

# The Gates Gazette

## UNIVERSITY GATES FOOD DRIVE

Let's donate  
to those who  
need it.

We are ACCEPTING:

- NON-PERISHABLE FOOD ITEMS
- MONETARY DONATIONS

All donations will go to  
the local food bank!



# Doors Open Waterloo Region 2025

Doors Open Waterloo Region returns as an in-person event in 2025 on Saturday, September 20 from 10 a.m. to 4 p.m. A day of discovery: tour 23 local destinations including noteworthy buildings, interesting places & heritage sites. Admission to all Doors Open sites is always free.

**The Research Institute for Aging (RIA) is participating!**



A day of discovery.

**Saturday, September 20 • 10am - 4pm**



# ATHLETE OF THE MONTH

## BILL STORER



### About the Resident

Bill has made so much improvement in his ability to walk with his walker! He is always motivated to exercise. He enjoys outings, arts & crafts, watching TV, and sports. Be sure to congratulate Bill when you see him!

### Fitness Goals

Bill's fitness goal is to be able to use his walker to get around!

He also wants to continue to improve his arm strength. We know he will accomplish these goals with his dedication to getting stronger!

### Favourite Type of Fitness

Some of Bill's favourite ways to exercise are walking, the NuStep bike, and stretching his arms using resistance bands!

# Village News

## Long-Term Care



### National Day for Truth and Reconciliation

Tuesday, September 30th  
10 am in the Chapel

A presentation with  
Pat Trill

**Resident Council.**  
Thursday  
September 18th  
at 2:00 pm  
Chapel

### Terry Fox Walk

Monday September 15th

10am-12pm

The Village at University  
Gates



Join us on the neighbourhood for  
cupcake creations in the morning &  
tasty deliveries in the afternoon

## **Happy Birthday!**

Georgio A.  
Isabel A.  
Frank B.  
Tayo D.  
Diane G.  
Anne H.  
Margaret H.

Charanjit K.  
Linda K.  
Frank K.  
Garey L.  
Carole L.  
Brian M.  
Sheri N.

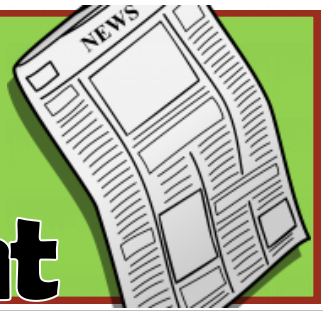
Maria S.  
Alida S.  
Gunther S.  
Nancy S.  
Jeannette V.  
Henry V.  
Lynn W.





# Village News

## Retirement



Welcome Pat Traill  
on Tuesday,  
September 30th at  
2:30 pm in the Town  
Hall

For a presentation on  
National Day for  
Truth and  
Reconciliation



Join us on  
Main Street on  
September 7th for  
entertainment by  
Sheryl Walsh



### Neighborhood Reps

September 17th –  
2:30 pm  
In Council Chambers

### Join us for A Movie Under the Stars

Friday September 5th,  
movie will start as the  
sun sets. Be sure to  
bring a blanket out to  
keep warm.

## *September Birthdays!*

John A.  
Irma B.  
Jeannette C.  
Brian J.  
Patricia K.  
Mary K.  
Peter K.

Randy K.  
Joan K.  
Robert L.  
Robert M.  
Dawna M.  
William Raymo M.  
Willa M.  
Walter M.

Margaret M.  
Margot P.  
Elmer S.  
Jean S.  
Morgan S.  
Ru Van S.  
Wilhelmin W.





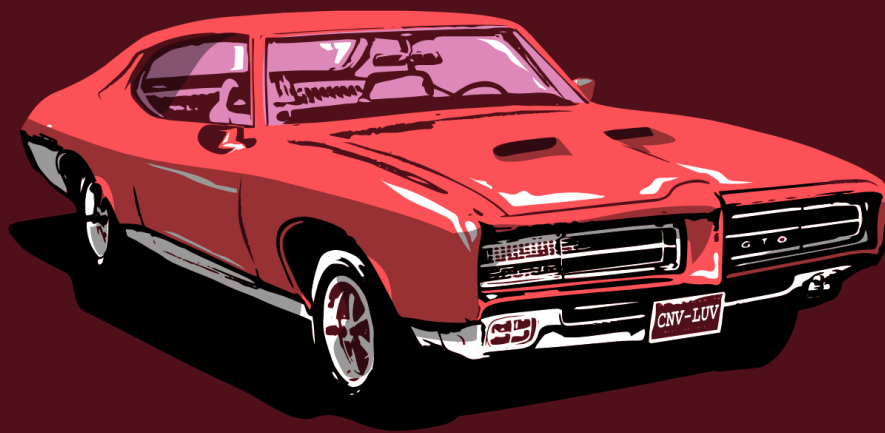
# Village Photos





# *Village Events*

JOIN US FOR  
THE UNIVERSITY GATES  
**CAR SHOW**



**SATURDAY, SEPTEMBER 13TH, 2025**

**2:00 PM – 4:00 PM**

**RETIREMENT PARKING LOT, UNIVERSITY GATES**

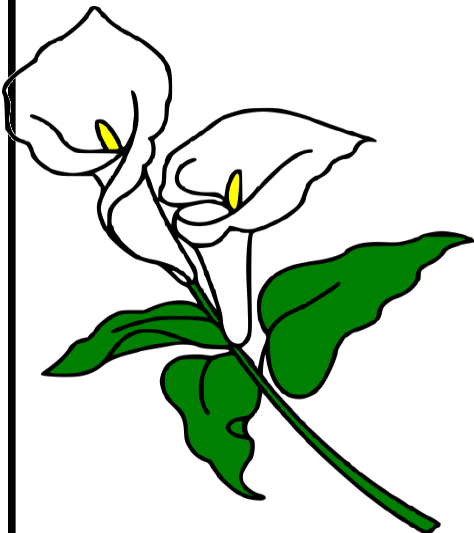
**JOIN US FOR AN AFTERNOON OF FUN AS YOU STROLL  
THROUGH A SHOWCASE OF VINTAGE CARS, ENJOY THE  
SOUNDS OF A LIVE BAND, AND TREAT YOURSELF TO A  
CLASSIC ICE CREAM FLOAT.**

**WE LOOK FORWARD TO CREATING FOND MEMORIES  
TOGETHER AT THIS SPECIAL COMMUNITY EVENT.**

# ***We Remember***



Orval C. (RH)  
Ione R. (RH)  
Elmer S (RH)



*Thank you for sharing  
your time with us*



# Spiritual Care Services (Long Term Care)



**Spiritual Care Services**  
**Rev Mike Zenker**

[Mike.zenker@schlegelvillages.com](mailto:Mike.zenker@schlegelvillages.com)

**519-904-0650**

**Ext. 8011**

**HOURS**

Tuesday - Thursday Mornings  
(\*times may vary depending of events in the village)

## **Special & Religious Holidays In September**

**September 5 – Mawlid al-Nabi\*** Celebrates the birth of the Prophet Muhammad.

**September 11 – Nayrouz** Marks the start of the Coptic New Year.

**September 23-24 – Rosh Hashanah\*** The Jewish New Year, a time of reflection and renewal.

**September 28-October 2 – Hindu: Durga Puja** Celebrates the goddess Durga's victory over the buffalo demon Mahishasura.



## **Spiritual Life Gatherings**

- Tuesdays **9:30am** Rosary Service
- Thursdays **9:30am** 'Hymns' Chapel Service.

### ***Roman Catholic Communion & Prayers:***

- *See Retirement Chaplain's Page for monthly services. If you wish to attend, or your loved one wished to attend, please let us know and we will do our best to make sure they can participate.*
- *We have a team of volunteers who come and visit one-on-one with residents and administer Communion, pray a prayer of Blessing etc. If you would like them to visit you (or your loved one), please send me an email and we will add them to the visitation list.*

## ***Celebration Of Life Memorial Service***

***Thursday September 4<sup>th</sup> 10am***

***Remembering those who have passed away  
between May 1—July 31<sup>st</sup>.***

***Join us in the chapel for a special memorial  
service. Refreshments available following our  
time together.***

# Our Spiritual Life Together

## Retirement Home Spiritual Care Team



Spiritual Life  
Facilitator:

**Jane Kuepfer**

**(RP, MDiv, PhD)**

New Spiritual Care  
Students:

(MA in Spiritual Care & Psychotherapy, Luther)



**Brenda Linares**



**Julia Douglas**

CONTACT us to arrange a visit:

**jane.kuepfer@  
uwaterloo.ca**

519-904-0650 x 8249

The month of September brings to mind the many opportunities life offers: opportunities for education, work, travel, relationships... This September we will again be welcoming many students to Waterloo, and several to our Village. As they embrace the opportunities they have to learn and grow, let's think about all the opportunities we have had. For what are you grateful? Are there opportunities you still hope for? What does September inspire in you?

### THIS MONTH YOU ARE INVITED TO JOIN US FOR:

#### **Tuesday Spiritual Life Gatherings at 2:30 in the Town Hall.**

**Sept 2**—Led by Becky Dmitrienko, our summer student.

Becky is returning to studies for the year, but plans to continue volunteering some, and to return next summer—thank you, Becky!

**Sept 9**—Jane leading

**Sept 16**—Guest—Rev. Gary Clark, Forest Hill United

**Sept 23**—Celebration of Life service

**Sept 30**—Day for Truth and Reconciliation—Pat Traill speaking

Watch for posters for more details!



### Other weekly gatherings:

**Thursdays - 10:15 in Egerton**

**- 10:45 'Good morning God!' group in the library  
(scripture, conversation & prayer)**

**Sunday evening Hymn Sings— 7:30 in the Town Hall**



### Roman Catholic Communion and Prayers (Town Hall, then Egerton):



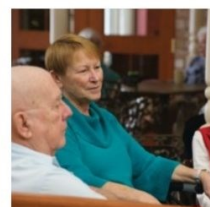
Sundays, September 7th at 10:45, September 21st at 10:30

**Communion and Rosary: Thursday September 11th 2:30pm**

**Mass with Father Jamroz, with Confessions:**

Friday September 26th 11 am

### GATHER groups this month will be:



**CAREPARTNERS**—Tuesday, September 2, 16 & 30—3:45

**GRIEF**—Fridays at 2:30 (for anyone experiencing loss, recent or in the past)

Both groups meet in the Town Hall. You are welcome to join us!





## How Can You Help?

# Volunteers



*The Village at*  
**UNIVERSITY GATES**

There are many ways you can contribute to the village! If you have any questions about current volunteer opportunities please reach out!

Contact Jessica,  
Volunteer Coordinator at:

[universitygates.volunteers@schlegelvillages.com](mailto:universitygates.volunteers@schlegelvillages.com)

or

(519)904-0650 Ext. 8010



Schlegel Villages'  
**Volunteer**



Schlegel Villages'  
**Students**

Please join me in welcoming our new Students starting this fall!

We have a variety of students supporting different departments, including: Personal Support Worker, Practical Nursing, Bachelor of Science in Nursing, Recreation, Spiritual Care, Social Service Worker, and Massage.

There will be students doing placement in Long-Term Care and Retirement

If you see a student around the village please introduce yourself!

# Schlegel Villages – CONNECTIONS



September 7

## Grandparents Day

### The **GRANDEST** **GRANDPARENT** Legacy quilt project

As part of the 2024 Grandparents' Day celebrations, Schlegel Villages invited grandchildren to participate in the "Grandest Grandparent Legacy Quilt Project." The goal was for each grandchild to create a personalized 6x6-inch quilt square that showcased why their grandparent is "the grandest."

Many Villages hosted special Grandparents' Day events around the second Sunday of September, where grandparents and their grandchildren could work on their quilt squares together, fostering intergenerational bonding, storytelling, and cherished memories. From there, all quilt squares were collected and skillfully pieced together by talented Village quilters into a beautiful, cohesive quilt that symbolizes community, love, and legacy.



Throughout the month of September, we'll share why people felt theirs is the greatest grandparent, and we look forward to the quilt visiting every Village in the coming months.



# Schlegel Villages – CONNECTIONS

## National Day for Truth and Reconciliation

At the age of six, Phyllis's grandmother gave her a bright orange shirt for her first day of school. When she arrived at residential school, it was taken away – along with her other clothes – and never returned. For Phyllis, the colour orange came to symbolize the profound loss, disregard, and pain experienced by children in the residential school system.

This day calls us to remember the countless First Nations, Inuit and Métis children taken from their families, and to acknowledge the lasting harm caused by colonial policies that suppressed and attempted to erase entire cultures.

On **September 30**, we join Canadians in honouring the National Day for Truth and Reconciliation and **Orange Shirt Day**, inspired by the story of Phyllis Jack Webstad.

At Schlegel Villages, our doors remain open as residents and team members come together in the spirit of learning, reflection, and conversation. Honouring diversity is one of our core values, and we believe that understanding the truth is essential to building an equitable future for all. We stand together and we remember that **Every Child Matters**.

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



## 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.



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**Monday September 8th, 2PM at the Townhall**

**Dementia: Living Well and Supporting Others**

In this presentation, Danielle Krisman and Kassie Harker, project managers of two dementia projects at the RIA, will share an overview of dementia, common misconceptions about dementia, and how researchers at the RIA are helping people to live well with dementia. This presentation will include actions you can take to improve your own brain health at any age and how you can support others who are living with dementia.

**BOOST MEAL REPLACEMENT**

**NEW LOW PRICES OF \$14.99 no HST**

**Get your Lion's TV Bingo Tickets!**

**Play live every Monday at 8:00pm on Rogers TV, channel 20**

### About Us

Located in the Schlegel Village at the University Gates, you can count on the fact that we will know you by name. We will be familiar with your health history. We will go the extra mile to ensure your health and well-being are a top priority.

Proudly Canadian, locally owned and operated since 1986

**CAMBRIDGE**  
182 Pinebush Rd.  
(548) 288-4088

**GUELPH**  
649 Scottsdale Dr.  
(519) 780-2778

**KITCHENER**  
15 Pearson St. | 31 Kingsbury Dr.  
(519) 742-5600 | (519) 208-9767

**NEW HAMBURG**  
75 Huron St.  
(519) 662-2640

**WATERLOO**  
520 University Ave W.  
(519) 744-2200

**WELLESLEY**  
1201 Queens Bush Rd.  
(519) 656-2240



# Quality & Innovation Update



LTC



- Notify system which enables team to claim bells and track who is where, and to communicate with each other and with nurses implemented on July 14, 2025
- Carpeting in Johnston hallways replaced with vinyl flooring on August 4
- Carpeting in Downey hallways booked for August but contractor experienced delay – currently on hold
- New laundry labelling process for new clothing to reduce lost laundry, beginning September 1
- Reimplementation of hopper use to support IPAC, and wear and tear on linens and clothing, beginning September 1
- Accushield visitor sign-in system enabled to verify submission of required documentation from agency care providers to support compliance
- Kitchen tour for group of residents August 12 to increase awareness of processes
- QIP: 1-month followup with resident initiated complaints are ongoing
- QIP: monthly complaints and concerns trends discussion at Risk Management meetings ongoing (Q1: 35, Q2:29)
- QIP: sharing of improvements and changes at residents' councils ongoing
- QIP: townhalls to share improvements with residents on the neighbourhood not yet started
- QIP: Adjusted goal: neighbourhood discussions about neighbourhood pressure injuries. On track.
- QIP: skin & wound monthly trends discussion with neighbourhood nurses are on track, though LTCF changes resulting in a change in how report is run
- QIP: Adjusted goal: spot audit 1 resident at high risk of pressure injuries for accuracy between actual movement and documentation
- QIP: NEW goal: verify quarterly assessments before weekly submission to ensure accurate report data/benchmarking is on track
- QIP: Pharmacy review of antipsychotic medications at 3 month and 6 month review are ongoing
- QIP: notice letters of 3 and 6 month reviews sent
- QIP: Neighbourhood case studies with resources to support recognition of escalating situations are ongoing



# 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

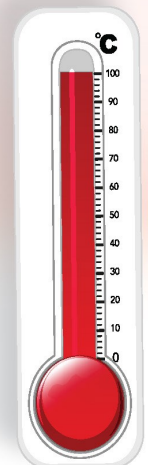
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER





## 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 University Gates, 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)

# Long Term Care Phone Listing

Role/Name	Extension
General Manager: Chris-Anne Preston	8203
Asst General Manager (LTC): Patricia Solik	8003
Administrative Coordinator: Elena Oprea	8202
Admin Assistant (LTC): Clare Legare	8001
<b>Neighbourhood Coordinators</b>	
Hagey & Johnston (LTC): Brandy Douey	8031
Wright & Matthews (LTC): Kim Boyes	8025
Downey & Pollock (LTC): Lee-Ann Air	8037
<b>Department Directors</b>	
Director of Nursing Care (LTC): Wendy Miller	8005
Assistant DNCs (LTC): Ruhab Muzaffar	8054
Assistant DNCs (LTC): Emily Uebele	8059
Assistant DNCs (LTC): Vidhi Goyal	8060
Director of Environmental Services: Dilan Ganegoda	8006
Director of Recreation: Meghan Connelly	8007
Director of Hospitality: Lisa Price	8004
Food Services (LTC): Savita Devi / Liz Barre	8008
Director of Program for Active Living (PAL): Liam Stiles	8126
Exercise Therapist (LTC): Ben Weiler	8013
<b>Nursing</b>	
Charge Nurse LTC	8055
<b>Psychosocial and Spiritual Well-being</b>	
Resident Support Coordinator (LTC): Janessa	8057
Chaplain (LTC): Mike Zenker	8011
Volunteer & Student Services (LTC): Jessica Lambe	8010
<b>The Ruby Dining Room</b>	8224 (bar)
<b>Riverstone Spa and Salon</b>	8227

Role/Name	Extension
General Manager: Chris-Anne Preston	8203
Asst General Manager (RH): Ion Zdrengha	8204
Administrative Coordinator: Elena Oprea	8202
Admin Assistant: Theresa / Arsha / Melod	8201
<b>Neighbourhood Coordinators</b>	
Williamsburg/Ailsa Craig 7-8: Jennifer Allen	8208
Emma's/Egerton: Sandy Taylor	8205
Becker: Victoria Leger	8206
Ailsa Craig 8-10 Ion Zdrengha	8204
<b>Department Directors</b>	
Director of Wellness (RH): Trish Baird	8209
Assistant Director of Wellness (RH): Meena Sukhram	8210
Director of Environmental Services: Dilan Ganegoda	8006
Assistant Director of Environmental Service (RH): Jessica England	8250
Maintenance Services (RH): Brad/ Will	8234
Director of Recreation: Meghan Connelly	8007
Recreation Supervisor (RH): Noah Bester	8207
Director of Hospitality: Lisa Price	8004
Director of Program for Active Living (PAL): Liam Stiles	8126
Exercise Therapist (RH): Emily Port	8216
<b>Nursing</b>	
Lead Nurse (RH)	8255
<b>Psychosocial and Spiritual Well-being</b>	
Chaplain (RH): Jane Kuepfer	8249
Volunteer & Student Services (LTC): Jessica Lambe	8010
<b>Marketing</b>	
Dirs. of Lifestyle Options: Sahar/Sophia/Nicolette	8248/8041/8241
Village Experience Coordinator: Alex Hamley	8048
<b>The Ruby Dining Room</b>	8224 (bar)
<b>Riverstone Spa and Salon</b>	8227