

The Gates Gazette



**In Celebration of Seniors Month, we will have
many exciting event.**

See your calendar for details!

#ELDERWISDOM Month



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

Join the CELEBRATION

Be a part of our community event!
Have a seat on the bench and enjoy
insightful conversation with a senior!

**Thursday
June 19**

8am-1pm

St. Jacob's Farmers Market

878 Weber St N
Woolwich, ON



Hosted by:



Share online    

elderwisdom.ca

SUNDAES FOR SENIORS

Celebrating Seniors Month

Travelling Ice Cream
Carts will come to
your neighbourhood
Sunday June 1st, 8th,
22nd, and 29th





Team Member Appreciation 2025

Meet our 2025 Credo Award Winners



Know Me Sam Pich



works on The Emma's Neighbourhood in Retirement as one of our house keepers.
"Sam has learned different languages to be able to support the residents even better than he already does"



Be Present Fariba Mehanmel



Works on the Wright Neighbourhood in Long Term Care as one of our food service team members
"Always gives a hand, not only to the team but also to family and most of all, the residents"



Walk in My Shoes Julie Marion



works on The Emma's Neighbourhood in Retirement as a PCA/Med Tech
"Julie is always willing to meet a resident where they are at to understand how to best give them care with kindness and compassion"



Earn Trust Nirmal Jose



works on The Williamsburg/Becker/ Ailsa Craig Neighbourhood in Retirement as a PCA
"One resident on Becker shared that she loves when he comes to help her as she knows that he is going to do a good job"



Follow Through Ursula Waldron



Works on the Pollock Neighbourhood in Long Term Care as a PSW
"Ursula knows my mom very well and incorporates what she knows into how she cares for her. I also know that Ursula turns on a CD for mom to listen to after she tucks mom into her bed at night. Thank you for doing that."

JUNE 15TH, 2025

FATHER'S DAY EVENT



Join us in watching the movie Slap Shot!
Serving Popcorn & Root Beer

All Welcome

Village News

Long-Term Care

PEGTalk
Wednesday June 4th
2pm
Chapel/Library



All About
Helen
Keller



KmW Clothing Sale
Wednesday June 25th
1-4pm
Long Term Care
Community Centre

**Game Show with
Eugenio**



Thursday June 5th
2pm, Chapel/Library



**Elder Wisdom
Launch Event**
Monday June 2nd
2pm
Chapel/Library

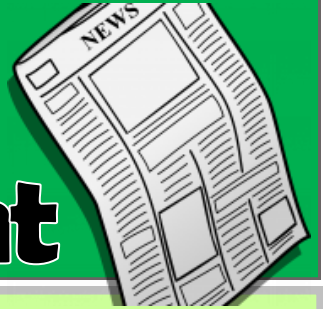
Happy Birthday!

Ian B.
Lillian C.
Roderick C.
Raymond F.
Thomas F.
Jose F.
Catherine J.
Sammy M.



Husene M.
Peter M.
Gerald N.
Soogan R.
Paulette R.
David S.
Darren W.

Village News Retirement



Join us on the patio
June 4th | 2:30 PM – 4:30 PM



for “Colour Me Proud” – our Pride-themed
Tie-Dye Event!
Celebrate creativity, colour, and community.
Check the poster for more details!

Vendors in June:

17th
Monica's Acrylic Paintings
10:00am - 2:30pm

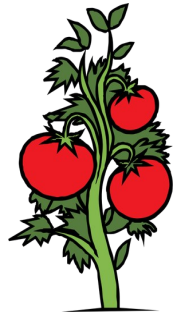
26th
The Boutique
10:00am - 2:00pm

Residents' Council:

June 25th 3:00pm
In Council Chambers

Raised Patio Garden

The Garden Club will be planting some
herbs and flowers again!
Feel free to touch and sniff, and even
clip a little for your kitchen.
(please be mindful of leaving enough
for others, as well as enough for the
plants to continue to grow!)



June Birthdays!

David M.
Donna G.
Dorothy D.
Edgar L.
Edward C.
Elaine H.
Elizabeth M.
Emma Lou R.
Grace D.

Jack K.
James T.
Jim J.



John H.
Julie C.
Kenneth K.
Pawel S.
Raymonde A.
Robert T.
Rosario G.
Therese M.
Doris C.

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.



Cook's Pharmacy
EMPOWERING PATIENTS FOR BETTER HEALTH



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

Cook's Pharmacy Monthly Presentation

TIPS FOR LIVING WITH ARTHRITIS

with Andrew Pople, Occupational Therapist

Monday June 9, 2025 @ 3pm

Townhall @ Schlegel Village / University Gates

**Enjoy 10% off on front shop items
for residents, seniors, staff and students!**

**some exceptions apply*

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.

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

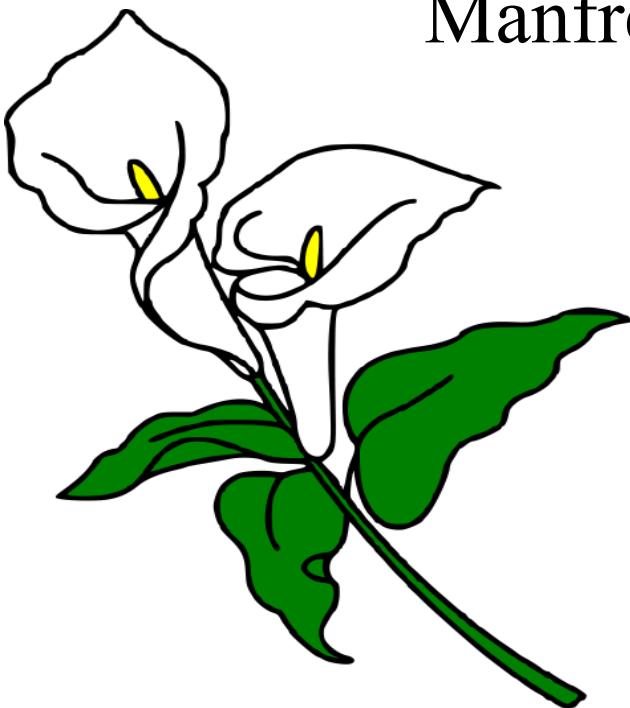
WATERLOO
520 University Ave W.
(519) 744-2200

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

We Remember



Noreen C. (RH)
Ruby F. (LTC)
David L. (LTC)
Dorrene O. (LTC)
Manuel R. (LTC)
Beryl S. (RH)
Arthur S. (LTC)
Larry S. (LTC)
Robert W. (LTC)
Manfred Z. (LTC)



*Thank you for sharing
your time with us*

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@](mailto:jane.kuepfer@uwaterloo.ca)

uwaterloo.ca

519-904-0650 x 8249

Our Spiritual Life Together

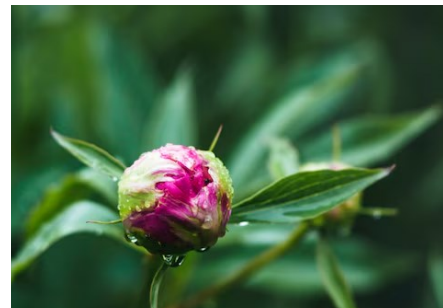
Glorious June! Perhaps this year “May showers” will bring “June flowers”?

It takes rain as well as sunshine for everything to flourish, including us!

I often hear the perspective that we wouldn’t appreciate the beautiful days and the good times as much, if it weren’t for the dreary days and the hard times.

Tears water our spirits as we’re reminded of what we’ve loved and lost, watering seeds of gratitude that can grow into deep and satisfying joy.

As you watch the flowers bloom this June, encouraged by both sun and rain, for what are you grateful? Looking back over life lived so far, what gives you a sense of deep satisfaction, of joy?



THIS MONTH YOU ARE INVITED TO JOIN US FOR:

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

June 3—God’s Love Wins

Watch for posters

June 10—Father’s Day

for updates and details

June 17—UGates Choir!

June 24— ‘Lifted Voices’ musical group

Other weekly gatherings:

Thursdays -10:15 in Egerton

- **11:00 ‘Good morning God!’ group in the library**
(scripture, conversation & prayer)

Sunday evening Hymn Sings— 7:15 in the Town Hall



Roman Catholic Communion and Prayers (Town Hall, then Egerton):

Sundays, June 1st at 10:45, June 15th at 10:30

Communion and Rosary: Thursday June 12th 2pm

Mass with Father Jamroz, with Confessions:

Friday June 27th 11am



On June 10th University Gates is hosting local faith leaders for breakfast—If your pastor didn’t get an invitation, please let us know so we can add them to our list!





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, June 10th and 24th 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, June 13th and 27th**

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

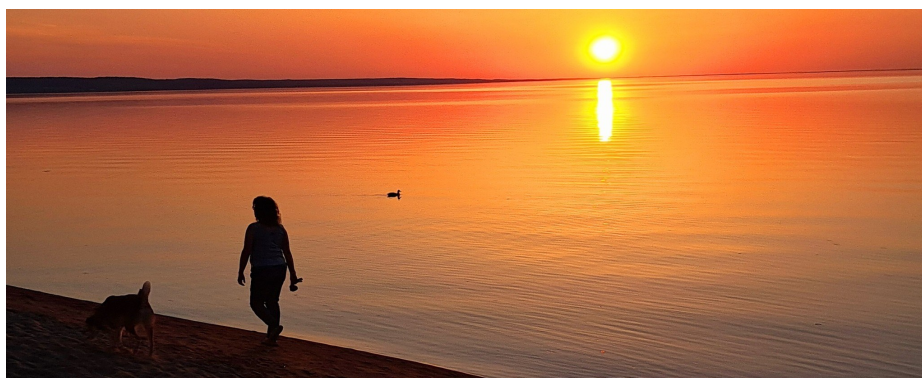
June 2-3 – Jewish: Shavuot*
the giving of the Torah at
Mount Sinai.

June 5-9 – Islamic: The Hajj*
pilgrimage to Mecca.

**June 7-10 – Islamic: Eid-al-
Adha*** the willingness of Ib-
rahim to sacrifice his son.

**June 8 – Christian: Pente-
cost (Whit Sunday)**
descent of the Holy Spirit.

**June 19 – Roman Catho-
lic: Feast of Corpus Christi**
Celebrates the Eucharist,
the body and blood of Jesus
Christ.



Spiritual Life Gatherings

- Tuesdays **9:30am** Rosary Service
- Thursdays **9:30am** 'Hymns' Chapel Service.
- Wednesday mornings TWICE a month—
'Contemplating Life with Mike' (in the chapel 10am)

Wed June 4 & Wed June 25

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.*

**"The thing about
meditation is: You
become more and
more you."**

David Lynch

PRIDE FAIR

You are welcome to take a stroll
down Main Streets to learn about
the 2SLGBTQIA+ Community

10am-12pm Long Term Care
2pm-4pm Retirement



"Uniting Hearts, Celebrating Diversity"
A day to learn, ask and celebrate

Athlete of the Month



Ted Wakeling

About the Resident

Ted is a very active participant in many of our fitness classes! He is always willing to try something new and demonstrates a positive mindset. In his spare time, he likes to play sports and has recently started playing the bass again! Be sure to congratulate Ted when you see him!

Favourite Exercises

Ted's favourite type of exercise is the NuStep bike and coming to many of the group fitness classes!

Fitness Goals

Ted's fitness goal is to be able to ride the duet bike more regularly!

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.

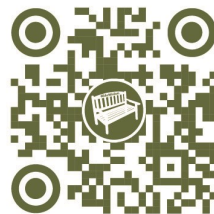
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Schlegel Villages – CONNECTIONS

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**



Warm weather facts



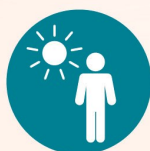
WHO IS AT RISK

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.



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 8234
Maintenance Services (RH): Brad/ Will	
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