

View from the Heights

September 2025

Grandparents Day Sunday, September 7th

Grandparents Day is a time to celebrate the love, wisdom, and guidance that Grandparents bring to our lives. It is a special opportunity to honour the important role they play in shaping families, sharing traditions, and passing down stories from generation to generation. Let us take this day to show our appreciation and make lasting memories with the grandparents who make life extra special.

Please join us for Grandparents Day entertainment with John DeMarchi and ice cream sundaes on Sunday, September 7th at 2:30pm in Town Square. Family and friends welcome! Invite the Grandkids!



International Foodfest Friday, September 19th

Join us for our **International Foodfest**—a celebration of flavours from around the world! For just \$5.00, you can sample delicious dishes from a variety of countries while supporting a great cause. All proceeds will be donated to the Team Member Compassion Fund. Do not miss this fun and meaningful event!

If you would like to showcase your culture by hosting a country booth, please reach out to:

- Melissa Marks-Truscello (Director of Recreation)
Melissa.marks@schlegelvillages.com
- or
- Elaine Thompson (Recreation Supervisor)
Elaine.thompson@schlegelvillages.com



Village Events

Details on Pages 10-11

Wentworth Heights is committed to creating a vibrant community for our Residents, and as such, we welcome family and friends to join us in our Village events and activities!



The Village of
WENTWORTH HEIGHTS

A Message From... *The General Manager*

From the desk of Michelle Wood

The RESIDENT BILL OF RIGHTS States:

"Every resident has the right to participate fully in the development, implementation, review and revision of their plan of care."

Questions can be forwarded to my email

michelle.wood
@schlegelvillages.com
or call
(905)-575-4735
Ext. 8028

Please indicate if you would like to remain anonymous.

On Thursday, September 11th from 10:00 am to 2:00 pm, we will host an event at Mohawk Village Memorial Park in Brantford (184 Mohawk St.) with participants from across Schlegel Villages.

This gathering is an opportunity to build relationships, listen, learn, and walk alongside Indigenous communities in the spirit of reconciliation.

The day will include:

10:00 am – Opening Ceremonies

10:45 am – Break out into activities

12:00 pm – Lunch

1:30 pm – Closing Remarks

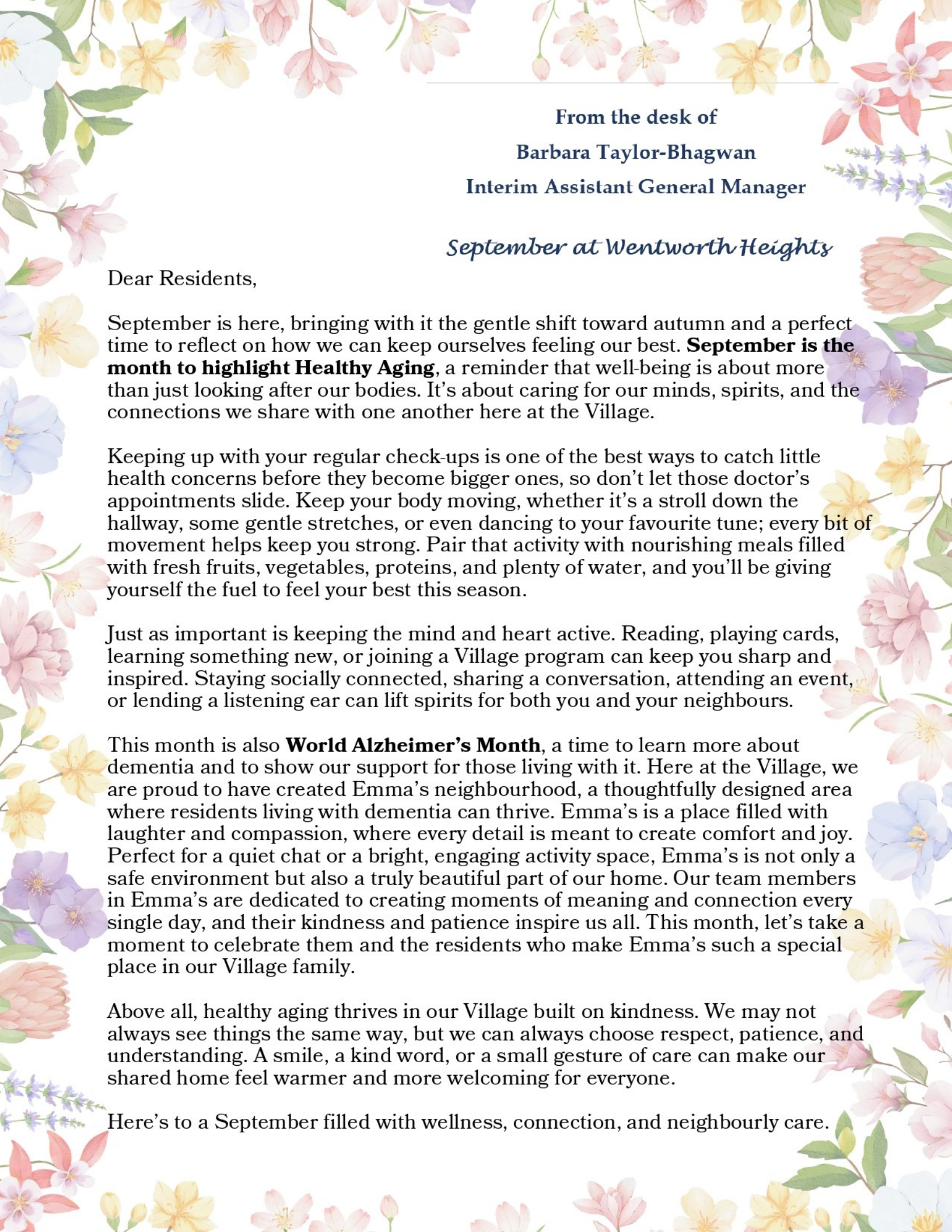
If you are interested in attending this event, please contact Melissa Marks-Truscello - Director of Recreation or Elaine Thompson - Recreation Supervisor.

We are also humbled to welcome Dawn Hill, a Residential School Survivor, who will be sharing her story and lived experience. Please join us on Thursday, September 25th at 2:30pm in Town Hall. This is an opportunity to listen, learn, and reflect together.

As September ends, we also encourage everyone to wear orange on September 30th for Orange Shirt Day, a symbol of our shared commitment to truth, healing, and hope.

Thank you,

Michelle Wood



From the desk of
Barbara Taylor-Bhagwan
Interim Assistant General Manager

September at Wentworth Heights

Dear Residents,

September is here, bringing with it the gentle shift toward autumn and a perfect time to reflect on how we can keep ourselves feeling our best. **September is the month to highlight Healthy Aging**, a reminder that well-being is about more than just looking after our bodies. It's about caring for our minds, spirits, and the connections we share with one another here at the Village.

Keeping up with your regular check-ups is one of the best ways to catch little health concerns before they become bigger ones, so don't let those doctor's appointments slide. Keep your body moving, whether it's a stroll down the hallway, some gentle stretches, or even dancing to your favourite tune; every bit of movement helps keep you strong. Pair that activity with nourishing meals filled with fresh fruits, vegetables, proteins, and plenty of water, and you'll be giving yourself the fuel to feel your best this season.

Just as important is keeping the mind and heart active. Reading, playing cards, learning something new, or joining a Village program can keep you sharp and inspired. Staying socially connected, sharing a conversation, attending an event, or lending a listening ear can lift spirits for both you and your neighbours.

This month is also **World Alzheimer's Month**, a time to learn more about dementia and to show our support for those living with it. Here at the Village, we are proud to have created Emma's neighbourhood, a thoughtfully designed area where residents living with dementia can thrive. Emma's is a place filled with laughter and compassion, where every detail is meant to create comfort and joy. Perfect for a quiet chat or a bright, engaging activity space, Emma's is not only a safe environment but also a truly beautiful part of our home. Our team members in Emma's are dedicated to creating moments of meaning and connection every single day, and their kindness and patience inspire us all. This month, let's take a moment to celebrate them and the residents who make Emma's such a special place in our Village family.

Above all, healthy aging thrives in our Village built on kindness. We may not always see things the same way, but we can always choose respect, patience, and understanding. A smile, a kind word, or a small gesture of care can make our shared home feel warmer and more welcoming for everyone.

Here's to a September filled with wellness, connection, and neighbourly care.

Nursing News

From the desk of Chris Micheletti

Happy Fall, Wentworth Heights!

As we welcome the fall season, we also enter flu season.

With cooler weather, children returning to school, and more time spent indoors, cases of influenza and other respiratory illnesses often rise in our communities. Fortunately, there are a few simple but effective steps you can take to help protect yourself and others this flu season.

1. Practice proper hand hygiene:

Wash your hands frequently—either with soap and water or an alcohol-based hand rub. Remember:

- If your hands are visibly soiled, use soap and water for at least 20 seconds.
- If they are not visibly dirty, an alcohol-based hand sanitizer is effective. Rub your hands for at least 20 seconds or until completely dry.

2. Get your seasonal flu shot:

The flu vaccine is one of the best ways to reduce the spread of influenza. It is safe, widely available, and offered to all team members and residents here at the village. Protecting yourself helps protect everyone around you.

If you would like more information about the flu vaccine, please scan this QR code with your phone:



We will be offering flu vaccine clinics on both sides of the village and we will be in touch to let everyone know when these clinics will be!

Neighbourhood News

From the desk of Andrea Walker

Welcome Fall!

A few updates happening in our long-term care neighbourhoods.

New Documentation System

Starting October 1st, our team will begin using the **interRAI Long-Term Care Facility (LTCF) assessment system** for documentation. The interRAI LTCF is a standardized tool designed to improve the way we assess and document the needs, strengths, and preferences of residents, ensuring more consistent, person-centered care across the team. This change will affect how documentation is completed, and to prepare, training sessions will be held next week for PSWs and the recreation team. This is an exciting step forward in enhancing the quality of care and services we provide every day.

Securing Furniture

The safety and well-being of our residents is always our top priority. As part of our ongoing commitment to maintaining a secure environment, we are taking additional precautions to ensure furniture in resident rooms is properly secured.

Specifically, we will be securing wardrobes in each resident room (long-term care) to prevent any risk of tipping or injury. This proactive step will help us provide an even safer environment for your loved ones.

Our team will be completing this work over the coming weeks, and we will make every effort to minimize any disruption to daily routines. Please know that no belongings will be disturbed during this process, and team members will be available to answer any questions you may have.

Thank you for your continued trust and support as we work together to keep our community safe. Should you have any questions, please do not hesitate to reach out to us.

Neighbourhood News

From the Desk of Chanelle Cavey

Happy September Wentworth!

It is crazy to believe how fast this summer has gone by! With that being said, I always do look forward to the cooler temperatures fall brings, along with the changing of the leaves and festivities to come. There are many events and programs this month contributing to village life, but I also love to look at what is happening locally in our community. Whether you are looking to enjoy a show or create a shared memory with a loved one, there are many options to choose from that can also be found on the City of Hamilton's website. Here are a few opportunities happening in our community this month that stuck out to me:

- **Monday, September 1st - Family Paint Party at Boston Pizza-** "Make some extra fun in your night out this week at an Original Paint Nite party! In just two hours you will go from blank canvas to colourful masterpiece, all while you laugh and maybe share a few glasses of wine with your friends old and new. You will be in great hands with our master artist Liu Liu, who will guide you through all the steps to follow, no experience necessary whatsoever! There ain't no party like a Paint Nite party - come join us at Boston Pizza-Main St W in Hamilton this Monday night and see what all the shouting is about!"
- **Tuesday, September 9th - The Morrison Sisters-** "Don't Miss The Morrison Sisters Live in Hamilton- Are you ready to experience The Morrison Sisters like never before? With chart-topping hits like Boundless Love, Worry Ends Where Faith Begins and Little Is Much When God Is in It and 6.6K+ devoted fans, The Morrison Sisters are taking over Mays Landing Baptist Church this Tuesday, September 9, 2025, and trust us, you do not want to miss this. With multiple shows lined up, this one ensures to be the ultimate musical experience, where the energy of The Morrison Sisters will make you dance, sing, and maybe even cry (in a good way)."
- **Saturday, September 13th at 6:00pm- Movie Night in Memorial Park!** "Get ready for a magical family -friendly evening in the village on Saturday, September 13th at Memorial Park, Waterdown! Hosted by VELD & Waterdown Collision in support of the Flamborough Food Bank, admission is FREE with a monetary or non-perishable food donation."
- **Thursday, September 25th at 7:00pm - Candlelight: Tribute to Queen & The Beatles-** "a curated experience bringing together the best of entertainment, culture and community experience- located at The Westdale."

Whether it is a local community event, or village life event, I hope everyone enjoys the slow changing of the season this month, and are able to enjoy sharing in these experiences with others.

Chanelle Cavey
Neighbourhood Coordinator- Williamsburg, Becker 4th & 5th Floors

From the Desk of Heather Bell Livingstone



FIRE SAFETY POP UP EDUCATION – DAY 1 FIRE DRILL TRIVIA GAME DAY!

When: Thursday, September 25, 2025

Time: 10:00 AM – 10:30 AM

Where: Town Hall

Join us for a fun and friendly game of FIRE SAFETY TRIVIA!

Learn how to stay safe — and maybe win a prize!

10–15 Questions | About 20–30 minutes

Play as individuals or teams (2–3 per group)

Easy-to-understand terms

Helpers available

Prizes for winners!

Why attend?

Fire safety can save lives — and we will make it easy to remember with a game that's fun, relaxed, and social!

ALL RESIDENTS WELCOME – NO EXPERIENCE NEEDED!

Let us learn and stay safe together.

Mark your calendars Wentworth Heights!

Heather Livingstone
Director of Environmental Services

Hospitality News

From the desk of Michelle Piccolo

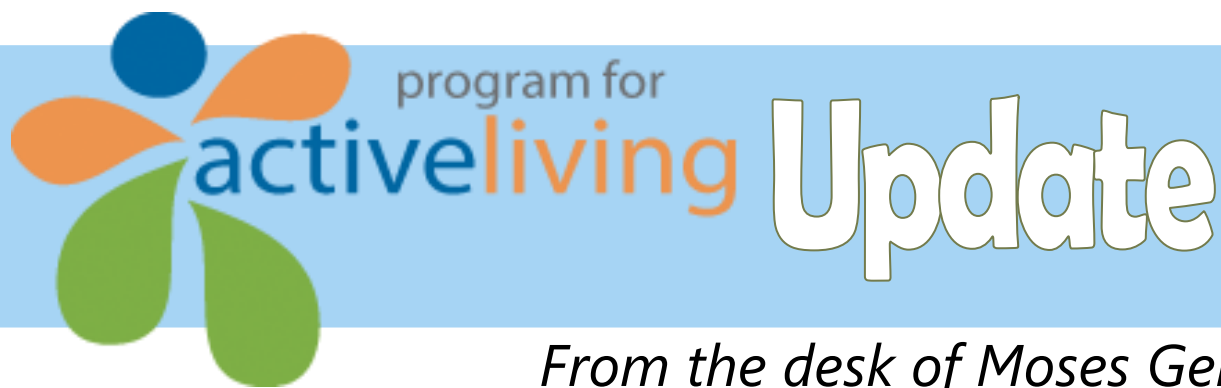
Welcome to September!

It is harvest season! We hope you have been enjoying our fresh peaches that have been on the menu for dessert last month! We plan on bringing more fresh seasonal fruit soon. Thank you to everyone that came out to our End of Summer BBQ. It was a blast! We love celebrating and having a great time with you all. It's sad to say BBQ season has come to an end for the year but we have lots to look forward to in the months ahead!

Thanks to all for coming to our Lettuce Talk Food meetings. We love your feedback! Please join us this month on Tuesday, September 9th at 10:30am in the Hobby shop for this month's discussion. I also just want to thank everyone who came out to our Ruby Reflections meeting as well. We heard a lot of great feedback and we really take all of it into consideration. We truly appreciate everyone to join us. Thank you.

Enjoy September and happy eating from your Hospitality Team!





From the desk of Moses Genat

Happy September Wentworth Heights!

This month, we are turning our attention to low back pain, a common reason many people slow down or limit their activities. Over 80% of adults will experience some form of low back pain during their lives. The good news is that most cases get better on their own or with simple support from your healthcare team within 6 to 8 weeks often without needing tests or specialists!

Here are some practical tips you can try at home to help reduce strain on your lower back:

- Try to change your position regularly, ideally every hour. Even standing up for just a minute before sitting back down can make a difference.
- Avoid too many repetitive motions like twisting, bending, or reaching. These actions are not harmful on their own, but doing them too often can irritate your back.
- When possible, keep your nose and toes pointed in the same direction — pivot your feet instead of twisting your back.

When bending to pick something up below your waist, try one of these methods:

- Use a “Hip Hinge” by bending forward at your hips with your legs straight and back flat to reach the ground.
- For heavier items, bend your hips and knees and squat down while keeping your back straight, lifting with your legs.

If Standing Causes Back Discomfort:

- Try standing with one foot slightly in front of the other instead of side by side, keeping your weight evenly distributed.
- Or, when standing near a cupboard, open the door and rest one foot on the bottom shelf. These simple adjustments improve your posture and activate your core muscles.

Don't Forget to Breathe!

- It may sound basic, but breathing properly is crucial. When focused or doing heavy work, we often hold our breath without realizing it. Breathing fully, especially exhaling completely, helps your muscles work more efficiently and reduces tension. So, remember to breathe deeply and hold your stretches, not your breath!

Stay active,
Your PAL team.

Joint LTC & RH:

- Sunday, September 7th 2:30pm Grandparents Day Entertainment (Invite the Grandkids!)—TS
- Wednesday, September 10th 2:00pm Terry Fox Walk (Starting in Town Hall)
- Wednesday, September 10th 2:30pm Terry Fox Documentary—TH
- Wednesday, September 10th (National TV Dinner Day) 5:00pm TV Dinner & Cheers Show—TH
- Friday, September 19th 2:30pm International Food Fest—MS
- Saturday, September 21st World Alzheimer's Day (Wear Purple)
- Thursday, September 24th (Arts & Aging Day) 2:30 Art Experience—MS
- Thursday, September 25th 2:30pm Indigenous Guest Speaker: A Survivor's Experience—TH
- Saturday, September 27th 2:30pm Oktoberfest Entertainment and Pub Crawl—MS
- Tuesday, September 30th National Day for Truth and Reconciliation—Wear Orange

Long Term Care

- Thursday, September 4th 2:00pm Residents' Council—CC
- Saturday, September 6th 2:00pm Pub with Anesti K—MS
- Thursday, September 11th 3:00pm Happy Hour with Bruce Tournay—MS
- Friday, September 12th 8:30am Men's Breakfast—CC
- Saturday, September 13th 2:00pm Entertainment with Dave Thierry in Carrington
- Wednesday, September 17th 2:00pm Travelling Entertainment: Smile Serenades
- Wednesday, September 17th 5:00pm Diner's Club: Denningers—TH
- Thursday, September 18th 3:00pm Travelling Cart: McDonalds Cheeseburgers
- Friday, September 20th 2:00pm Entertainment with Sheila and John Ludgate in Stonechurch
- Tuesday, September 23rd 12:00pm Ladies Lunch—CC
- Wednesday, September 24th 10:00am Salvation Army Band—MS
- Friday, September 26th 2:00pm Birthday Bash—CC

Retirement

- Saturday, September 6th 2:00pm Peter Harding Piano Performance—Egerton 2nd floor, everyone welcome to attend
- Monday, September 8th 2:30pm Indwell Fundraising Presentation about new park initiative—TH
- Tuesday, September 9th 2:00pm Choir resumes—TH
- Wednesday, September 10th Terry Fox Day—2:00pm Walk, 2:30pm Documentary—TH
- Thursday, September 11th 9:15am Breakfast Club: French Toast—H—Everyone welcome!
- Saturday, September 13th 2:30pm John & Shiela Ludgate Perform—TH
- Wednesday, September 17th 3:00pm Bingo in the Ruby
- Thursday, September 18th 12:00pm Emma's & Egerton Lunch in the Ruby—National Cheeseburger Day
- Thursday, September 18th 7:15pm Dionne—Jazz Singer—TH
- Friday September 19th 10am & 2pm Hamilton Third Age Learning Lecture: Jon Stokes: "How Artificial Intelligence Can Make Antibiotic Discovery Fast and Cheap"
- Friday, September 19th 3:00pm Emma's Happy Hour with Gerry Larkin
- Tuesday, September 23rd 5:00pm Diner's Club with team member Fahima—H
- Thursday, September 25th 10:00am Fire Safety & Education Game Day with Heather—TH
- Friday September 26th 10am & 2pm Hamilton Third Age Learning Lecture: David Phillips: After 50 years, Finding Hope in the Climate Crisis
- Saturday, September 27th 2:30pm Oktoberfest entertainment and pub crawl—MS
- Tuesday, September 30th National Day for Truth and Reconciliation—wear orange

Village Outings

Joint LTC & RH:

- Sunday, September 21st—9:30am(LTC)/10:30am(RH) Canadian Warplane Heritage Museum “Vintage Wheels & Wings

LTC

- Wednesday, September 10th—10:00am Country Drive (Carrington & Rymal)
- Thursday, September 18th—10:00am Country Drive (Scotsdale & Stonechurch)
- Thursday, September 25th—8:30am Breakfast at Broadway Diner

LTC Residents, please drop into the Community Centre any time to sign up for outings.

Retirement

- Tuesday, September 2nd—1:30pm Fortinos Grocery Shopping Upper James
- Thursday, September 4th—11:30am Shaw Fest: “Anything Goes” - \$150 per Ticket
- Sunday, September 7th—1:30pm Emma’s Country Drive
- Tuesday, September 9th—1:30pm Giant Tiger Shopping Trip Upper Ottawa
- Wednesday, September 10th—2:30pm Ancaster Farmers’ Market
- Thursday, September 11th—9:00am Elder Wisdom & Mohawk Village Memorial Park Ceremony, Bench Dedication & Activities
- Friday, September 12th—1:30pm Egerton Hewitt’s Dairy Bar
- Tuesday, September 16th—1:30pm No Frills Grocery Shopping Upper Wentworth
- Wednesday, September 17th—1:30pm Emma’s and Egerton African Lion Safari
- Friday, September 19th —9:30am Men’s Club Outing: Crawford Lake
- Sunday, September 21st—10:30am Canadian Warplane Heritage Museum “Vintage Wheels & Wings”
- Monday, September 22nd—9:30am Flamboro Downs Casino
- Tuesday, September 23rd—1:30pm Walmart Rymal & Upper Centennial
- Friday, September 26th—11:00am Whistling Gardens
- Monday, September 29th—8:30am Emma’s and Egerton Breakfast Outing at Broadway Diner
- Tuesday, September 30th—1:30pm FreshCo Grocery shopping

For those of you unfamiliar with sign up day; on the allotted day, drop into the Art Studio between 10am-2pm and fill out a ballot for each outing or special event you wish to attend. Each outing will be filled with residents by random draw to ensure fairness for everyone. Waiting lists will still exist with overflow. If you cannot make it out to sign up day you can sign up any time after by signing your name on the list in the Black binder for whichever outing you want. Binder is located in the Hobby Shop.

Sign-up day will be held:

10am-2pm Monday, September 1st in the Hobby Shop.

You can sign up alone or with a friend/spouse on the same ballot. One Ballot per person/partner per outing.

Please check the sign-up binder, in the Hobby Shop, to see which outing you are on after sign-up day. You will receive a call from Recreation to remind you of the outing in advance.

Reminder: Bus will leave the Village at time listed on the calendar. Please ensure you are down to board the bus at least 15 minutes prior to departure time.

Please ensure you cancel **MINIMUM 24 hours** before the scheduled date for an outing or special event so we can fill your spot with someone from the wait list. THANK YOU!

Wishing you a Happy Birthday!



Please see the Village version for the birthday list.

Birthday
celebrations will
be held at the last
Friday happy hour
of the month in
retirement
Social Club.
LTC Birthday bash
will be on
September 26th
at 2pm.
All are welcome!



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



Retirement

The next Foot Care Clinic for Williamsburg and Egerton neighbourhoods will be October 1st, Emma's neighbourhood will be on October 2nd. The clinic for Ailsa Craig and Becker will be on September 29th.



Long Term Care

The Foot Care Nurse will be in LTC the week starting September 14th.

RiverStone Spa and Salon with any questions or to book an appointment
at 289-678-0021 ext. 8090

Friday September 19th
10:00am to 2:00pm

Vendor: Handmade By Meeks

Come by and check it out!

Chaplain's Corner

Welcome September!

Have you heard about?

- YELLOW—ages 50—70ish
- ‘read a book in a month club’
- “Coffee, Chat and Dash”

Join us for Coffee, Chat and Dash to share your life story!

Sing-a-long with Janet is on the 2nd and 4th MONDAY at 9:45am in the Chapel and on EVERY Thursday morning at 9:45 in the Chapel.

Movie with Janet at 2:00pm
“The Miracle Worker” (drama)
Including Patty Duke, Anne Bancroft
and Victor Jory

Bible study with Ankit

Please check the monthly calendar for *times, dates and location!*

Please let me know if you would like to have Communion with your family or friends or if you would like to join or learn more about our 3 new groups!

Reminder that our **Thanksgiving Tree** will be placed on Main Street in September I hope you stop to add a leaf!

What do you think about taking a leisurely “paws”, for a walk and chat in the fall?

Shalom,
Chaplain Janet (ext. 8045)

September Services

Non Denominational Church services are held every Sunday at 10:00am with Ankit, a member of our Spiritual team, and 2:30pm with Janet.

We invite you to Join us for Fellowship after the afternoon service. All residents are welcome!

Roman Catholic Mass is held on the third Wednesday of each month at 10:30am.

COMMUNION

Roman Catholic **Communion** served and prayers of the Rosary are offered on Tuesdays at 10:00am in the Chapel

World Wide Communion served on Sunday, October 5, at both morning and afternoon church.

In Memoriam...

The Board of Directors,
Leadership, Team Members, and
Residents of the Village of
Wentworth Heights remember...

Winnifred Aubin
Giovanna Coviello
Lois Howell
Francis "John" Perry
Gilbert Rinaldo
Svatoslav (Victor) Kvasheninikoff
Fred Whitley



We extend our sincere condolences to these families as they grieve their loss and remember their loved one.

Our next Celebration of Life Service will be held on
October 29th at 11:00 am

WELCOME TO THE VILLAGE!

Please see the Village version for a list of new residents.

Hello everyone, we wanted to share that we are the recipients of the 2025 Community Trillium Award given to us by The City of Hamilton. We are the ONLY retirement home community to receive this award and it is our second award, since we also won one for 2024. The award gives recognition to residents who by landscaping and maintaining their property, contribute to a more attractive neighbourhood and community. The following is the criteria that we had to meet in order to receive this award:

Community Trillium Award criteria recognizing:

- revitalized, restored, and regenerative garden space within the community
- gardens with a sense of placemaking, vibrancy and community identity
- gardens that inspire and provide a space to gather and build strong social connections
- gardens that include naturalization, art-work, culture and traditions

A shoutout to our Garden Committee and Horticulture Therapist, Janine for maintaining our gardens with such passion and care. It is because of you we win these awards. Thank you! You can find our Trillium Awards beside the waterfall closest to the gazebo.



WELCOME COMMITTEE RESIDENT VOLUNTEER

Annie W. – ext. 2123

Barb J. – ext. 2311

Audrey M. – ext. 2326

Mary M. – ext. 2329

Margo F. – ext. 2518

Barb H. – ext. 2527

Georgette L. – ext. 2616

Tom & Donna L. – ext. 2714

Mary C. – ext. 2822

If you are unable to reach the Welcome Committee please call the Marketing team in the Welcome Centre:

Holly R. – ext. 8069

Bradley H. – ext. 8068

Nicole A. – ext. 8067

Volunteer Update

From the desk of Andrew Sangster

Hello,

I hope everyone had an excellent summer and had a chance to enjoy the weather with family and friends. We appreciate all the volunteer support we have had over the past few months. Volunteers give tremendous support the Village in many unique ways such as helping with events and tasks, working in the general store, assisting with recreation programs as well as leading and supporting initiatives and groups. Thank you for all you do to support our community!

As August ends, the start of a new school year begins. This means that we will have many new students join us throughout the fall months. We will have students come and learn with us who are enrolled in various college and university program areas such as PSW, nursing, recreation, dietary/culinary etc. We also have high school co-op students come to learn with us throughout the year as well. This is a great opportunity for them to explore potential career options within long term care and retirement living. Please join me in welcoming new students to the village community.

Lastly, we are currently seeking new volunteers to support the general store. The hope is that with support, we will be able to have the store open an additional day. The tasks of a general store volunteer would include assisting customers as well as operating the till and credit/debit machine. Training will be provided and this would require a time commitment of 3 hours per week. If you are interested in becoming a general store volunteer, please reach out via email at wentworth.volunteers@schlegelvillages.com or by calling extension 8009. I would be happy to further explain this volunteer opportunity to you, as well as answer any questions you may have.

Thank you, Andrew



GENERAL STORE

Shop for your basic grocery items at our General store (including bread, eggs, milk, pop, chocolate bars, cookies, etc.).

We also have a great selection of seasonal clothing and gift items.



Conveniently located at the end of Main Street
on retirement.

Starting
September 8th,
the Store will be
open on
Mondays,
instead of
Tuesdays.

General Store Hours

Monday 10-4
Thursday 10-4

Wednesday 10-5
Saturday 10-4

A Chance for... **YOUR VOICE TO BE HEARD**

RH Residents' Council

Your 2025 Executive Council Member at present:

Mary Millar

Our next meeting will be held on
Thursday, October 16th
@ 2:30 pm

Any questions or concerns can be directed to Retirement Recreation Supervisor– Elaine Thompson

LTC Residents' Council

Residents' Council will be held monthly for all residents at 3:15pm in the Community Centre. As per vote at the previous meeting, meetings have been moved from the 2nd Thursday to the 1st Thursday of the month.

Next meeting:
Thursday, September 4th at 2:00pm

This is an opportunity for our Residents to share their concerns and suggestions that will lead to enhancing life within the Village!

Any questions or concerns can be directed to Jody McDonald (Resident Support Coordinator) or Marie Vanlouwe (Recreation Team Member).

This is your chance to get details and follow-up of events of common interest, to join in discussions and to share our appreciation for the work of management in our Village.

You can request team member or leadership guest speakers to attend the meeting to discuss common questions related to their department. Management team members will present an update on happenings in their areas.

Make the Residents' Council meeting a time to meet with your fellow residents, the management, and the Executives for the betterment of everyone.

Please note that Residents' Council Meetings will include Wine and Cheese.

LTC FAMILY COUNCIL:

We will be resuming Family Council in LTC in September. If you would like to be a part of Family Council or would like more information, please get in touch with our Resident Support Coordinator, Jody McDonald via email jody.mcdonald@schlegelvillages.com.



Announcement of the Current Events Group

Dear Residents of Wentworth Heights,

We are planning another fundraising event in support of two local charities, Indwell and Good Shepherd. This is the fifth time we are attempting to support homeless people in Hamilton, and we are looking forward to another successful outcome.

This will be a **fundraiser from Saturday, September 13th to Sunday, September 21st.**

Again, we are asking for financial contributions for both charities in support of special projects as well as donations of good used clothing and kitchen items for Good Shepherd. As the charities' representatives have assured us, they can use almost anything, from clothing to tools, sewing machines to bed sheets, shoes to scarves (no underwear, please), as long as these items are in good condition.

In case you, dear Residents, would like to clear out any items now, we can either pick them up or you may leave them in the gazebo on Main Street. They can be stored safely in our locker in the basement.

If you are a new Resident at Wentworth Heights, I would like to give you a brief explanation of our project. About two years ago, the topic of "Homelessness in Hamilton" was discussed in our Current Events Group as it had become a crisis in our city. We wondered if we could help in a small way. Since then, we have organized two annual fundraisers with great support from management and team members. In total, we have raised more than \$20,000 for the two charities of our choice and collected more than 300 boxes and bags of used items. All financial donations for Good Shepherd were in support of Regina Place, where, in a supportive environment, 40 teenage moms and young couples with their babies are offered a new start in life. The donated goods are available free of charge to Goodwill clients. The funds for Indwell went to the following projects: Funding of a number of beds for new Indwell supportive housing; stacking the pantry in a group home; a cooking course for Indwell residents.

We hope that you, dear Wentworth Residents, will walk past our tables in front of the gazebo on Main Street with a smile and a generous heart. We are looking forward to greeting you there!

One last note: If you would like to join our group of volunteers and spend some hours at our tables, greeting passersby and explaining our project, we would very much appreciate your participation. (Please contact Kathe at 2811)

Kind regards,
Kathe Kleinau



Room Reservations

Room Reservation Policy...

We are happy to try to accommodate Family requests to have parties and special celebrations at the Village so that your loved one can continue to be a part of your family's get-togethers!

Our space for these bookings is limited as these spaces are also enjoyed by our Residents for programs, visiting, and independent leisure activities.

Please speak to the Village office regarding room bookings and cost.

Community Centre -Available **after** 4:30p.m.
Maximum of 20 people.

Library LTC –Available after 4:30p.m. Maximum of 20 people

Country Kitchens—Available upon Request

School House– Maximum 20 people

Education Room (LL)– Maximum 40 people

Please note: If your group size exceeds the maximum for the space, we respectfully ask you to book at an external venue or contact the Ruby for a catering event. Thank you for your understanding.



Upcoming Services

Denture Services

Direct Denture Services provides on-site denture services to residents living in long-term care and retirement.

To book an appointment on site as needed, please scan QR code, call 416-482-3700 or email us at reception@directdenture.ca

Alternatively, you can ask the Nurse to send a referral form to our office.



Footcare

STEP AHEAD is a partnership of specially trained nurses, who provide foot care.

Retirement:

Williamsburg & Egerton:
October 1st
Emma's: October 2nd
Becker & Ailsa Craig:
September 29th

Long-Term Care:

Week of September 14th

Please contact the Riverstone Spa x8090 to make a foot care appointment or to arrange a standing appointment.

Hearing Clinic

Upcoming dates on:
Every Wednesday
(Dependent on registration for the service)

Please visit us in Council Chambers in retirement on Main Street.

Please call 1-888-745-5550 to book an appointment.

Please see page 27 for more details.

Dentist

The Smile Room offers a mobile dentistry service in the Village.

Please call 1-888-274-9569 to book an appointment.

NO CLINIC SCHEDULED THIS MONTH AT THIS TIME

Clinic will be held in the Rymal neighbourhood country kitchen.

Please keep an eye on the newsletters and posters in the Village for upcoming clinic dates.

Eyecare Services

On-Site Specialists offers comprehensive eye care services in the Village, including complete eye examinations, full assortment of eyeglass and optical needs, etc.

Please call (905) 326-9900 or email consult@onsitespecialists.com to book an appointment.

NO CLINIC SCHEDULED THIS MONTH

In addition, please speak with your Nurse for a consent form which can be internally sent to our office.

Spa and Salon

The Riverstone Spa and Salon, located on Main Street in Retirement offers a variety of services, including:

Hair care for both men and women,
Manicures,
Pedicures,
Facial Waxing,
And more!

Please call 289-678-0021 or ext. 8090 to book an appointment.

For a full list of services, please visit Riverstone Spa and Salon in-person or on their website: www.riverstonespasalon.com



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!**

Schlegel Villages – CONNECTIONS

September 7
**Grandparents
Day**

The **GRANDEST** **GRANDPARENT** Legacy quilt project

As part of the 2024 Grandparents' Day celebrations, Schlegel Villages invited grandchildren to participate in the "Grandest Grandparent Legacy Quilt Project." The goal was for each grandchild to create a personalized 6x6-inch quilt square that showcased why their grandparent is "the grandest."

Many Villages hosted special Grandparents' Day events around the second Sunday of September, where grandparents and their grandchildren could work on their quilt squares together, fostering intergenerational bonding, storytelling, and cherished memories. From there, all quilt squares were collected and skillfully pieced together by talented Village quilters into a beautiful, cohesive quilt that symbolizes community, love, and legacy.



Throughout the month of September, we'll share why people felt theirs is the greatest grandparent, and we look forward to the quilt visiting every Village in the coming months.

Schlegel Villages – **CONNECTIONS**

National Day for Truth and Reconciliation

At the age of six, Phyllis's grandmother gave her a bright orange shirt for her first day of school. When she arrived at residential school, it was taken away – along with her other clothes – and never returned. For Phyllis, the colour orange came to symbolize the profound loss, disregard, and pain experienced by children in the residential school system.

This day calls us to remember the countless First Nations, Inuit and Métis children taken from their families, and to acknowledge the lasting harm caused by colonial policies that suppressed and attempted to erase entire cultures.

On **September 30**, we join Canadians in honouring the National Day for Truth and Reconciliation and **Orange Shirt Day**, inspired by the story of Phyllis Jack Webstad.

At Schlegel Villages, our doors remain open as residents and team members come together in the spirit of learning, reflection, and conversation. Honouring diversity is one of our core values, and we believe that understanding the truth is essential to building an equitable future for all. We stand together and we remember that **Every Child Matters**.

Consider wearing an orange shirt on September 30, and understand the meaning behind it. You can purchase an official shirt through [orangeshirtday.org](https://www.orangeshirtday.org) to ensure a portion of the proceeds go to the Orange Shirt Society and other Indigenous-supporting organizations.

Schlegel Villages'

FOOD DRIVE

September is Hunger Action Month.

To show our support, we will be collecting donations for local food banks across Ontario!

Please speak with one of your recreation team members in your Village to learn how you can get involved!



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About Us

Located in the Village at Wentworth Heights, we are your trusted medication experts and the trusted source for all your medication and wellness needs.

Our Services Include:



Prescriptions

Filling prescriptions, refilling prescriptions, easy prescription transfers and **custom prescription compounding**.



Health and Wellness

Advice on topics including smoking cessation, heart health, diabetes, hormone health, pain management, nutrition and more.



Injection Services

Administration of many common vaccines and others like Shingles, travel vaccines and more.



Medscheck Consultation

Ensure that you are taking the right medication, at the right dose, at the right time and are not at risk for complications.



Prescribing for Minor Ailments

Assessments and prescriptions for minor ailments including UTIs, dermatitis, cold sores and more.



Home Health Care

Products and services to support you with your health at home including compression stockings, mobility devices and more.



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905.385.9494

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The Power of Creativity: How the Arts Can Support Healthy Aging

As we age, staying active — mentally, emotionally, and physically — becomes more important. One powerful way to support well-being across all of these areas is through the arts.

Why arts matter for aging well

According to Kate Dupuis, Schlegel Innovation Leader in Arts and Aging, the benefits of creative activities are wide-ranging:

“Studies have shown that participating in arts-based activities helps older adults in many different domains of well-being — physical, mental, emotional, social and spiritual,” said Dupuis. “You don’t have to be an artist to see these benefits. Simply watching a dance performance or listening to your favourite song can be just as powerful.”

During times of isolation, like COVID-19 outbreaks, the arts also serves as a lifeline, offering meaningful opportunities for connection.

Creativity comes in many forms

When people think of the arts, they often picture painting, dancing, or singing — but creativity takes many forms. Activities like baking, sewing, quilting, gardening, or even restoring an antique car can be just as impactful.



“We’ve seen people surprise themselves by trying something new,” said Dupuis. “Letting go of the idea of not being creative opens the door to joy, enrichment, and self-expression at any age.”

Some initiatives even bring generations together, such as programs where children and their parents join older adults in long-term care for music and movement activities, like Dupuis’ Intergenerational Jamboree program.

“When we think about aging, creativity and self-expression are so important for health and well-being, including brain health,” said Dupuis. “As the field of aging moves away from focusing solely on a medicalized model to a more holistic one, creativity demonstrates its power to connect, inspire, and support well-being.”

Whether it’s reading, painting, singing, dancing, gardening, or simply appreciating a performance, creativity can spark joy and connection at every age.

Subscribe to updates from the RIA at the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.



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

In Council Chambers on Retirement Main Street:

September 3, 10, 17, 24
(Dependent on registration)

For more information or to book an appointment at The Village of Wentworth Heights, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

In honour of back-to-school season this September, here's a little joke to make you smile!

English is Hard

1. Since there is no time like the present, he thought it was time to present the present.
2. The bandage is wound around the wound.
3. The farm was used to produce produce.
4. The dump was so full that it had to refuse more refuse.
5. We must polish the Polish furniture.
6. He could lead if he would get the lead out.
7. The soldier decided to desert his dessert in the desert.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsman about how to row.
13. They were too close to the door to close it.



YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

Michelle Wood – General Manager Michelle.wood@schlegelvillages.com	Ext. 8028
Sara Calder – Assistant General Manager Sara.calder@schlegelvillages.com	Ext. 8060
Zeljka Susnjar – Administrative Coordinator Zeljka.susnjar@schlegelvillages.com	Ext. 8027
Melissa Marks-Truscello – Director of Recreation Melissa.marks@schlegelvillages.com	Ext. 8035
Daniel Lazniewski – Kinesiologist/Exercise Therapist Daniel.lazniewski@schlegelvillages.com	Ext. 8113
Jody McDonald – Resident Support Coordinator Jody.mcdonald@schlegelvillages.com	Ext. 8305
Sumarani Jose – Director of Nursing Care Sumarani.jose@schlegelvillages.com	Ext. 8034
Chris Micheletti – Assistant Director of Nursing Chris.micheletti@schlegelvillages.com	Ext. 8329
Ruti Patel – Interim Assistant Director of Nursing – IPAC Ruti.patel@schlegelvillages.com	Ext. 8066
Sue Waddell – Interim Neighbourhood Coordinator for Rymal & Carrington Sue.waddell@schlegelvillages.com	Ext. 8048
Andrea Walker – Neighborhood Coordinator for Scotsdale & Stonechurch Andrea.walker@schlegelvillages.com	Ext. 8036
Heather Bell Livingstone – Interim Director of Environmental Services Heather.bell.livingstone@schlegelvillages.com	Ext. 8070
Donna Padget – Director of Food Services Donna.padget@schlegelvillages.com	Ext. 8015
Charge Nurse Call this number for any health related emergency	Ext. 8057

YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

Michelle Wood – General Manager Michelle.wood@schlegelvillages.com	Ext. 8028
Barbara Taylor-Bhagwan – Interim Assistant General Manager Barbara.taylorbhagwan@schlegelvillages.com	Ext. 8075
Zeljka Susnjar – Administrative Coordinator Zeljka.susnjar@schlegelvillages.com	Ext. 8027
Elaine Thompson – Recreation Supervisor Elaine.thompson@schlegelvillages.com	Ext. 8332
Moses Genat – Kinesiologist/Exercise Therapist Moses.genat@schlegelvillages.com	Ext. 8031
Danica Milos – Interim Director of Wellness Danica.milos@schlegelvillages.com	Ext. 8072
TBD – Assistant Director of Wellness	Ext. 8301
Courtney Roarke – Neighbourhood Coordinator for Egerton and 3rd Floor Becker Courtney.roarke@schlegelvillages.com	Ext. 8077
Chanelle Cavey – Neighbourhood Coordinator Williamsburg & 4th and 5th Floor Chanelle.cavey@schlegelvillages.com	Ext. 8080
Blessing Iwegim – Neighbourhood Coordinator for Emma’s and Ailsa Craig Blessing.iwegim@schlegelvillages.com	Ext. 8081
Heather Bell Livingstone – Interim Director of Environmental Services heather.bell.livingstone@schlegelvillages.com	Ext. 8070
Duro Brajic – Environmental Service Supervisor Duro.brajic@schlegelvillages.com	Ext. 8071
Michelle Piccolo –Director of Hospitality Michelle.piccolo@schlegelvillages.com	Ext. 8074
Mariana Iacob – Dining Room Supervisor mariana.iacob@schlegelvillages.com	Ext. 8073
Nicole Andreatta & Bradley Hiltz –Director of Lifestyle Options Nicole.andreatta@schlegelvillages.com & Bradley.hiltz@schlegelvillages.com	Ext. 8067/8068
Holly Ross – Village Experience Coordinator Holly-jean.ross@schlegelvillages.com	Ext. 8069
RH Administrative Team - Wentworth.retadmin@schlegelvillages.com Call this number for the front desk	Ext. 8085
Lead Nurse Call this number for any health related emergency	Ext. 8079
Recreation Team Call this number for any recreation questions	Ext. 8076