

The Gates Gazette





COVER YOUR COUGH

Stop the spread of germs that can make you and others sick!

Public Health
Ontario

Santé
publique
Ontario



Cover your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



You may be asked to put on a facemask to protect others.



Wash hands often with soap and warm water for 15 seconds.

If soap and water are not available, use an alcohol-based hand rub.

For more information contact Public Health Ontario's Infection Prevention and Control Department at ipac@oahpp.ca or visit www.publichealthontario.ca/en/health-topics/infection-prevention-control/clinical-office-practice.

This is an excerpt from Infection Prevention and Control for Clinical Office Practice

Ontario

GENTLE JOINTS AQUAFIT RETIREMENT

What is Gentle Joints?

This gentle class focuses on meeting the needs of individuals with chronic pain in muscles and joints or those recovering from injury or surgery. Class is held in the swirlpool (90 to 92 degrees F). This is a beginner waterfit class

Why is it beneficial?

It's great for helping to improve your heart health. It strengthens and tones muscles – the resistance of the water means that opposing muscle groups are worked in each movement as you push and pull against it

When does it take place?

Gentle Joints takes place on Mondays (Bus leaves at 2:30 and is back by 4:15) we will take up to 7 residents to the Waterloo Recreation Complex for an aquafit class run by pool staff. Sign up is required at Hobby Shop. **Charge of \$5.00.**

STARTING OCTOBER 20th



Village News **Long-Term Care**



Happy Halloween!!

**October 31st, 2-3pm
Halloween Party
Main Street**

**Resident Council.
Thursday
October 23rd
at 2:00 pm
Chapel**

**Join us for an
Oktoberfest Party**

**Thursday October
9th**

2:00 pm



**Save the Date!!
University Gates
Annual Christmas
Market
November 29th
10am-3pm**



Happy Birthday!

Dolores A.
Joan A.
Robert B.
Brenda B.
Janet C.
Martha D.
Karel F.
Tim F.
Ginny F.



Charlotte G.
Frank K.
Lynda K.
Shirley K.
Joan M.
Maurice P.
Paul S.
Elizabeth V.

Village News Retirement



Residents' Council

Residents' Council
Oct 8th at 2:30 in the Council Chambers

Town Hall Oct 15th at 2:30

GATHER Groups

Care Partners
Meeting in the Town Hall
Oct 14th at 3:45 pm
Oct 28th at 3:45 pm

Grief
Meeting in the Library
Each Friday
Starting at 2:30 pm

Halloween Fun

10:30 a.m. – 12:30 p.m.
 Join us in the Town Hall for some active Halloween games!

2:00 p.m. – 3:30 p.m.
 Take a walk through our interactive Mad Scientist Lab in the Hobby Shop.

3:00 p.m.
 Enjoy a spooky treat at our Halloween Social in the Social Club.

Oktoberfest Festivities

Join us on Oct 16th in the Social Club
For our Oktoberfest Pub
From 4 pm until 5 pm
With entertainment by the Dynamic Duo

Join us on Oct 23rd on Main Street
For our Oktoberfest Party
From 7:30 pm until 8:30 pm
With Entertainment by Transylvania Band



October Birthdays!



Jennie B.
 Colin B.
 James B.
 Carolyn C.
 David C.
 Jeannette C.
 Sandie E.

Donald E.
 Frederick H.
 Patricia H.
 Janice K.
 Brian L.
 James L.
 Janny M.
 Ruth M.

Sandra P.
 Mary S.
 Mary S.
 Marilyn S.
 Grace S.
 Martha T.
 Mildred Z.





Happy Thanksgiving

Join us for a **Thanksgiving brunch** in The Ruby! Come for a day filled with family, good food and great times.

Sunday October 12

11 a.m.–3 p.m. | The Ruby



\$35

per person + tax

Appetizer buffet

Pastries, parfaits and toppings

Soup and salad bar

A seasonal assortment of vegetables and garnishes.

Dips and fresh baked breads

Mains

Choose one of the following dishes:

Thanksgiving hash

Turkey, roast potato, traditional stuffing, crisp bacon and brussel sprouts. Finished with a fried egg and gravy.

Eggs Benedict

Ham and poached egg on a toasted croissant topped with hollandaise sauce.

Smoked salmon bagel

Sliced smoked salmon with cream cheese on a toasted bagel topped with tender greens.

Rich and creamy mac and cheese

Topped with a butter toasted panko bread crumb.

Goat cheese omelet with toast

Two egg omelet topped with soft baked goat cheese and tomato relish.

Dessert

Sweets and finishers

Fresh cut fruits and sweet delights with tasty toppings.

Includes tea and coffee.

Join us on the top floor!
Call for a reservation

The Ruby
THE VILLAGE AT UNIVERSITY GATES



Cook's Pharmacy
EMPOWERING PATIENTS FOR BETTER HEALTH



HOURS: MONDAY through THURSDAY: 9AM TO 5PM

519-213-9504 | 250 LAURELWOOD DR @ SCHLEGEL VILLAGE | WWW.COOKSRX.CA

OCTOBER 6, 2PM TOWNHALL PRESENTATION

**Shared Decision-Making
and Reliable Sources of Information
presented by Ghada Elba**

Shared decision-making (SDM) is a collaborative approach by which, in partnership with their clinician, patients are encouraged to think about the available care options and the likely benefits and harms of each, to communicate their preferences, and help select the best course of action.

BOOST MEAL REPLACEMENTS 6 x 237 ml

NOW \$14.99 (NO HST)

***** PHARMACY WILL BE CLOSED THANKSGIVING *****

MONDAY OCTOBER 13, 2025

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

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 ar-
range for a visit:

**jane.kuepfer@
uwaterloo.ca**

519-904-0650 x 8249

What does it mean to 'age gracefully'? To be 'graceful' means to move with a rhythm that may be slower than that of youth, but reveals a new kind of beauty. 'Graciousness' has to do with love, compassion and empathy toward others. A 'grace period' is bonus time in the face of life's limits, which sparks 'gratitude'. We are 'graced' by one another's presence, and we recognize the God-moments in human life as 'grace'. As we grow into later life, 'grace' surrounds us and flows through us. Where will you see the gift of grace in your day?



THIS MONTH YOU ARE INVITED TO JOIN US FOR:

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

Oct 7—Thanksgiving Stories and Songs

Oct 14—World Religions focus: Sikh (with our volunteer, Manjot)

Oct 21—Spiritual Health Awareness Week

Oct 28—Guest: Rev. Brenda Torrie—Emmanuel United Church Waterloo Wayside Program (We invite you to donate hygiene products: bar soap, travel size shampoo, deodorant, feminine hygiene pads, diapers)

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, October 5th at 10:45, October 19th at 10:30

Communion and Rosary: Thursday October 9th 2:30pm

Mass with Father Jamroz, with Confessions:

Friday October 24th 11 am

GATHER groups this month will be:



CAREPARTNERS—Tuesday, October 14 and 28—3:45 (for spouses of those living with dementia or other care needs) We will be meeting in the Town Hall!

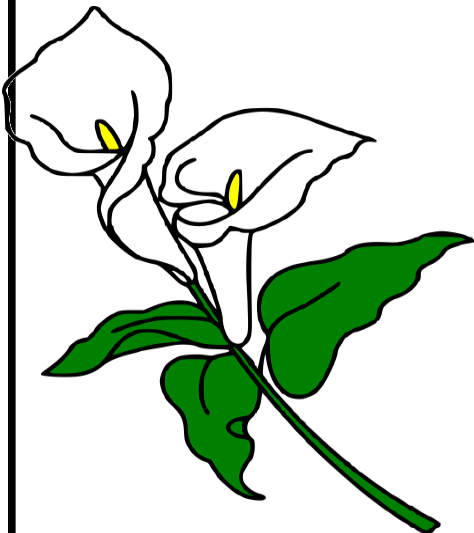
GRIEF—Fridays at 2:30 (for anyone experiencing loss, recent or in the past) We will be meeting in the Library!

You are welcome to join us!

We Remember



Jean C. (RH)
Elly D. (LTC)
Peter F. (RH)
Charanjit K. (LTC)
Larry M. (RH)
Willa M. (RH)
Frederick P. (LTC)
Marjorie P. (RH)
Soogan R. (LTC)



*Thank you for sharing
your time with us*



Spiritual Care Services

Rev Mike Zenker

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 October

1 International Day for Older Persons

1-2 Yom Kippur

3 World Smile Day

6-12 Active Aging Week

6—13 Sukkot

10 World Mental Health Day

11 World Hospice and Palliative Care Day

13-19 International Infection Prevention Week

13 Thanksgiving

16 International Pronouns Day

20-26 Spiritual and Religious Care Awareness Week

20-25 Diwali

22-24 Rosh Hashanah

31 Halloween

Chaplain's Corner *(Long Term Care)*



Spiritual Life Gatherings

- Tuesdays **9:30am** Rosary Service
- Thursdays **9:30am** 'Hymns' Chapel Service.
- Wednesday mornings TWICE a month—
'Contemplating Life with Mike (**Chapel 10am**)

Wed Oct 8th & Wed Oct. 22nd

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.
- **In Long Term Care**, Catholic Communion & Prayers of Blessing: We have a team of volunteers who come into the Long Term Care home 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.

Contemplating Life With Mike

Wednesday Mornings Twice A Month

This twice a month group gathering will provide an opportunity for anyone to share their perspectives on Life, Spirituality, or other events in their lives. We learn to take our eyes off of ourselves and become more 'others-centred' in how we see the world around us. It may also just be a great time to laugh at ourselves as our soul sometimes just needs a good chuckle once and a while! "Contemplating Life With Mike" should make your day 'a bit better' just for showing up! Looking forward to this meaningful time and conversation experience!



How Can You Help?

Volunteers



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
or
(519)904-0650 Ext. 8010



Schlegel Villages'
Volunteer

Volunteer Huddle Topics

October— Infection Prevention and Control

November—Falls Prevention Month

December—Supporting during the holidays

All volunteers welcome to attend. Date, time and location are sent to volunteers at the beginning of the month.

Retirement General Store Hours

Monday 10am-12pm

Tuesday 10am-12pm

Wednesday 10am-12pm

Thursday Closed

Friday 10am-12pm

Saturday 10am-12pm

Sunday Closed

ATHLETE OF THE MONTH

GLENN MACDONALD



About the Resident

Recently, Glenn has been reinvigorated to work out. Over the past month he has been coming down to the fitness centre almost daily to work on his upper body strength!

Fitness Goals

To be as strong as possible. I'm trying to be strong like my brother and my nephews. Glenn works on his affected and non-affected sides post-stroke.

Favourite Type of Fitness

Glenn loves his Arm curls! He will often do up to 100 repetitions on either side. He started with 1lb dumbbells and is now using 8lbs!



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

It is our pleasure to offer full Audiology services to all Schlegel Village residents.



These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

Our services are located at your Retirement Village, and appointments are required.

For more information or to book an **appointment please call**

1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com



OCTOBER VENDORS

Vicki's Gems

October 3rd

10-3 Retirement Main Street

Monica's Acrylic Painting

October 6th

10-3 Retirement Main Street

Adrian's Fashions

October 10th

10-3 Retirement Main Street

The Boutique

October 30th

10-2 Retirement Main Street





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.





Saturday November 29

10 a.m.–3 p.m. | RH & LTC

Come enjoy the holidays at the Village!
Featuring local vendors, entertainment,
hot chocolate and sing alongside!



The Village at
UNIVERSITY GATES

250 Laurelwood Drive, Waterloo

RESEARCH MATTERS

RIA FEATURE

OCTOBER 2025

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.

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
Neighbourhood Coordinators	
Hagey & Johnston (LTC): Brandy Douey	8031
Wright & Matthews (LTC): Kim Boyes	8025
Downey & Pollock (LTC): Lee-Ann Air	8037
Department Directors	
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
Nursing	
Charge Nurse LTC	8055
Psychosocial and Spiritual Well-being	
Resident Support Coordinator (LTC): Janessa	8057
Chaplain (LTC): Mike Zenker	8011
Volunteer & Student Services (LTC): Jessica Lambe	8010
The Ruby Dining Room	8224 (bar)
Riverstone Spa and Salon	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
Neighbourhood Coordinators	
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
Department Directors	
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
Nursing	
Lead Nurse (RH)	8255
Psychosocial and Spiritual Well-being	
Chaplain (RH): Jane Kuepfer	8249
Volunteer & Student Services (LTC): Jessica Lambe	8010
Marketing	
Dirs. of Lifestyle Options: Sahar/Sophia/Nicolette	8248/8041/8241
Village Experience Coordinator: Alex Allan	8048
The Ruby Dining Room	8224 (bar)
Riverstone Spa and Salon	8227