

View from the Heights

October 2025

Harvest Happenings

Wednesday, October 8th 2-3:30pm

Triple C Farm will be coming back for our annual Harvest Happenings Petting Zoo! They will be joining us in the back courtyard on Wednesday, October 8th 2-3:30pm. Families and friends are welcome to join! Throughout the week we will have other events and activities set up on Main Street for you to participate in. Be sure to come down and check it out!



Halloween Howl & Candy Donations



We are excited to host one of our favourite annual Halloween events, the Halloween Howl! We are welcoming residents' grandchildren and great-grandchildren, as well as team members' children to join us on **Saturday, October 25th at 10:00am** for a fun morning of trick-or-treating, crafts and a traditional Halloween themed fun house!

We are looking for wrapped candy donations so we can have our residents hand out candy to the children when they come trick-or-treating at the Village. If you would like to drop off a box of wrapped candy or cash to purchase treats to the Village Office or Recreation we would love your support. Thank you!

Follow Us on Social Media!

Keep up-to-date with Village Life.



@WentworthHeights




The Village of
WENTWORTH HEIGHTS



REMEMBRANCE DAY


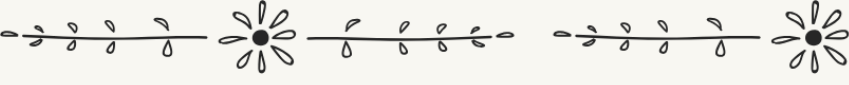
Remembrance Day is fast approaching and we want to ensure we honour all those who have served.

If you or your loved one, who lives at Wentworth Heights, is a veteran, please let the recreation team know. There will be a sign up sheet in the Community Centre and the Hobby Shop. You can also contact Elaine Thompson by phone at ext. 8332 or email at elaine.thompson@schlegelvillages.com for Retirement Residents or Melissa Marks by phone at ext. 8035 or melissa.marks@schlegelvillages.com for Long-term Care Residents.



Please let us know if you/they do not want to be recognized during our service as we will respect that decision.

Thank you kindly,
The Wentworth Heights Team



A Message From... *The Asst. General Manager*

From the desk of Sara Calder

As we welcome the month of October and the beauty of the Thanksgiving season, I want to take a moment to share my heartfelt gratitude.

To our residents, thank you for allowing us the privilege of being part of your daily lives. To families, thank you for your trust, your support, and the partnership we share in caring for your loved ones. And to our team members, thank you for your dedication, compassion, and the countless ways you make a difference each and every day.

Thanksgiving is a season of reflection, and I feel truly blessed to be part of The Village of Wentworth Heights. I am always here to listen—whether you have a concern, suggestion, or simply wish to talk. Please know that my door is always open.

Together, we create not only a place of care but also a place of belonging, kindness, and community. For that, I am deeply thankful.

Wishing you and your families a warm, safe, and joyful Thanksgiving.

With gratitude,
Sara



Nursing News

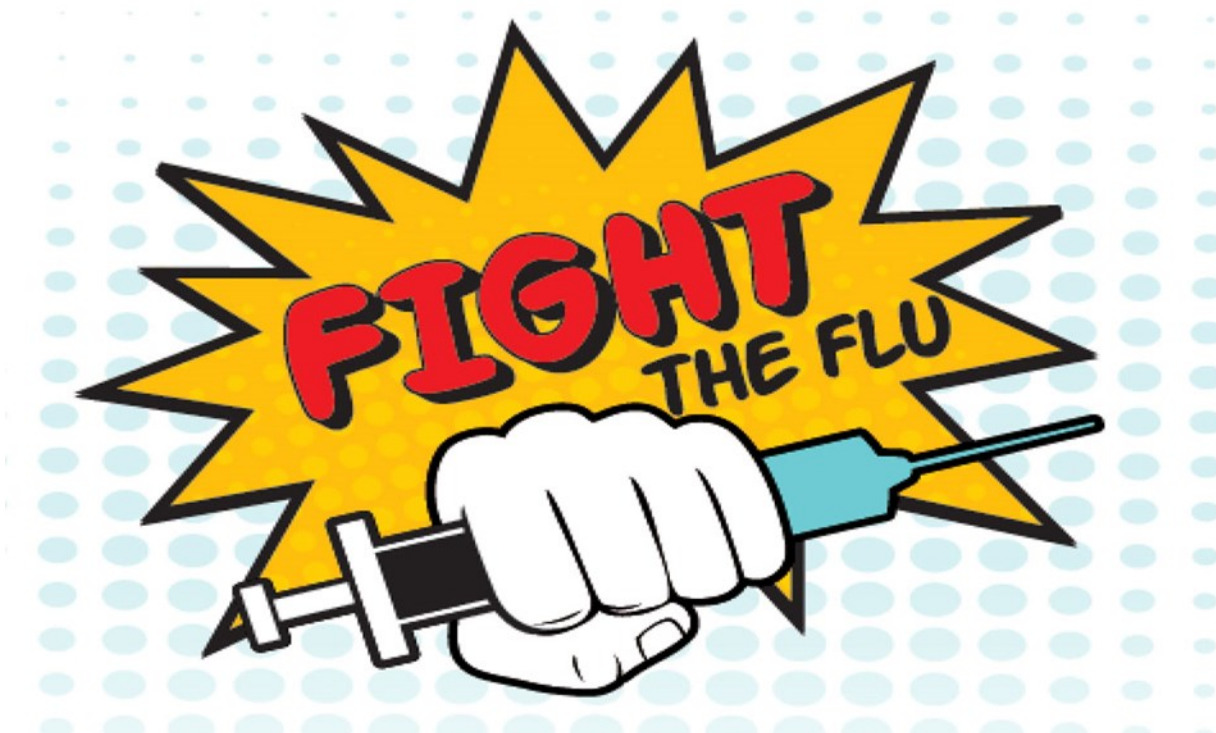
From the desk of Danica Milos

SAVE THE DATE!

The Retirement Flu Clinic will be held on **November 4, 2025**, from **9:00 AM to 5:00 PM** in the **Hobby Shop**.

Shoppers Drug Mart Pharmacy will be providing **both Flu and COVID-19 vaccines**.

Please watch for consent forms in your mailboxes over the next few weeks. More information will be shared as the clinic date approaches.



Neighbourhood News

From the desk of Sue Waddell

Welcome October!

Have you heard about our "My Experience (ME) form"?

At the village, when a new resident moves in, we invite family members, or the resident themselves to fill out one of these forms. The ME form is designed to help our team get to know each resident as an individual. It includes questions about work history, hobbies, likes and dislikes, family background, and more.

This information becomes a valuable support tool, especially for residents who may not be able to easily share details about themselves. It ensures our team can provide truly person-centered care. The forms are available for both new and current team members to read, helping everyone better connect with and care for our residents. We encourage families to complete a ME Form as close to move in as possible. At the Village of Wentworth Heights, our residents are not just "new move ins", they are a part of our family. The more we know about their life stories, the better we can honour and support them.

If you have not already filled one out for yourself or your loved one, please send me an email at sue.waddell@schlegelvillages.com for an electronic copy or stop by the Village office for a paper copy.

Wishing you a happy, healthy, and cozy fall season!

Susan

Neighbourhood News

From the Desk of Courtney Roarke

Hello everyone,

Can you believe we are already stepping into October? The leaves are changing, the air is a little crisper, and pumpkin spice and warm apple cider seems to be everywhere! With fall now fully upon us, it is the perfect time to cozy up with soft sweaters, and all the seasonal traditions that make this time of year so special.

One event I am especially excited about this month is our **Halloween Howl Trick-or-Treating day on October 25th**. It is always such a fun way to celebrate the season, and this year is extra special for me because I will be bringing along my 2-year-old daughter, Adelaide. She is very excited to show off her costume, so keep an eye out — if you would like to meet her and see her in action, we would love to say hello!

As we shift into cooler weather, it is also a good reminder to adjust our wardrobes. Layering is key in the fall — mornings can be chilly, afternoons surprisingly warm, and evenings cool again. Keeping an extra sweater or light jacket handy makes all the difference in staying comfortable throughout the day.

October is such a wonderful month to pause, take a breath, and soak in all the little joys of the season: the crunch of leaves underfoot, the smell of cinnamon and apples, and the excitement of Halloween just around the corner.

I hope you all find moments to enjoy these cozy fall days, whether it is through festive activities, family and friend traditions, or simply taking a walk to admire the colours of the trees.

Wishing you a safe, warm, and fun-filled October!

Environmental

Update

From the Desk of Heather Bell Livingstone

Emergency Preparedness Scavenger Hunt

Get Ready to Hunt, Learn, and Be Prepared!

We are excited to announce a fun and educational event designed to help all of us be **better prepared for emergencies** while enjoying a bit of adventure and teamwork. You are invited to participate in our **Emergency Preparedness Scavenger Hunt** right here at **The Village of Wentworth Heights!**

Starting Point: Town Hall

When: Thursday, October 30th at 10:30am in Town Hall

Purpose: Emergencies can happen at any time—whether it is a power outage, fire, severe weather, or health-related situations. This scavenger hunt is designed to:

- **Educate** residents on the location of emergency supplies and exits
- **Familiarize** everyone with emergency procedures
- **Encourage** preparedness through engaging activities
- **Promote** teamwork and fun!

How It Works:

Participants (individually or in small teams) will receive a clue card leading to various **preparedness checkpoints** around the facility. At each location, you'll complete a simple task or answer a question related to emergency safety.

Staff will be stationed at some of the checkpoints to offer guidance and answer questions.

Prizes: Everyone who completes the scavenger hunt will receive a **Preparedness Goodie Bag** with helpful emergency items. Special prizes will be awarded for: Most clues solved, Fastest team and Best team spirit

What to Bring:

Comfortable shoes, reading glasses (if needed), Your curiosity and teamwork spirit!

Sign-Up: Please sign up at the Village Office.

Hospitality News

From the desk of Michelle Piccolo

Hello! Welcome to spooky October! Fall is here and the leaves are changing colour! It is so beautiful!

Thanksgiving dinner will be held in long-term care and Williamsburg dining room on Sunday, October 12th. Guests are welcome! Please get your meal tickets at the village office before October 9th.

Thanksgiving menu:

Roast Turkey

Stuffing and cranberry sauce

Mashed potatoes

Squash

Apple pie

Our next Lettuce Talk Food meeting will be held on Tuesday, October 14th at 10:30am in the Hobby Shop. See you all there!

Happy Thanksgiving to you and your families from your Hospitality Team!



Village Events

Joint LTC & RH:

- Wednesday, October 8th—2:00pm-3:30pm—Harvest Happenings (Petting Zoo)—BP
- Tuesday, October 21st—Diwali (Wear Bright Colours)
- Saturday, October 25th—10:00am—Halloween Howl (Children Trick-or-Treating)
- Wednesday, October 29th—11:00am—Celebration of Life—TH
- Friday, October 31st—2:30pm—Halloween Costume Parade—MS

Long Term Care

- Thursday, October 2nd—2:00pm—Residents' Council—CC
- Friday, October 3rd—8:30am—Men's Breakfast—CC
- Saturday, October 4th—2:00pm—Pub with Anesti K.—MS
- Saturday, October 11th—2:00pm—Luau Party with John Pebble on Carrington
- Monday, October 13th—2:00pm—Thanksgiving Social—CC
- Friday, October 17th—3:00pm—Happy Hour with Dave Murphy—MS
- Saturday, October 18th—2:00pm—Entertainment with Paula French—MS
- Wednesday, October 29th—5:00pm—Diner's Club: Harvey's—TH
- Thursday, October 30th—2:00pm Birthday Bash—CC

Retirement

- Friday, October 3rd—10am & 2pm—Hamilton Third Age Learning Lecture: Stephen Heathorn: Unhooding the Hangman: Honest Applicants for an Odious Job —SH
- Saturday, October 4th—12:00pm—Emma's and Egerton Lunch in the Ruby—National Taco Day
- Wednesday, October 8th—2:00pm-3:30pm—Harvest Happenings (Petting Zoo)—BP
- Thursday, October 9th—9:15am—Breakfast Club: Bacon & Eggs—H—Everyone Welcome!
- Thursday, October 9th—2:00pm—Wentworth Heights Choir Concert—TS
- Thursday, October 9th—7:15pm—Johnny Piano—TH
- Friday, October 10th—10am & 2pm—Hamilton Third Age Learning Lecture: Mark Poznansky: The Future of Food —SH
- Monday, October 13th—3:00pm—Thanksgiving Social -H
- Thursday, October 16th—2:30pm—Residents' Council—TH
- Friday, October 17th—10am & 2pm—Hamilton Third Age Learning Lecture: Lori Letts: NORCs: Creating Supports for Aging in Place —SH
- Friday, October 17th—3:00pm—Emma's Happy Hour with John Pebble
- Saturday, October 18th—2:30pm—Brad James Entertains—TH
- Saturday, October 25th—10:00am—Halloween Howl (Children Trick-or-Treating)
- Tuesday, October 28th—3:00pm—Birthday Happy Hour—SC
- Wednesday, October 29th—11:00am—Celebration of Life—TH
- Friday, October 31st—2:30pm—Halloween Costume Parade—MS

Village Outings

Joint LTC & RH:

- Wednesday, October 15th—5:30pm—Pumpkins After Dark (Outdoor Walk—Milton)

LTC

- Thursday, October 9th—1:00pm—Flamboro Downs Casino
- Thursday, October 23rd—10:00am—Country Drive (Rymal & Carrington)
- Thursday, October 30th—10:00am—Country Drive (Scotsdale & Stonechurch)

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

Retirement

- Thursday, October 2nd— 10:00am Men's Club Outing: Butterfly Conservatory
- Monday, October 6th 10:00am Port Dover Lens Mills Outing
- Monday, October 6th—1:30pm—Emma's and Egerton Canadian Warplane Heritage Museum
- Tuesday, October 7th—1:30pm—Fortinos Grocery Shopping Upper James
- Friday, October 10th—10:00am—Dutch Mill Market
- Tuesday, October 14th—1:30pm—Zarky's Grocery Shopping
- Wednesday, October 15th—5:30pm—Pumpkins After Dark (Outdoor Walk—Milton)
- Thursday, October 16th—10:30am—Stratford Festival "Annie"
- Monday, October 20th—1:30pm—Fall Garden & Mum Show at Gage Park
- Monday, October 20th—4:30pm—Dinner Outing at Swiss Chalet—Upper James
- Wednesday, October 22nd—1:30pm—Emma's and Egerton Fall Garden & Mum Show at Gage Park
- Thursday, October 23rd—1:30pm—Lime Ridge Mall
- Friday, October 24th—10:00am—Egerton Walmart Rymal
- Tuesday, October 28th—10:00am—Giant Tiger Grocery Shopping Upper Ottawa
- Wednesday, October 29th—10:30am—Emma's Country Drive

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 Wednesday, October 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!



Come and take part in an intergenerational music making journey that involves singing, moving to music, playing instruments and simply having fun together.

Looking for parents/grandparents with children under 4 years old to join us for our upcoming Intergenerational Jamboree Music Therapy sessions.

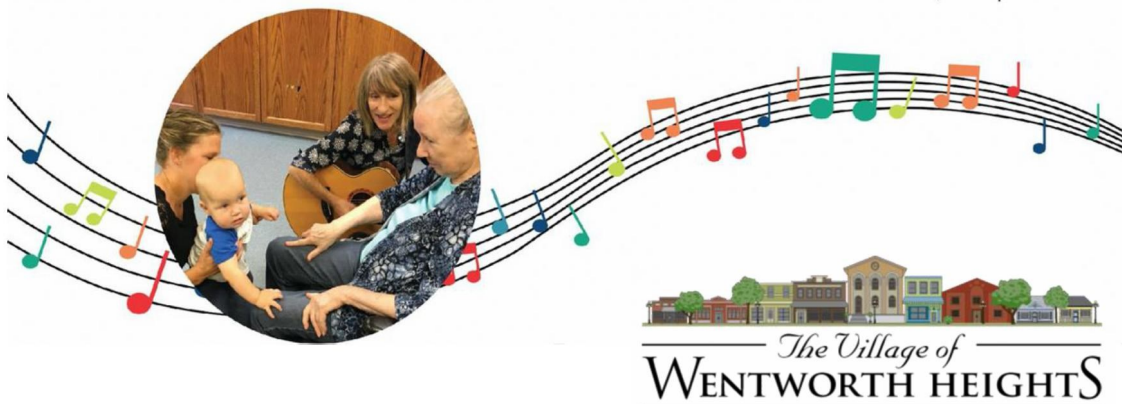
Intergenerational Jamboree Music Therapy sessions are held on Mondays at 10:30am.
Next session starts on November 3rd – December 8th, 2025.

Join Jennifer, a qualified, accredited music therapist, for a weekly intergenerational music therapy program. These sessions are designed to include children under 4, parents/grandparents, and long-term care residents at the Village of Wentworth Heights, supported by Village team members.

As the children's music-learning is nurtured, pre-schoolers and their grownups will foster new and important relationships with their resident "Grandfriends". Our residents look forward to the lively weekly visits, the chance to share memories, and the opportunity to grow and create a harmonious music-making experience together. The additional cognitive, physical, and emotional benefits for participants make the intergenerational sessions a win-win for all.

Cost of the Program: \$20.00. Payment is due upon registration. Free for residents.

For more information and/or to register, please contact:
Melissa Marks-Truscello (905) 575-4735 ext. 8035
Melissa.marks@schlegelvillages.com



Wishing you a Happy Birthday!



Please see poster in the Village for a list of October Birthdays

Birthday celebrations will be held at the last Friday happy hour of the month in retirement Social Club. LTC Birthday bash will be on October 30th 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. There will be no clinic for Ailsa Craig and Becker in October.



Long Term Care

The Foot Care Nurse will be in LTC starting the week of October 26th.

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

Chaplain's Corner

Welcome to the cooler weather of October!

I hope that you will join us for **Coffee, Chat and Dash!** It is a time to sit with friends and neighbours and share the stories of your life!

Gathering for New Residents

Book of Souls—to write the names of your loved ones who have died this year.

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
“Never a Dull Moment”

With Irene Dunne and Fred MacMurray

Bible study with Ankit

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

We hope you visit our **Tree of Thanksgiving** on Main Street across from the Chapel. Leaves and pens will be provided on the table ... let us know what you are *thankful* for in your life!

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!

Shalom,
Chaplain Janet (ext. 8045)

October Services

Non Denominational Church services are held every Sunday at 9:30am 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.

In Memoriam...

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

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

Rose Valeri

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



WELCOME TO THE VILLAGE!

Catherine Bota
Ralph Condello
Anne Farrauto
Lorna Greenlees
Gloria Mitchell
Maria Nunes
Janet "Mary" Salomon
Daniel "Dan" & Lynda Side

A Thanksgiving Message from your favourite Marketing Team!

As the leaves turn colour and the air grows crisp, we are reminded and grateful for the warmth, kindness, and stories that each of you bring to us in our office.

From our family to yours, thank you for making Wentworth Heights such a special place to work. We feel lucky to be working in a place you call your home and we truly see you all as family.

Wishing you a season of comfort, joy, and the company of those you cherish most.

Please remember our kind wishes when you see the elevator on service and remind yourself that you love us!

Happy Thanksgiving!

With gratitude,
Nicole, Bradley & Holly



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

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.

For questions
or suggestions,
please call the
General Store
at ext. 8087.

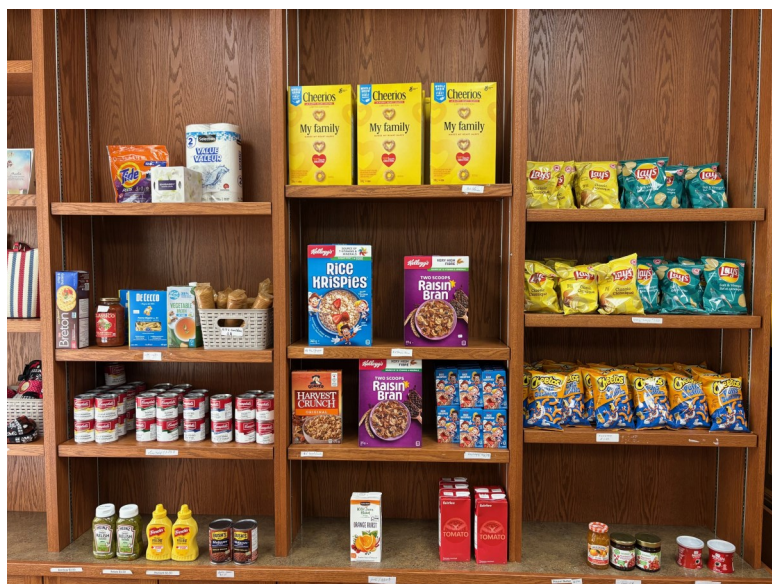
General Store Hours

Monday 10-4
Thursday 10-4

Wednesday 10-5
Saturday 10-4

GENERAL STORE

Come and see our new jewelry and stuffed animals!



Library News

This month you will find a new book collection in the library called, "Restricted Books."

Our hardworking committee has collected these banned books from libraries and schools around the country.

However, Since there is such a high demand for these banned books, you may only sign them out for one week. Late fees apply.

Please bring two pieces of identification and a letter from your doctor, if you want to take these books out of the library. If you are over the age of 90 you only need to show your birth certificate.

Registrar, Dept. of Nonsense, Wentworth Heights, Head Office

Well, I hope my attempts to be funny has given you a smile.

The reason for this letter is to tell you that after almost nine years, I am stepping down as Library Committee Chairman. Barbara Sackett, my co-chairman and guiding light, is retiring as well. Ruth Chasty, our faithful scheduling secretary, has moved away. She had been on the committee since its inception.

I have enjoyed being on the Library Committee immensely and will miss working with everyone very much. I want to thank the members for their long and faithful work: Barbara Sackett, Ruth Chasty, Bev Hatch, Stella Lowe and Freda Smouter.

As you can see, we need to recruit three new members. It is not hard work. Each member takes a turn reshelving and labelling books for one week, every sixth week. It takes about a half hour each day. You work alone and on your own schedule. Once a month we have an hour-long business meeting.

The new committee will elect its own chairman for the coming year.

Call me at 2918 if you are interested. We would love to have you join us!

- Adair Jenkins

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 2:00pm 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, October 2nd 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 are looking for family members who are interested in joining the family council. 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.



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:
No clinic this month

Long-Term Care:

Week of October 26th

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.

October 10th

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.

December 1st

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



there's always
SOMETHING
TO BE
thankful
FOR

As we move into October, we are filled with the spirit of gratitude that naturally emerges as the leaves turn colour and the autumn days grow cooler. At Schlegel Villages, we always have so much to be thankful for, and 2025 is no exception.

Day-to-day life in our Villages is filled with countless moments where team members and residents connect in meaningful ways. Each is worthy of gratitude, though they often pass without a second thought – this is simply Village life unfolding.

There are also moments and events that shine a brighter spotlight on the mission that drives us forward. These require planning, effort, commitment and dedication from residents, team members, volunteers, families and friends.

Our celebrations of the **Wisdom of the Elder Signature Program** this year were shining examples.

Continued on page 2.

Schlegel Villages – CONNECTIONS

In 2025, we marked the **10th Anniversary of our Green Bench #ElderWisdom campaign** with events in every city where our Villages are found. Hundreds of people had the opportunity to sit upon the Green Bench and be reminded of all that our Elders have to offer.



Beyond our own communities, the bench travelled to Elmira, to our nation's capital, to the edge of Canada on the coast of Newfoundland, and even overseas to England. With a documentary crew capturing each adventure, we look forward to sharing the final product with all of our Village communities.

As we look toward Thanksgiving this October, we are grateful for everyone who helps bring our passion for the Wisdom of the Elder to life. We know how much our oldest generations have to offer, and through our collective efforts, we are proud to share this wisdom with the world.

WISDOM *of the*
ELDER



Doug Robinson and Bob Harrison in Brighton Beach, England.



Tom Farr visiting his childhood home in Elmira, Ontario.



 PharmaChoice

Your partners in health.

VILLAGE PHARMACIES

1620 UPPER WENTWORTH ST.
HAMILTON, ON
(289) 391-0097



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.



LIMERIDGE MEDICAL SUPPLIES
849 Upper Wentworth St. Hamilton, ON
905.385.9494

- SCOOTERS, WALKERS, POWER CHAIRS
- CERTIFIED COMPRESSION STOCKING FITTERS
- SCOOTER AND MOBILITY REPAIR
- ONTARIO DISABILITY SUPPORT PROGRAM PARTNER
- DIRECT INSURANCE BILLING AVAILABLE

Healthy Aging: Why Nutrition Matters as We Age

Malnutrition might not be the first thing you think of when you think about aging—but it's more common than you realize. A [recent study showed that one-third of Canadians aged 55 or older are nutritionally at risk](#), potentially leading to more hospital stays, emergency visits, and physician consultations.

Changes in our appetite, medications, or health conditions can all impact how and what we eat.

"As you age, your body changes, and so do the nutrients your body needs to stay healthy," said Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA). "Eating nutrient-dense meals can help you stay healthy and independent."

Below are five nutrient-dense foods you can add to recipes or enjoy on their own.

Almonds

Add them to salads, granola, trail mix, yogurt, cereal, or as a topping for desserts. They're a great source of vitamin E – a powerful antioxidant that is also important for the health of your brain and eyes.

Dark chocolate

Dark chocolate (at least 70 per cent) is loaded with magnesium and iron. Magnesium is important for your muscles, keeps your heart beating daily, and strengthens



your immune system. Iron helps preserve many essential functions in the body.

Wheat Germ

Add wheat germ to your diet—yogurt, oatmeal, meatballs or meatloaf, smoothies, muffins, granola, or parfait toppings. Wheat germ is an excellent source of omega-3, an essential nutrient for immune function, and bone, muscle, and heart health.

Flax seeds

Flax seeds can easily be added to baked goods such as muffins, breads, loaves, or topped on yogurt, salads, or cereal. They contain a lot of fibre, a nutrient crucial for digestion and regular bowel movements.

Lentils and beans

Add lentils and beans to salads, rice dishes, chili, and tacos, or puree them to make a dip. They are rich in protein, fibre, and iron. Protein is important for maintaining muscles, brain health, and much more.

For additional resources, visit the-ria.ca/nid.

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

1-888-745-5550

retirement@earandhearingclinic.com



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