

The Glendale Gazette

November 2025



Colin H (LTC)



Doris K (RH)



Tracy K & Albert P (LTC)



Lest We Forget



Ron P & Ron P (RH)



Arlene A (LTC)



Alfred W (RH)



From The Desk of Holly Ross

Assistant General Manager LTC

A Season of Gratitude and Remembrance

November gives us a moment to pause, reflect, and give thanks. Here at Glendale Crossing, our community continues to thrive through friendship, care, and shared experiences that make every day meaningful.

Honouring Remembrance Day

On **November 11th**, we will gather to honour the brave men and women who have served our country. Our **Remembrance Day Ceremony** will begin at 10:30 a.m. in Town Hall in Retirement, followed by a moment of silence at 11:00 a.m. Residents, families, and team members are invited to join as we reflect on the sacrifices made for the freedoms we enjoy today.

We'll also have a display of photos and memorabilia from residents who wish to share their stories or family histories. If you would like to contribute, please contact Chaplain Hans at ext. 8043,

Autumn Reflections and Gratitude

November reminds us to be thankful for the small joys in life — a kind smile, a shared laugh, a warm cup of tea, or the comfort of familiar faces. As Thanksgiving in Canada has passed, we continue to carry its spirit of gratitude into the colder months.

Our residents recently enjoyed our annual pumpkin carving contest, a Halloween party and many more great programs made possible from our recreation department and our wonderful Volunteers. Thank-you to everyone who helps make our home such a warm and welcoming place!



Horticulture Report

Monika Semma-LTC Horticulture Therapist

As Monika begins this exciting new chapter, we want to extend our warmest wishes for a joyful and restful maternity leave. Welcoming a new baby is such a special time, and we hope the coming weeks are filled with love, laughter, and unforgettable moments with her growing family.

Her hard work and positive energy have made such an impact here, and while she'll be missed, we're all thrilled for her and can't wait to hear about the new adventures in parenthood. Take this time to rest, bond, and soak up every precious moment — work will be waiting for her when she's ready to return.

Congratulations again, and best wishes for a smooth, happy, and healthy journey ahead!



Queeny's Wellness Report

KEEP THE FLOW: SMART HEART HABITS FOR THE COLD MONTHS

As the weather turns colder, November is the perfect month to focus on heart health. Cold temperatures can cause blood vessels to tighten, making your heart work a little harder. With a few small habits, you can help keep your heart strong all winter long.

Everyday Heart-Healthy Habits

- *Stay Active Indoors:* Try short walks in the hallways, gentle stretching, or chair exercises. Moving a little each day helps improve circulation and energy levels.
- *Eat for Your Heart:* Include foods rich in fiber, vitamins, and healthy fats—like oats, salmon, berries, and leafy greens. Limit salt and processed foods to keep blood pressure in check.
- *Bundle Up:* When heading outside, wear warm layers, gloves, and scarves to protect yourself from the cold.
- *Take Your Medications on Time:* Consistency helps control blood pressure, cholesterol, and other heart conditions.

Know the Warning Signs: Chest pain, shortness of breath or swelling in the feet and legs should always be reported to a nurse or doctor immediately.

Did You Know?

- Your heart beats about 100,000 times a day.
- Laughing, socializing, and staying connected reduce stress and help your heart!
- Even five minutes of light movement daily can strengthen your heart and improve your mood.

Your November Goal

Choose one small heart-healthy change this month—such as a daily walk, eating oatmeal for breakfast, or joining a group activity. Small steps make a big difference over time.

As we move into the colder months, remember that caring for your heart means caring for yourself—body, mind, and spirit. Stay warm, stay active, and keep connecting with family, friends and neighbours.

Elqueenny Pattalitan

Assistant Director of Wellness - RH



Schlegel Villages – CONNECTIONS



*Our freedom.
Their sacrifice.*

Each year on the 11th hour of the 11th day of the 11th month, our entire Schlegel Villages community pauses in quiet reflection. Across our Villages, we wear the red poppy as a visible symbol of remembrance and gratitude — a promise to hold close the memory of those who served.

Today, veterans of the Second World War are far fewer in number. Yet their stories, their courage, and their sacrifice remain deeply woven into our collective history. We honour not only them, but also the grandparents, sons, daughters, siblings, and spouses whose lives were shaped — and sometimes forever altered — by war. In every generation, we've known conflict and selfless people who have stepped up in service of their neighbours, and there are threads of memory, sometimes bold, sometimes faint, that connect us through grief, pride, loss, and hope.

Within our Villages, residents, team members, and families share in remembrance. We gather, we listen, and we reflect on all we cherish because of those who gave so much. We remember the names, the faces, the hopes deferred, and the enduring legacies of sacrifice. We honour the past, and we recommit to peace. As we witness conflict around the world, we are reminded that these men and women fought not for war itself, but for the promise of a more peaceful future. That promise is ours to uphold.

Let us hold in our hearts all those within our Villages who remember loved ones who served — the families, the descendants, the friends. And may we all, together, strive today and always to live in a way that honours their memory: with gratitude, reflection, compassion, and a steadfast hope for peace.

November 11 **Lest we forget**

Schlegel Villages – **CONNECTIONS**

November is

FALLS PREVENTION MONTH



It takes a community to prevent a fall: **We all have a role to play!**

November is Falls Prevention Month, and across our Villages, we take this time to recognize the extraordinary efforts of our **Program for Active Living (PAL) team** members who lead the way in helping residents stay strong, balanced, and confident in their mobility.

Our kinesiologists and exercise therapists bring expertise and creativity alongside the clinical teams in every Village to guide residents through exercises and functional movements that build strength and reduce the risk of injury. Yet as they often remind us, falls prevention is truly everyone's responsibility. Every team member, every resident, and every loved one has a role to play — whether it's encouraging safe movement, removing a potential tripping hazard, or simply offering a steadying hand.

Falls can happen, but with awareness, teamwork, and the daily commitment of our PAL teams and all who support them, we can help reduce risk and keep our communities safer for everyone. This month, and always, we are grateful for the dedication of our PAL professionals and for the care and commitment that defines life in our Villages.



Questions?
Speak to **your PAL team.**



Wishing you a
Happy Birthday!

Our Residents

LTC

Art R November 1st
Richard B November 2nd
Ray E November 3rd
Lydia L November 3rd
Silvano B November 8th
Koko L November 8th
Bill K November 12th
Michelle M November 13th
Bonnie B November 15th
Penny R November 17th
Anna P November 20th
Alex W November 23rd
Stephanie H November 28th
Gail E November 29th
Myrtle D November 30th

RH

Marilee C November 2nd
Suzanne M November 4th
Ellen W November 8th
Fred W November 11th
Joe B November 11th
Geri D November 12th
Margo F November 14th
Jean H November 18th
Joan B November 20th
Connie B November 22nd
Rick S November 24th
Salomon R November 26th
Shirley W November 28th
Bob N November 28th
Zaide R November 30th

*"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– Les J, Irma S, Janice G, Marion L, Robert M
RH– John K*

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

Tuesday November 11th at 10:30 Remembrance Day Service in Town Hall

Wednesday November 12th at 10:15 Catholic Mass in Town Hall

Tuesday November 11th at 2:45 Music With Kim Atkins in Town Hall

Saturday November 22nd at 2:45 Music With Jim Cochetto in Town Square

Saturday November 29th 9 am—2 pm Holiday Bazaar in RH & LTC Mainstreet

Resident Bill of Rights

16. Every resident has the right to proper accommodation, nutrition, care and services consistent with their needs.



Saturday November 29th

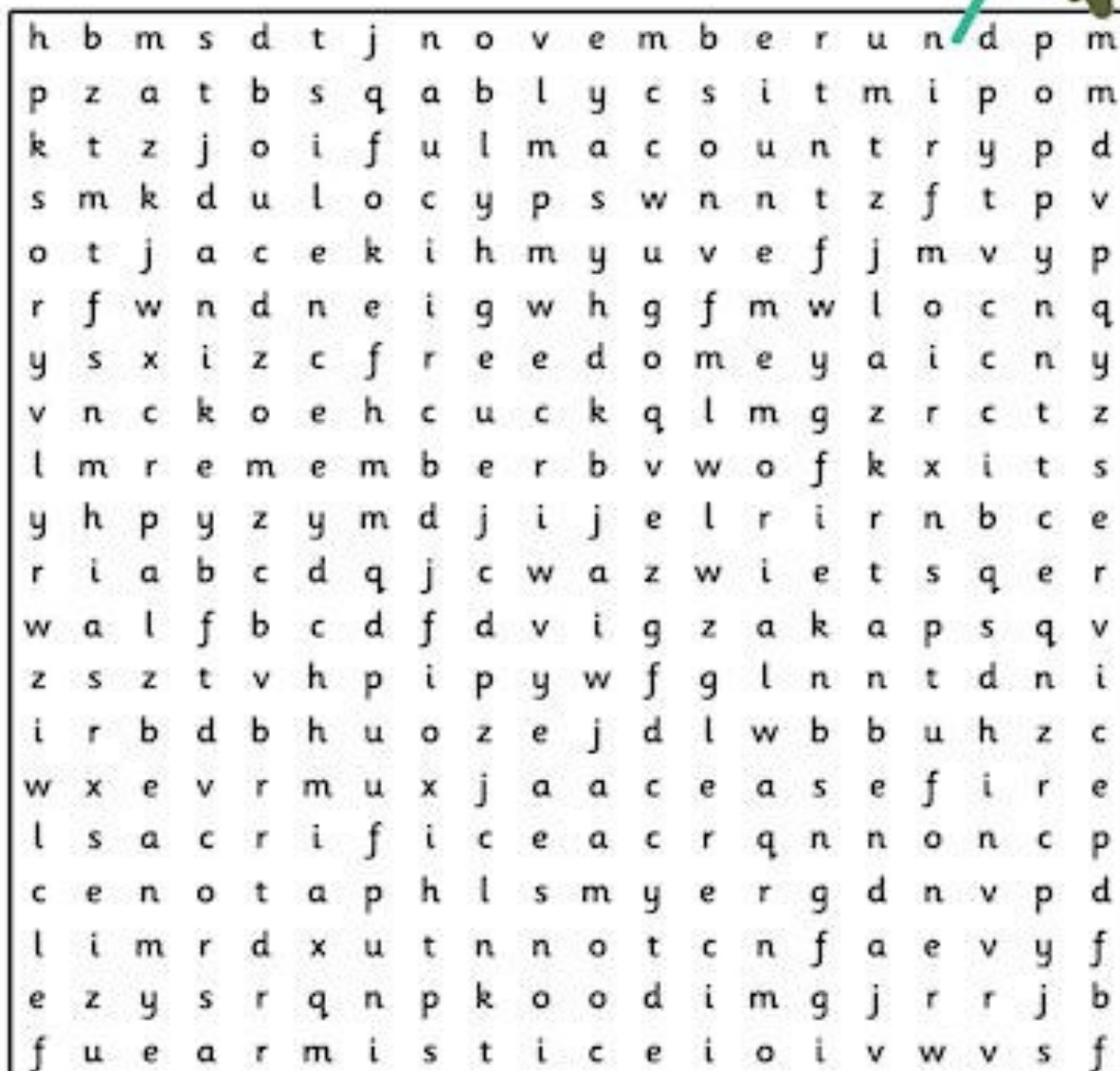
9 AM - 2 PM | RH & LTC Main Street

Come enjoy the holidays at the Village!
Featuring local vendors offering great
selections of food, handmade goodies,
and holiday items!



The Village of
GLENDALE CROSSING
3030 Singleton Ave, London, ON

Remembrance Day Word Search



ceasefire

conflict

poppy

Flanders

wreath

remember

November

armistice

war

memorial

peace

sacrifice

freedom

service

country

silence

Cenotaph

Christmas Gifts

If you are purchasing items for your loved ones for Christmas, please consider labelling any items prior to wrapping them. This will alleviate any lost items in the laundry. Also, a friendly reminder that wool clothing can not be washed or dried in our industrial dryers.

Thank-you!



Holiday Giving

If you are looking for ways to give back this holiday season, both LTC and RH will be collecting items for “Toys for Tots” starting November 20th until December 20th. Toys For Tots (Canada) is a national charity that brings together veterans, active members of the Canadian Armed Forces, local businesses, and caring citizens to help children in need. Their mission is to ensure that children who might otherwise go without receive toys—especially during major religious holidays. Throughout the year, they also support local emergency and social service organizations by supplying toys for children affected by crises or other difficult circumstances. Collection boxes will be on all LTC neighbourhoods & Mainstreet, as well as in the RH gazebo on Mainstreet. Please consider donating **new and unwrapped toys!**

Retirement will also be collecting monetary donations for the London Food Bank from November 20th until December 20th. Cash and Cheques can be given to Taylor Morin—Recreation Supervisor in the Hobby Shop, or come donate to our resident run table at both the Holiday Bazaar on November 29th or Holiday Open House on December 13th. Note that cheques must be made out to London Food Bank!





325 Max Becker Drive, Suite 201, Kitchener, Ontario N2E 4H5
Tel: 519-571-1873 Fax: 519-571-0947 www.schlegelvillages.com

Dear family member/ caregiver:

RE: interRAI Family Survey on Nursing Home Quality of Life

As part of Schlegel Villages' continuous quality improvement program, we measure resident engagement and satisfaction in both long-term care and retirement using the interRAI Self-Reported Quality of Life Survey. This tool helps measure resident quality of life through 10 domains, including relationships, environment, comfort, food, and participation in activities. Results help us understand if we are providing the care and services we set out to provide; from the resident's perspective. The survey is voluntary, anonymous, and recommended to be given to residents who can cognitively respond.

Knowing family members/ caregivers play a crucial role and have unique perspectives, interRAI undertook a research program to develop a new instrument to measure family member's experiences and perspectives. The new interRAI Family Quality of Life Survey contains 25 items, half of which are core items that are also on the Resident Self-Reported Quality of Life Survey and half are new items that are unique to the family experience. Schlegel Villages was a pilot site in 2021 and along with our participating family members, were able to provide feedback into its development.

We are currently running our annual survey campaign and would like to hear from you. Participation in the Family Quality of Life survey is voluntary and anonymous. Results will be shared through both Residents' and Family Councils once the survey process is closed and reports are generated.

The survey can be accessed and completed using one of the following methods:

- Complete on paper and submit to the Village, or
- Complete electronically:
 - Enter the following web address into your browser:
<https://schlegelvillages.qolpro.com/surveys/family>, or
 - Scan the QR code (right) using your smart phone or tablet.
- If you require assistance, please contact the Village.



Please ensure you identify the Village you are associated with and neighbourhood. We appreciate your time and consideration in completing the survey.

If you have any questions, please contact our Support Office.

Sincerely,

Jaimie Killingbeck
Associate
Vice President, Quality & Innovation

NC News With Mandeep

Welcome November!

As we welcome November, we take a moment to reflect on the wonderful memories created in October. Our home was filled with colour, laughter, and gratitude as we celebrated both Thanksgiving and Diwali.

I want to express my heartfelt gratitude to all of you for your tremendous support over the past year. It's your kindness, teamwork, and positivity that make our village such a warm and caring place for everyone.

Residents, families, and staff came together to share delicious meals, exchange stories, and decorate our village with festive cheer and smiles. Thanksgiving reminded us of the power of gratitude and togetherness, while Diwali—the Festival of Lights—holds a special place in my heart as it symbolizes hope, joy, and the triumph of light over darkness. Thank-you to everyone who helped make these celebrations so special!

Now, as November unfolds, we move into a cozy season of reflection and preparation for winter. The days are growing shorter, and the crisp chill in the air reminds us to bundle up and stay warm. Please remember to dress in layers and wear your favorite cozy sweaters during outings or walks.

This month, we look forward to our Remembrance Day Ceremony, where we will come together to honor and remember the heroes who have served our country. It's a time for reflection, respect, and gratitude for their courage and sacrifice.

Let's continue to carry the warmth and spirit of October into November—embracing the comfort, the beauty of the season, and the light we bring to one another every day.

With gratitude, Mandeep Panesar—LTC Neighbourhood Coordinator (2nd Floors)



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: Donnette D. (PSW LTC)

The winner for the Retirement side is: Uche O. (FSA)

Congratulations!!

Ruby Update

Hello Everyone,

I am Hardeep, your Ruby Chef, and I would like to take a moment to express my sincere appreciation for the incredible support you have shown to The Ruby.

The Holiday Season is Almost Here!

The holiday season is fast approaching, and Ruby is receiving a wonderful number of catering requests! Our calendar is filling up quickly, and we're already fully booked for most Saturdays starting November 15th with private events. We'll be posting a notice with all the upcoming Saturday dates when our dinner service will be closed. Please note, that on select Saturdays, our dinner service will be closed for these private functions. However, our lunch service will remain open during regular hours from 12 p.m. to 2 p.m.

If you and your loved ones are planning to celebrate Holiday season with Ruby, we encourage you to reserve early to secure your spot. We look forward to celebrating this joyful season with you.

Reservations are recommended all the time!

519-668-5600*8224

Hardeep.kumar@schlegelvillages.com

Ruby Hours

Wednesday 4-6:00 pm

Thursday- Saturday Noon- 2 p.m., 4- 6:00 p.m.

Thank You,

Ruby Chef – Hardeep



RESEARCH MATTERS

RIA FEATURE

NOVEMBER 2025

The Mystery of Unexplained Falls

Falls are a major concern for older adults, often leading to poorer health and loss of independence. While we often think of falls being caused by a trip or slip, about 25 per cent of falls that lead to a hospital visit have no clear cause. These unexplained falls are more likely to result in hospital stays.

To better understand unexplained falls and their impact on older adults the RIA recently brought together 32 experts from across Canada — including healthcare providers, researchers, and policymakers — to share insights and develop a plan to better understand and prevent these falls.

Researching Better Solutions

The Think Tank identified four top areas for future research to tackle this problem:

1. Using data collected from wearable technologies to better understand the symptoms that happen right before an unexplained fall.
2. Creating a research network to establish standardized ways to check for and treat unexplained falls across Canada.
3. Identifying system-level tailoring of standardized diagnosis and treatment that works well across different patient groups and care settings.
4. Conducting a thorough review to summarize what is already known about screening, risk, interventions, and care for unexplained falls.



Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, presents his research at the Think Tank.

Ultimately, the goal is to develop a plan that includes screening (checking for things like hydration, thinking abilities, and low blood pressure), grouping people based on their level of fall risk, and individualized treatment.

Helpful Tips to Avoid Falls

- Ask for help! Use your call bell if you feel dizzy, unsteady, or need to get up, especially at night or when getting out of bed.
- Choose sturdy, non-skid shoes or slippers that fit well and have a closed back.
- Keep your room free of clutter, throw rugs, electrical cords, and anything else you could trip over.
- Regular, gentle exercise helps maintain strength and balance. Good hydration at eating regularly is also key, as dehydration and low blood sugar can contribute to dizziness.
- Take your time when going from lying down to sitting, and from sitting to standing.

As part of this work, the RIA is hosting the Aging Well in Place event on November 28. In addition to fall prevention, attendees will learn about nutrition. Attendees can attend virtually or in person at the Waterloo Community Pavilion. To learn more and register, visit the-ria.ca/events/aging-well-in-place or call 519.904.0660.

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 For Your Co-Editor

Happiest of birthdays to our dear volunteer and co-editor Heather! We hope you have the most wonderful day, and wishing you the best year ahead!





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retirement@earandhearingclinic.com



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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
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Tracy King	Director of Quality and Innovation	X 8057	Tracy.King@schlegelvillages.com
Amera Elnamara	Nurse Practioner	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

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Rob Dore	Chaplain	X 8236	gcrhchaplain@schlegelvillages.com
Hardeep Kumar (chef)	Ruby Restaurant Team	X 8224	Hardeep.Kumar@schlegelvillages.com
Lead Nurse		X 8255	

