

Riverside REVIEW

Vol. 27 Issue 8 August 2025

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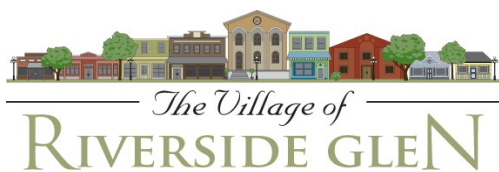
Welcome New
Residents!
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Mission Statement
Our Mission is to
provide holistic health
care in a home
environment located
within an internal
neighbourhood design
that promotes a caring
community, with
emphasis on optimal
health and life purpose
for each resident.



Message from

BRYCE MCBAIN

Dear Residents, Families, and Team Members,

As we welcome the month of August, I want to take a moment to express heartfelt appreciation for all our incredible team members who serve at The Village of Riverside Glen. Every day, you show up with compassion, presence, and purpose and that makes all the difference.

Thank you to everyone who took the time to nominate a team member for one of our annual Connect the Dots Customer Service Credo Awards: **Know Me**, **Be Present**, **Walk in My Shoes**, **Earn Trust** and **Follow Through**. The winners of this year's awards will be announced at our Team Appreciation event on August 13th. This Civic Holiday, we also mark Wilfred Schlegel Day, a day across Schlegel Villages dedicated to giving back in the spirit of Wilfred's legacy of community and care. In honour of this day, and in celebration of International Twins Day, which also takes place the first weekend of August, we turned to the four remarkable twins on our team to help us choose a local organization to support. Their thoughtful choice: Guelph-Wellington Women in Crisis.

We were proud to make a donation to this vital organization, and grateful for the insight and compassion our twins brought to this meaningful decision.

This month also brings with it a significant milestone for our team. Lynn Lake, our Retirement Assistant General Manager, will be retiring on August 22nd after more than 20 years of dedicated service to The Village of Riverside Glen.

Lynn's leadership journey from starting as an Administrative Assistant to becoming AGM, has been defined by heart, integrity, and an unwavering commitment to others. Lynn brought a lot of joy and intention to everything she did. We are incredibly grateful for her decades of service and equally happy for her as she begins this next chapter, focused on family, continued learning, and well-earned rest. Please join us in celebrating Lynn and all that she has contributed to our Village.

August is off to a heartwarming start, and there is much more ahead. We look forward to celebrating with many of you at our upcoming events, and as always, we thank you for being part of the Riverside Glen community.

Bryce
General Manager

Chaplain's Corner

To Residents, Families, and Team Members

We are well into those "dog days of summer", so thought I'd just pass on some thoughts to ponder as you relax in the great outdoors.

1. Aerodynamically the bumble bee shouldn't be able to fly, but the bumble bee doesn't know it so it goes on flying anyway.
2. Use the talents you possess, for the woods would be very silent if no birds sang except the best.
3. Most people are about as happy as they make up their minds to be. (Abraham Lincoln)
4. Those who bring sunshine to the lives of others cannot keep it from themselves.
5. Live your life each day as you would climb a mountain. An occasional glance toward the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point. Climb slowly, steadily, enjoying each passing moment, and the view from the summit will serve as a fitting climax for the journey.

If a man is called a streetsweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great streetsweeper who did his job well. (Martin Luther King Jr.)

Enjoy your pondering.

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:

Bruna Gatto
Bruce Messner
June Heeley
Jewel McGaughey

Elzbeita Polaska
Leona Sinclair
Carl Woodworth
Fredrick Jeffery



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



E Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

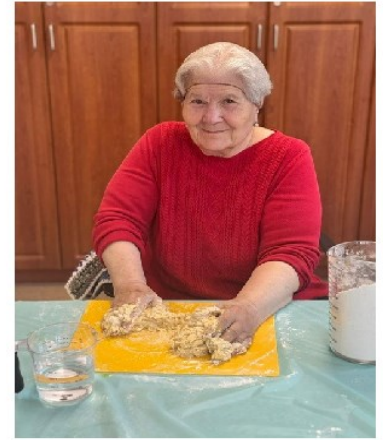
Edith Strathearn
Helen Blanck Koops
Femmy Vandervelde
Beverly Smith

Long Term Care

Anne Gordon
Sheila Smith
Shirley Bork



PHOTO REVIEW OF AUGUST



COMING UP IN AUGUST

Sun, Aug 3rd 2 P.M.

Watermelon Day Socials

Mon, Aug 4th

Civic Holiday– Wilfred

Schlegel Day

Aug 4th- 8th

Clothing Donations for
Local Charity

Tues, Aug 12th 10:30 A.M

Bonnie's Card Making

Vendors

Creation Boutique

Thursday August 1st 10-2 Mainstreet RH

Cameron Cards

Thursday August 14th 10-2 Mainstreet RH

Nelly's Comfort Shoes

Wednesday August 20th 10-2 Mainstreet RH

Athlete of the Month:

Sheila D

Sheila is our Athlete of the

★ Month for August. Sheila is a regular participant in PAL programming and is always look
★ to do more. She loves exercise and encourages others to participate saying it is never too late to start.

Sheila used to downhill ski and says her active lifestyle has enabled her to keep active for longer.

Congratulations Sheila!



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.

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

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.

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

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

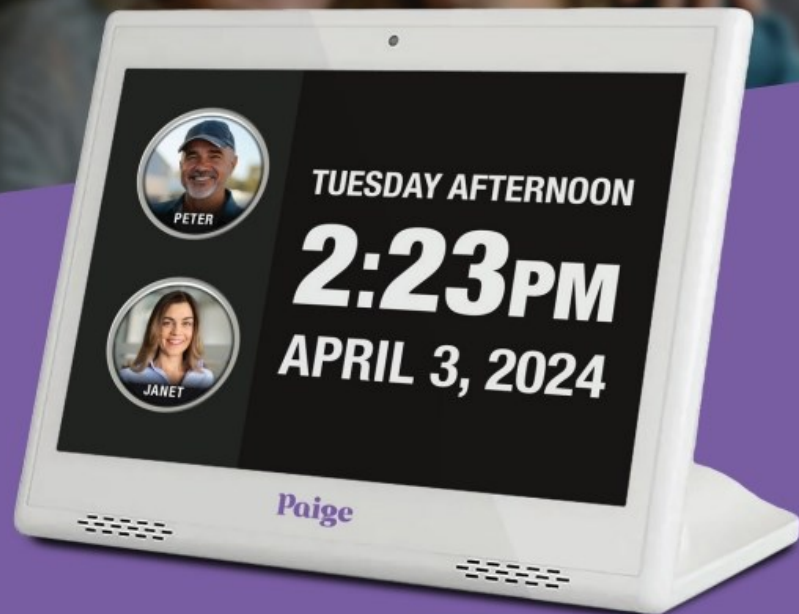
JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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.



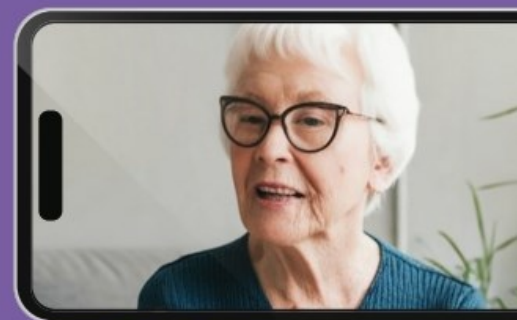
Mom loves family visits, but we just can't always be there for her. If only there were a realistic way for us to easily connect.

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.

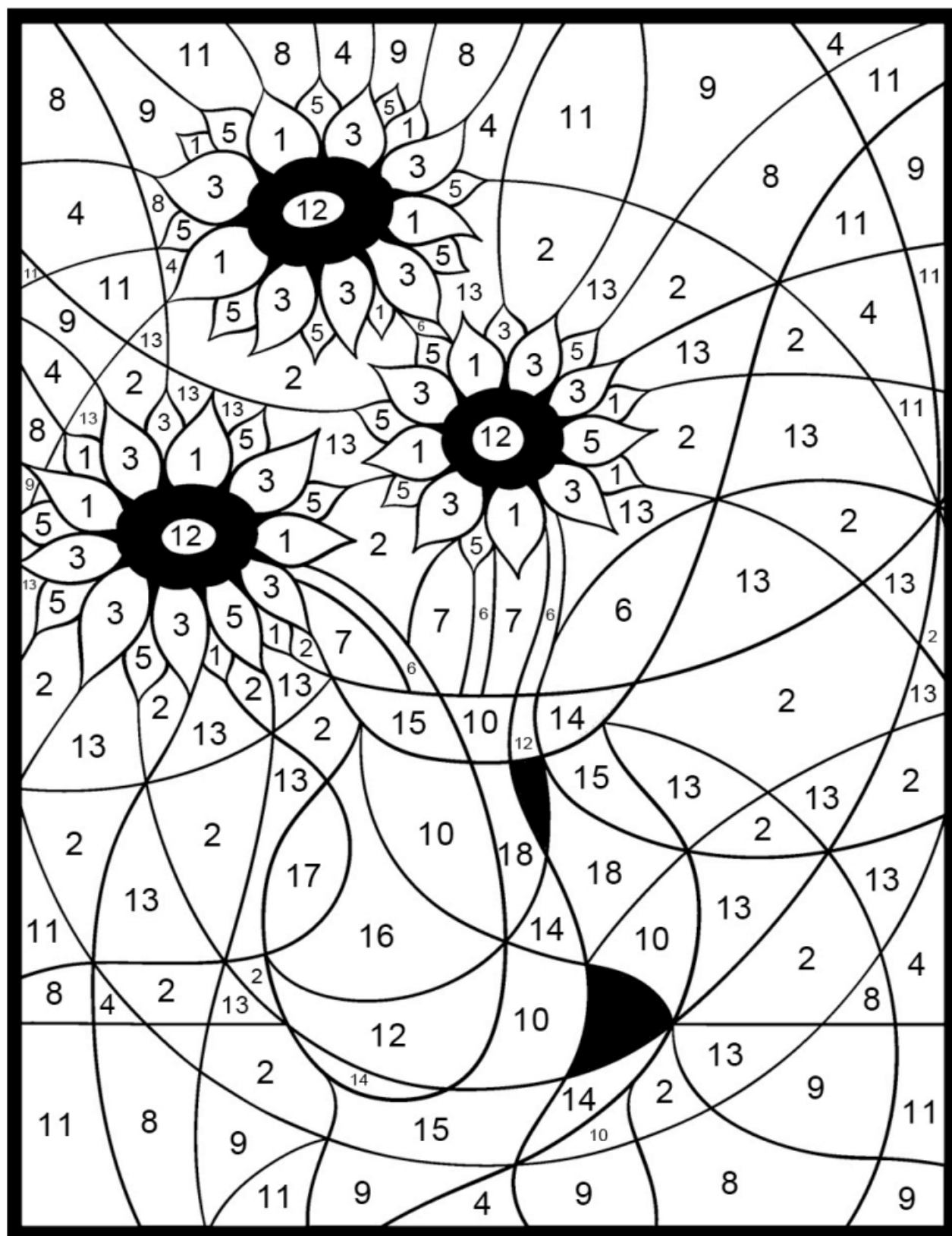
- Start or join video call initiated on the frame with a tap.
- Add and update trusted contacts anytime.
- Secure, invite-only access for peace of mind.



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





1 = Yellow 2 = Powder Blue 3 = Gold 4 = Rose 5 = Orange
 6 = Green 7 = Lime 8 = Mauve 9 = Heather 10 = Coffee
 11 = Light Lilac 12 = Chestnut 13 = Sky Blue 14 = Chocolate
 15 = Mocha 16 = Light Brown 17 = Light Olive 18 = Khaki



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**

JoAnne L	Aug 01
Lawerence H	Aug 02
Irene H	Aug 04
Robert C	Aug 06
Vivian M	Aug 10
Richard C	Aug 11
Marilyn S	Aug 11
Jean D	Aug 12
John F	Aug 13
Anneka H	Aug 15
Patricia W	Aug 18
Rocco L	Aug 20
Audrey R	Aug 21
Carol M	Aug 22
Elizabeth W	Aug 22
Shirley R	Aug 22
Magdolna M	Aug 22
Peter V	Aug 24
Betty J	Aug 24
Krystyna O	Aug 25
Carol W	Aug 27
Roderick M	Aug 27
Kenneth F	Aug 27
Karen M	Aug 28
Regina A	Aug 28
Graham F	Aug 29

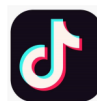
Navi B	Aug 01
Kamaljeet K	Aug 01
Kyla W	Aug 01
Prabhshan K	Aug 02
Sydney B	Aug 04
Pawanpreet K	Aug 07
Kelly Potts	Aug 07
Elmer S	Aug 07
Gursimrat S	Aug 08
Jennifer N	Aug 10
Sophia T	Aug 10
Gaganpreet K	Aug 11
Olapeju O	Aug 11
Alexandria R	Aug 11
Amandeep K	Aug 12
Roxanie L	Aug 13
Connor M	Aug 13
Jovelyn G	Aug 14
Amandeep K	Aug 15
Amrinder K	Aug 15
Harnet K	Aug 15
Ashina A	Aug 17
Ashly Mary J	Aug 17
Olusegun A	Aug 18
Pawandeep K	Aug 18
Niharika S	Aug 18
Jessa A	Aug 19
Fatima D	Aug 19
Arcilla S	Aug 19
Joelly Cleer A	Aug 20
Mandeep K	Aug 22
Varun K	Aug 22
Chennecees C	Aug 23
Navpreet K	Aug 23
Kelsey K	Aug 23
Ravneet K	Aug 24
Simranjeet K	Aug 27
Vandana P	Aug 28
Mark T	Aug 28
Betty P	Aug 30
Diksha D	Aug 31
Puneet K	Aug 31



@riverside_glen



The Village of
Riverside Glen



@villagelife_sv

Birthday Celebrations

Retirement Birthday Party

Tuesday, August 14th 2:00 pm in the café
with Aidan Purnell

Long Term Care Birthday Party

Friday, August 29th at 2:00pm in the café
with Jim Young

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
Christina Lecours, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall, 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
Christina Lecours, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall, Spiritual Care Providers	Ext. 871
Sue Rice, Hair Salon LTC	Ext. 860
Jen Jimenez, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858