

# The Winston Word

NEWSLETTER VOLUME 8 ISSUE 8

August 2025



**Ear & Hearing Clinic  
at Winston Park**

For an appointment with an  
Audiologist please call

**1-888-745-5550**

Hearing Tests

Hearing Aids

Repairs

**Meet Our  
Spiritual Care Team**

**Kathleen & Hector**



**Kathleen and Hector support  
both  
sides of the Village.**

**Please stop by either of the  
Spiritual Care Centres to say  
hello!**

**Happy Birthday  
to our residents  
and team who are  
celebrating their  
birthdays this month!**



*Our Team Members, Leadership, and  
Support Office were saddened by the  
passing of the following residents.*

Edith A  
Patrick B  
Ana B  
Barry G  
Yia L  
Karel O  
Wilfred W  
Robert W



*The Village of*  
**WINSTON PARK**

# Village Events

## August Events

### Wilfred Schlegel Day

Aug 4th 2-4pm in the RH Dining Room

### Summer BBQ

Aug 7th and 14th  
See posters around the village for  
more information

### Vendors

Aug 7th 11:00-3:00—Vicky's Jems and Jewels  
Aug 13th 10:00-3:00 - Factory Shoes  
Aug 20th 10:00-2:00—Plattsville Paperwork

### Multicultural Day

Aug 20th 2-4pm in the RH Dining Room

## WELCOME TO THE VILLAGE!

Last month we welcomed the  
following residents to Winston Park:

Debbie C  
Mary D  
Irene E  
Carla F  
Claude H  
Drago K  
Violet M  
Anna P  
Russell S  
Oliver S  
Lois S  
Audrey T  
William T  
Olga G  
Catherine J  
Reine-Aimee J  
Elaine L  
Donna M  
Owen N  
Jack O  
David S  
Klaus-Dieter T

## Reminder To Our Pet Owners

We are happy to see so many furry friends  
visiting our village these days.

Please drop off a copy of your pet's  
vaccination records at either office. The  
Ministry of Long-Term Care requests that  
we keep these records.





# Schlegel Villages – CONNECTIONS



As the July sun shone over a hazy Toronto skyline, residents and team members from several Schlegel Villages set sail for the annual Boat 4 Hope fundraiser in support of the **Wilfred Schlegel Hope Fund**.

Led by the team at The Village of Riverside Glen, the event has raised over \$120,000 since launching in 2019. It's more than just a day on the water—it's a celebration of community spirit and a reminder of the impact of collective generosity in times of crisis.

May Lui, representing presenting sponsor SGP Group Purchasing, spoke about the deep sense of connection this cause inspires. She was especially moved by the story of Tami Gunn, a team member from Coleman Care Centre who received support last fall after an explosion destroyed her home and injured her partner.

"There are not many programs that support employees like this during emergencies," May said. "It's quite special—and to be part of it, we feel like family."



Created in 2018, the Hope Fund is supported through voluntary payroll donations matched by the Schlegel family. **To date, it has provided more than \$1.3 million in aid to over 400 team members facing unexpected hardships**—thanks to the generosity of team members, residents, families, and community partners who continue to support events like Boat 4 Hope.

**WILFRED SCHLEGEL**  
*Hope Fund*



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***The dog days of Summer!*** Summer is half over and flying by. The dog days are upon us and we certainly have experienced a lot of hot weather in July. Let hope August follows suit with many beautiful sunny days. In August, we get to enjoy the Civic Holiday. It is known by many names in different provinces and municipalities. It's called **Regatta Day** in Newfoundland, **Terry Fox Day** in Manitoba, **Saskatchewan Day** in Saskatchewan, **British Columbia Day** in BC, **Natal Day** in Nova Scotia and PEI, **Simcoe Day** in Toronto, **New Brunswick Day** in New Brunswick, **Colonel By Day** in Ottawa, **Heritage Day** in Alberta, **Joseph Brant Day** in Burlington, ON and **Benjamin Vaughan** day in the City of Vaughan, Ontario. How ever you spend the holiday, I hope it is a safe and happy time.

**Family BBQ Season** – we at the village are looking forward to our annual BBQ's. We have already had a wonderful evening with the Williamsburg residents, family and friends. This is a great opportunity for residents to invite their families for an evening of good food and entertainment. This year we are having southern fare featuring BBQ Ribs and Fried Chicken. **Please take note of the posters located throughout the village for BBQ times and RSVP deadlines.** We look forward to seeing you!

**Parking** - for family/friends who might be reading the newsletter this month. We are well aware that parking can be tight at times but we ask that you do not park in Fire Zones. Vehicles can be ticketed for parking in those spaces.

**Signing In/Out** – just a reminder for both visitors and residents – we ask that you please sign in and out at the Accushield stations, located at each main entrance to the village, when coming and going. It is important that we have a record of who is in the village at all times. We thank you for your cooperation.



As well - **Welcome to our new residents** – we look forward to getting to know you, your family & friends!



## Sip Smart: Tips to Stay Hydrated

As we age, drinking enough fluids becomes increasingly important yet more difficult. Some people only drink water when they feel thirsty, but staying hydrated is essential for helping us digest food, control our body temperature, heal wounds, improve sleep quality, mood, and energy levels, and more.

Not drinking enough water can leave us feeling weak, tired, dizzy, constipated, confused, and even cranky.

Did you know that dehydration is estimated to affect half of long-term care (LTC) residents, as many do not consume the recommended 6 to 8 cups of fluid daily. This can happen for several reasons, such as limited access to fluids, ignoring dry mouth or other thirst signals, difficulty drinking due to challenges swallowing or holding a cup, and even drinking less to avoid going to the washroom.

### Tips to stay hydrated

Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA), shares some ways you can avoid dehydration and sip smarter:



Make it a habit. Try drinking water:

- When you wake up
- After brushing your teeth
- During and after activities
- With medications
- Between meals and snacks
- With friends!
- Choose beverages that you enjoy
- Eat foods with high fluid content, such as cucumbers, berries, tomatoes, and soups
- Carry a reusable water bottle or your favourite cup to drink from on the go
- Plan for washroom access

To learn more about Heather's research on improving hydration among residents, visit [the-ria.ca/resources/promote-hydration](https://the-ria.ca/resources/promote-hydration).



# 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



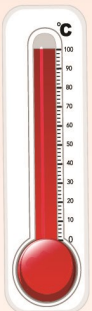
Confusion and lack of coordination



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.



**September 16–17**

**DoubleTree by Hilton**  
30 Fairway Road South, Kitchener

**Schlegel Villages and the  
Research Institute for  
Aging (RIA) are excited to  
be hosting our 10th annual  
Innovation Summit!**

Join us as we celebrate 10 years of innovation, improvement and research and help us envision the next decade!

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

**Sessions will include:**

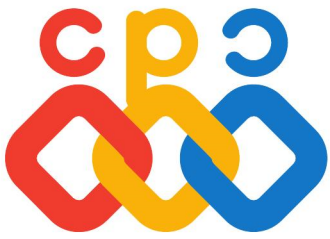
- Highlights of innovations over the past decade
- Co-creating future research with the RIA
- 2025 Innovation Catalyst and Innovation Challenge presentations
- The evolution and future of technology and AI
- Envisioning the future using Appreciative Inquiry

**We look forward to  
seeing you there!**





LIVE QUARTERLY WEBINAR



# Care Partners Connection



*Tuesday, August 26*

6–7:30 p.m.

**REGISTER NOW**

*Do you know someone  
living with dementia?*

You're not alone! Join us as we share  
**tips to engage your loved one  
living with dementia.**

**Register to attend and submit questions**  
for expert panelists. Each webinar  
includes education, guest speakers,  
resources, and a Q&A panel.

**Future webinar**  
November 25



*Hosted by*

**Heather Luth**

Director of Dementia Services  
and Knowledge Integration

Schlegel Villages



# Schlegel Villages – **CONNECTIONS**



**WILFRED  
SCHLEGEL**

**Monday, August 4**

*Day*

The **Civic Holiday in Canada** on the first Monday of August is intended to be more than just a welcome summer long weekend. Its purpose is to encourage a spirit of community and to inspire Canadians to reflect on how they can contribute to the well-being of those around them. This makes it a meaningful occasion for Schlegel Villages to celebrate Wilfred Schlegel Day—a tribute to the man whose values continue to shape the organization.

In 1953, Wilfred purchased the Schlegel family's first home dedicated to supporting older adults, setting in motion a legacy of care. His example inspired his son Ron and grandsons Rob, Brad, and Jamie to carry that commitment forward, strengthening their dedication to community through Schlegel Villages and their wider work in business and philanthropy.

This year as the Civic Holiday approaches, we encourage Villages take a moment to reflect on the many ways we see residents and team members supporting others and giving back to their community. There are knitting circles that continually use their skills to create warm booties and hats for newborns at local hospitals; we've seen residents raise funds for local shelters, food banks, and supportive housing organizations; others volunteer their time to support neighbours within the Village.

It is a beautiful gift we offer when we give of ourselves for the betterment of our community, and we're grateful for the many ways our Schlegel Villages family does this throughout the year.



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## Retirement Home Leadership Directory

Brad Lawrence	General Manager	Ext. 8003
Tara Rosenow	Assistant General Manager (Ret.)	Ext. 8010
Gillian Alexander	Director of Lifestyle Options	Ext. 8002
Katie March	Director of Lifestyle Options	Ext. 8008
Jane Panta	Village Experience Coordinator	Ext. 8015
Matthew Walsh	Director of Hospitality	Ext. 8004
Brad Rideout	Director of Environmental Services	Ext. 8006
Joe Bischof	Assistant Director of Environmental Services	Ext. 8116
Krista Punter	Recreation Supervisor/Dining Room Supervisor	Ext. 8062
Shirley Tulk	Neighbourhood Coordinator <b>Williamsburg</b>	Ext. 8215
Karena Nnebo	Neighbourhood Coordinator <b>Egerton &amp; Becker</b>	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator <b>Emma's</b>	Ext. 8012
Carmen Niculescu	Wellness Coordinator	Ext. 8029
Elizabeth Westacott	Assistant Wellness Coordinator	Ext. 8209
Hector Pineda	Spiritual Care	Ext. 8011
Faneesa Ishak	Administrative Assistant (Retirement)	Ext. 8001
Tiffany Menjivar	Administrative Coordinator	Ext. 8013
Heather Wende	PAL Coordinator	Ext. 8033

All email addresses are [FIRSTNAME.LASTNAME@schlegelvillages.com](mailto:FIRSTNAME.LASTNAME@schlegelvillages.com)

## LTC Nursing Directory

LTC Charge Nurse	Ext. 8101	Eby Nurse—1st floor	Ext. 8103
Strasburg Nurse—2nd floor	Ext. 8240	Trussler Nurse—2nd floor	Ext. 8102
Aberdeen Nurse—3rd floor	Ext. 8241	Newberry Nurse—2nd floor	Ext. 8100
Roseville Nurse—4th floor	Ext. 8242		
Kingsdale Nurse—5th floor	Ext. 8243		
Sandhills Nurse—6th floor	Ext. 8244		
Waldau Nurse—7th floor	Ext. 8245		
Haysville Nurse—8th floor	Ext. 8246		

## Retirement Nursing

Becker & Williamsburg Charge Nurse	Ext. 8118
Emma's & Egerton Charge Nurse	Ext. 8120

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## **Long-Term Care Leadership Directory**

Brad Lawrence	General Manager	Ext. 8003
Luke Denomme	Assistant General Manager (LTC)	Ext. 8188
Rabina Simovic	Director of Nursing Care	Ext. 8014
Jill MacQueen	Director of Nursing Care	Ext. 8264
Morgan Bonnell	Assistant Director of Nursing Care	Ext. 8275
Cathy Hu	Assistant Director of Nursing Care	Ext. 8269
Mary Hedrich	Assistant Director of Nursing Care	Ext. 8187
Gagan Sangha	Assistant Director of Nursing Care	Ext. 8319
Bailey Koop	Assistant Director of Nursing Care	Ext. 8268
Gina Almeida	Resident Support Coordinator	Ext. 8254
Vesna Venceljovski	Neighbourhood Coordinator <b>Eby, Trussler, Newberry</b>	Ext. 8005
Garry Sharma	Neighbourhood Coordinator <b>Strasburg &amp; Aberdeen</b>	Ext. 8370
Rada Jokic	Neighbourhood Coordinator <b>Roseville &amp; Kingsdale</b>	Ext. 8182
Venkatesh Gaddam	Neighbourhood Coordinator <b>Sandhills &amp; Waldau</b>	Ext. 8266
Meredith Herr	Neighbourhood Coordinator <b>Haysville</b>	Ext. 8270
Alysha Voigt	Director of Quality and Innovation	Ext. 8271
Brad Rideout	Director of Environmental Services	Ext. 8006
Joe Bischof	Assistant Director Environmental Services	Ext. 8116
Julia Slomke	Director of Recreation & Volunteer Services	Ext. 8007
Sarah Linton	Volunteer and Student Services Coordinator	Ext. 8199
Daniel Juteram	Food Service Manager	Ext. 8009
Ayah Elhasan	Assistant Food Service Manager	Ext. 8258
Carlyn Martin	Director of PAL Program	Ext. 8265
Michelle Nguyen	PAL Coordinator	Ext. 8262
Matthew Veroude	PAL Coordinator	Ext. 8372
Kathleen Sorensen	Spiritual Care	Ext. 8172
Archana Renuka	Administrative Assistant	Ext. 8207
Yvonne Madueke	Nurse Practitioner	Ext. 8371

**All email addresses are [FIRSTNAME.LASTNAME@schlegelvillages.com](mailto:FIRSTNAME.LASTNAME@schlegelvillages.com)**

***The Village Of Winston Park 695 Block Line Rd. Kitchener, Ontario N2E 3K1 519-576-2430***