

The Winston Word

NEWSLETTER VOLUME 8 ISSUE 9

September 2025



**Ear & Hearing Clinic
at Winston Park**

For an appointment with an
Audiologist please call

1-888-745-5550

Hearing Tests

Hearing Aids

Repairs

**Meet Our
Spiritual Care Team**

Kathleen & Hector



Kathleen and Hector support
both
sides of the Village.

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

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

in
Memoriam

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

Drago K
Agnes M
Ingeborg B
Helen B
Carolyn H
Elizabeth J
Phyllis K
Maria M



The Village of
WINSTON PARK

Village Events

September Events

Grandparents Day

September 7th 2-4pm on Main Street

Sip and Chat

Sept 19th 2-4 on all neighbourhoods

Vendors

Sept 9th 10:00am-2:30pm Adrian's Fashion
Sept 13th 11:00-3:00 Traditions Alive
Sept 17th 10:00-2:00 Plattsville Paperwork
Sept 19th 11:00-3:00 Vicky's Jem's and Jewels
Sept 25th 11:00am-3:00pm The Boutique

(All vendors are located in the library)

National Day for Truth and Reconciliation

September 30th—Please wear an orange
shirt in honour of this day

WELCOME TO THE VILLAGE!

**Last month we welcomed the
following residents to Winston Park:**

**Kenneth A
Robert B
Kurt F
Nancy H
Veronica L
Maria M
Lynne M
Ada N
Fanika S
Katherine C
Violet M
Veronica R
Russell**

Reminder To Our Pet Owners

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

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





GRANDPARENTS DAY

AT THE VILLAGE OF WINSTON PARK

FACE
PAINTERS

CRAFTS

SMALL
PETTING
ZOO

GAMES

SWEET
TREATS

ENTERTAINMENT
2PM-3PM

MAIN STREET

SEPTEMBER 7TH 2PM-4PM



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Summer is drawing to a close! Summer is drawing to a close and that means it's back to school – a time that we all remember. When you're not a student going back to school, September has a new meaning: for me, it means there is a lot more traffic in the morning! I know there are a number of retired teachers in our midst so September must bring back many emotions and memories.....getting the class room ready, welcoming new students, creating new lesson plans. So many memories, relationships and friendships! Here's a thought – if you've read this newsletter, the next time you're in the dining room, see what other thought about going back to school after summer holidays. What kind of experience was it for you?

Grandparents Day – this fun event is taking place on the afternoon of September 7th – there are lots of posters around the village. We would love to see your family; grandchildren, great grandchildren, etc. Looking forward to celebrating grandparents!

Meals in the Dining Rooms – We are more than happy to welcome visitors in the dining room but please try to give the dining room some notice; 24 hours' notice would be preferable. It is very challenging when visitors come at meal time and the team is unprepared for your visit.

Just a Reminder – as we move into the fall months, we have to start thinking about flu season – those dreaded words. There will be more information coming your way regarding flu shots as well as COVID vaccine clinics as we approach fall. Please watch for notices regarding these clinics. As well – there are still outbreaks occurring in retirement and LTC homes within the community; mostly upper respiratory and COVID 19, so we continue to ask that you make sure you are diligently washing your hands and using the hand sanitizer that is located throughout the village.

And last but not least a very warm welcome to our new residents! We look forward to getting to know you, your family and friends!



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.

September can be hot

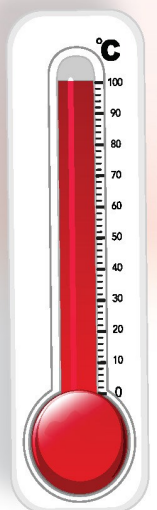
Keep cool and have fun!

G	F	M	K	L	W	X	S	E	Y	R	T	W	O
L	E	D	Z	I	J	H	F	S	T	U	A	R	N
H	C	K	A	G	S	E	U	V	I	M	H	E	B
Y	N	S	L	H	F	N	L	P	V	T	I	W	G
D	A	E	L	T	S	E	L	C	I	S	P	O	P
R	F	I	E	C	O	K	H	J	T	U	T	H	V
A	S	O	R	L	L	R	E	X	C	N	S	S	C
T	W	E	B	O	V	D	Z	Y	A	G	E	L	U
E	E	R	M	T	A	W	E	G	T	L	R	O	P
N	M	D	U	H	C	A	W	Q	H	A	U	O	I
S	F	Q	S	I	Y	T	A	H	G	S	M	C	C
D	R	T	T	N	H	E	L	A	I	S	Y	L	R
C	T	W	N	G	E	R	K	L	L	E	K	O	P
I	N	D	O	O	R	S	M	E	N	S	A	I	O

INDOORS
REST
SUNSCREEN
HAT
POPSICLES

COOLSHOWER
LIGHTACTIVITY
HYDRATE
FAN
SUNGLASSES

LIGHTCLOTHING
UMBRELLA
SHADE
WATER



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!



THANK YOU!



Residents and Staff of Winston Park,

Thank you so much for your generous donation of back-to-school items and support that you collected as part of Wilfred Schlegel Day this year. As the new school year approaches, many families in our region face the challenge of preparing their children with the supplies they need to start the year with confidence. Your kindness helps ensure that every child can walk into their classroom feeling ready, proud, and supported.

Coming from the residents of Winston Park, this gift carries a special kind of warmth. It's a beautiful reminder that care and compassion spans generations, and that when we come together as a community, we can lift each other up in powerful ways. Thank you for helping us to support families and enrich our local community.

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



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Retirement Home Leadership Directory

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

All email addresses are FIRSTNAME.LASTNAME@schlegelvillages.com

LTC Nursing Directory

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

Retirement Nursing

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

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Long-Term Care Leadership Directory

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

All email addresses are FIRSTNAME.LASTNAME@schlegelvillages.com

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