

The Glendale Gazette

October 2025



Cathy W (RH)



Stephanie (LTC), Aish (Team Member)
& Jim (LTC)



Marion T (LTC)



Denise and Pat M (LTC)



Monika, Josine & Rema (Leaders)



Shirley A (RH)



From The Desk of Cindy Awde

As September gives way to cooler mornings and crisp golden evenings, we welcome fall with open arms here at the Village. The trees are beginning to show off their brilliant hues—deep reds, glowing oranges, and sunshine yellows—reminding us that change, while inevitable, can be breathtakingly beautiful.

Whether you're a fan of pumpkin-flavoured treats, watching the leaves drift to the ground from your window, or enjoying a brisk stroll wrapped in a sweater, there's something for everyone to enjoy this time of year. We are currently recruiting for another cook for the Ruby. During this time of transition we would ask that you please make reservations ahead of time. Walk ins can be difficult for us to manage. When we know ahead, we are able to book extra support for the current Ruby team. Thank you for your support with this.

As the days grow shorter and we prepare for the cozy months ahead, let's take time to savour the warmth of community, the joy of shared memories, and the beauty of change. Fall reminds us that letting go—like the trees do—can lead to new beginnings and unexpected beauty. Stay warm, stay connected, and take in all that this season has to offer.



Chaplain Chats

Chaplains Rob & Hans We are Here for You!



For those who do not know us, we are the chaplains who work at Glendale Crossing. Chaplain Hans works mainly on the Long Term Care side and I (Chaplain Rob) work mainly in Retirement. Not all LTC/Retirement homes have onsite chaplains, but Schlegel Villages from it's very beginnings knew the importance of providing spiritual care to it's residents.

One might ask "what is "spiritual care"? *Spiritual care addresses an individual's holistic needs by attending to their beliefs, values, purpose, and experiences related to meaning, transcendence, and connection to something larger than themselves* (Canadian Association for Spiritual Care). So it is our goal as your Glendale Chaplains to minister to your spiritual needs. Sometimes this ministering takes place in a group setting, like a church service, hymn sing, walks or even a baking class. Other times this can be seen in more of a personal nature, one to one. We work with the Recreation Staff to setup weekly programming to meet your needs, but we are also happy to hear from you if you have an idea or if you feel neglected.

What we want you to know is that "we are here for you!". We believe that our physical,

emotional, mental and spiritual health are interconnected. We don't claim that we can heal you, but we will do our best to support you any way we can.

Do you want to get to know other residents at Glendale? Join us at one of the many weekly activities. Need someone to speak to, a shoulder to lean on or a prayer said with you? Feel free to schedule a one to one meeting (see contact info below) or drop in to our office at the back of Town Hall. We will always keep the conversations confidential and respect your wishes.

As Chaplains we also need support! At Glendale we are supported by Jane Kuepfer, who is our Schlegel Specialist in Spirituality and Aging. She has said that "to truly support an aging population in body, mind and spirit, spiritual innovation will remain as important as any other invention or technological enhancement." The better we know you, the more we can focus on your needs. So don't be shy, we are here to support you.

Chaplain Hans: glendale.chaplain@schlegelvillages.com

Chaplain Rob: gcrhchaplain@schlegelvillages.com

Phone: 519-668-5600, Extension 8043 (Hans) • Extension 8236 (Rob)

Celebrating 45 Years of Love

Carol (a Resident from Glanworth) and Mike Hill wanted to announce 45 years of being happily married! Married on September 20, 1980. We wish them a heartfelt congratulations!





Wishing you a
Happy Birthday!

Our Residents

LTC

Reid H—October 7th
Carl Z—October 8th
George B—October 12th
Tom H—October 12th
Fred S—October 16th
Shirley M—October 17th
Larry R—October 18th
Larry C—October 25th
Vivian S—October 30th
Harold Y—October 31st

RH

Pam F—October 3rd
Angela M—October 9th
Dick J—October 9th
Sharon D—October 10th
Dorothy W—October 12th
Roland B—October 13th
Elizabeth K—October 16th
Alan B —October 20th
Barbara M—October 20th
Mary Lou H—October 21st
Moira M—October 22nd
Eileen C—October 23rd
Toni H—October 23rd
Linda T—October 23rd
Rayman T—October 25th
Flip E—October 26th
Ivan S—October 26th
Anne W—October 28th
Helen Y—October 29th
Alice Y—October 31st

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



In Memoriam

The Board of Directors, leadership team and team members were saddened by the passing of:

*LTC— Paul H, Gladys G
RH— Dolores T, Georgina F*

Village Events

Combined Village Events with Retirement and Long Term Care

Every Sunday at 2:45 Church Service in Town Hall

Every Monday Evening at 6:30 Musical Entertainment in Town Hall

Every Friday Evening at 6:30 & 7:45 Documentary Hour in Town Hall

October 3rd-10:30 Speaker series: Joselyn R Town Hall

October 4th-2:45 Music with Jude C Town Hall

October 25th– 2-4 Trunk or Treat Front Parking Lot

October 31-Trick or Treat candy hand out on Main Street
both sides of the Village



Resident Bill of Rights

15. Every resident has the right to exercise the rights
of a citizen

Spotlight on You!

Hello everyone! My name is Karl Schweers and I was born in Bonn, West Germany. I immigrated to Canada in 1960 with my first wife (Marlie) and a daughter (Gabbi). Why I immigrant here was because after the war in Germany in 1940 it was hard to set up the business over there. That's why I decided to move here to better future. My first job in Canada was for GM as an electrician for 10 years. After that I started my own business until my retirement. I have two kids. My son (Micheal) born in London and my daughter (Gabbi) born in Bonn West Germany. After my first wife passed away, I got married to Ann.

When I was in Germany, I was an electrician. I liked my job because it was well paid and I had my interest in field. I had a Master Business Licence in Germany and in Canada. I love travelling, and traveled in different countries such as South Africa, Tahiti and many more places.

I am proud of myself because when I came to Canada, I was an immigrant and I worked hard and set up my business. Now my son is running my business, I also have 3 houses 1 in Waterloo and 2 in London.

In my free time I like to watch CNN channel for politics news. Moreover, I like walking, music, exercise, and I like to share my life experience with others over coffee.

I am an animal lover and I had a dog as a pet who's name was Macky. Unfortunately, he died because of cancer.

Now I am retired and enjoying my life.



Cold and Flu Season

Dear Residents,

As we welcome the crisp days of October, we want to take a moment to share some important reminders about staying healthy during the fall season. With cooler weather and more time spent indoors, October marks the beginning of cold and flu season, making infection prevention especially important.

Here are a few key practices to keep in mind:

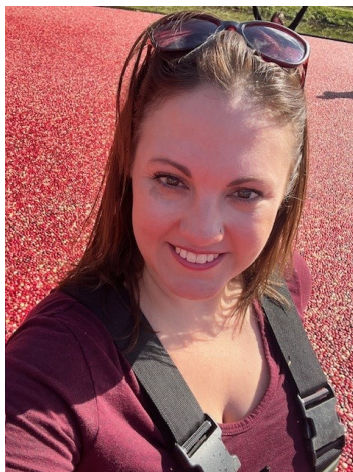
- **Hand hygiene:** Wash your hands frequently with soap and water for at least 20 seconds, especially before meals and after coughing, sneezing, or being in shared spaces. Hand sanitizer is also available throughout the village for your convenience.
- **Cough and sneeze etiquette:** Cover your nose and mouth with a tissue or your elbow when coughing or sneezing. Dispose of tissues immediately and wash your hands afterwards.
- **Stay home if you feel unwell:** If you experience symptoms such as fever, cough, sore throat, or runny nose, please let the wellness team know right away. Resting and taking precautions will help keep everyone safe.
- **Mask use:** Masks are available for residents and visitors who may have cold-like symptoms or who wish to take extra precautions in the village.

Visitor safety: Visitors showing signs of illness should wait until they are healthy before coming to see loved ones. This helps us protect our village from unnecessary exposure.

Together, we can all do our part to maintain a safe and healthy environment for each other. Thank you for your cooperation and for looking out for one another during this season.

We wish you a warm and healthy October filled with cozy moments and autumn cheer!

Sincerely,
Cherie-Lynn Palmeter
Director of Wellness



Taylor Talks RH Recreation

Hello Everyone,

I want to share my sincere gratitude to you all for all of your support during my first year in Retirement as Recreation Supervisor. It has been such a wonderful year, where I have been able to get to know you, build connections and strong relationships. I have been a part of so many fantastic programs, events, outings, and community outreach projects. As I look ahead, I'm filled with excitement for what's to come—not just for myself, but for the continued growth of our recreation programs and community involvement.

Recreation is more than just a way to pass time—it's a powerful tool for staying connected, energized, and engaged at any stage of life. As we grow older, staying involved in recreational activities helps maintain not only our physical health but also our sense of purpose and community. Whether it's joining a fitness class, exploring a new hobby, or volunteering, these opportunities keep us mentally sharp, socially connected, and emotionally fulfilled. Retirement doesn't mean stepping back—it's a chance to step into new experiences, revisit old passions, and enjoy the freedom to stay active in ways that truly enrich our lives. So I encourage you this month to get involved, and try 1 new activity that you may be interested in.

We have many great events coming up in October. Such things like: a committee fair, our 2nd meet the leaders event, an Oktoberfest party with live music, Retirement's 2nd anniversary, Trunk or Treat, and to end off the month a Halloween party with live music. As well as into the winter months, with our Remembrance Day service, holiday bazaar and open house, and our annual gala dinners. I look forward to seeing you all around the village, getting involved in the amazing recreational programs we offer.

Reminder, that I am always open to suggestions and ideas of different things you may like to see happening. So feel free to come see me in the Hobby Shop, give me a call at ext. 8207, or email me at taylor.morin@schlegelvillages.com.

Happy Fall!

Taylor Morin—Recreation Supervisor



From The Desk of Shannon D

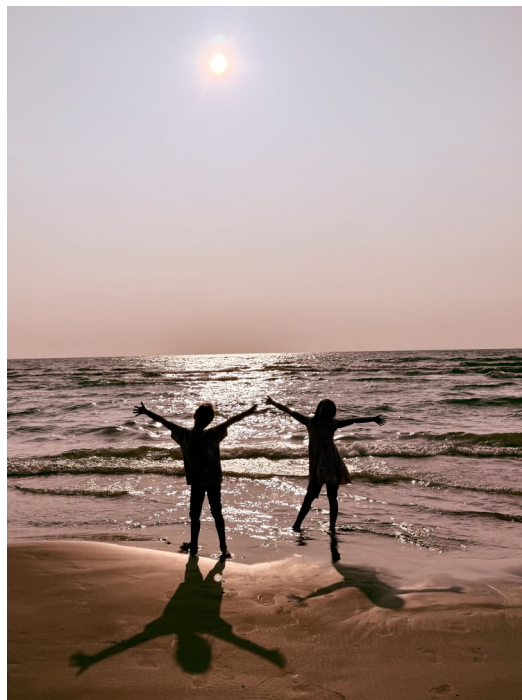
Wow, did summer ever fly by! It feels like I blinked and it was gone — but I'm so grateful for the special moments I got to share on vacation with my girls. From sunny afternoons to spontaneous adventures, we made some beautiful memories that I'll always cherish. That said, there's something comforting about getting settled back into the familiar rhythm of school schedules, packed lunches, and evening activities. It's a new kind of busy, but a good kind.

Now that the leaves are changing and there's that crisp feeling in the air, it's clear that fall is officially here — and with it comes a special milestone: our second anniversary of retirement living here at Glendale Crossing! I honestly can't believe it's been nearly two years already. Time really does fly when you're surrounded by such a warm, welcoming, and vibrant community.

Watching this village grow and thrive has been nothing short of amazing. The friendships, the laughter, the support we show each other — it truly feels like home, and I'm so thankful to be a small part of it all.

As we head into one of my favourite seasons, I'm especially reminded of how much I have to be thankful for. Thanksgiving is such a beautiful time to pause, reflect, and appreciate the people and places that make life rich.

Wishing each and every one of you a joyful, cozy, and colourful fall season. May it be filled with gratitude, good company, and all the little things that make your heart full.



Shannon D's Recipe

Pumpkin Dump Cake

This is a must have for my family and I each Thanksgiving!

Prep Time: 10 mins

Cook Time: 50-60 mins

Yield: one 9x13-inch cake

Ingredients:

- 1 (29 ounce) can pumpkin puree
- 1 (12 fluid ounce) can evaporated milk
- 3 large eggs
- ½ cup packed brown sugar
- ½ cup white sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ½ teaspoon salt
- 1 (15.25 ounce) package spice cake mix
- ½ cup coarsely chopped pecans
- ½ cup melted butter

Directions

1. Gather the ingredients. Preheat the oven to 350 degrees F. Grease a 9x13-inch pan.
2. Combine pumpkin, evaporated milk, eggs, and both sugars in a large bowl. Stir in cinnamon, ginger, cloves, and salt. Pour into the prepared pan. Sprinkle dry cake mix evenly over pumpkin filling. Sprinkle pecans over cake mix. Drizzle melted butter over the top.
3. Bake in the preheated oven until the edges are lightly browned, about 50 to 60 minutes. Allow to cool.
4. Serve and enjoy!



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.



There were so many nominations (which is amazing) that we cannot type them all out. They all will be given to who was being recognized!

The winners will get 25 points on our Bucketlist app to spend, one winner from each side of the Village per month.

The winner for the Long Term Care side is: Neetu S (FSA)
The winner for the Retirement side is: Sam B (PCA Med Cert)

Congratulations!!

Dietary Diary

Let's Talk about **PROTEIN**

What is Protein?

Protein is one of the major nutrients (along with carbohydrates and fats) that your body needs to function at it's best every day.

The Importance of Protein for Older Adults

For **older adults**, protein is especially important because it:



Helps keep your **muscles strong** so you can stay **independent**



Supports **wound healing**



Helps your body **fight infections** and **recover** from illness



Keeps every cell in your body working properly

How to Get Enough Protein in Your Diet



#1

Follow **Canada's Food Guide** by making sure **one-quarter** of your plate is filled with protein foods most of the time.



#2

Eat a **variety** of protein sources throughout the day!

PAL Insights

Walker Safety

Your walker is an important part of helping you stay steady, independent, and confident when you move around. To get the most out of it, it's important to use it in a safe way.

First, make sure your walker is the right height for you! When your arms are resting at your sides, the handles should be about where your wrists are. That way, when you hold on, your elbows have a gentle bend, not too straight and not too bent. This helps keep your balance and prevents strain on your arms.

When you're walking, try to stay close to the walker and step into it rather than behind it. Keep both feet within the frame, and don't push the walker too far ahead at once. Moving steadily and keeping it close gives you better support.

Be mindful of your surroundings as well. Walkers work best on clear paths, so watch for rugs, cords, or clutter that could get in your way. If your walker has wheels or rubber tips, check that they're in good condition so you don't slip.

If your walker has brakes, remember to use them when sitting down or standing up. And don't hesitate to ask staff for help if something doesn't feel right.

Using your walker properly not only keeps you safe, it helps you stay active and independent. With a little care and attention, your walker can continue to give you the steady support you need every day.

If you need any help with your walker, please feel free to come and ask anyone from the PAL team down at the fitness center.

Written by Alex
Kinesiology Student



Environmental Memo

Dear Residents,

We want to take a moment to remind everyone of our Villages smoking policy to ensure a safe and comfortable environment for all.

Smoking is NOT permitted in any suites or resident rooms under any circumstances. This policy helps us maintain a clean, healthy, and smoke-free home for everyone.

If you choose to smoke, please use one of the two designated smoking areas:

- Outside the Riverstone Spa entrance
- In front of the Long-Term Care (LTC) area, past the white lines that indicate the required distance from the doors

Your cooperation helps us promote a respectful and healthy atmosphere for all residents, staff, and visitors.

Thank-you for your understanding and support.

Warm regards,

The Environmental Team

Greg Lee EXT 8006 & Amy Jackson EXT 8229



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.

Volunteer Corner

Retirement General Store Hours:

- Monday 11:30-2:30pm
- Wednesday 5:00-7:00pm
- Friday 11:30-2:30pm
- Sunday 11:30-2:30pm

If you are interested in becoming a volunteer for Retirement or Long Term Care, you can apply online through our website or fill out an application form within the Village. If you want more information, you can also reach me – Maria Campbell at:

glendale.volunteers@schlegelvillages.com or
by phone at (519) 668-5600 ext. 8046



A Word From Your Co-Editor

Hi Glendale Crossing,

School has started and I hope the kids study hard, listen and learn lots! If you like sports, you can pick a favourite and try out for a school team. Be sure to have fun and ask your parents ahead of time! You can get involved in music, drama or volunteer in the library like I do sometimes. You can volunteer on field trips and have fun, or you can do tech, sound-board or lighting, whatever your passion is! When you believe you can achieve!

Your Co-Editor,
Heath



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.





Krispy Kreme Donut Pre Order Fundraiser

\$14 per dozen

Pick up date October 29th

**payment and pre orders due
by October 20th**

Sales all go to our Dream Team

**Please see Erin Seldon (ext.8007)
or Taylor Morin (ext. 8207) to get
your order in!**



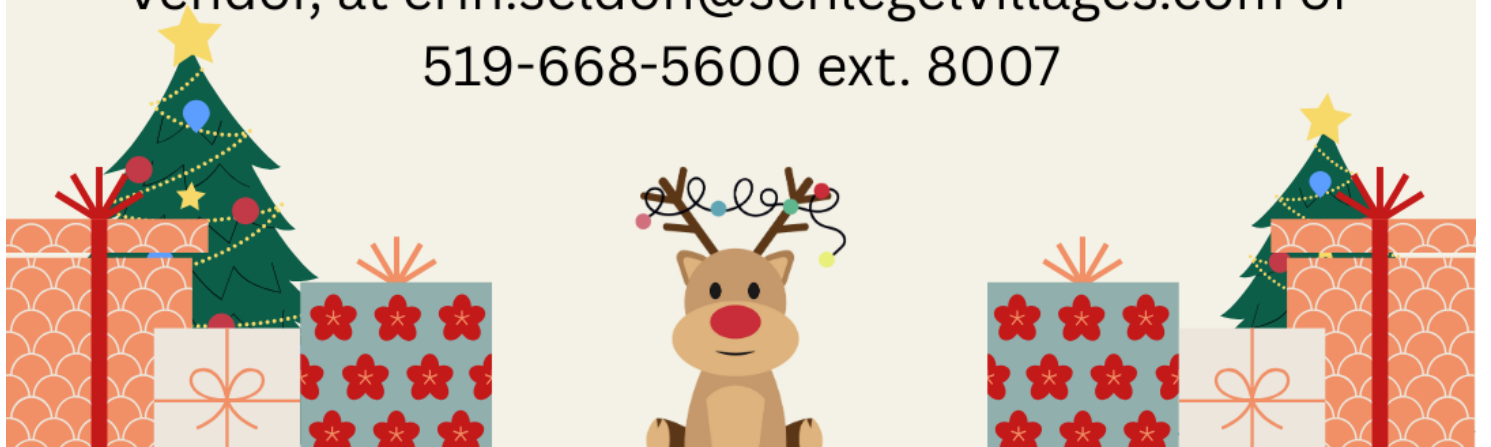
VENDORS NEEDED

CHRISTMAS BAZAAR

SATURDAY
NOVEMBER 29

9AM-2PM

Please reach out to Erin Seldon if interested in being a vendor, at erin.seldon@schlegelvillages.com or 519-668-5600 ext. 8007





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1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Contact us...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

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.

Long Term Care Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
Holly Ross	Assistant General Manager	X 8003	Holly.Ross@schlegelvillages.com
Anne Marggraf	Director of Care	X 8005	Anne.Marggraf@schlegelvillages.com
Maria Martin	Assistant Director of Care-Ipac Lead	X 8024	Maria.Martin@schlegelvillages.com
Janna Cook	Assistant Director of Care	X 8019	Janna.Cook@schlegelvillages.com
Vergel Vicente	Assistant Director of Care	X 8037	Vergel.Vicente@schlegelvillages.com
Erin Seldon	Director of Recreation	X 8007	Erin.Seldon@schlegelvillages.com
Greg Lee	Director of Environmental Services	X 8006	Greg.Lee@schlegelvillages.com
Valery Smith	Director of Food Services	X 8004	Valery.Smith@schlegelvillages.com
Tracey Moore	Assistant Director of Food Services	X 8012	Tracey.Moore@schlegelvillages.com
Lindsay Tansey	Registered Dietitian	X 8009	Lindsay.Tansey@schlegelvillages.com
Josine Bellosillo	Administrative Coordinator	X 8202	Josine.Bellosillo@schlegelvillages.com
Elvira Mujin	Administrative Assistant	X 8001	Glendale.Admin@schlegelvillages.com
Mandeep Panesar	Neighbourhood Coordinator	X 8017	Mandeep.Panesar@schlegelvillages.com
Amanda Verberne	Neighbourhood Coordinator	X 8023	Amanda.Verberne@schlegelvillages.com
Nicole Daley	Neighbourhood Coordinator	X 8020	Nicole.Daley@schlegelvillages.com
Aisosa Agbonlahor	Director of PAL Services	X 8008	Aisosa.Agbonlahor@schlegelvillages.com
Madison Wardle	PAL Coordinator	X 8016	Madison.Wardle@schlegelvillages.com
Maria Campbell	Student Services/Volunteer Coordinator	X 8046	Glendale.Volunteers@schlegelvillages.com
Shannon Brady	Resident Support Coordinator	X 8014	Shannon.Brady@schlegelvillages.com
Tracy King	Director of Quality and Innovation	X 8057	Tracy.King@schlegelvillages.com
Amera Elnamara	Nurse Practitioner	X 8013	Amera.Elnamara@schlegelvillages.com
Hans Van Eyk	Chaplain	X 8043	Glendale.Chaplain@schlegelvillages.com

If any Resident would like a copy of the newsletter delivered monthly, please contact Erin Seldon at extension 8007, or let your Recreation Team Member know.

Contact us...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

Retirement Home Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
Heather Hyland	Assistant General Manager	X 8204	Heather.Hyland@schlegelvillages.com
Kafilat Driniowo	Administrative Assistant	X 8201	Gcrhadmin@schlegelvillages.com
Josine Bellosillo	Administrative Coordinator	X 8202	Josine.Bellosillo@schlegelvillages.com
Cherie-Lynn Palmeter	Director of Wellness	X 8209	Cherie-Lynn.Palmeter@schlegelvillages.com
Elqueenny Pattalitan	Assistant Director of Wellness	X 8235	elqueenny.pattalitan@schlegelvillages.com
Kathy Howell	Neighbourhood Coordinator	X 8205	Kathy.Howell@schlegelvillages.com
Shannon Dafoe	Neighbourhood Coordinator	X 8208	Shannon.Dafoe@schlegelvillages.com
Tina Lancaster	Neighbourhood Coordinator	X 8289	Tina.Lancaster@schlegelvillages.com
Brittany Vanraes	Neighbourhood Coordinator	TBA	Brittany.Vanraes@schlegelvillages.com
Taylor Morin	Recreation Supervisor	X 8207	Taylor.Morin@schlegelvillages.com
Mya Lamport	Exercise Therapist	X 8206	Mya.Lamport@schlegelvillages.com
Greg Lee	Director of Environmental Services	X 8006	Greg.Lee@schlegelvillages.com
Amy Jackson	Assistant Director of Environmental Services	X 8229	Amy.Jackson@schlegelvillages.com
Jeff Tucker	Director of Hospitality	X 8056	Jeff.Tucker@schlegelvillages.com
Elise Cosens	Dining Room Supervisor	X 8223	Elise.Cosens@schlegelvillages.com
Holly Albion	Director of Lifestyle Options	X 8231	Holly.Albion@schlegelvillages.com
Monika Szpigel	Director of Lifestyle Options	X 8232	Monika.Szpigel@schlegelvillages.com
Rema Kadri	Village Experience Coordinator	X 8233	Rema.Kadri@schlegelvillages.com
Riverstone Spa	Salon	X 8227	Marney@thespaathome.com
Rob Dore	Chaplain	X 8236	gcrhchaplain@schlegelvillages.com
Hardeep Kumar (chef)	Ruby Restaurant Team	X 8224	Hardeep.Kumar@schlegelvillages.com
Lead Nurse		X 8255	

