

Riverside REVIEW

Vol. 27 Issue 7 July 2025

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Mission Statement

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.



The Village of
RIVERSIDE GLEN



Message from

BRYCE MCBAIN

Dear Residents, Families, and Team Members,

As we step into July, we thank you for the energy, heart, and care you brought to our village throughout June. The moments we create together, big and small, shape the spirit of Riverside Glen.

Thank you to everyone who helped make Father's Day special. Whether it was a quiet visit, a shared laugh, or a thoughtful gesture, it all made a difference. It's these simple acts that remind us how meaningful it is to honour the people who have guided and supported us.

This June also marked the 10th anniversary of the #ElderWisdom Green Bench campaign, and what a powerful way to celebrate Seniors Month. Every time we sit beside one another, share a story, or pause to listen, we strengthen what it means to live in community. Thank you to everyone who helped us lift up the voices of our elders. That wisdom continues to shape our future.

We also came together for Pride Week, which gave us another opportunity to show what inclusion and respect look like in action. The colours, the conversations, the support, all created space for belonging. We're so proud of the way our village reflects and celebrates diversity every day.

Looking ahead to Canada Day, we encourage everyone to do more than just celebrate. Let's also take time to reflect. We live in a beautiful country, and we have so much to be grateful for. But part of that gratitude means listening, especially to Indigenous voices, and acknowledging that the freedoms we enjoy today came at a cost. This land holds a complex history, and it's important we make room for that truth. Reflection is part of celebration. Listening is part of love for this country. Let's hold space for both.

Thank you for continuing to bring care, compassion, and community to life in ways that matter. It's an honour to be part of this village with you.

Have a Happy Canada Day!

With gratitude,
Bryce McBain
General Manager

Chaplain's Corner

To: Residents, Families, and Team Members

July, of course, is the month to celebrate our country. We are known to be rather reserved in declaring our patriotism, but with recent threats we have become much more vocal. I like seeing the Canadian flags displayed in so many places. So here are a few facts about our great nation.

In Psalm 72:8 it says: "May he reign from sea to sea..." This line is displayed on Canada's Coat of Arms. If you watched the Throne Speech on May 27 from King Charles, you may have seen the Coat of Arms on the back of the throne upon which he sat. The Canadian Coat of Arms was proclaimed by King George V in 1921. It displays the emblems of England, Ireland, Scotland and France. The red circular ribbon was added in 1994 for the Order of Canada.

The Royal Anthem, God Save the King, was the first anthem sung in the colony of Canada, later the Dominion of Canada. The Maple Leaf Forever written by Alexander Muir was often sung as an unofficial anthem in English speaking Canada, with O Canada first being played in 1901. The first official form in English was published in 1927 for the Diamond Jubilee of Confederation. In 1980 Parliament made "O Canada" the official anthem. Since then, there have been minor word changes to make the anthem more inclusive. "God keep our land, glorious and free."

Note: The Memorial Service in Retirement will be Wednesday July 9 @ 3 in the Williamsburg Dining Room.

Blessings to you,
Rev. Brenda Woodall



In Memoriam

The Board of Directors, Leadership, Team Members and Residents were saddened by this month's passing of:

Benny Monico
Alida Zegerius
Caleb Hayhoe



Riverside Glen *welcomes new residents* *to our community*



Ē Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Carol Kerklaan
Charles "Chuck" Marino
Hazel Giles
Marilyn Gifford
Edith Strathearn
Terrance 'Terry' Leahey
June Heeley
Jean Newcombe
Maria Gaiardo
Rhoneita Campbell
Doris Spain

Long Term Care

Allison Rehel



PHOTO REVIEW OF JUNE



COMING UP IN JULY

Tues, July 1st 2 P.M.

Canada Day Party: Elvis'
3 Brothers(Pond/Gazebo)

Wed, July 9th 3 P.M.

Retirement Memorial
Service (Town Hall)

Wed, July 23rd 2 P.M.

Summer Caribbean
Party: Steel Pan
Drummer (Erin Patio)

Sat, July 26th 10:30 A.M.

Jam School: Music
Summer Showcase

Vendors

Touch of Love Coloring

Thursday July 17th 10-2 Mainstreet RH



Athlete of the Month:

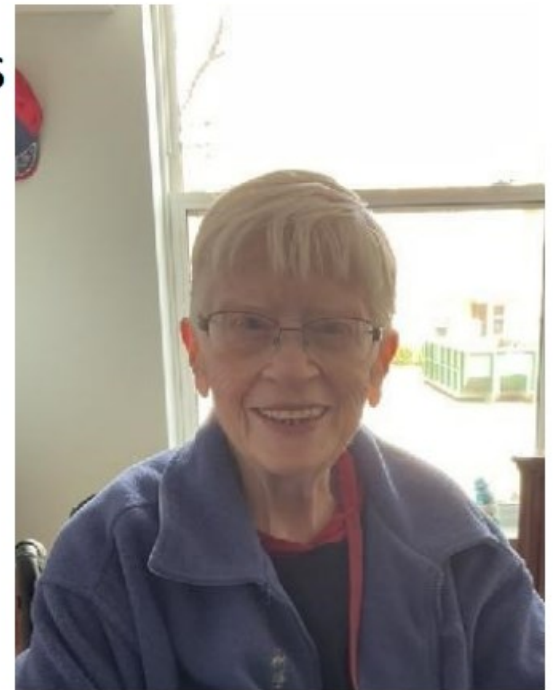
Judy Stark

This month's Athlete of the

★ Month is Judy. Judy participates regularly in group classes, and really enjoys playing catch, where she aims to bounce the ball as high as she can.

A fun fact about Judy is that she always has treats in her pockets for animals who come visiting.

Congratulations Judy!



Boosting Brain Health: Small Habits, Big Impact

Brain Health Day (July 22) is a reminder that how we care for our brains today can shape how we live tomorrow.

Our brains change over time, but the choices we make every day can help keep them strong.

How we live, move, eat and connect with others can shape our brain health. Even small lifestyle changes can help support memory, thinking skills and overall brain function.

The Brain-Body Connection

Our brains and bodies are deeply connected. Lifestyle behaviours such as regular physical activity and a balanced diet not only support general health, they also have a positive effect on memory and thinking abilities.

What can you do?

- Take a brisk walk most days of the week
- Eat more vegetables, fish, and whole grains
- Limit processed foods and added sugars
- Stay hydrated

Exercise Your Mind, Too

Keeping the brain active is just as important as staying physically active. There's growing evidence that challenging your brain helps keep your thinking sharp.



Try these brain-boosting activities:

- Do a daily crossword or Sudoku puzzle
- Play matching games
- Use both hands equally for tasks like brushing your teeth or making breakfast
- Try a new form of movement like yoga, tai chi, or dancing – bonus if it involves remembering sequences
- Memorize short lists of items in your home, then test yourself after a short break
- Read aloud to yourself or others
- Use a journal to track emotions and memory progress
- Socialize regularly – join a game night, walking group, or volunteer activity

Take One Small Step Today

Whether it's going for a walk, trying a crossword puzzle, or adding more leafy greens to your plate, each step matters. The RIA offers tools, resources, and research-based programs to help older adults live their best lives—and that includes supporting better brain health.

Want more? Check out the Memory Workout By Us For Us Guide (the-ria.ca/bufu).

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



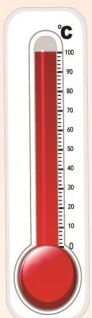
Confusion and lack of coordination



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.

Schlegel Villages – CONNECTIONS



Schlegel family's pride in **CANADA**

"The beauty and vastness of the country and its countless different landscapes is a great point of pride," says Brad Schlegel, reflecting on the celebration of Canada Day this year. "Mirroring that it is the beauty of our people, with our multitude of cultures, and the bounty of their generosity and kindness."

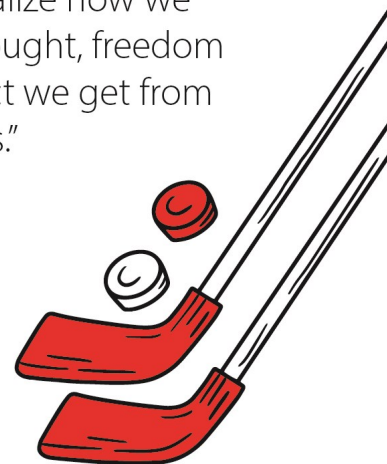
This year has been one of great reflection for many Canadians, for there have been new challenges borne out of changing perspectives among our global neighbours. There has been a rise in Canadian patriotism as a result, and across our Villages we see it in full force as our residents and team members celebrate the ties that bind us together across our nation on July 1.

As Jamie Schlegel considers this, he echoes much of what his brother says, with an added flare for a stalwart Canadian Passion. "I'm proud of the vast and rugged natural beauty of our land," Jamie says, "the humility and kindness of our people and the fact we dominate the game that really counts – hockey!"

For their father, Ron, who founded Schlegel Villages and in doing so, furthered his father's passion for community building, Canada finds its strength in its diversity. He notes he was born in a tiny Hamlet west of Kitchener, Punkeydoodles Corners, and as a boy moved to the village of Ailsa Craig. Influences came from Germany and Scotland respectively in these areas, and these blend together to make Canada strong. "In my opinion, Canada is the best country in the world," Ron says, reflecting on the diversity of language and geography that helps define the nation.

His oldest son, Rob, while travelling in Europe, expands on that reflection. "I am proud to be Canadian as we travel around the world and realize how we enjoy our freedom of thought, freedom of speech and the respect we get from people in other countries."

Happy
Canada
Day!



Schlegel Villages – CONNECTIONS



TIMELESS RECIPES, *endless stories*

PURSUIT OF PASSIONS 2025

Throughout Senior's Month in June, we saw many great events to celebrate **#Elderwisdom** across the province, and we thank everyone who participated and helped remind our communities how much our oldest generations have to teach us. We are looking forward to the month of July as our Wisdom of the Elder signature program continues with our **Pursuit of Passions** tradition.

In years past, Villages have showcased the artistic talents of residents through art shows, large and small, but we've also found that a celebration of cuisine and the culinary passions of residents is always well received.

Throughout July, we know there are many events planned; some Villages are hosting cook-offs to showcase favourite recipes

where fellow residents and team members will have opportunities to vote on their favourites. In others, space is being created for residents and team members to cook together and break bread in the neighbourhoods with their neighbours.

Throughout the **"Timeless Recipes, Endless Stories"** events, the memories shared and the explanation of the meaning behind the recipes will be the greatest points of pride.

No matter how your Village and neighbourhood is focusing on the passion we all share for good food and company, we hope everyone can take a bit of time to share some of their culture and personal history through conversations about the foods we love.

Guest meal pricing

Tickets are available for purchase at the Village Office.

While we request 24 hours' notice for guest meals, when possible, we will make every effort to accommodate last-minute requests.

	Retirement	Long-term Care
Breakfast	\$10.50	\$10.50
Lunch	\$16.80	\$13.65
Dinner	\$19.95	\$16.80



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.





Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Riverside Glen, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

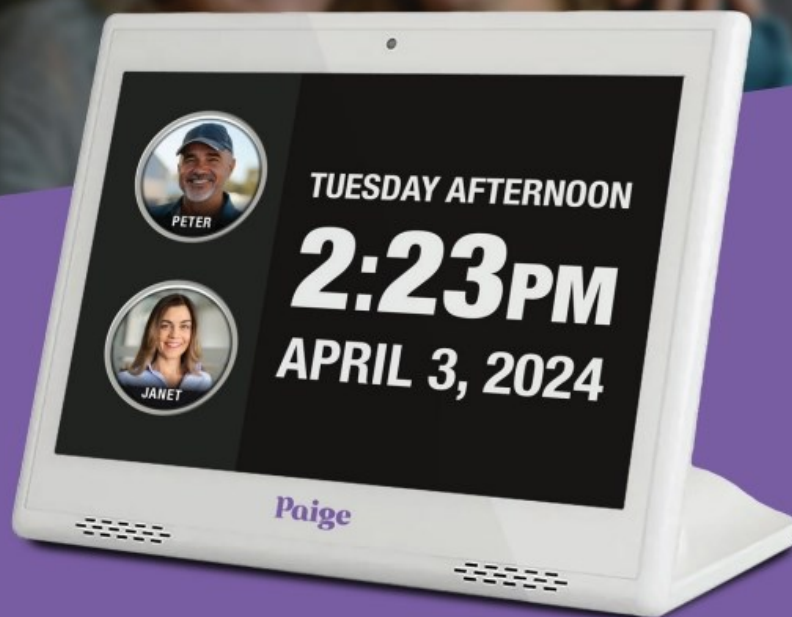
JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Paige™

The one-touch video calling device.

Created for seniors that struggle with technology, Paige's elegantly simple interface makes video calls with loved ones a reality.



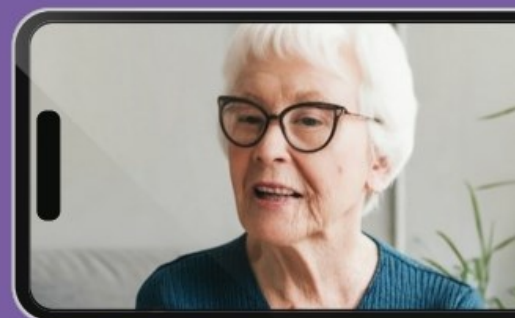
Mom loves family visits, but we just can't always be there for her. If only there were a realistic way for us to easily connect.

Seniors uneasy with technology find comfort in Paige's classic tabletop clock design, and one-touch interface.

- No confusing remotes. No menus.
- No usernames or passwords.
- Just one always-ready screen.

Family caregivers can join video calls and manage the frame using the Paige app.

- Start or join video call initiated on the frame with a tap.
- Add and update trusted contacts anytime.
- Secure, invite-only access for peace of mind.

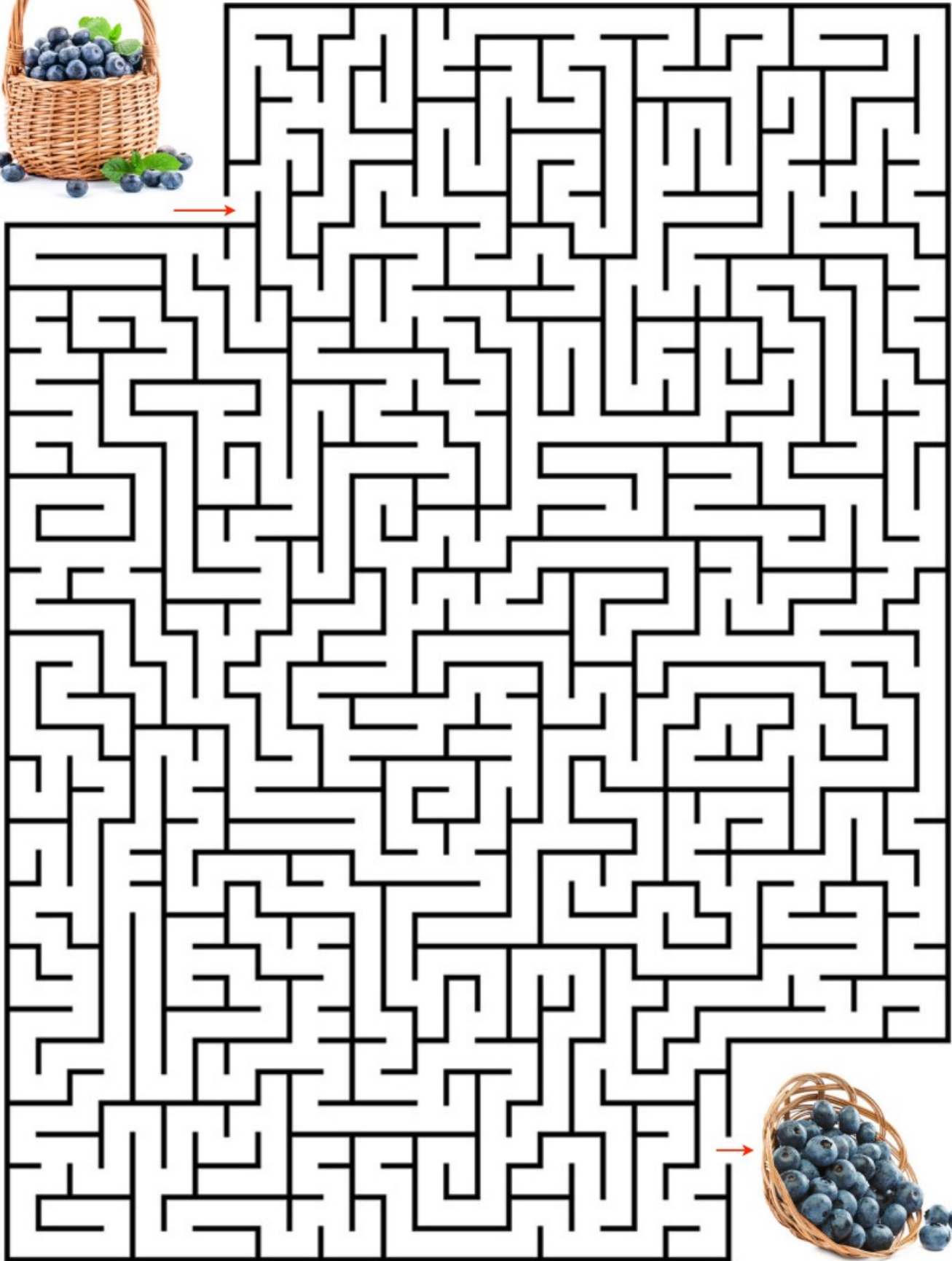


Free trial now available for
Riverside Glen residents!

Order **Paige** for your loved one,
or apply to qualify for your free
trial device at paigeframe.com



A-Mazing Basket of Blueberries





Happy Birthday

Resident Birthdays

Team Member Birthdays

VILLAGE VOICE NEWSLETTER

Read these stories
and more on the
Villages website.
Sign up online to
receive the email
newsletter.

**www.
schlegelvillages.com**

Ruth W	July 01
Jeannette L	July 04
Doug G	July 05
Manuella A	July 05
Mary M	July 06
Elizabeth M	July 06
Richard B	July 07
David K	July 08
Brian F	July 08
Bonnie S	July 09
Walter F	July 10
Urve A	July 11
Anne T	July 11
Patricia S	July 12
Bozid R	July 13
Ferenc S	July 14
James G	July 14
Robert C	July 16
Mary S	July 16
Ann H	July 16
Milka H	July 17
Shirley K	July 18
William H	July 18
William Lesli Y	July 23
Barbara S	July 23
Edward M	July 25
Jo-Anne M	July 25
Susanne B	July 27
Mary G	July 28
Doreen S	July 30
Thelma S	July 30

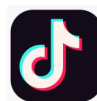
Lakhvir R	July 01
Kiera C	July 02
Juvie Lynne J	July 02
Meghan C	July 03
Marlene L	July 03
Carol C	July 05
Joanne L	July 05
Sukhvair K	July 06
Becki L	July 06
Katelyn H	July 07
Alexander W	July 07
Ayden B	July 08
Hardeep K	July 08
Jashanpreet S	July 08
Allison K	July 09
Lorena G	July 10
Meighan M	July 11
Eseohe I	July 12
Ivan R	July 12
Soe S	July 12
Annette S	July 12
Nicholas A	July 14
Frank P	July 14
Michael D	July 15
Mohabat R	July 15
Colleen M	July 16
Djrei D	July 17
Abigail V	July 18
Lynn W	July 19
Priya S	July 20
Corette M	July 20
Branden N	July 21
Kathy B	July 22
Victoria E	July 22
Rajdeep K	July 23
Joanna M	July 23
Andrea N	July 24
Andrei O	July 24
Marilyn R	July 24
Faye Z	July 25
Mariae Z	July 25
Caitlin A	July 28
Carrie W	July 31



@riverside_glen



The Village of
Riverside Glen



@villagelife_sv

Birthday Celebrations

Retirement Birthday Party

Tuesday, July 15th 2:00 pm in the café
with Aidan Purnell

Long Term Care Birthday Party

Thursday, May 29th at 2:00pm in the café
with Bob MacLean

The Village of Riverside Glen Directory

Phone 519.822.5272

Retirement Home

Bryce McBain, General Manager	Ext. 815
Lynn Lake, Assistant General Manager RH	Ext. 761
Michelle Mayhew, Director of Wellness	Ext. 812
Sherri Henderson, Assistant Director of Wellness	Ext. 8667
Dylan Pust, Egerton Neighbourhood Coordinator	Ext. 836
Madalyn MacIntyre, Emma's Neighbourhood Coordinator	Ext. 807
Karleigh Herd, Williamsburg Neighbourhood Coordinator	Ext. 893
Shaleena Campbell, Director of Hospitality and Food Services	Ext. 840
Dayna Brinton, Recreation Supervisor RH	Ext. 620
Richard Ayala, Director of Program of Active Living	Ext. 826
Melissa Gareri, PAL Coordinator RH	Ext. 821
Tammy Smith, Director of Environmental Services	Ext. 804
Vinny Setia, Assistant Director of Environmental Services	Ext. 857
Karen Murray, Director of Lifestyle Options	Ext. 759
Jaycel Nabua, Director of Lifestyle Options	Ext. 865
Brittany Burton , Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall and Eileen Harbottle, Spiritual Care Providers	Ext. 871
Sue Rice, Hair Salon RH	Ext. 816
Jen Jimenez, Administrative Coordinator	Ext. 805
Vrushank B, Administration RH	Ext. 800

The Village of Riverside Glen Directory

Phone 519.822.5272

Long Term Care Home

Bryce McBain, General Manager	Ext. 815
Devon Richards, Assistant General Manager LTC	Ext. 841
Deb Guthrie, Director of Nursing Care	Ext. 801
Raman Mander, Assistant Director of Nursing Care	Ext. 797
Vincent Domosmog, Assistant Director of Nursing Care	Ext. 763
Kryssy Freeman Assistant Director of Nursing Care	Ext. 848
Cheyenne Boyce, Assistant Director of Nursing Care	Ext. 780
Cheryl Ridler, Director of Quality and Innovation	Ext. 798
Brandon Wilton, Mapleton/Eramosa Neighbourhood Coordinator	Ext. 298
Angela Gualtero, Puslinch/Nichol Neighbourhood Coordinator	Ext. 794
Angela Keller, Erin/Arthur Neighbourhood Coordinator	Ext. 834
Amy Hasson, Food Services Manager	Ext. 873
Ayah Elhafan, Assistant Food Services Manager	Ext. 747
Kadri Phillips, Director of Recreation	Ext. 811
Richard Ayala, Director of Program of Active Living	Ext. 826
Brittany McNeely, PAL Coordinator LTC	Ext. 835
Tammy Smith, Director of Environmental Services	Ext. 804
Brittany Burton , Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall and Eileen Harbottle, Spiritual Care Providers	Ext. 871
Sue Rice, Hair Salon LTC	Ext. 860
Jen Jimenez, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858