

Riverside REVIEW

Vol. 27 Issue 10 October 2025

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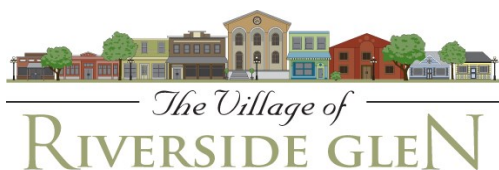
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Mission Statement

Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.



THINGS TO DO IN October

- Take a walk to look at the leaves
- Make caramel apples
- Visit a local pumpkin patch
- Watch a spooky movie
- Make pumpkin spice hot cocoa
- Paint a pumpkin picture



Message from

BRYCE MCBAIN

Dear Residents, Families, and Team Members,

As September fades into memory, we welcome the crisp air, vibrant colours, and cozy moments that October brings. The full change of seasons is upon us, and with it comes an opportunity to reflect on the blessings of community and the spirit of gratitude that this month so beautifully represents.

We are deeply thankful for the many ways our Village family comes together — residents, team members, families, volunteers, and community partners — each offering their time, talents, and kindness to make Riverside Glen a place that truly feels like home. Your contributions, big and small, weave together the fabric of warmth and comfort we are so proud of.

Later this month, from October 20–22, several of our Village leaders, alongside team members and residents, will gather in Niagara Falls for our annual operational planning conference. This is always a special time to look ahead, share ideas, and strengthen our vision for the year to come. While some of us will be away, rest assured we have a strong and dedicated team here to keep daily life running smoothly. And, as always, we remain just a phone call away should they need us.

As we enjoy this season, we also remain mindful of the importance of health and safety. October marks the return of flu, COVID, and RSV season. We kindly remind everyone to continue practicing strong IPAC protocols and to remain vigilant in breaking the chain of infection. These small but vital steps help protect our community and keep our Village healthy.

Finally, as Thanksgiving approaches on Monday, October 13th, we hope you find time to gather with family and loved ones, whether near or far, to share in the joy of togetherness. May your holiday be filled with warmth, gratitude, and cherished memories.

With appreciation,
Bryce

Happy Thanksgiving & Warm Autumn Wishes from Riverside Glen

Message from

BRYCE MCBAIN

Welcoming Our New Assistant General Manager – Retirement

Dear Residents, Families, and Team Members,

I'm excited to share that Jessica Rawlings, started Wednesday September 24th as our new Assistant General Manager – Retirement at The Village of Riverside Glen, and Lynn Lake has kindly delayed her retirement to support Jessica's onboarding.

Jessica joins us from The Village of Arbour Trails, where she has served with dedication as a Neighbourhood Coordinator supporting Egerton and Emma's for the past seven and a half years, following two years as an Emma's Recreation Team Member. In her time there, she has shown an unwavering passion for enhancing the lives of residents, building strong relationships with families, and supporting team members to grow to their fullest potential.

Her leadership style is grounded in empathy, open communication, and a commitment to continuous improvement. Jessica takes pride in creating environments where both residents and team members can thrive, and she's eager to bring her strengths in program development, resident and family relations, and leadership to Riverside Glen.

Please join me in welcoming Jessica to our team and congratulating her on this exciting new chapter. And as we make this transition, I share our gratitude for Lynn's support with Jessica's onboarding.

Thank you.



Message from

Your Long-Term Care Family Council

This is such a pretty time of year. We are lucky to live in a place with magnificent trees that wear coats of many colours, taking our breath away with their fall plumage. Fall is the time of year when I think about gingerbread, pumpkin pies, roast turkey and cranberry sauce. I'm pulling out my warm sweaters and socks and feeling cozy!

September was our first Family Council meeting after a summer break. We discussed the role of Family Council in long term care, met new members and talked about resources available to caregivers. For more information, see the white binder in the lobby of long-term care, where our minutes are posted.

Family Council, however, is just a name without you—the family and friends supporting a loved one in long term care at Riverside Glen. This is a super easy council to join—you will not be asked to do anything other than show up once a month for an hour by Zoom! No pressure to part of the executive or any committees, (although you are always welcome to take on a Council role), I promise!

Our next meeting, on October 9th, is an especially important one for you to be part of. During this meeting, Devon Richards, Assistant General Manager of Riverside Glen, will be presenting about and answering questions regarding a couple of policy changes coming up at Riverside Glen.

There was an email detailing these policy changes sent out by Bryce McBain, General Manager, in September. The first policy change describes the role that personal support workers will have in medication administration, and the second policy is about the implementation of dedicated support for our loved ones. Please review these policy changes before the meeting. If you can't find the emails, reach out and ask for them to be sent to you.

Jacqueline Swan, Resident Support Coordinator, and our Family Council contact at Riverside Glen, will send you a join link to for the meeting the week of October 6th. The meeting will take place on October 11 at 6:30 pm.

Meanwhile, if you have any questions you would like me to submit in advance of the meeting, especially if you are unable to attend, please contact me at wendy.presant@gmail.com , and I will collect and pass the questions on to Devon Richards prior to the meeting.

Thank you, stay cozy and see you on October 9th!

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

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.

Chaplain's Corner

To: Residents, Family and Team Members

October 19-25 is Spiritual Care Week and there will be booths in both Retirement and Long-Term Care to define what is spiritual care and that it reaches far beyond religion to address the whole person—we are all body, mind, and spirit. Spiritual care is part of our commitment to wholistic care. So, drop by and have a look at the information and what some of our residents have defined as spiritual care.

One area of spiritual care that I will address in this article is: "Spiritual Gifts of Aging." "Aging offers spiritual gifts that we only discover as we release who we thought we were." (from Joan Chittister's book, "The Gift of Years.")

1. Ego Erosion - Who are you without your old roles? You're not who you used to be—dropping masks. Powerlessness as truth telling. Humility.
 2. Simplicity - What matters now? Downsizing. Decluttering.
 3. Presence - Relishing the moment. Bird watching anyone?
 4. Solitude - Embracing the quiet. Not fear of loneliness.
 5. Acceptance - Giving up the struggle. Being yourself.
 6. Forgiveness - Releasing regret. A big one and include Life Repair here.
 7. Unconditional Love - Without having to earn it—hard to release our value in doing.
- Authenticity - The freedom to be real.

Some things to ponder especially during this week.

Blessing to you,
Rev. Brenda Woodall

In Memoriam

The Board of Directors, Leadership, Team Members and Residents were saddened by this month's passing of:

Nancy H
Freda B
John C

Johanna T
Urve A



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



E Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Marilyn Y
Donna C
Ketih K

Long Term Care

Constance G
Linda P
John T



PHOTO REVIEW OF SEPTEMBER



COMING UP IN OCTOBER

Wed, Oct. 1st		Yom Kippur Begins
Mon, Oct 13th		Thanksgiving Monday
Tues, Oct 14th	2:30 P.M	LTC Residents' Council (LTC Library)
Mon, Oct 20th	2:00 P.M	Diwali Celebration (LTC Café)
Tues, Oct 21st	6:45 P.M	Ocktoberfest with Hofbrau Band (WB Café)
Thurs, Oct 30th	2:30 P.M	Retirement Residents' Council (Town Hall)
Fri, Oct 31st	2:00 P.M	Halloween Social with

Vendors

Ruth's Fashion's

Wednesday October 1st 11-3 Mainstreet RH

Creation's Boutique

Friday October 3rd 10-2 Mainstreet RH

Cameron Cards

Thursday October 9th 10-2 Mainstreet RH

Crystal Horoscopes: Gems

Wednesday October 15th 10-2 Mainstreet RH

Cathy's Scarves and Gifts

Friday October 17th 10-2 Mainstreet RH



Happy OCTOBER from the PAL team!

October is Breast Cancer Awareness Month

Did You Know?

Breast Cancer is the most commonly diagnosed cancer among women in Canada.

One in Eight woman are expected to be diagnosed with breast cancer in their lifetime.

While it is more commonly associated with women, breast cancer can also impact men.

Thanks to research and advancements in treatment, when caught at the earliest localized stage, the 5 year relative survival rate is 99%.

The Impact of Exercise

Benefits exercise can provide:

- Exercise has been shown to help regulate hormones that have been shown to cause breast cancer to grow.
- Exercising regularly reduces risk of breast cancer recurrence
- Exercising has also been shown to reduce side effects from breast cancer treatment.

Your PAL Team Richard, Melissa, Brittany and Lucas

Athlete of the Month:

Graham F

Graham is our Athlete of the

★ Month for October! Graham exercises every chance he gets always joining in for exercise classes and enjoys strength exercises with dumbbells.

★ Staying fit, active and healthy is what motivates Graham to exercise and he encourages others to join him in staying active.

Thank you Graham for being a great role model for us all, Congratulations!



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.

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.



XXX

CHRISTMAS MARKET

XXX

Saturday
November 29

11 am–3 pm | Main Street

Come enjoy the holidays at the Village!
Featuring local vendors, entertainment and
baked goods!



The Village of
RIVERSIDE GLEN

60 Woodlawn Rd E, Guelph

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



SPOT the dot!

Tell us who is connecting the dots and delivering an extraordinary experience.

Easy as 1, 2, 3!

- 1 Think of a team member who lives one of our credo values: **Know me**, **Be present**, **Walk in my shoes**, **Earn trust** or **Follow through**.
- 2 Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- 3 Take the matching sticker, find the team member and present it to them.





Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Riverside Glen, please call

1-888-745-5550

retirement@earandhearingclinic.com


Ear & Hearing Clinic

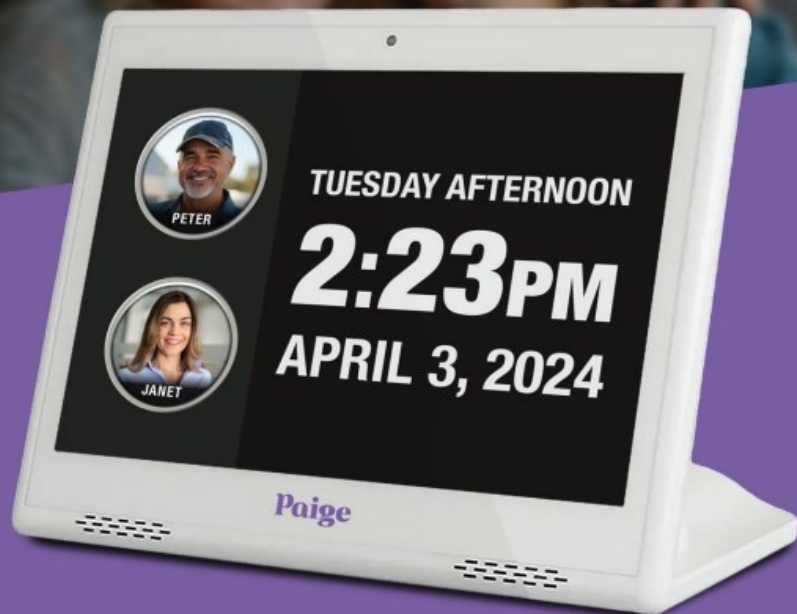
JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Paige™

The one-touch video calling device.

Created for seniors that struggle with technology, Paige's elegantly simple interface makes video calls with loved ones a reality.



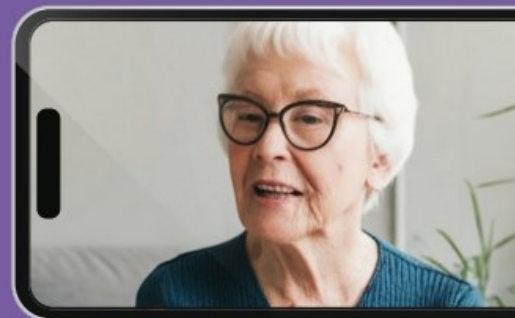
Mom loves family visits, but we just can't always be there for her. If only there were a realistic way for us to easily connect.

Seniors uneasy with technology find comfort in Paige's classic tabletop clock design, and one-touch interface.

- No confusing remotes. No menus.
- No usernames or passwords.
- Just one always-ready screen.

Family caregivers can join video calls and manage the frame using the Paige app.

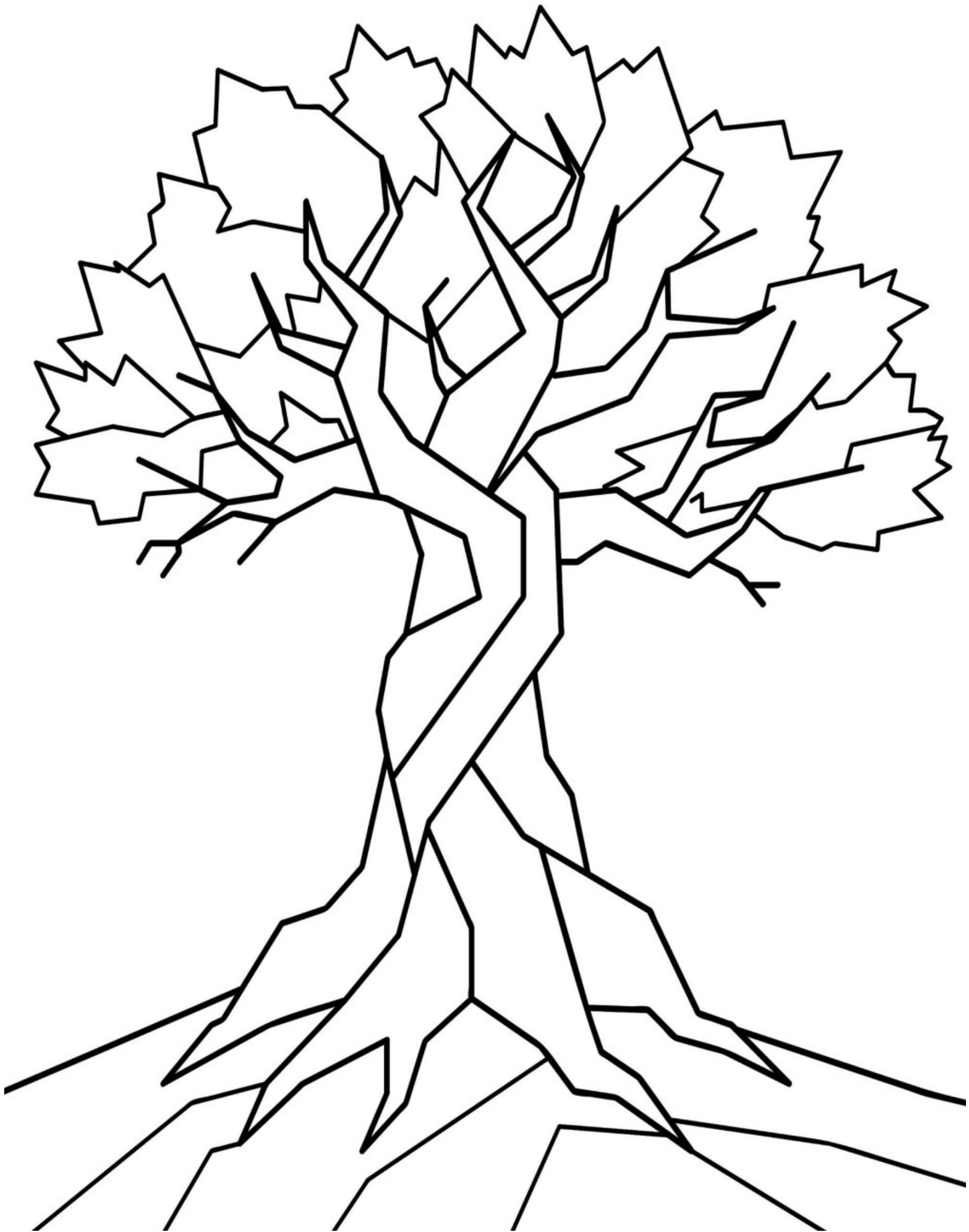
- Start or join video call initiated on the frame with a tap.
- Add and update trusted contacts anytime.
- Secure, invite-only access for peace of mind.



Free trial now available for
Riverside Glen residents!

Order **Paige** for your loved one,
or apply to qualify for your free
trial device at paigeframe.com







Happy Birthday

VILLAGE VOICE NEWSLETTER

Read these stories
and more on the
Villages website.
Sign up online to
receive the email
newsletter.

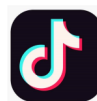
**www.
schlegelvillages.com**



@riverside_glen



The Village of
Riverside Glen



@villagelife_sv

Resident Birthdays

Allison R	Oct 01
Dorothy B	Oct 02
Michael V	Oct 04
Gerard B	Oct 05
Connie A	Oct 05
John H	Oct 06
Bianca A	Oct 07
Lillian P	Oct 07
Brunhild F	Oct 09
David O	Oct 10
Carol C	Oct 11
Majorie C	Oct 12
Theresa D-P	Oct 12
Robert B	Oct 14
Willy V	Oct 16
Renzo B	Oct 16
Shirley P	Oct 17
Jessie F	Oct 18
Janice H	Oct 18
Elton R	Oct 19
Doreen V	Oct 20
Margaret P	Oct 20
Ivan P	Oct 21
Edward G	Oct 22
Judith S	Oct 24
Roger S	Oct 26
Dorothy M	Oct 26
Charlotte G	Oct 27
Ethel T	Oct 27
Marilyn M	Oct 29
Marion N O	Oct 30

Team Member Birthdays

Sara F	Oct 01
Rosario E	Oct 02
Lekshmi P	Oct 02
Owen P	Oct 02
Kaylee D	Oct 03
Sarah H	Oct 03
Cassandra M	Oct 06
Selamawit M	Oct 06
Abhishek T	Oct 06
Donna T	Oct 06
Yvan G	Oct 07
Pinky Rose M	Oct 08
Gavin G	Oct 09
Brandi L	Oct 09
Funmilayo M	Oct 10
Ananthakrishnan P	Oct 10
Caroline W	Oct 10
Letense B	Oct 11
Rheo A	Oct 12
Lucy D	Oct 13
Davinder K	Oct 14
Sheila L	Oct 14
Aiza B	Oct 16
Mariza M	Oct 17
Stephanie V	Oct 17
Jinal P	Oct 19
Loretta N	Oct 19
Alimirah H	Oct 20
Ramandeep K	Oct 20
Amabelle Z	Oct 20
Merhawit M	Oct 22
Subhasree B	Oct 23
Cherrie C	Oct 23
Thuc Yen L	Oct 23
Hiro Y	Oct 23
Ranvir K	Oct 24
Gary C	Oct 26
Razelle Marie R	Oct 26
Chandanpreet K	Oct 27
Susmita C	Oct 30
Karen F	Oct 30
Kenneth O	Oct 30

Birthday Celebrations

Retirement Birthday Party

Tuesday October 14th, 2:00 pm in the café
with Aidan Purnell

Long Term Care Birthday Party

Thursday, October 9th at 2:00pm in the café
with Dave Thierry

The Village of Riverside Glen Directory

Phone 519.822.5272

Retirement Home

Bryce McBain, General Manager	Ext. 815
Jessica Rawlings, Assistant General Manager RH	Ext. 761
Michelle Mayhew, Director of Wellness	Ext. 812
Sherri Henderson, Assistant Director of Wellness	Ext. 8667
Tonya D'urzo, Interim Egerton Neighbourhood Coordinator	Ext. 836
Madalyn MacIntyre, Emma's Neighbourhood Coordinator	Ext. 807
Karleigh Herd, Williamsburg Neighbourhood Coordinator	Ext. 893
Shaleena Campbell, Director of Hospitality and Food Services	Ext. 840
Dayna Brinton, Recreation Supervisor RH	Ext. 620
Richard Ayala, Director of Program of Active Living	Ext. 826
Melissa Gareri, PAL Coordinator RH	Ext. 821
Tammy Smith, Director of Environmental Services	Ext. 804
Vinny Setia, Assistant Director of Environmental Services	Ext. 857
Karen Murray, Director of Lifestyle Options	Ext. 759
Jaycel Nabua, Director of Lifestyle Options	Ext. 865
Christina Lecours, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall, Spiritual Care Provider	Ext. 871
Sue Rice, Hair Salon RH	Ext. 816
Jen Jimenez, Administrative Coordinator	Ext. 805
Vrushank B, Administration RH	Ext. 800

The Village of Riverside Glen Directory

Phone 519.822.5272

Long Term Care Home

Bryce McBain, General Manager	Ext. 815
Devon Richards, Assistant General Manager LTC	Ext. 841
Deb Guthrie, Director of Nursing Care	Ext. 801
Raman Mander, Assistant Director of Nursing Care	Ext. 797
Vincent Domosmog, Assistant Director of Nursing Care	Ext. 763
Kryssy Freeman Assistant Director of Nursing Care	Ext. 848
Cheyenne Boyce, Assistant Director of Nursing Care	Ext. 780
Cheryl Ridler, Director of Quality and Innovation	Ext. 798
Brandon Wilton, Mapleton/Eramosa Neighbourhood Coordinator	Ext. 298
Angela Gualtero, Puslinch/Nichol Neighbourhood Coordinator	Ext. 794
Dylan Pust, Interim Erin/Arthur Neighbourhood Coordinator	Ext. 834
Amy Hasson, Food Services Manager	Ext. 873
Ayah Elhafan, Assistant Food Services Manager	Ext. 747
Kadri Phillips, Director of Recreation	Ext. 811
Richard Ayala, Director of Program of Active Living	Ext. 826
Brittany McNeely, PAL Coordinator LTC	Ext. 835
Tammy Smith, Director of Environmental Services	Ext. 804
Christina Lecours, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall, Spiritual Care Provider	Ext. 871
Sue Rice, Hair Salon LTC	Ext. 860
Jen Jimenez, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858