

View from the Heights

November 2025

Remembrance Day

Together, we gather to remember and honour all of our residents who served in a war so we can live freely.

If you or a loved one living at the Village is a Veteran and would like to be recognized, please contact Recreation or our Chaplain Janet.

Please join us on Tuesday, November 11th at 10:30am in Town Square for our Remembrance Day service followed by a Moment of Silence at 11:00am.

At 12:00 (Noon) we will be hosting a Veterans Lunch in The Ruby for all resident Veterans.

Day Light Savings Time

A reminder to set your clocks back one hour on Sunday, November 2nd for Day Light Savings Time



Spreading Christmas Cheer (Giving Tree for LTC)

Every year, we strive to ensure that each of our long-term care residents has a special gift to open on Christmas Day. Our Giving Tree will be set up on LTC Main Street starting Saturday, November 15th.

We are gratefully accepting donations of general items such as: diabetic socks, small boxes of chocolates or candy, men's and women's body wash, shampoo, and lotion, cookies and boxes of Kleenex, cozy blankets, colouring books and materials, and Walmart gift cards (to help us purchase those special items for residents in need).

For our families and friends — if your business is looking to contribute this Christmas season, please consider donating to the giving tree. It would be greatly appreciated.

If you choose to pick a tag from the tree, please remember to return the tag attached to the gift — this helps our "elves" while wrapping!

Donations can be dropped off at the front office or in the Community Centre in LTC. For further inquiries, please contact Melissa Marks -Truscello or Marie Vanlouwe at ext. 8035 or melissa.marks@schlegelvillages.com.

Follow Us on Social Media!

Keep up-to-date with Village Life.



@WentworthHeights



The Village of
WENTWORTH HEIGHTS

Christmas Bazaar



Saturday,
November 29th

10 a.m. – 3 p.m. | Main Street

Come enjoy the holidays at the Village!
Featuring local vendors, tea room by the
Ruby, pictures with Santa Claus, and so
much more.



1620 Upper Wentworth Street,
Hamilton

A Message From... *The Asst. General Manager*

From the desk of Barbara Taylor-Bhagwan

As we move into November, it is a time to pause and reflect on what matters most: the people around us and the sense of belonging that makes the Village feel like home. The days are becoming colder, but the warmth within our walls continues to shine through the kindness, patience, and care we show one another. Thank you to all residents, families, and team members for the ongoing compassion and dedication you bring to the Village each day.

As the seasons change, it's important that we all take a few extra steps to stay safe and comfortable. Please take care when outdoors or on the roads. If you drive, ensure your winter tires are installed and your vehicle is prepared for the colder conditions. When walking outside, wear proper footwear and take your time on slippery paths. Our Village team will be salting and maintaining walkways and entrances, but please let us know if you notice any areas that need attention. We also want everyone to stay alert when heading off the property. Hamilton Police have reported distraction thefts targeting seniors, so please be cautious, avoid displaying jewellery or valuables, and report anything suspicious. Your safety and well-being will always remain our top priority.

In the same spirit of care and awareness, I want to take a moment to express gratitude to our volunteers and team members who continually give their time, energy, and heart to support life in the Village. Whether you assist with activities, lend a hand in the village store, help with events, or simply share a kind word, your contribution strengthens the connection we all share. It is this spirit of service and teamwork that truly makes Wentworth Heights special.

That same sense of unity will carry us into one of the most meaningful days of the year. On Tuesday, November 11, we will gather together to pay our respects to those who served and sacrificed for our country. Remembrance Day holds deep meaning here at the Village, as we pause to reflect on their courage and commitment. Residents are invited to wear a poppy or share a story of a loved one who served, as we take time together to honour and remember them.

As we look forward, the season ahead will bring moments of celebration and connection. Retirement will be celebrating it's 9th Anniversary on Friday, November 21st. Join us in Town Square for live entertainment, drinks and snacks! Our Christmas Bazaar will take place on Saturday, November 29, followed by our annual Christmas Dinner, scheduled for Wednesday, December 3. Please take a moment to mark these dates on your calendars. These events are always filled with laughter, good food, and the joy of being together; the perfect way to start the holiday season at the Village.

Thank you for continuing to make the Village a safe, caring, and welcoming place to live and work. It's through your kindness and dedication that our home remains strong, supportive, and full of warmth. Together, we continue to show what it means to be Wentworth Strong.

Nursing Update

From the desk of Suma Jose

Dear Residents, Families, and Team Members,

As the crisp air of November settles in, we reflect on the importance of health, community, and gratitude. This month brings several important updates and initiatives aimed at keeping our home safe, informed, and thriving.

Flu Season Preparedness

We are pleased to share that our **annual flu vaccination campaign has been successfully completed for long-term care residents**.

Thank you to all residents, families, and staff who participated in protecting our community. In addition, we have begun the **rollout of RSV and COVID-19 vaccines**. These efforts are part of our ongoing commitment to infection prevention and resident safety. If you have any questions or need more information, please reach out to our nursing team.

New Funding Model: interRAI LTCF

We have officially implemented the **interRAI Long-Term Care Facilities (LTCF) assessment system**, a new funding model designed to better align care needs with resources. This change supports more personalized, data-informed care planning and enhances our ability to advocate for the needs of our residents.

We appreciate your patience and collaboration as we transition into this new model.

Looking Ahead

As we approach Remembrance Day, we remember all veterans in our home. We also encourage everyone to take a moment this month to express gratitude—for health, for each other, and for the dedicated staff who make our home a place of comfort and care.

**With appreciation,
Sumarani Jose (Director of Nursing Care)**

Nursing Update

From the desk of Marianne Pelayo

Dear Wentworth Heights Retirement Residents,

Please see the Vaccine Clinic Schedule below.

Date: November 4, 2025

Location: Village Hobby Shop (Main Floor)

9:00 AM – 11:00 AM - Williamsburg Neighborhood

10:30 AM – 12:00 PM – Becker (3rd Floor)

12:30 PM – 1:30 PM - Ailsa Craig (9th and 10th Floor)

1:30 PM – 2:30 PM - Ailsa Craig (6th, 7th, and 8th Floor)

2:30 PM – 4:00 PM - Becker (4th and 5th Floor)

Location: Second Floor (within the Neighborhoods)

9:00 AM – 11:00 AM - Emma's Neighborhood

1:00 PM - 3:00 PM - Egerton Neighborhood

You will be asked to stay for 15 minutes after the shot for observation before you can go back to your room.

If you have any questions, please let us know. Thank you!

Danica Milos, RPN

Assistant Director of Wellness (ext. 8301)

Marianne Pelayo, RPN

Director of Wellness (ext.8072)

Neighbourhood News

From the desk of Andrea Walker

As the crisp fall weather approaches, we want to remind families to ensure their loved ones have hats, mittens and jackets ready for any outings or activities with our recreation team. Cooler temperatures are just around the corner, and we want everyone to stay warm and comfortable while we enjoy some time outside.

We are also excited to share a few updates happening around the Village. On both Rymal and Scotsdale neighborhoods you may have noticed we have implemented a new meal ordering system. Our team members will now take orders directly on the tablet, and each selection is sent straight to the server in the dining room. This ensures residents receive the correct diet, correct choices and streamlines meal services. You may have noticed that our team members are rocking aprons during meal times yes, we are dining room superheroes while keeping things tidy and safe for our residents!

With fall in full swing, we are excited to make this season both fun and safe. Hey maybe we can sneak in some hot cocoa or tea while we stroll through the village because what is fall without a little cozy sipping?

Neighbourhood News

From the Desk of Blessing Iwegim

Dementia Care Partner Connection – Join Us for Our Final Event of the Year!

Navigating life with a loved one living with dementia is a journey filled with both challenges and small moments of joy. Sometimes it is a quiet victory, like finding a familiar song that sparks a smile, or a tiny insight into how your loved one still connects with the world around them. These moments remind us why the support and knowledge of care partners matter so much.

This November, we invite you to the **final Dementia Care Partner Connection event of 2025**, an evening dedicated to **including your loved one in the celebration of holidays and family traditions**. Whether it is adapting a favourite recipe, creating accessible holiday décor, or simply finding ways to make gift-giving meaningful, we will explore practical and heartwarming ideas together.

We are excited to welcome a special guest from **Silvert's Adaptive Clothing Company**, who will share insights on adaptive clothing that can make dressing easier, more comfortable, and even fun for those living with dementia. Plus, we will provide a curated list of gift ideas your loved one might truly enjoy.

This is an **online event**, but for those who prefer the warmth of community, we will also be streaming it in **Town Hall**, where you are welcome to bring family members, loved ones, and all your questions. During registration, feel free to leave general questions for our Q&A session. It will be the perfect time to explore them.

Mark your calendars:

Tuesday, November 25, 2025 | 6:00 PM – 7:30 PM (EST)

Come for the learning, stay for the sharing, and leave with inspiration for celebrating together. Let us end the year with connection, understanding, and a few more smiles along the way.

Environmental Update

From the Desk of Heather Bell Livingstone

Initiatives:

- Team Members on the housekeeping team have assembled a task force to support the development of departmental service enhancements. These initiatives include standardizing bed making, cleaning best practices for common areas, resident suites and prioritized schedules, supporting resident and department autonomy. More will be revealed, we are excited!
- Maintenance Care Video- Duro and myself have been offsite filming 'how to' videos for Maintenance Care. They will be accessible through our maintenance care portal to empower our team and to enhance their knowledge on common preventative maintenance tasks.
- Equipment Training and Sustainable Practices. We are working towards broadening confidence with our environmental team. We have equipment where we will combine theory and hands on practice to minimize outsourcing.
- Village Experience, looking forward to 2026 as we walk together into 2026. The environmental team will be looking at common area enhancements to heighten your comfort and village enjoyment.
- Emergency Preparedness workshops will continue as long as there are keen participants.
- Continuous Improvement, we would love to hear from you. We appreciate opportunities to collaborate.

Heather

Interim Director Of Environmental Services x 8070

Hospitality

Update

From the desk of Michelle Piccolo

Welcome to November! As the days get a little colder, we hope you find warmth and comfort with our hot meals and soup at lunch and dinner, or even a hot cup of coffee or tea in our café!

It is that time of year again, our Annual Village Wide Christmas Dinner. Come join us on Wednesday, December 3rd, 2025 at 4:30pm. It will be one seating only. We will have assigned seating so please let Michelle, Mariana or our wonderful admin team in the village office know if you are bringing a guest, have friends in the village you want to dine with at the same table and we will do our BEST to make it happen for you. The tickets for those who are not on a meal plan and external guests will be \$40.00. We ask you kindly to please purchase your tickets and have your requests in for us by Wednesday, November 26th 2025. This will give us time to plan the best experience for you!

Also, this month our monthly Lettuce Talk Food meeting will be held on Tuesday, November 4th at 10:30am in the School House located across from our General Store. We did not want to interfere with our Remembrance Day service on the 11th of November which falls on the 2nd Tuesday when we normally host our meeting. The location change is due to the Flu Clinic taking place in the Hobby Shop on November 4th.

We cannot wait to see you and celebrate this holiday season with you!

Your Hospitality Team



You are invited to the village wide
Christmas Dinner
03 Dec. 2025
at 4.30 pm , one seating

STARTER

• ROASTED CAULIFLOWER & APPLE SOUP
WITH A CREAMY FINISH

MAINS

• ROASTED TURKEY WITH CRANBERRY &
GLAZED HAM, MASHED POTATOES GRAVY,
STUFFING AND ROASTED ROOT VEGETABLE

DESSERT

• STICKY TOFFEE PUDDING SERVED WITH
EGGNOG SPIKED WITH RUM, BAILEYS

• For \$40 get your ticket at the village
office ex. 8085 if you not in the meal plan



NOVEMBER

Dear Residents, Families and Friends;

The Ruby is excited to be hosting multiple special events in the month of November. Italian Theme Dinner night, Murder Mystery Lunch, Candlelit Surf & Turf and Tea Room at the Christmas Bazaar.

Our Tea Room will be held in Town Hall during the Christmas Bazaar between 11am-2pm. Each person will enjoy a tiered tray of various savoury and sweet sandwiches, pastries and desserts. Please see the poster for full menu details. To make a reservation please sign up at the Village Office.

Join us each Wednesday in the Hobby Shop from 11:30am-1:30pm for Ruby on the Run. During these lunches you'll find a rotating selection of fresh soups, hearty sandwiches or wraps, a delicious hot entrée, and an assortment of baked treats like muffins and cookies. There's always something new to try — stop by and see what's cooking this week!

Hours of Operation

Wednesday:

Ruby On the Run on Main St.

11:30 AM - 1:30 PM

Open for Dinner: 4:00 PM-6:30 PM

Thursday through Saturday:

12:00 PM - 6:30 PM

Always,

Your Ruby Team

**FOR MORE INFORMATION OR TO
BOOK YOUR RESERVATION
905-575-4735 X8086**

UPCOMING EVENTS

ITALIAN THEME DINNER

SATURDAY, NOVEMBER 8TH

available for lunch
and dinner

**See poster for detailed 5-course
menu**

\$35+tax per person

**Reservations are required to
guarantee your table!
Call X8086**

MURDER MYSTERY LUNCH

THURSDAY, NOVEMBER 13th

11:30am

**Join us for an interactive
afternoon as we work together
with our tables mates to solve a
classic whodunit. Enjoy a delicious
lunch and refreshments**

\$35 +tax per person

CANDLELIT SURF & TURF DINNER

FRIDAY, NOVEMBER 21ST

4-6:30PM

**Join us for a magical, warm
experience and a delicious meal!**

**Prime Rib with hearty sides \$38
add shrimp for \$9**

From the desk of Moses Genat

Happy Falls Prevention month, Wentworth Heights!

This November, let us take action to prevent falls. For the senior population, falls are the top cause of serious injury and injury related death. Four in five hospitalizations for injury among seniors are due to a fall. These statistics highlight the urgent need for fall prevention measures to protect the safety, well-being, and independence of our older loved ones

The Alarming Statistics:

- 20-30% of seniors experience one or more falls annually
- Falls account for 85% of injury-related hospitalizations among older Canadians
- 95% of all hip fractures in seniors are caused by falls
- Approximately half of all falls occur at home

Most effective ways to prevent falls:

- Exercise to build strength and balance.
- Eat healthy food and drink plenty of water.
- Manage your medications to prevent dizziness.
- Clear your environment at home of potential tripping hazards.
- Take your time, do not rush movements.
- Wear well-fitting, sturdy shoes.
- Use proper eyeglasses and hearing aids, as needed.
- Think about using a mobility device, such as a cane or walker.

In your home:

- Ensure proper lighting in hallways, walkways, bedrooms, and bathrooms.
- Install handrails along stairs and safety grab bars in the bathroom.
- Use non-slip mats or rugs to check your home for slipping and tripping hazards.
- Ensure regularly used items are within reach.

Stay active,
Your PAL team.

Village Events

Joint LTC & RH:

- Tuesday, November 11th—10:30am—Remembrance Day Service—TS
- Tuesday, November 18th—Mickey Mouse's Birthday (Wear Disney Theme Wear)
- Tuesday, November 25th—2:30pm—Ancaster Senior Achievement Centre (The Rolling Bones) —TS
- Saturday, November 29th—10am-3pm—Christmas Bazaar—MS

Long Term Care

- Saturday, November 1st—2:00pm—Pub with Cheryl Dickson—MS
- Thursday, November 6th—2:00pm—Residents' Council—CC
- Friday, November 7th—8:30am—Men's Breakfast—CC
- Saturday, November 8th—2:00pm—Entertainment with Sandra Bouza on Carrington
- Wednesday, November 12th—6:30pm—Happy Hour with Jeff Giles—MS
- Tuesday, November 18th—2:00pm—Birthday Bash—CC
- Wednesday, November 26th—5:00pm—Diner's Club: Firehouse Subs—TH
- Friday, November 28th—10:00am—Travelling Entertainment: Smile Serenades

Retirement

- Thursday, November 6th 9:15am Breakfast Club: Pancakes & Sausage—H
- Thursday, November 6th 2:30pm Social Hour with Margaritas and Nachos for National Nachos Day—H
- Friday, November 7th 12:00pm Ladies Luncheon—R (\$17)
- Tuesday, November 11th 10:30am Remembrance Day Service—TS
- Tuesday, November 11th 12:00pm Veterans Lunch in the Ruby
- Thursday, November 13th 11:30am Murder Mystery Lunch in the Ruby (\$35)
- Thursday, November 13th 3:30pm Welcome Committee Meeting—Boardroom
- Monday, November 17th 10:30am Trust & Truth Seminar with the Hamilton Spectator Cheryl Stepan and Susan Clairmont—TH
- Tuesday, November 18th 3:00pm Birthday Happy Hour in honour of Mickey Mouse's Birthday—Dress in your Disney Themed Clothes—SC
- Friday, November 21st Retirement's 9th Anniversary Celebration with live entertainment—TS
- Tuesday, November 25th 2:30pm Ancaster Sr. Performance Group "The Rolling Bones" Choir Concert- TH
- Tuesday, November 25th 6-7:30pm Care Partner Connection—Dementia Education with Heather Luth—TH
- Wednesday, November 26th 10:00am VON Falls Prevention Presentation and Education Session—SH

Village Outings

LTC

- Thursday, November 6th—10:00am—Country Drive (Scotsdale & Stonechurch Neighbourhoods)
- Thursday, November 13th—1:30pm—Splitsville Bowl Hamilton
- Wednesday, November 19th—1:30pm—Lime Ridge Mall
- Wednesday, November 26th—10:00am—Country Drive (Carrington & Rymal Neighbourhoods)

LTC Residents, please drop into the Community Centre any time to sign up for outings.

Retirement

- Tuesday, November 4th 1:30pm Giant Tiger (Ancaster)
- Monday, November 10th 9:30am Flamboro Downs Casino
- Tuesday, November 11th 1:30pm Fortinos (Upper James)
- Wednesday, November 12th 1:00pm Emma's and Egerton Butterfly Conservatory (\$)
- Saturday, November 15th 1:00pm Ancaster Christmas Village at Ancaster Fair Grounds (\$5)
- Tuesday, November 18th 11:00am Lunch @ Scouts Café & Battlefield House Museum Tour (\$)
- Thursday, November 20th 1:30pm Lime Ridge Mall
- Monday, November 24th 10:00am The Watering Can Floral Market
- Tuesday, November 25th 1:30pm No Frills (Upper Wentworth St.)
- Tuesday, November 25th 5:30pm An Evening with Margaret Atwood @ Hamilton Convention Center (\$75)

For those of you unfamiliar with sign up day; on the allotted day, drop into the Art Studio between 10am-2pm and fill out a ballot for each outing or special event you wish to attend. Each outing will be filled with residents by random draw to ensure fairness for everyone. Waiting lists will still exist with overflow. If you cannot make it out to sign up day you can sign up any time after by signing your name on the list in the Black binder for whichever outing you want. Binder is located in the Hobby Shop.

Sign-up day will be held:

10am-2pm Saturday, November 1st in the Hobby Shop.

You can sign up alone or with a friend/spouse on the same ballot. One Ballot per person/partner per outing.

Please check the sign-up binder, in the Hobby Shop, to see which outing you are on after sign-up day. You will receive a call from Recreation to remind you of the outing in advance.

Reminder: Bus will leave the Village at time listed on the calendar. Please ensure you are down to board the bus at least 15 minutes prior to departure time.

Please ensure you cancel **MINIMUM 24 hours** before the scheduled date for an outing or special event so we can fill your spot with someone from the wait list. THANK YOU!

Wishing you a Happy Birthday!



**Please see your Village
Poster for a Birthday list!**

Birthday
celebrations will
be held at the last
Friday happy hour
of the month in
retirement
Social Club.
LTC & Retirement
Birthday bash will
be on
November 18th at
2pm.



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



Retirement

****The Foot Care Nurse will be in Retirement for two days instead of three. She will be doing Emma's and the Salon as well as Williamsburg East on the 1st day. The 2nd day she will be doing Egerton and Williamsburg West. ****

The Foot Care nurse will be in on Monday November 10th and will be doing residents in Becker, Ailsa Craig in the Salon, Emma's and Williamsburg East. Wednesday November 12th the Foot Care nurse will be in Egerton and Williamsburg West.

Long Term Care

The Foot Care nurse will be in on November 1st.

Please contact the RiverStone Spa and Salon with any questions or to book an appointment at 289-678-0021 ext. 8090.



Chaplain's

Corner

For Information call: ext. 8045

Welcome November!

On November 11, we will gather for a Remembrance Day Service. All Veterans are invited to come to the Chapel at 10:00am.

PROGRAMS:

Coffee, Chat and Dash! A time to sit with friends and neighbours and share the stories of your life!

Spirituality Groups -

Guided Meditation
Creative Spirituality

Sing-a-long with Janet is on the 2nd and 4th MONDAY at 9:45am in the Chapel and on EVERY Thursday morning at 9:45 in the Chapel.

Movie with Janet at 2:00pm
"The Heiress"

With Olivia de Havilland
and Montgomery Clift

Bible study with Ankit
Advent Bible Study with Janet

Please check the monthly calendar for *times, dates and location!*

Please let me know if you would like to have Communion with your family or friends or if you would like to learn more about our groups!

Shalom,
Chaplain Janet (ext. 8045)

November Services

Non Denominational Church services are held every Sunday at 9:30am with Ankit, a member of our Spiritual team, and 2:30pm with Janet.

We invite you to Join us for Fellowship after the afternoon service. All residents are welcome !

Roman Catholic Mass is held on the third Wednesday of each month at 10:30am.

COMMUNION

Roman Catholic **Communion** served and prayers of the Rosary are offered on Tuesdays at 10:00am in the Chapel

Advent Communion will be served on Sunday, November 30, in the morning and afternoon.

In Memoriam...

The Leadership, Team Members, and Residents of the Village of Wentworth Heights remember...

We extend our sincere condolences to these families as they grieve their loss and remember their loved one.

Ernest Aquino

Doreen P. Knight

Donna Levert

Jo Pashuk

John Raithby

Marion Rigby



Our next Celebration of Life Service will be held in the new year. Details to follow.

WELCOME TO THE VILLAGE!

Please see your Village newsletter for recent moves

A Message From the Welcome Centre

We are excited to share that we are starting a new partnership with VON to offer a support group for anyone navigating life transitions as a caregiver. The group is for anyone that is currently, or has been, a caregiver to a loved one. If you feel that you would benefit from this group, or know someone that might, we would love to hear from you. This group will begin in January and will be offered on a monthly basis; the date and time are not yet confirmed but the meetings will be held here at the Village.

If you would like more information, or if you think you might join us, please let Bradley or Nicole know and we will be in touch when all the details are finalized.



WELCOME COMMITTEE RESIDENT VOLUNTEERS

Annie Whittle. – ext. 2123

Barb Jepson. – ext. 2311

Audrey Merritt. – ext. 2326

Mary Millar – ext. 2329

Gail Sekine – ext. 2330

Margo French – ext. 2518

Barb Hillmer – ext. 2527

Georgette Law – ext. 2616

Tom & Donna Lowden – ext. 2714

Mary Clarke – ext. 2822

**If you are unable to reach the
Welcome Committee please call the
Marketing team in the Welcome
Centre:**

Holly R. – ext. 8069

Bradley H. – ext. 8068

Nicole A. – ext. 8067

GENERAL STORE

Shop for your basic grocery items at our General store (including bread, eggs, milk, pop, chocolate bars, cookies, etc.).

We also have a great selection of seasonal clothing and gift items.



Conveniently located at the end of Main Street
on retirement.

For questions
or suggestions,
please call the
General Store
at ext. 8087.

General Store Hours

Monday 10-4	Wednesday 10-2, 3-5
Thursday 10-4	Friday 12-3
Saturday 10-1	

GENERAL STORE

Come check out our new jewellery and stuffed animals. Perfect gift ideas for the holidays.

Christmas cards and delicious muffins available.

Men's clothing now available.



A Chance for... YOUR VOICE TO BE HEARD

RH Residents' Council

Your 2025 Executive Council Member at present:

Mary Millar

Our next meeting will be held on
Thursday, January 15th
@ 2:30 pm

Any questions or concerns can be directed to Retirement Recreation Supervisor– Elaine Thompson

LTC Residents' Council

Residents' Council will be held monthly for all residents at 2:00pm in the Community Centre. As per vote at the previous meeting, meetings have been moved from the 2nd Thursday to the 1st Thursday of the month.

Next meeting:
Thursday, November 6th at 2:00pm

This is an opportunity for our Residents to share their concerns and suggestions that will lead to enhancing life within the Village!

Any questions or concerns can be directed to Jody McDonald (Resident Support Coordinator) or Marie Vanlouwe (Recreation Team Member).

This is your chance to get details and follow-up of events of common interest, to join in discussions and to share our appreciation for the work of management in our Village.

You can request team member or leadership guest speakers to attend the meeting to discuss common questions related to their department. Management team members will present an update on happenings in their areas.

Make the Residents' Council meeting a time to meet with your fellow residents, the management, and the Executives for the betterment of everyone.

Please note that Residents' Council Meetings will include Wine and Cheese.

LTC FAMILY COUNCIL:

We are looking for family members who are interested in joining the family council. If you would like to be a part of Family Council or would like more information, please get in touch with our Resident Support Coordinator, Jody McDonald via email jody.mcdonald@schlegelvillages.com.



Fundraiser Update

Dear Residents, Families and Team Members,

With great joy and gratitude, we, the Current Events Group members, look back on another successful fundraiser at Wentworth Heights for the two local charities, Good Shepherd and Indwell.

It is because of your generosity that we have collected the sum of \$8,372.15!

Of this amount \$ 3,885.30 went to Indwell for a playground at the new affordable housing project for families, scheduled to be completed next year. \$4,486.85 went to Good Shepherd in support of Regina's Place, a home for single moms and their babies. Furthermore, Good Shepherd had to make two pick-ups of at least 170 boxes and bags of clothing, kitchen items and other useful things.

From both charities we received warm words of thanks and appreciation. Again, Good Shepherd assured us that every single item is needed and will be used.

We were amazed and touched to see the quantity and quality of the clothing brought to us and listened with interest to the stories we were told and the reasons for donating: Hope of fitting into long saved clothes was fading; ruthlessly going through closets to get rid of unused things; realizing one winter coat is sufficient; having too many pairs of shoes; new residents sorting out things that are no longer needed. It was, at times, overwhelming how quickly the piles of boxes grew in the gazebo.

We also enjoyed the smiles of the people when they noticed our little playground. It was a reflection of the joy and fun children will experience at their new home. It was a proud moment for us to discover that the Wentworth donation will cover more than 10% of the playground cost.

In the past, Indwell representatives have given several informative presentations at Wentworth. We hope to have someone from Regina's Place of Good Shepherd here in the near future.

These fundraisers would not be successful without the assistance and help we have received from so many. Our thanks go to Management and Recreation, to all the generous donors: Residents, Families, Guests and Team Members, as well as to the Residents' Council for donating \$ 250 to each charity. I also want to add my personal thanks to all the volunteers who were willing to give of their time to greet people with a smile and explained our project with enthusiasm and conviction. It was worthwhile!

Thank you for caring!

Kathe Kleinau

GARDEN CLUB NEWS

The garden is going "to bed"



The Garden Club had a delightful time watching the the garden come alive. A faithful group of members kept up the maintenance of the garden so we could all enjoy it. The hope is that many of you were able to partake of the produce, the vegetables, the herbs or the flowers. Your encouraging remarks and suggestions were all helpful

Are You Interested?

Perhaps you would like to join the Garden Club. Everyone is welcome. If you are interested in the Garden Club call Linda at (905) 923-3370. We will start meeting again the in New Year to make plans for the 2026 garden. Watch for the meeting announcements.

Feedback is Requested

If you have comments about this year's garden, please add them to Recreation's suggestion box. The Garden Club would love to have your feedback. It will be helpful as the planning begins for next year.

There were many ways that produce from the garden was used. Our Ruby chef, Kevin, found the herbs, some vegetables and flowers useful in his culinary delights. Janine Robertson, our horticulture therapist, used the produce for smelling ,tasting, cooking, and even colouring with long term care residents. The rabbit and the guinea pigs also enjoyed lettuce and carrots



Room Reservations

Room Reservation Policy...

We are happy to try to accommodate Family requests to have parties and special celebrations at the Village so that your loved one can continue to be a part of your family's get-togethers!

Our space for these bookings is limited as these spaces are also enjoyed by our Residents for programs, visiting, and independent leisure activities.

Please speak to the Village office regarding room bookings and cost.

Community Centre -Available **after** 4:30p.m.

Maximum of 20 people.

Library LTC –Available after 4:30p.m. Maximum of 20 people

Country Kitchens—Available upon Request

School House— Maximum 20 people

Education Room (LL)— Maximum 40 people

Please note: If your group size exceeds the maximum for the space, we respectfully ask you to book at an external venue or contact the Ruby for a catering event. Thank you for your understanding.



Upcoming Services

Denture Services

Direct Denture Services provides on-site denture services to residents living in long-term care and retirement.

To book an appointment on site as needed, please scan QR code, call 416-482-3700 or email us at reception@directdenture.ca

Alternatively, you can ask the Nurse to send a referral form to our office.



Footcare

STEP AHEAD is a partnership of specially trained nurses, who provide foot care.

Retirement:

Williamsburg (West) & Egerton:
November 12th
Williamsburg (East) & Emma's:
November 10th
Becker & Ailsa Craig:
November 10th

Long-Term Care:

November 1st

Please contact the Riverstone Spa x8090 to make a foot care appointment or to arrange a standing appointment.

Hearing Clinic

Upcoming dates on:
Every Wednesday
(Dependent on registration for the service)

Please visit us in Council Chambers in retirement on Main Street.

Please call 1-888-745-5550 to book an appointment.

Please see page 27 for more details.

Dentist

The Smile Room offers a mobile dentistry service in the Village.

Please call 1-888-274-9569 to book an appointment.

November 21st

Clinic will be held in the Rymal neighbourhood country kitchen.

Please keep an eye on the newsletters and posters in the Village for upcoming clinic dates.

Eyecare Services

On-Site Specialists offers comprehensive eye care services in the Village, including complete eye examinations, full assortment of eyeglass and optical needs, etc.

Please call (905) 326-9900 or email consult@onsitespecialists.com to book an appointment.

December 1st

In addition, please speak with your Nurse for a consent form which can be internally sent to our office.

Spa and Salon

The Riverstone Spa and Salon, located on Main Street in Retirement offers a variety of services, including:

Hair care for both men and women,
Manicures,
Pedicures,
Facial Waxing,
And more!

Please call 289-678-0021 or ext. 8090 to book an appointment.

For a full list of services, please visit Riverstone Spa and Salon in-person or on their website: www.riverstonespasalon.com

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 steady 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.**

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1620 UPPER WENTWORTH ST.
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(289) 391-0097



About Us

Located in the Village at Wentworth Heights, we are your trusted medication experts and the trusted source for all your medication and wellness needs.

Our Services Include:



Prescriptions

Filling prescriptions, refilling prescriptions, easy prescription transfers and **custom prescription compounding**.



Health and Wellness

Advice on topics including smoking cessation, heart health, diabetes, hormone health, pain management, nutrition and more.



Injection Services

Administration of many common vaccines and others like Shingles, travel vaccines and more.



Medscheck Consultation

Ensure that you are taking the right medication, at the right dose, at the right time and are not at risk for complications.



Prescribing for Minor Ailments

Assessments and prescriptions for minor ailments including UTIs, dermatitis, cold sores and more.



Home Health Care

Products and services to support you with your health at home including compression stockings, mobility devices and more.



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849 Upper Wentworth St. Hamilton, ON
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- SCOOTERS, WALKERS, POWER CHAIRS
- CERTIFIED COMPRESSION STOCKING FITTERS
- SCOOTER AND MOBILITY REPAIR
- ONTARIO DISABILITY SUPPORT PROGRAM PARTNER
- DIRECT INSURANCE BILLING AVAILABLE

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.



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 Wentworth Heights, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

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Heather Bell Livingstone – Interim Director of Environmental Services Heather.bell.livingstone@schlegelvillages.com	Ext. 8070
Donna Padget – Director of Food Services Donna.padget@schlegelvillages.com	Ext. 8015
Andrew Sangter – Volunteer and Student Services Coordinator Wentworth.volunteers@schlegelvillages.com	Ext. 8009
Charge Nurse Call this number for any health related emergency	Ext. 8057

YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

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RH Administrative Team - Wentworth.retadmin@schlegelvillages.com Call this number for the front desk	Ext. 8085
Lead Nurse Call this number for any health related emergency	Ext. 8079
Retirement Recreation Team Call this number for any recreation questions or sign ups	Ext. 8076