

# *Riverside* REVIEW

Vol. 27 Issue 9 September 2025

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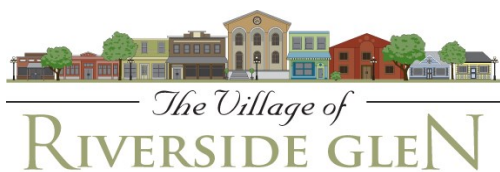
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## Mission Statement

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,

We continue to offer our sincere gratitude to each of our team members for the care, dedication, and service you bring to our Village each day.

On Wednesday, August 13th, we held our annual Team Member Appreciation event. It was a joyful occasion to come together as a Village and honour the people who make this such a special place to live and work. Every success we experience at Riverside Glen is a direct result of our exceptional team members and their commitment to delivering a truly memorable customer experience.

As part of the celebration, we were proud to announce the recipients of our 2025 Schlegel Villages Customer Experience Credo Awards:

- Know Me - Taylor Tantardini
- Be Present- Devanshi Joshi
- Walk in My Shoes- Dawn Gundrum
- Earn Trust- Lilianeth Amasol
- Follow Through- Laura McPhee

Please join us in congratulating each of these outstanding team members. They were selected from an inspiring group of 76 team members who were nominated, with a total of 129 nominations submitted.

Thank you to everyone who took the time to recognize our team members—your words truly matter.

We also recognized team members celebrating 5, 10, 15, 20, and 25 years of service with us. Their longevity and dedication bring both stability and quality to the care we offer, and we are deeply grateful for their continued commitment.

This month also marks a very special milestone as we extend our heartfelt best wishes to Lynn Lake, who is retiring after more than 20 years of service. Lynn's last day is August 22<sup>nd</sup>. Lynn's leadership, warmth, and integrity have left a lasting impact on our Village, and she will be deeply missed. We are currently in the process of recruiting a new Retirement Assistant General Manager, and we look forward to sharing more about that in a future communication.

Congratulations once again to all of our service award and success award recipients. Thank you for everything you do to support our residents, families, and one another.

Wishing you all a safe, healthy, and joyful end to the summer season.

Warmly,  
Bryce  
General Manager

*Message from*

## **Your Long-Term Care Family Council**

Family Council News for families and friends of Riverside Glen **Long Term Care** Residents:

Hello everyone! I hope you are having a wonderful summer! It's almost a relief to have some cooler weather; September can be a lovely month. We're back with our monthly Family Council meetings—the second Thursday of every month by Zoom. This month the meeting will be held on September 4th. Our time has changed, we will be meeting at 6:30 pm instead of 6:pm to try to accommodate everyone better. Our meeting is generally one hour long. Our September meeting is going to be a getting to know you session, as well as questions and answers about what Family Council is and how we can best help you and your loved one at Riverside Glen.

Emails are sent out by Jackie to all Riverside Glen family members and support people the week of our meeting with the Zoom link included. I'm looking forward to seeing some familiar faces and getting to know new people. Our meetings are run on the volunteer model, that means that there is no set executive and no elections. We do follow an agenda, address items from members and invite guest speakers. The minutes are recorded by hand—not AI—with confidentiality of family members and loved ones maintained, then they are posted in the long term care lobby for public viewing.

I currently chair the meetings, and I greatly appreciate any help you would like to give with Family Council. I will never pressure anyone into taking on a responsibility. I believe that it is far more important that you show up for the monthly meetings, than to avoid them because you feel badly about not being able to volunteer to do anything extra.

So come out, tell us what you want out of Family Council this year, and feel supported in the company of other family caregivers! See you on September 4th!

Wendy Presant, Chair of Family Council, Riverside Glen Long Term Care

# Chaplain's Corner

To: Residents, Family and Team Members

I think now-a-days we can't get away from the political situation and everything going on in our world. I know in our Chaplain's Chats we often end up talking about the latest craziness coming from south of our border. I came across a couple of quotations, shared by one of our residents, which I thought were very appropriate to share with you.

"The truth has no defense against a fool determined to believe a lie." (Mark Twain)

"Do you remember before the internet, that people thought the cause of stupidity was the lack of access to information? Yeah. It wasn't that."

"If it's not yours, don't take it. If it's not right, don't do it. If it's not true, don't say it. If you don't know, shut up."

"Truth does not mind being questioned. A lie does not like being challenged."

Some things to ponder.

Our next Long-Term-Care Memorial Service will be Thursday Sept. 25 @ 2:30 in the Erin neighbourhood.

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:

*Karen Vandivier*  
*Emilia Romistrowicz*  
*Lawrence Dobson*

*Shirley Wiggins*  
*Lina Orlando*





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



*E Komo Mai*

*Bem-Vindo*

Welkom

## Welcome

Witajcie

*Benvenuto*

Bienvenue

*Karibuni*

### *Retirement*

Ruth Bell  
Sally Weber  
John Conibear  
Beverly Smith

### *Long Term Care*

James Gordon  
Shirley Wiggins  
Antonia Di Leonardo  
Thomas Smith  
Dot Smith  
Rosa Natale  
Colleen Hicks





# PHOTO REVIEW OF AUGUST



# COMING UP IN SEPTEMBER

Mon, Sept. 1st		Labour Day
Sun, Sept 7th	2:00-4:00	Grandparent's Day Neighborhood Activities
Tues, Sept 9th	10:30	Bonnie's Card Making Class (\$5)
Mon, Sept 15th	2:00	Terry Fox Walk Fundraiser (Toonies for Terry)
Sept 15h– 19th		Resident's Council Week
Sept 18th	2:00	Elora Ziplining
Sun, Sept 21st	2:00	Coffee and Cookie Cart Fundraiser

## Vendors

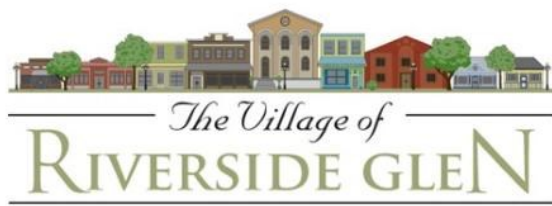
### **Cameron Cards**

Thursday September 11th 10-2 Mainstreet RH

### **Torchlight**

Friday August 12th 10-2 Mainstreet RH





# Happy SEPTEMBER from the PAL team!

## September is Arthritis Awareness Month

### Types of Arthritis

Osteoarthritis - break down of cartilage lining between bones in joints

Rheumatoid Arthritis - immune system attacks the lining of joints.

Gout - build up of uric acid crystals in joints and soft tissues

Ankylosing Spondylitis - lit. fusing inflammation of the spine, autoimmune disease targeting ligaments and tendons of spinal joints

Psoriatic Arthritis - inflammatory arthritis that appears in people with psoriasis skin disease.

### Exercise and Arthritis

Benefits exercise can provide:

- Lessen stiffness
- Strengthen muscles to support and protect joints
- Maintain bone strength
- Improve balance and posture
- Improve mood

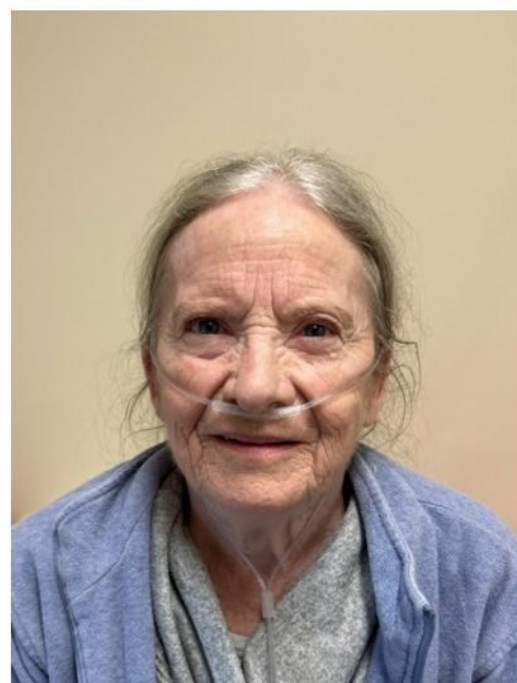
**Your PAL Team Richard, Brittany and Natalie**

# Athlete of the Month:

## Debra C

This month's Athlete of the

★ Month is Debra!! Debra exercises at least twice every week and really enjoys doing strengthening exercises with weights. Exercise is a way to stay healthy for Debra and she encourages others to exercise as well to maintain their physical abilities. A fun fact about Debra is that she does diamond paintings in her spare time. Congratulations Debra!!!





## 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](https://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

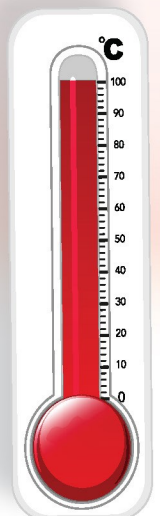
SUNGLASSES

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

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 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.

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**.

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.

Consider wearing an orange shirt on September 30, and understand the meaning behind it. You can purchase an official shirt through **[orangeshirtday.org](http://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!





# 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
<b>Breakfast</b>	\$10.50	\$10.50
<b>Lunch</b>	\$16.80	\$13.65
<b>Dinner</b>	\$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](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

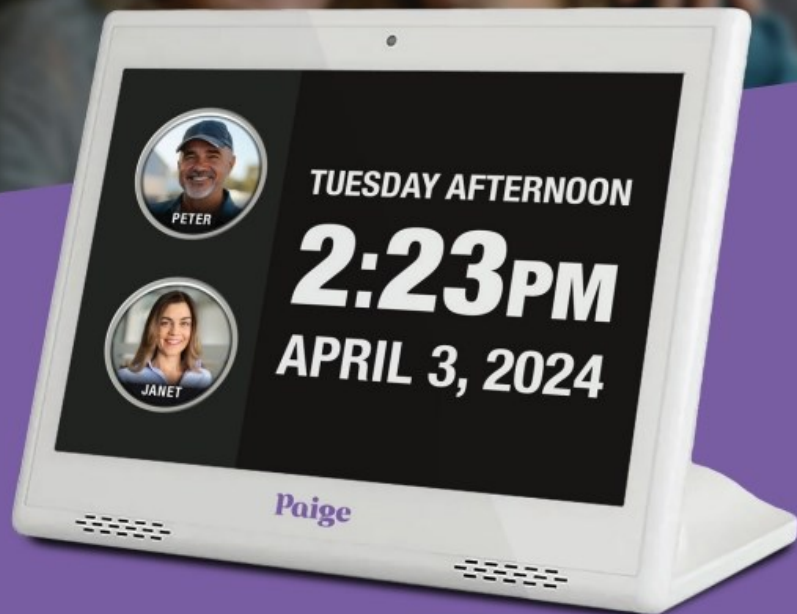
JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://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.



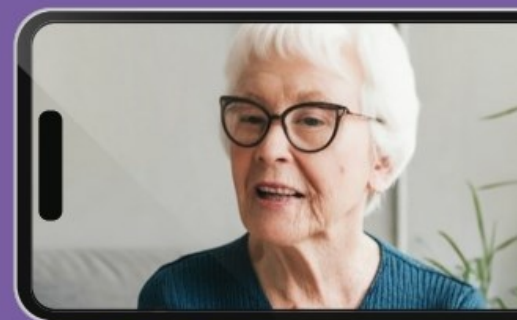
## Mom loves family visits, but we just can't always be there for her. If only there were a realistic way for us to easily connect.

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](https://paigeframe.com)





# Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

ASTER

GRANDPARENTS (Day)

MIGRATION

AUTUMN

HARVEST

MORNING GLORY

BONFIRE

INDEPENDENCE (Day, Mexico)

OKTOBERFEST

CRISP

LABOR DAY

ORCHARD

EQUINOX

LEAVES

SCHOOL

FOOTBALL

LIBRA

VIRGO



# 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**

Leona M	Sept 01
Anne T	Sept 02
Elizabeth U	Sept 04
Paola M	Sept 04
Margaret B	Sept 08
Darlene B	Sept 09
Shelley B	Sept 12
Patrick L	Sept 13
Margaret L	Sept 15
Joan V	Sept 15
Phyllis M	Sept 18
Kathleen M	Sept 19
Gerald T	Sept 19
Wilhemina S	Sept 20
Karel K	Sept 22
Mary M	Sept 22
Clarence J	Sept 23
Sheila D	Sept 24
Roberta G	Sept 24
Eileen M	Sept 25
Brian H	Sept 26
Margaret B	Sept 26
James H	Sept 27
Carolyn J	Sept 28

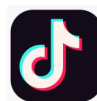
Jennifer T	Sept 01
Riddhi K	Sept 02
Priya P	Sept 02
Louise M	Sept 03
Taylor T	Sept 03
Amandeep K	Sept 04
Lovepreet S	Sept 04
Tsion A	Sept 05
Rajdeep B	Sept 05
Luz V	Sept 05
Esther O	Sept 08
Kahlan B	Sept 09
Hirut K	Sept 09
Eyorusalem Z	Sept 11
Aleasha S	Sept 12
Manjinder K	Sept 13
Treasa B	Sept 14
Karie C	Sept 15
Paul G	Sept 15
Devanshi J	Sept 16
Serena L	Sept 16
Kamaldeep K	Sept 17
Lisa D	Sept 18
Aukse I	Sept 18
Efua I	Sept 19
Joanne C	Sept 21
Dominga L	Sept 21
Gurkaldeep S	Sept 21
Sumanpreet K	Sept 22
Preethi R	Sept 22
Pritika B	Sept 23
Lovepreet K	Sept 24
Anshika M	Sept 24
Arshdeep K	Sept 25
Harminderjit K	Sept 26
Melita W	Sept 26
Carol Ann D	Sept 27
Ashley L	Sept 27
Slavica S	Sept 27
Johanna V	Sept 28
Jaspreet K	Sept 30



@riverside\_glen



The Village of  
Riverside Glen



@villagelife\_sv

## Birthday Celebrations

### **Retirement Birthday Party**

Friday September 26th, 2:00 pm in the café  
with The Ludgates

### **Long Term Care Birthday Party**

Tuesday, September 16th at 2:00pm in the café  
With Aidan Purnell

# The Village of Riverside Glen Directory

Phone 519.822.5272

## Retirement Home

Bryce McBain, General Manager	Ext. 815
Assistant General Manager RH	Ext. 761
Michelle Mayhew, Director of Wellness	Ext. 812
Sherri Henderson, Assistant Director of Wellness	Ext. 8667
Tonya D'urzo, Interim 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 Provider	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 Aujla, Assistant Director of Nursing Care	Ext. 797
Vincent Domosmog, Assistant Director of Nursing Care	Ext. 763
Kayla Killby, 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
Dylan Prust, Interim 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