

The Glendale Gazette

August 2025



Betty Ann S (LTC)



Sam C (LTC) and Todd (Bus Driver)



Toni N (LTC)



Pasquale G (RH)



Retirement Back Patio at Night



Elaine D (RH)



Bee Info From Amy J.

Welcoming Our New Bee Hives

We're excited to introduce our new honey bee hives! These busy pollinators are a vital part of the environment, and their arrival brings big benefits to our community. Honey bees pollinate about one-third of the food we eat, including fruits, vegetables, and nuts. They also support the health of flowers and plants that provide food and shelter for other wildlife. As a bonus, bees produce delicious honey, as well as useful products like beeswax and propolis.

Are They Safe?

Yes! Honey bees are generally gentle and sting only when threatened. Our hives are carefully placed and managed to keep both the bees and people safe. As long as they're left alone, they'll go about their work peacefully. You may see two people in the field checking on the hives once a week. We are making sure the hives are healthy and that the queen is active. It is quite a beautiful experience when up close and personal.



Hive Facts

Each hive can house 20,000 to 60,000 bees. There's one queen, thousands of worker bees, and a few drones. Worker bees collect nectar, care for the young, and maintain the hive, working as a team to keep things running smoothly. Bees even "dance" to share directions to flowers! Honey bees only live 40 days. The bees you might see out collecting pollen are 30-40 days old. What a way to spend your retirement! (The Queen is marked with a green dot in the picture below)



We're proud to welcome these amazing insects to our space. They help the environment, produce natural goods, and are fascinating to watch. Our new hives are buzzing with life—and doing important work every day.

If you're buzzing with questions about our bees, reach out to Amy Jackson, our ADES. Ext. 8229. Happy summer!



Introducing Brittany VanRaes RH NC

Hello,

My name is Brittany, and I am the newest Neighbourhood Coordinator at Glendale Crossing, supporting the Retirement Home. I started my healthcare journey about 22 years ago, starting off with volunteering with VON as a support worker, my passion for helping, and caring for others started to bloom from there on, I graduated as a Personal Support Worker shortly after. I have been at Glendale Crossing for about 7 ½ years now, starting out as a Personal Support Worker, and most recently the Team Experience Coordinator, supporting hiring and onboarding new team members for Glendale. I became a Neighbourhood Coordinator in March of this year, supporting the other 3 Neighbourhood Coordinators, leading the Bridges To Care program, and a variety of different tasks.

I have 3 amazing children. A 19-year-old son, Nathan, 15-year-old daughter, Emma, and an 11-year-old daughter, Abby. We love going camping, going to the drive-in, going to amusement parks, taking road trips, going on hikes and going to the beach.

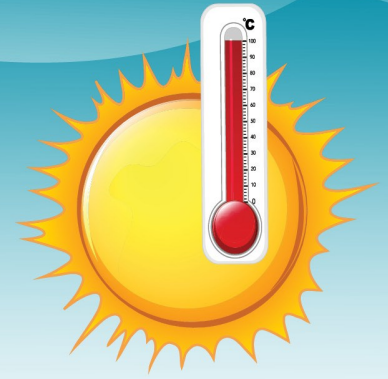
Since joining the Retirement Home, I have met so many of you and your wonderful families. I love hearing about your experiences and your past before coming to Glendale. I love hearing how much you love being here. I have also learned so much from the Leadership team, who values collaboration, and is passionate about promoting a caring community. Everyone helped me transition into this role, and I couldn't ask for a better team.

I am excited to continue to grow, contributing and learning as I take on new challenges in this role. Thank-you for taking a moment to get to know me. I look forward to connecting with more of you soon.

Brittany Vanraes
Neighbourhood Coordinator



Stay hydrated!



FACTS



With the weather finally getting warmer, proper hydration is of increased importance for everyone but especially our residents



Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration



Evidence tells us that our residents need to drink at least 6-8 cups or 1500-2000 ml of water per day



Water in beverages (e.g. milk, coffee or tea) and foods counts!

TIPS



Drink water throughout the day



Eat foods with high water content such as fruit and vegetables



Drink together – when you consume water with others you are likely to drink more



Remind others to drink water regularly



Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking



Wishing you a
Happy Birthday!

Our Residents

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

LTC

Wendy M—August 3rd
George S— August 3rd
Ron A—August 4th
Nancy Z— August 5th
Bob T—August 15th
Leo P—August 15th
Pat M— August 16th
Bob B— August 19th
Ruth T— August 21st
Phyllis K— August 22nd
Barbara R— August 29th
Jorge C— August 29th
Claire P— August 30th

RH

Alvin M – August 3rd
Pat J – August 6th
Art P – August 7th
Margaret S – August 7th
Marni R – August 8th
Will G – August 8th
Carl F – August 11th
Louis E – August 12th
Bette Y – August 12th
Peggy C – August 12th
Darlene S – August 13th
Rae A – August 13th
Bob B – August 15th
Lois L – August 15th
Pat L – August 16th
Ted B – August 20th
Sally C – August 20th
Mike M – August 22nd
Libby D – August 24th
Shirley M – August 26th



In Memoriam

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

*LTC– Pat J, John B, Ericinia D, Barbara B, Ginny G,
Gloria L, Steve P*

RH– John W, George H, Barb S, Barb R

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

Saturday August 2nd at 2:45 Music: Deb & Fred in Town Hall

Monday August 4th at 6 PM Car Show & BBQ in Retirement Front Patio

Tuesday August 12th at 11– 3 International Cuisine Event in Retirement Main Street

Wednesday August 13th at 10:15 Catholic Mass in Town Hall

Wednesday August 13th 12 PM Bi-Weekly Summer BBQ in Retirement Back Patio

Thursday August 21st at 11 AM Suzanne's Jewelry Sale in Retirement Main Street

Saturday August 23rd at 2:45 Music: Jim Cochetto in Town Square

Wednesday August 27th at 12 PM Bi-Weekly Summer BBQ in Retirement Back Patio

Resident Bill of Rights

13. Every resident has the right to keep and display personal possessions, pictures and furnishings in their room subject to safety requirements and the rights of other residents.

Thank You!

Here's an update for you, from your Tab Lady "Tommie".

First I want to thank all of you wonderful people who have donated your tabs to me. I have handed in 3 large bundles of tabs to have them processed toward being made into wheelchairs. We are approaching our 3rd wheelchair, including some tabs from other sources. Isn't that wonderful?!

Keep up the good work. I can take all that you can give me. If you cannot catch me personally, please leave them in my mailbox on the fourth floor, room 2422.

Thank you all very much, you all are quite great!

Tommie Racey



Food Service Report

Happy August!

We are well into our new menu for the Summer/Fall season of 2025 and hope you are enjoying these new items as well as continuing to enjoy some favorites. Long Term Care, please remember to join us at the resident's council meetings if you have any food related issues or suggestions for a favorite food that we might be able to add in as a special or possibly even on the menu rotation. Long Term Care: Resident's council meetings happen every month with the next one on August 12th.

Look for BBQs to continue throughout the month of August!! They are scheduled to take place on August 13th and 27th.

As we continue into summer, we hope you are enjoying the nicer weather after the heatwave we experienced this last month. And remember especially during the warmer (and hotter) weather to always keep yourself hydrated: drinks lots of water and extra fluids. Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration.

Tracey Moore
Assistant Director of Food Services in Long Term Care

Spotlight on You

GAIL EATON

My name is Gail Eaton and I was born in London, Ontario in 1947 on November 29th. I live on the Westminster neighborhood. I got married in 1967 with my husband Ray Eaton who also lives here in The Village. I met him in Buckhorn with his cousin when I was cottaging with my sister. My sister then married his cousin! Ray worked as a maintenance engineer. Together we have two kids, a boy and a girl. Sara lives in London and Curt lives in Renfrew. I have 3 Grandsons! I also have two sisters, and I am the middle one. My brother in law Steve is a bus driver for our Glendale bus.

I started my work as a bank teller and ended up as a business owner, then retiring at the age of 69. I only graduated from high school and took some courses of accounting. I worked as a volunteer for Beavers for 20 years in London and helped out at school for 8 years. While my kids were in school, I decided to be a stay at home mom to help out more at home. I used to travel to a campground in Alberta with my husband when kids were small. My hobbies are knitting, reading and gardening. Since I came here in 2023, I have more time to do knitting and reading. I also enjoy playing Euchre, Bingo and attending the music programs. I have met some really great people here. When I moved into Glendale, I was wheelchair bound, and has spent 1 year in and out of hospital. The staff truly believed in me, more than I believed in myself. I was able to regain my strength and walk again!

My favorite season is Spring. I like it because it is warm, all flowers are in bloom and it's season of hoping and better things to come. Thinking back to when I was in public school, I knitted a baby outfit. I used to have big Thanksgiving and Christmas dinners with my family. Back when I was young and my birthday came around I would always wish for snow so we could go skating, and roast hotdogs and marshmallows at home in the fireplace.

Thanks for reading my story, and I hope to see you around The Village!



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: Aster Y (Food Service).

The winner for the Retirement side is: Kristine T (PCA).

Congratulations!!

Dementia Tips From Family Council

Tips to Support Someone Living with Dementia

Living with dementia is hard. It affects many parts of the brain and changes how a person sees and interacts with the world. Every person is different. Their experience depends on their personality, life history, and preferences. If someone is “giving you a hard time,” it’s usually because they are having a hard time. Things like pain, tiredness, noise, stress, or unfamiliar places can make things harder.

Here are some tips people living with dementia would like to share:

Helpful Things You Can Do

- Knock before entering and say who you are: “Hi Mom, it’s Jim.”
- Don’t correct me if I mix you up with someone else. I still feel your love.
- If I ask for my mom or dad, ask me about them. I may need comfort.
- Talk to me like an adult. I’m still me, even if I’ve changed.
- If I’m upset, try to find out what’s wrong. Ask me to show you.
- Hold my hand or rub my back when I’m anxious.
- Hugs, laughter, and tears help me feel connected and loved.
- Let me do things my own way, even if it’s different from yours.
- If I can’t use a fork, let me use my hands to eat. That’s still independent!
- Keep snacks I like nearby. I may get hungry between meals.
- Help me do things I enjoy—like music, fresh air, or seeing friends.
- Offer choices. Show me two things and let me choose. Watch my face!
- If I carry things around, let me. They might comfort or remind me of something.
- Tell me I’m loved. Share stories and photos. I may not remember right away, but your love reaches me.



Things to Avoid

- Don’t ask, “Do you know who I am?” It makes me feel bad.
- Don’t correct me if I say something wrong or talk about my parents as though they are still alive.
- Don’t get upset if I mix up names or stories. I can’t help it.
- Don’t be impatient when I ask you a question more than once, I think it’s the first time.
- Don’t tell me everything is okay, or I’m fine if I’m upset. This ignores my feelings.
- Don’t take over if I can still do something—even if I’m slow.
- Don’t talk about me like I’m not there. I can still hear and feel.
- Don’t take me to places that are really busy or loud, as I may get overwhelmed.
- Don’t feel guilty for not doing everything. You’re doing your best.

Thank-you for caring about HOW people living with dementia feel, and supporting them to thrive within our villages, living with purpose, meaning and connection every day!

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.

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



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.

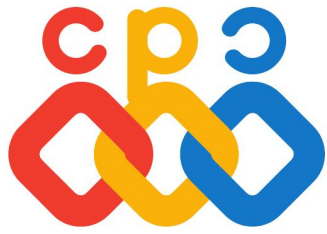
Sessions will include:

- 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.

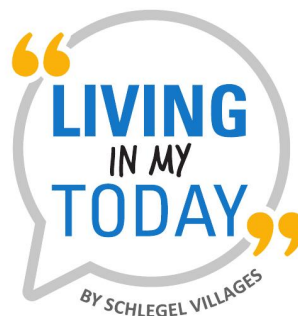
REGISTER NOW

*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



Volunteer Corner

Hey everyone,

I cannot believe that we are partly through summertime already! When I am not at work, my family and I have been playing pickleball and enjoying the beach. This is my son's first summer off as he just finished JK this year and he is loving every minute of it.

It has been nice to see our residents continue to venture out into the community with the variety of outings that happen each week. Outings such as visiting Niagara Falls, Ripley's Aquarium and the African Lion Safari to name a few.

Thank you to everyone with your ongoing support towards the PSW students and our volunteers both new and seasoned that come into our village to learn and support. We appreciate your patience and that you continue to welcome them with kindness.

Retirement General Store hours are Monday & Friday 11:30am to 2:30pm and on Wednesday from 5-7pm. Our Long-Term Care General Store is open in the mornings each day from 10am to 12pm, but also can be opened by our Administrative Assistant in our village office (LTC) from 9am to 5pm each day.

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 in the Community Centre by the computer. If you are seeking more information, you can also reach me – Maria Campbell at: glen-dale.volunteers@schlegelvillages.com or by phone at (519) 668-5600 ext. 8046.

My office is located on our Long-Term Care side in the Community Centre. Feel free to stop by and say hello!



A Word From Your Co-Editor

Happy Summer!

This is a summer update. It's the greatest time to be with your family, you can book your vacation time, go for walks, BBQs with family and friends, go for ice cream, date nights outdoors, movie nights, make your own ice cream sundaes, beach days having fun in the water, or go on a cruise and don't forget your sunscreen!

Just let Maria, Erin or Taylor know some summer ideas

Your Co-Editor,
Heath



Summer Insight

A Great Walk Nearby!

Directly across Singleton Avenue from this driveway into Glendale, is one of the entrances to Pincombe Park. This is a paved walking path that follows a stream with brush, wildflowers, and woods on both sides. The park was most probably named after John Pincombe, whose farm in the area is mapped in the "Illustrated Historical Atlas of the County of Middlesex, 1848, page 35." Which is available in the resident library in Glendale Retirement side.

A walk here is a chance to get away from the noise and fumes of the traffic and connect with nature in the middle of a busy city. To Bradley Avenue and back is almost exactly 2 kilometers. There are two entrances along the way, that allow for shorter walks that return via Pincombe Drive, the shortest, or Morgan Crescent and Pincombe Drive.

Animals regularly sighted are squirrels, rabbits, skunks, and groundhogs. A great variety of birds can be seen, including crows, grackles, sparrows, robins, goldfinches, mallards, geese, red-bellied woodpeckers, mourning doves and cardinals. There are others heard but not yet seen.

Among the many wildflowers, prominent are Queen Anne's Lace, bright yellow Sow-thistle, and trumpet shaped wild Morning Glory. Raspberry bushes, common teasel, and milkweed abound. Sadly, only one Monarch butterfly has been seen although they used to be common in areas with the milkweed in which they lay their eggs and feed. There is a large chokecherry bush that last fall was overburdened with fruit. This summer a black walnut tree has an abundance of golf sized globes, green but now on their way to ripening.

Phone apps are available to help identify birds by sound (Merlin), and plants by taking pictures (Plant Net). A great way to have a very local nature experience at no cost.

Hope you get the chance to see it for yourself!
John Jared



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.



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- ✓ 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



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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
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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...

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Retirement Home Leadership Team

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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	

