FAMILY COUNCIL:

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



Room Reservations

Room Reservation Policy...

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

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

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

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

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

Country Kitchens—Available upon Request

School House– Maximum 20 people

Education Room (LL)– Maximum 40 people

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



Upcoming Services

Denture Services

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

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

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



Footcare

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

Retirement:

Williamsburg & Egerton:

July 9th

Emma's:

July 10th

Becker & Ailsa Craig:

June 30th

Long-Term Care:

June 22nd

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.

June 6th

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 ****

Warm weather facts



WHO IS AT RISK

Anyone can get heat stroke, but infants and the elderly are at higher risk as their bodies may not be able to regulate temperature effectively.



COPING MECHANISM

Your ability to cope with extreme heat depends on the strength of your central nervous system.



OCCUPATION

People with occupations that require physical labour in hot environments are susceptible to heat strokes.



MEDICATION

Diuretics, sedatives, tranquilizers, and heart and blood pressure medications affect your body's ability to regulate temperatures.



BEVERAGES

Caffeine (stimulant) and alcohol increase the risk of warm weather-related illness.



MEDICAL CONDITIONS

Sleep disorders, and problems with the heart, lungs, liver, kidneys, thyroid, or blood vessels increase the risk.



CLOTHING

Wearing heavy and tight clothing can increase the risk. Opt for light-colored, loose-fitting clothing made of natural fibers (cotton/silk/linen).



DISEASES

Certain diseases increase risk; cystic fibrosis, for example, affects the ability to sweat.

Schlegel Villages – **CONNECTIONS**



Join the **CELEBRATION**

We are honouring ten years of **#ElderWisdom**, a program dedicated to challenging the stigma and ageism that older adults often face in our society.

For the past 10 years, we have celebrated **Senior's Month** each June with our **#ElderWisdom** campaign, and for our 10th Anniversary, we're excited by the events we have coming up.

A key component of the campaign is always the **Green Bench movement**, where residents from Schlegel Villages sit on a signature green bench in public spaces to share their life experiences and insights with the community. This initiative fosters meaningful conversations between older and younger generations, helping to challenge stereotypes about aging and we're excited about each of the events the Villages are hosting this month.

This year, however, we are expanding the impact by incorporating a new, exciting element to our campaign: **the Green Bench travels**. Selected residents will have the opportunity later this summer to return to places of personal significance—whether it be their hometowns or dream destinations, such as Newfoundland, Ottawa, and London, England.

We intend to document these adventures through storytelling in our Village Voice and through a documentary we hope to showcase at film festivals and within the senior's care sector.

Continued on page 2

Schlegel Villages – CONNECTIONS

Many years ago, Ron Schlegel challenged our teams to find meaningful ways to showcase the amazing wealth of knowledge older adults harbour, suggesting that **“the greatest untapped resource in Canada, if not the world, is the collective wisdom of our elders.”**

#ElderWisdom is dedicated to challenging the stigma and ageism that older adults often face in our society. It reminds us of the wealth of wisdom that seniors offer and helps restore them to a place of reverence and respect. We're grateful for everyone who helps make these events such a success!

To learn more about the program, find a local event and/or take the #ElderWisdom pledge, **scan the QR code** or visit **elderwisdom.ca**



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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.



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- SCOOTER AND MOBILITY REPAIR
- ONTARIO DISABILITY SUPPORT PROGRAM PARTNER
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Meet Aaron Jones, RIA's Newest Researcher

Earlier this year, the Schlegel-UW Research Institute for Aging (RIA) welcomed Aaron Jones to their world-class research team, as the Schlegel Chair in Clinical Epidemiology and Aging. Let's get to know the newest member of the RIA's researcher team.

Question: Tells us about you and your work?

Answer: I am a health services researcher and biostatistician with expertise in the use of health administrative data and data science methodologies. My research focuses on the health service use of older adults with ongoing care needs, with the aim of discovering how to better organize, manage, and deliver the care older adults need in their preferred location. This could mean improving care in the emergency department to better support people with higher needs, making sure older adults with trouble reaching a family doctor can access effective primary care, and striving for more efficient and clear communication among health care professionals.

Question: What inspired you to pursue research in the field of aging?

Answer: I didn't start out with a specific interest in aging. Originally, I was more drawn to the science of statistics but moved away from the theoretical to the practical because I wanted to have a real-world impact. I was working in health analytics for the government of Ontario when I realized that our health care system was not designed or set up to best meet the



needs of older adults, particularly those with greater care needs such as people living with dementia. This realization inspired me to pursue a career in health research to address this gap.

Question: What is the primary focus of your current research?

Answer: My primary focus is investigating ways we can better organize, manage, and care for older adults. Currently, my two main focus areas are:

1. Geriatric care in the emergency department. I'm exploring the availability and effectiveness of geriatric-trained nurses to improve patient experiences and outcomes in the emergency department.
2. Primary care for older adults with functional impairment. I'm looking at various models of primary care for older adults who have difficulty visiting a doctor or medical office, including home visits and virtual visits.

To read more about Aaron Jones and his work, visit the-ria.ca.



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- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
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In Council Chambers on Retirement Main Street:

**June 4, 11, 18, 25
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

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Charge Nurse Call this number for any health related emergency	Ext. 8057

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Lead Nurse Call this number for any health related emergency	Ext. 8079