

The Winston Word

NEWSLETTER VOLUME 9 ISSUE 10

October 2026



**Ear & Hearing Clinic
at Winston Park**

For an appointment with an
Audiologist please call

1-888-745-5550

Hearing Tests

Hearing Aids

Repairs

**Meet Our
Spiritual Care Team**

Kathleen & Hector



Kathleen and Hector support
both
sides of the Village.

Please stop by either of the
Spiritual Care Centres to say
hello!

**Happy Birthday
to our residents
and team who are
celebrating their
birthdays this month!**



*Our Team Members, Leadership, and
Support Office were saddened by the
passing of the following residents.*

**Alan B
Carol H
Ron S
Walter D
Donelda K
Marcel M
Bonnie M
Dolatkhanu S
Mara S
Stanley U
Nellie Van L
Bonna W**



The Village of
WINSTON PARK

Village Events

WELCOME TO THE VILLAGE!

Last month we welcomed the following residents to Winston Park:

October Events

Oct 20th Oktoberfest Party

7:00 Entertainment with the Hofbrau Band in
RH dining room

Halloween Community Event

October 24th 2:00pm-4:00pm
In LTC and Main Street

Vendors

Oct 7th 10:00-2:00
Plattsville Paperwork

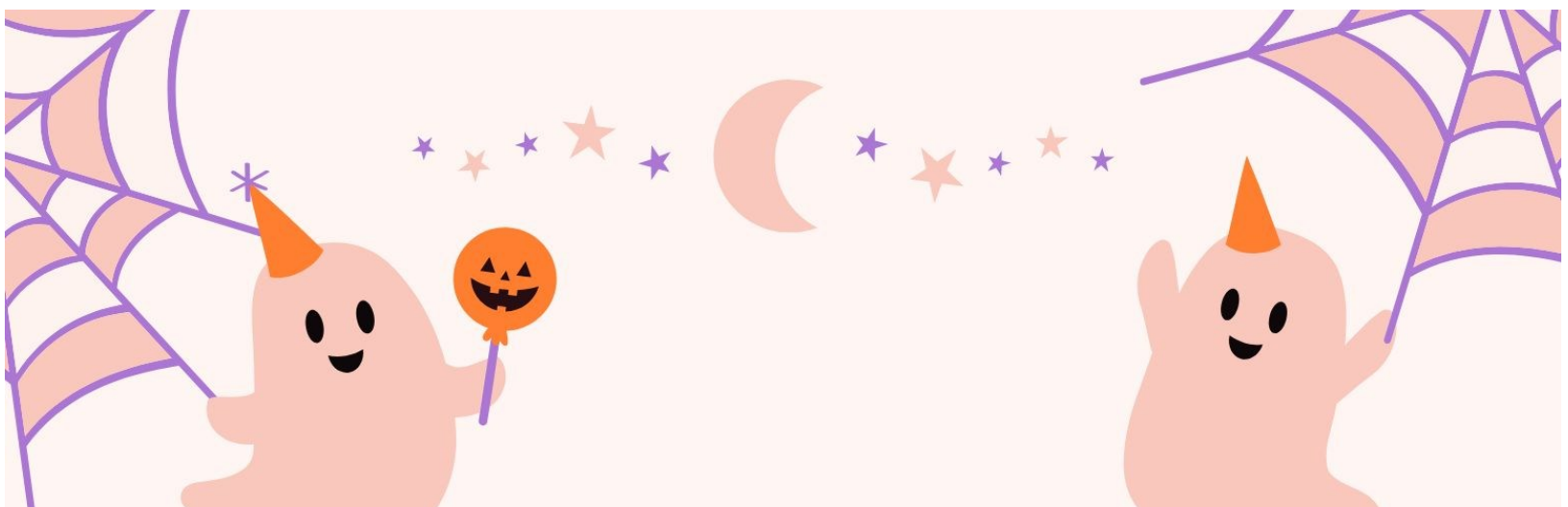
Roberta B
Kay D
Gwendolen H
Ann J
Patricia Le C
Catherine P
John W
Karen W
Corinne W
Wendy C
Helga N
Bruce R

Reminder To Our Pet Owners

We are happy to see so many furry friends
visiting our village these days.

Please drop off a copy of your pet's
vaccination records at either office. The
Ministry of Long-Term Care requests that
we keep these records.





Please join us
Winston Park for our



HALLOWEEN EVENT

OCTOBER 24TH,
2:00PM-4:00PM

TRICK OR TREAT, GAMES, CRAFTS,
SPECIAL GUESTS & PHOTO BOOTH.

PLEASE START AT DOOR 2



The Winston Word

NEWSLETTER VOLUME 9 ISSUE 10

October 2026



The month of October holds 3 great traditions. **Thanksgiving**; We are so fortunate to live in this beautiful province and country as the season changes and the fall colours mesmerize everyone. It is also a time to be thankful for all that we have - family, friends, and a home! We will certainly all look forward to thanksgiving dinner – a highlight for the month. A time to give thanks with family and friends. The second October tradition is a little scarier, lots of fun and maybe includes some candy or chocolate – of course we're talking about **Halloween**; a great time to let go of your inhibitions and have some fun dressing up and eating candy! The third tradition, especially in KW is **Oktoberfest**! Who does love some good Germany music and maybe some beer. Watch the calendar for all the special events.

A special thank you to everyone as we continue on with our construction/renovation project. The new Town Hall, Spiritual Centre and Salon are looking beautiful and are up and running. We hope that you are enjoying these new spaces.



It's that time of year again where we start to think about Flu Season. Our infection control people are all over this and will be setting up dates for the clinics for residents and team. Don't forget.... **Handwash, Handwash, Handwash!** Handwashing is one of the best ways to slow the spread of germs. More to follow.



The Pond: As fall gets underway, it will soon be time to think about winterizing the pond. A very big **thank you** to Ron Brown for looking out for the fish and feeding them throughout the season! The Village and the fish thank you for your dedication! As the weather starts to get cooler, we will start to slow down and stop the feeding schedule (likely mid-October). Once the water reaches approximately 55 degrees Fahrenheit, will no longer be feeding the fish – they will go into hibernation mode for the season. The landscaping company will then make sure that the pond is ready for the winter months.



As well a very warm Winston Park welcome to all our new residents – we look forward to getting to know you and your family & friends!

Brad

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.

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](#).

Clubs and resident run programs

Always looking for new participants – everyone is welcome.

Billiards club

Fridays and Sundays
Library
9:30 a.m.

Billiards is a cue sport played on a table where players take turns hitting balls into pockets. This club is a great way to practice your skills, learn the game, and enjoy friendly competition in a relaxed, social environment.

Knitting club

Thursdays
Library
10 a.m.

Knitting is a creative hobby where you use yarn and needles to make items like scarves, hats, and blankets. This group offers a calm and social setting to work on projects, learn new techniques, and connect with others.

Snooker club

Wednesdays
Library
3:15 p.m.

Snooker is a cue sport similar to billiards but played with more balls and different rules. This club is perfect for those who enjoy strategy, focus, and a bit of friendly competition.

Gardening club

Wednesdays
John Sweeney Room
9:30 a.m.

Gardening involves planting and caring for flowers, herbs, or vegetables. In this club, residents work together to maintain and enjoy the garden while learning tips about plant care and enjoying time outdoors (weather permitting).

Sing-Along with Joanne and Lois

Wednesdays | 11:15 a.m.
Main Street

A sing-along is a group activity where everyone joins in singing familiar songs together. Led by Joanne and Lois, this program is all about having fun, enjoying music, and lifting your mood in a welcoming environment.

Winston Park Choir

Mondays | 3 p.m.
Town Hall

Winston Park Choir is a welcoming group of residents who come together to sing, perform for the village, and share their love of music. It's a fun, supportive way to enjoy singing and build friendships.



The Village of
WINSTON PARK

695 Block Line Road Kitchener

Village of Winston Park

FAMILY COUNCIL

JOIN US

We are a small group of family or friends of residents that live in Long-Term Care at Winston Park.

Our aims are to:

- support a healthy environment for residents
- communicate information to families
- provide connection to families and friends of residents

Join online or in person. Stay informed, ask questions, hear updates from leadership, and have an opportunity to meet other family members. All are welcome!

@ winstonpark.familycouncil@schlegelvillages.com



Scan here
to find out more



Guest meal pricing

Tickets are available for purchase at the Village Office.

While we request 24 hours' notice for guest meals, when possible, we will make every effort to accommodate last-minute requests.

	Retirement	Long-term Care
Breakfast	\$10.50	\$10.50
Lunch	\$16.80	\$13.65
Dinner	\$19.95	\$16.80



The Winston Word

NEWSLETTER VOLUME 9 ISSUE 10

October 2026

Retirement Home Leadership Directory

Brad Lawrence	General Manager	Ext. 8003
Gillian Alexander	Assistant General Manager (Ret.)	Ext. 8010
	Director of Lifestyle Options	Ext. 8002
Sarah Linton	Director of Lifestyle Options	Ext. 8008
Inderpreet Kaur	Village Experience Coordinator	Ext. 8015
Matthew Walsh	Director of Hospitality	Ext. 8004
Brad Rideout	Director of Environmental Services	Ext. 8006
Joe Bischof	Assistant Director of Environmental Services	Ext. 8116
Krista Punter	Recreation Supervisor/Dining Room Supervisor	Ext. 8062
Shirley Tulk	Neighbourhood Coordinator Williamsburg	Ext. 8215
Joelle Duchaine	Neighbourhood Coordinator Egerton & Becker	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator Emma's	Ext. 8012
Carmen Niculescu	Wellness Coordinator	Ext. 8029
Elizabeth Westacott	Assistant Wellness Coordinator	Ext. 8209
Hector Pineda	Spiritual Care	Ext. 8011
Prinsi Patel	Administrative Assistant (Retirement)	Ext. 8001
Tiffany Menjivar	Administrative Coordinator	Ext. 8013
Heather Wende	PAL Coordinator	Ext. 8033

All email addresses are FIRSTNAME.LASTNAME@schlegelvillages.com

LTC Nursing Directory

LTC Charge Nurse	Ext. 8101	Eby Nurse—1st floor	Ext. 8103
Strasburg Nurse—2nd floor	Ext. 8240	Trussler Nurse—2nd floor	Ext. 8102
Aberdeen Nurse—3rd floor	Ext. 8241	Newberry Nurse—2nd floor	Ext. 8100
Roseville Nurse—4th floor	Ext. 8242		
Kingsdale Nurse—5th floor	Ext. 8243		
Sandhills Nurse—6th floor	Ext. 8244		
Waldau Nurse—7th floor	Ext. 8245		
Haysville Nurse—8th floor	Ext. 8246		

Retirement Nursing

Becker & Williamsburg Charge Nurse	Ext. 8118
Emma's & Egerton Charge Nurse	Ext. 8120

The Winston Word

NEWSLETTER VOLUME 9 ISSUE 10

October 2026

Long-Term Care Leadership Directory

Brad Lawrence	General Manager	Ext. 8003
Luke Denomme	Assistant General Manager (LTC)	Ext. 8188
Rabina Simovic	Director of Nursing Care	Ext. 8014
Jill MacQueen	Director of Nursing Care	Ext. 8264
Bailey Koop	Assistant Director of Nursing Care	Ext. 8275
Cathy Hu	Assistant Director of Nursing Care	Ext. 8269
Mary Hedrich	Assistant Director of Nursing Care	Ext. 8187
Gagan Sangha	Assistant Director of Nursing Care	Ext. 8319
Andrea Schmidt	Assistant Director of Nursing Care	Ext. 8268
Gina Almeida	Resident Support Coordinator	Ext. 8254
Vesna Venceljovski	Neighbourhood Coordinator Eby, Trussler, Newberry	Ext. 8005
Garry Sharma	Neighbourhood Coordinator Strasburg & Aberdeen	Ext. 8370
Rada Jokic	Neighbourhood Coordinator Roseville & Kingsdale	Ext. 8182
Venkatesh Gaddam	Neighbourhood Coordinator Sandhills & Waldau	Ext. 8266
Liam Stiles	Neighbourhood Coordinator Haysville	Ext. 8270
Alysha Voigt	Director of Quality and Innovation	Ext. 8271
Brad Rideout	Director of Environmental Services	Ext. 8006
Joe Bischof	Assistant Director Environmental Services	Ext. 8116
Julia Slomke	Director of Recreation & Volunteer Services	Ext. 8007
Ashley Ziegler	Volunteer and Student Services Coordinator	Ext. 8199
Daniel Juteram	Food Service Manager	Ext. 8009
Meredith Herr	Assistant Food Service Manager	Ext. 8258
Carlyn Martin	Director of PAL Program	Ext. 8265
Michelle Nguyen	PAL Coordinator	Ext. 8262
Matthew Veroude	PAL Coordinator	Ext. 8372
Kathleen Sorensen	Spiritual Care	Ext. 8172
Fargol Mansoori	Administrative Assistant	Ext. 8207
Yvonne Madueke	Nurse Practitioner	Ext. 8371

All email addresses are FIRSTNAME.LASTNAME@schlegelvillages.com

The Village Of Winston Park 695 Block Line Rd. Kitchener, Ontario N2E 3K1 519-576-2430