

View from the Heights

October 2026

Harvest Happenings

Wednesday, October 14th 2-3:30pm

Triple C Farm will be coming back for our annual Harvest Happenings Petting Zoo! They will be joining us in the back courtyard on Wednesday, October 14th 2-3:30pm. Families and friends are welcome to join! Throughout the week we will have other events and activities set up on Main Street for you to participate in. Be sure to come down and check it out!



Halloween Howl & Candy Donations



We are excited to host one of our favourite annual Halloween events, the Halloween Howl! We are welcoming residents' grandchildren and great-grandchildren, as well as team members' children to join us on **Saturday, October 31st at 10:00am** for a fun morning. We will be having a costume parade, fun games and crafts afterwards.

We are looking for wrapped candy donations so we can have our residents hand out candy to the children when they come trick-or-treating at the Village. If you would like to drop off a box of wrapped candy or cash to purchase treats to the Village Office or Recreation we would love your support. Thank you!

Follow Us on Social Media!

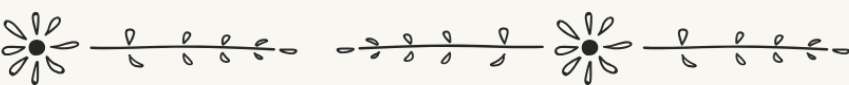
Keep up-to-date with Village Life.



@WentworthHeights



The Village of
WENTWORTH HEIGHTS



REMEMBRANCE DAY

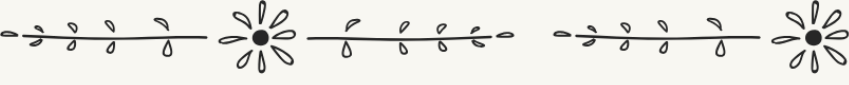
Remembrance Day is fast approaching and we want to ensure we honour all those who have served.

If you or your loved one, who lives at Wentworth Heights, is a veteran, please let the recreation team know. There will be a sign up sheet in the Community Centre and the Hobby Shop. You can also contact Elaine Thompson by phone at ext. 8332 or email at elaine.thompson@schlegelvillages.com for Retirement Residents or Melissa Marks by phone at ext. 8035 or melissa.marks@schlegelvillages.com for Long-term Care Residents.



Please let us know if you/they do not want to be recognized during our service as we will respect that decision.

Thank you kindly,
The Wentworth Heights Team



A Message From...

The General Manager

From the desk of Michelle Wood

The RESIDENT BILL OF RIGHTS States:

"Every resident has the right to give or refuse consent to any treatment, care or services for which their consent is required by law and to be informed of the consequences of giving or refusing consent."

Questions can be forwarded to my email

michelle.wood
@schlegelvillages.com
or call
(905)-575-4735
Ext. 8028

Please indicate if you would like to remain anonymous.

October marks a very special milestone for our Village as we celebrate the 25th Anniversary of Long-Term Care at Wentworth Heights.

For 25 years, our Village has been more than a place to live or work. It has been a place where relationships are built, stories are shared, friendships are formed, and residents, families and team members come together to create a true sense of community.

As we celebrate this milestone, we find ourselves reflecting on just how much has changed over the past 25 years, while also recognizing what has remained constant. At the heart of Wentworth Heights there has always been a commitment to creating a Village where residents can live with purpose, choice and dignity, and where they are surrounded by people who genuinely care about them.

This anniversary is also an opportunity to recognize the incredible people who have helped shape our Village along the way. We are especially proud to celebrate our founding team members who have been part of Wentworth Heights since the very beginning and are marking 25 years of service this year. Their dedication, knowledge and commitment have helped build the culture and community we continue to enjoy today. What an extraordinary accomplishment!

Over the years, thousands of residents and families have entrusted us with being part of some of the most meaningful chapters of their lives. Likewise, generations of team members, volunteers and community partners have contributed their talents, compassion and ideas to make Wentworth Heights what it is today.

While anniversaries invite us to look back, they also give us an opportunity to look forward. Our Village continues to grow and evolve, but our purpose remains the same: to create a caring community where everyone can experience a good life and where residents remain at the centre of everything we do.

Throughout October, I hope we take time to celebrate the memories, accomplishments and people who have shaped the past 25 years, and to be excited about the many chapters still ahead.

To our residents, families, team members, volunteers, and everyone who has been part of our journey: thank you for being part of the Wentworth Heights story.

Here is to 25 incredible years of Long-Term Care at Wentworth Heights, and to the years ahead!

Michelle Wood and Sara Calder

Neighbourhood News

From the desk of Sue Waddell

As we welcome a new month, we would like to provide an update regarding our new flex schedule, which will begin on October 19th. Our Carrington, Scotsdale, and Rymal neighbourhoods will introduce 12-hour shifts, alongside our existing 8-hour day, afternoon, and overnight shifts. As a result, when visiting your loved one, you may notice both new and familiar faces supporting the neighbourhood teams. We are excited about this change and are confident it will enhance continuity and flexibility for our staff while maintaining the high quality of care our residents and families have come to expect. Our team remains committed to providing compassionate, resident-centered care every day.

As always, please feel free to reach out to the floor nurse or a member of the leadership team with any questions or concerns.

As the seasons change, I would like to share a quote I love:
"Fall is season that reminds us that change can be beautiful."

Environmental Update

From the Desk of Tracey Higgins

The roast turkey, tart cranberry sauce, and savoury pumpkin pie may get most of our attention on Thanksgiving, but that is not what we are really thankful for. Our friends and loved ones bring us so much joy and support throughout the year that it is nearly impossible to tell them how thankful we are for them – even though we try with a few words across the table.

This October I would like to express my sincere thanks and gratitude to everyone in the Village for their support and unfailing encouragement as I stepped into the role of Director of Environmental Services. I could not possibly have asked for a warmer welcome. Thank you so very much!

There are only a few updates from the environmental department this month:

- The new countertops and cupboards have been installed in the Stonechurch servery.
- We will be installing new furniture in the Stonechurch den and the Egerton family room in October.
- Our fire safety inspections have all been successfully completed for this year.
- The Retirement hallway carpets will all have been cleaned by mid-month.
- Maintenance on the Retirement elevators is scheduled to be completed by October 15th.
- We will be moving the patio furniture back into storage on October 14th.

As always, if you have any questions or concerns about anything to do with the Environmental Department, please let me know. You can reach me by telephone at extension 8070.

I hope that everyone has a very happy Thanksgiving and a very spooky Halloween!

Ruby News

From the desk of Mariana Iacob

Fall is here, and we look forward to celebrating the season with our residents, families, and friends while continuing to provide a warm and welcoming dining experience at The Ruby.

Thanksgiving at The Ruby - October 7-10

Celebrate Thanksgiving with us! Our special **Thanksgiving Dinner** will be available at The Ruby from **October 7 through October 10**.

Come enjoy a delicious Thanksgiving meal in the company of friends and family. We encourage you to make your reservation in advance, especially if you are planning to invite family or guests.

Thanksgiving Pie Sale October 9 • Main Street • Starting at 11:30 AM

Bring home something sweet for Thanksgiving!

Our **Thanksgiving Pie Sale** will take place on **October 9** on Main Street, starting at 11:30 AM.

Choose from: 🍏 **Apple** • 🌰 **Pecan** • 🍑 **Peach** • 🎃 **Pumpkin**

Don't want to miss out on your favourite? **Pre-orders are available!** Place your order ahead of time with the front desk and have your Thanksgiving pie ready for the holiday.

Ruby on the Run

Every Wednesday brings something tasty to look forward to!

Do not forget about Ruby on the Run, available **every Wednesday!**

Each week, we offer special options and delicious food for you to enjoy. Keep an eye out for the weekly selections and discover something different from The Ruby kitchen.

We always welcome your comments and suggestions. Your feedback helps us continue to improve and create an enjoyable dining experience for everyone. Please feel free to speak with a member of The Ruby Team and share your ideas with us.

We are grateful for our wonderful residents, families, guests, and team members who make The Ruby such a special place.

We look forward to sharing a wonderful October filled with great food, good company, and memorable moments.

Happy Thanksgiving from The Ruby Team!



Hospitality News

From the desk of Michelle Piccolo

Welcome to October. Happy Thanksgiving to everyone and also Happy Spooky Season!

We are excited to host our Thanksgiving dinner in the main dining room on Sunday, October 11th. We will be serving roast turkey with all of the fixings and pumpkin pie! If you would like to bring a guest or if you are not on a meal plan and want to come down and enjoy, please purchase your meal ticket at the village office (8085) and we will reserve a spot for you!

Thank you to all of you who attend Lettuce Talk Food. We are grateful for your feedback and we truly value your time and suggestions when it comes to food service. We do listen and we do try our best to make sure we are providing the best service for you, so thank you.

Please join us at our Lettuce Talk Food meeting this month on Tuesday, October 13th at 10:30am in the Hobby Shop. Everyone is welcome.

Beginning on Wednesday, October 14th, we will begin having a weekly Happy Hour at 3pm in the Ruby. This happy hour is in addition to recreation programming. Prices will be the same as happy hour prices in the social club. Join us for a new happy hour; same prices, better view!

Happy Thanksgiving to you and your family from your Hospitality Team!



Update

From the desk of Gofrran El-Rifai

Hello everyone!

My name is Gofrran El-Rifai, and I am excited to introduce myself as the new Program of Active Living Coordinator (Kinesiologist) at Wentworth Heights.

I studied Kinesiology and have experience in rehabilitation, exercise programming, and wellness. As a Kinesiologist, I am passionate about helping individuals stay active, independent, and confident in their everyday lives through safe, meaningful, and enjoyable movement.

Outside of work, I love exploring new places, discovering hidden gems, and trying different foods. I am always up for a good laugh, a great conversation, and a little adventure, especially when good food is involved!

I believe that staying active looks different for everyone, and my goal is to make movement fun, accessible, and something to look forward to each day.

I cannot wait to meet and get to know all the residents, families, and team members and becoming part of the Wentworth community. Please feel free to say "hi" if you see me around!

Village Events

Joint LTC & RH:

- Wednesday, October 14th—2-3:30pm Harvest Happenings Petting Zoo—BP
- Wednesday, October 28th—11:00am—Celebration of Life Service—TH
- Saturday, October 31st—10:00am—Halloween Howl—Trick-or-Treating Event—MS

Long Term Care

- Thursday, October 1st—3:00pm—25th Anniversary Entertainment—MS
- Friday, October 2nd—12:00pm—Men's Lunch—CC
- Saturday, October 3rd—2:00pm—Pub with Ana Garzaro - MS
- Thursday, October 8th—2:00pm—Residents' Council—CC
- Saturday, October 10th—2:00pm—Entertainment with Blue-Eyed Bill on Carrington
- Monday, October 12th—2:00pm—Thanksgiving Social—CC
- Friday, October 16th—3:00pm—Happy Hour with Dave Murphy- MS
- Thursday, October 22nd—2:00pm—Entertainment—MS
- Saturday, October 24th—2:00pm—Entertainment with John & Shiela Ludgate on Stonechurch
- Wednesday, October 28th—5:00pm—Diner's Club: Toma La (Portuguese) - MS
- Friday, October 30th—2:00pm—Birthday Bash—CC
- Saturday, October 31st—2:00pm—Halloween Party—CC

Retirement

- Saturday, October 3rd—2:00pm—Oktoberfest Entertainment—EG (all welcome)
- Thursday, October 8th—9:15am—Pancake Breakfast Club—H
- Monday, October 12th—3:00pm—Thanksgiving Social—H
- Tuesday, October 13th—10:30am Lettuce Talk Food Meeting—H
- Wednesday, October 21st—3:30pm Garden Club Meeting: Putting the Garden to Bed—SH
- Wednesday, October 21st—5:00pm—Diner's Club: Denninger's - H (\$)
- Wednesday, October 21st 7:15pm—Sean Bienhaus entertains—TH
- Friday, October 23rd—3:00pm—Emma's Happy Hour in Emma's neighbourhood
- Saturday, October 24th—2:30pm—Entertainment with Dixieland Plus Band—TH
- Tuesday, October 27th 7:15pm—Birthday Celebration with Karen Coughlin—TH
- Saturday, October 31st—3:00pm—Halloween Party—SC

Hamilton Third Age Learning Lectures

Friday's at 10am and 2pm in the School House

- October 2nd—Shannon Kyles: What can we Learn From our Living Spaces?
- October 9th—Dr. Caroline Dunton: The United Nations Beyond 80 Years
- October 16th—Dr. Bruce Milliken: Truth, the Mind, and Misinformation
- October 23rd—Stephen Adams: Remembering Their Faces: AI, Memory, and Making Museum Collections Searchable

Village Outings

LTC

- Thursday, October 8th—1:30pm—Walmart
- Wednesday, October 14th—10:00am—Fall Country Drive
- Friday, October 23rd—1:30pm—Fall Floral Mum Show at Gage Park

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

Retirement

- Monday, October 5th 10:00am Flamboro Downs Casino
- Tuesday, October 6th 10:00am Walmart
- Wednesday, October 7th St. Catharine's Museum & Welland Canals & Lunch at The Lancer (\$)
- Tuesday, October 13th 11:30am Springridge Farm (Milton)
- Thursday, October 15th 10:00am Lime Ridge Mall & Shopper's Drug Mart (at the mall)
- Saturday, October 17th 12:00pm Jonas and Barry in the Home (Hildebrand School House in St. Jacobs) 2pm show start time (\$56)
- Monday, October 19th 1:30pm Mum Show
- Tuesday, October 20th 10:00am Giant Tiger (Ancaster)
- Tuesday, October 20th 1:30pm Mum Show (Emma's and Egerton)
- Monday, October 26th 1:30pm Michael's Craft Store Outing (Stoney Creek)
- Tuesday, October 27th 10:00am Fortinos Mall Rd.
- Tuesday, October 27th 1:30pm Emma's Country Drive
- Wednesday, October 28th 6:30pm St. Elizabeth Village Halloween Light Tour (Walking Tour)

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 Thursday, October 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 on
October 27th at
7:15pm in the
Town Hall for
Retirement and
LTC Birthday bash
will be on
October 30th at
2pm.
All are welcome!



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

Chaplain's

Corner

October Thankfulness!

I hope that you will join us for our monthly Spiritual Pause! Come and enjoy a 'pause' for your daily schedule ... listen to calm music, lights will be dimmed and receive a hand massage. An opportunity to renew, rest and refresh your soul! Come for a few minutes or stay for longer.

Sing-a-long (2nd & 4th Monday & every Thursday) at 9:45 am—exceptions apply to October Calendar. See calendar for details

Spirituality Groups:

“Spiritual Pause”

“Bible Study in November/December”

“Lift our Soul by Renewing our Soles!”
Join us for a shopping trip to DSW. **All Spiritual trips**, please sign up with Janet.

In October, a **Gather Group** for those Grieving the loss of a loved one or something important in their lives.

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

Are we meeting your **Religious** or **Spiritual** needs? Is there a program that you would like us to add?

Shalom,
Chaplain Janet (ext. 8045)

Janet's Work Schedule:

Retirement: Monday & Wednesday

Long Term Care: Tuesday & Thursday

October Services

A Multi-Faith Church service is held every Sunday with Janet. The 1st Sunday of the month, at 10:00am and the following Sundays at 2:30pm, except for special Sundays. We invite you to join us for Fellowship after the afternoon service. **All residents** and family members are welcome!

* **October 11** at 10:00am Thanksgiving Day.

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.

World Wide Communion on Sun., Oct. 4th at 10am

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.

Robert Arthurs

Mary Ann Krawesky

Ruth Pearson

Bob Southhall

John Verschoor

Janet Wallace



Our next Celebration of Life Service will be held on
October 28th at 11:00 am in the Town Hall

WELCOME TO THE VILLAGE!

Please see Village for list of new residents joining us this month!

Attention all residents with a cage storage Locker in the Lower Level:

We periodically audit our record of the cage lockers and have found that some lockers no longer have a name attached to them; this means we are unsure who the items belong to. We ask that if you have a cage locker, please come to the Welcome Centre by October 31st to let us know which locker number you have. If we have any unclaimed lockers beginning November 1st, we will remove the lock and the contents and treat the belongings as abandoned and dispose of them.

We want to thank our Grape Stomp cheerleaders who joined us at Fortino's for the Annual Grape Stomp Competition! The Wentworth Crushers did not bring home the grand prize, but we are already training for next year!

You may see some new faces around the Village, we have had multiple new move ins. Please show our new friends the Wentworth warmth and say "Hello" if you see them!



WELCOME COMMITTEE RESIDENT VOLUNTEERS

Please see Village for list of welcome committee members

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 HOURS

MONDAY

1PM - 4PM

TUESDAY

1PM - 5PM

WEDNESDAY

10AM - 7:30PM

THURSDAY

10AM - 4PM

FRIDAY

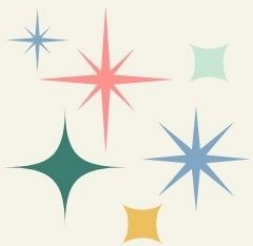
1PM - 4PM

SATURDAY

10AM - 1PM

SUNDAY

CLOSED



A Chance for... **YOUR VOICE TO BE HEARD**

RH Residents' Council

Your 2026 Executive Council Member at present:

Elaine Thompson—Acting Chair

Our next meeting will be held on
**Thursday, January 21st 2027
@ 2:30 pm**

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

If you are interested in becoming an executive member of the council, please speak to Elaine Thompson or Michelle Wood for more details.

LTC Residents' Council

Residents' Council will be held monthly for all residents at 2:00pm in the Community Centre.

Next meeting:
Thursday, October 8th 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.



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 & Egerton:

October 1st

Emma's:

October 2nd

Becker & Ailsa Craig:

No clinic this month

Long-Term Care:

Week of October 26th

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.

October 9th

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



REMEMBERING RON

— *Our father, our founder, our friend.* —

With October upon us, our minds shift to the season of gratitude and the spirit of Thanksgiving. We're especially touched as we reflect on the passing of Ron Schlegel, the man who inspired the Villages we call home today.

When news hit that Ron had passed, the outpouring of support from across the Villages was keenly felt by the entire Schlegel family, and the memories being shared across the Villages have been wonderful to hear. Team members spoke of how he loved to sit with everyone at Team Member appreciation events, and he always wanted to take photos with everyone. Others reflect on the days when he and his lovely wife, Barb, would travel from Village to Village after church on Sundays. Barb would be making new friends with residents, while Ron would be asking team members about their passions outside of the Village, or what they felt could be done to improve life within. Perhaps the biggest wave of gratitude rises when one considers the values that drive Schlegel Villages forward in all we do.

Hard-working and Hands-On was how Ron lived every day, from his time in his youth working on the farms outside of Ailsa Craig, to his many entrepreneurial ventures later in life.

There is no better example of **Genuine and Humble** than the way Ron carried himself in all he did. No matter if he was speaking with the Governor General of Canada or the cashier at his local Sobeys, he genuinely cared for others, and the conversation was never about him.

The **Caring Relationships** at the heart of Village Life are a testament to the vision Ron had for the Villages, and the outpouring of love we've heard after his passing shows how much he was cared for.

Persistence and Passion are at the root of any success, and one cannot find success in life without overcoming great challenges and staying true to one's passion. Ron's true passion was community building.

The last of the Schlegel Villages values is **Creative and Innovative**, and when we consider the world-renowned Research Institute for Aging that Ron and his family founded, and the Village model we thrive in, there are few better words to describe him.

This October, we lean into gratitude, and we are thankful to carry Ron's values forward, always in the pursuit of building strong, inclusive communities for all.

 PharmaChoice

Your partners in health.

VILLAGE PHARMACIES

1620 UPPER WENTWORTH ST.
HAMILTON, ON
(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.



LIMERIDGE MEDICAL SUPPLIES
849 Upper Wentworth St. Hamilton, ON
905.385.9494

- SCOOTERS, WALKERS, POWER CHAIRS
- CERTIFIED COMPRESSION STOCKING FITTERS
- SCOOTER AND MOBILITY REPAIR
- ONTARIO DISABILITY SUPPORT PROGRAM PARTNER
- DIRECT INSURANCE BILLING AVAILABLE

Mental Health Matters at Every Age: Recognizing the Signs This World Mental Health Day

While conversations around mental health and wellness have grown significantly in recent years, older adults are often [left out of the conversation](#). Generational stigma and the belief that profound sadness, hopelessness, loneliness, or fatigue are “a normal part of aging” often prevent people from seeking the support they need and deserve. Coexisting medical conditions can further complicate this, making mental health issues harder to detect, treat and manage.

This October 10, [World Mental Health Day](#) offers an opportunity to challenge those assumptions, raise awareness and break the silence. The reality is, depression is not a natural part of aging. Yet, according to the [Canadian Coalition for Seniors Mental Health](#), up to 20 per cent of older adults experience symptoms of depression, with that number doubling for people in hospitals or long-term care (LTC) homes. As we age, [several risk factors can impact our mental health](#), such as losing a loved one or friend, cognitive challenges, or a life-changing diagnosis.

Recognizing the Symptoms

We all have bad days and times when we feel down. But clinical depression is a serious, persistent condition where you may feel sad all the time and lack interest in activities that used to bring joy. Symptoms can range from mild to severe. For care partners, family members, and older adults, recognizing the signs is the first step in providing support.



Watch for these common symptoms:

- Significant sleep issues, such as sleeping too much or struggling with insomnia.
- Noticeable changes in eating habits, including a sudden loss of appetite or excessive eating.
- Lingering, intense feelings of guilt or worthlessness.
- Finding absolutely no joy in activities, hobbies, or routines you once loved.
- A noticeable decline in personal hygiene and daily self-care.
- Trouble concentrating, focusing, or finishing simple, everyday tasks.

Taking Action and Finding Support

Starting a conversation about mental health can feel scary, especially if you feel ashamed to open up or ask questions. Normalizing conversations around mental health will shift societal perceptions and reduce stigma, ensuring older adults feel more comfortable addressing their concerns without fear or judgment.

By checking in on our family, friends, and neighbours, we can reduce the social isolation and loneliness that can fuel depression and impact mental health. Check out the [social isolation community conversation guide](#) for helpful tips on supporting those around you.

For more detailed guidance, explore the Schlegel-UW Research Institute for Aging's (RIA) expert insights on [demystifying depression in older adults](#).



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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