

The Winston Word

NEWSLETTER VOLUME 8 ISSUE 10

October 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!**



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

**Basil G
Jean J
Soogan R
Kenneth B
Shirley C
Joan N
Owen N
Angelo S**



The Village of
WINSTON PARK

Village Events

October Events

Oktoberfest Event

October 7th 7pm RH dining room

Celebration of Life

October 10th 2:30pm RH dining room

Vendors

Wed Oct 15th 10:00-2:00 Plattsville
Paperwork

Fri Oct 17th 11:00-3:00 Vicky's Jem's and
Jewels

Mon Oct 20th 10:00-3:00 KMW Clothing

(All vendors are located in the library)

Halloween Trick or Treat Event

October 25th—2:30-4:00 on all
neighbourhoods

WELCOME TO THE VILLAGE!

Last month we welcomed the
following residents to Winston Park:

Manuel C
Marilyn F
Gladys K
Jenifer L
Doris M
Doris S
Merna C
Berta C
Mildred F
Lidia G
Franz K
Helena M
Evelyn M
Ronald S
Robert T

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.



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.

To receive updates from the RIA, subscribe to our newsletter at the-ria.ca/subscribe.

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My favourite time of year is autumn. The leaves change colour, we can open our windows to enjoy the fresh air, and who doesn't love the little chocolate bars that come with Halloween? As we head into the Thanksgiving weekend, we hope everyone gets to spend some quality time with their loved ones. One tradition in my family is going around the table and sharing one thing we're thankful for.

I encourage you to take a moment during the month of October to ask one another: What are you thankful for? Today, I am thankful for my beautiful family.

Speaking of family, we had a wonderful time celebrating Grandparents Day in early September. We hope you did too and were able to enjoy the festivities with your loved ones. Looking ahead to October, we're excited to celebrate Halloween with our traditional Trick-or-Treat event on October 25th. We're looking forward to welcoming family and friends for a fun-filled afternoon. The team has plenty of tricks up their sleeves to make it a memorable event! If you'd like to contribute to the Halloween candy fund, candy will be available for purchase outside the General Store starting October 2nd.

I'd like to extend a heartfelt thank you to everyone who contributed to our annual Stuff the Bus food drive. Whether you brought in donations, gave online, or purchased one of our pre-made bags, your generosity has not gone unnoticed.

I am truly blown away by the amount that has been donated and deeply moved by the outpouring of support from our community. As many of you know, times are tough, and like so many others, our local community has been feeling the strain.

Thanks to your kindness, the donated food will arrive just in time to help many families enjoy a Thanksgiving dinner in the coming week. From the bottom of my heart — thank you.

Lastly, I'd like to extend a big congratulations to the Long-Term Care Residents' Council on the appointment of their new President and Vice President! It was a fun and exciting week watching it all come together, and we're so proud of their involvement and leadership.

We also encourage you to keep an eye out for updates from our Family Council in Long-Term Care, as they continue to share the important work they're doing behind the scenes. Their dedication and advocacy are making areal difference

Tara



Schlegel Villages – CONNECTIONS



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.



Doug Robinson and Bob Harrison in Brighton Beach, England.

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



Tom Farr visiting his childhood home in Elmira, Ontario.





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
	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
Meredith Herr	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