

The Glendale Gazette

October 2026



Marion T (LTC) &
Mawada (Team Member)



Bill R (RH)



Gery H (LTC) &
Todd (Team Member)



Ella B (RH) & Suzanne M (RH)



Izetta B (LTC)



Marianne V (RH) & Magician



From The Desk Of Cindy Awde

October is the perfect time to take a stroll outdoors, breathe in the crisp fall air, and admire nature's colorful display. Whether it's enjoying a warm cup of tea with friends, reading a favorite book by the window, or participating in one of the village activities, this season invites us to embrace comfort and companionship.

This month also brings Thanksgiving, a special occasion to reflect on the people, experiences, and memories that enrich our lives. We are grateful for the wonderful sense of community we share here and for the friendships that make each day brighter. A simple conversation, a shared laugh, or a helping hand can make a meaningful difference in someone's day.

As we prepare for the cooler months ahead, October is a wonderful reminder to focus on wellness. Staying active, maintaining social connections, and taking time for hobbies and interests all contribute to a happy and healthy lifestyle. We encourage everyone to join in the activities, events, and gatherings planned throughout the month.

On behalf of the entire team, thank you for making our community such a welcoming and vibrant place. We look forward to creating more special memories together this fall.

Wishing everyone a beautiful October filled with warmth, laughter, gratitude, and the vibrant colors of the season.

Happy Thanksgiving and Happy Fall!
Cindy Awde
General Manager



NC News with Amanda

Happy Autumn and Happy Soup Season!

Fall is probably my favourite food season. Crisp apples, freshly harvested vegetables, delicious baked goods, and warm, cozy meals. What's not to love?

Every year, my family and I grow a fairly successful vegetable garden. By this time of year, we are usually overrun with tomatoes, beets, and carrots as we clear out the last of the garden. That means plenty of homemade soups, salads, and other harvest-inspired meals! We even grew sunflowers that reached over 10 feet tall this year!

Gardening has been such an enjoyable hobby for our family over the years. The pride and excitement my children feel when picking vegetables they helped grow is so rewarding.

Over the last few weeks, roasted tomato soup has been on our menu as we try to use up our abundance of tomatoes. I recently read about adding a roasted apple to tomato soup to balance some of the acidity. I gave it a try, and it was delicious! Here is my most recent recipe:

Roasted Tomato Soup

Ingredients

- 10 medium tomatoes, quartered
- 1 yellow onion, quartered
- 1 medium apple, cored and quartered
- 2 whole bulbs of garlic, with the tops sliced off
- 2 tablespoons oil
- Salt and pepper, to taste
- 4 cups chicken or vegetable broth
- ½ package of Boursin cheese—I use Garlic & Fine Herbs
- 2–4 tablespoons tomato paste, depending on your preference
- 1 cup cream
- Fresh or dried basil, to taste

Directions

1. Preheat the oven to 375°F.
2. Place the tomatoes, onion, apple, and garlic on a sheet pan. Drizzle everything with oil, making sure the exposed tops of the garlic bulbs are well coated. Season with salt and pepper.
3. Roast for 30–45 minutes, or until everything is soft and has developed a slight char.
4. While the vegetables are roasting, bring the broth to a gentle simmer in a large pot.
5. Once roasted, squeeze the softened garlic from its skin and add it to the broth along with the tomatoes, onion, and apple.
6. Blend until smooth using an immersion blender. If using a regular blender, carefully blend the roasted ingredients first and then add them to the broth.
7. Stir in the Boursin cheese and tomato paste. Cream cheese can be used if you do not have Boursin.
8. Warm the cream in the microwave for 30–40 seconds before slowly adding it to the hot soup. This helps prevent it from curdling.
9. Add basil, adjust the seasoning, and enjoy!

Serve it with warm bread or a grilled cheese sandwich for the perfect cozy fall meal.

Happy autumn, happy harvest, and most importantly happy soup season!

Amanda Verberne -
LTC Neighbourhood Coordinator
(Brighton & Lambeth)



Chaplain's Chat



For our spiritual column in our newsletter, we are sharing the following article which was written by our founder Ron Schlegel. Ron Schlegel passed away on September 19, 2026.

"For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us." (Romans 8:18 ESV)

"Don't Worry. Everything's going to be all right."

How many times have you heard those words? When you're scheduled to undergo surgery, when you're having family or personal problems, or when you're struggling to survive because your expenditures far exceed your income, someone inevitably says, "Don't worry. Everything's going to be all right." Usually those words are slim comfort, because the one who speaks them has no solution for the problems you are facing and, sadly, no real basis for assuring you that everything will be okay. So you smile feebly, thank the person for their comment, and continue to fret about what the outcome of the problem you are facing will be.

There is One, however, who says to you, "Don't worry," and who can say it with absolute confidence and authority. That One is Jesus Christ. And He means exactly what He says; although sometimes we doubt His message or fail to understand His meaning. When we do doubt or not grasp our Lord's words of reassurance, we are not alone. Even His closest followers did not always comprehend Him or completely trust His words—though they witnessed His crucifixion—and His resurrection. What does Jesus mean when He tells us not to worry about food, clothing, or all the things that make us anxious in this life? (See Matthew 6:25-34.) He means to tell us that these are the times when we need to lean into Him in faith, trusting that He who overcame our darkest sins on the cross is there for us now and all our future days.

Do you know the name Dietrich Bonhoeffer? He was a Lutheran pastor, erudite theologian, and one who boldly defied the Nazis during World War II. A few months before he was executed on April 9, 1945, he wrote a letter to his friends from prison. The letter beautifully expressed Bonhoeffer's faith in God and tells his friends not to worry about him. His words offer comfort and strength to Christians everywhere when they are troubled over their lives or worried about the lives of others. Bonhoeffer wrote on August 23, 1944: "Please don't ever get anxious or worried about me, but don't forget to pray for me—I'm sure you don't! I am so sure of God's guiding hand, and I hope I shall never lose that certainty. You must never doubt that I am traveling my appointed road with gratitude and cheerfulness. My past life is replete with God's goodness, and my sins are covered by the forgiving love of Christ crucified."

This is the faith and assurance we can have, too, that no matter what our circumstances we are in God's merciful and gracious hands. The Bible tells us so. "What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son but gave Him up for us all, how will He not also with Him graciously give us all things?" (Romans 8:31-32 ESV) His love is boundless, and He wants us to know that. We can know that because He has shown us this in Jesus Christ. Prayer: Lord, comfort our hearts when they're heavy with worry. In Your Name. Amen.

Nursing News W/ Summer

Emotional Well-Being Wellness Month - October 2026

At Schlegel Villages, we believe that living well means caring for the whole person: body, mind, and spirit. October's Emotional Well-Being Wellness Month is an opportunity to focus on the importance of emotional health and to celebrate the connections, purpose, and support that help us thrive every day.

Emotional well-being is about recognizing our feelings, building meaningful relationships, finding joy in daily experiences, and having the support needed to navigate life's challenges. For residents, team members, families, and volunteers alike, emotional wellness plays a vital role in overall quality of life.

Building Connection and Belonging

One of the greatest contributors to emotional wellness is feeling connected to others. At the Village, this happens through shared meals, meaningful conversations, recreation programs, neighbourhood gatherings, and everyday interactions between residents and team members. These moments help create a sense of belonging and remind us that we are stronger together.

Simple Ways to Support Emotional Wellness

- Take time to connect with a friend, family member, or neighbour.
- Participate in Village programs and activities.
- Spend time outdoors enjoying fresh air and nature.
- Practice gratitude by reflecting on positive moments each day.
- Engage in hobbies that bring joy and purpose.
- Reach out for support when feeling overwhelmed or discouraged.

Caring for Ourselves and Each Other

Emotional wellness is not about being happy all the time. It is about having the resilience, support, and confidence to navigate both good days and difficult ones. By checking in with one another, offering kindness, and creating opportunities for meaningful engagement, we help foster a culture where everyone feels valued and supported.

As we celebrate Emotional Well-Being Wellness Month this October, let's continue building a Village culture rooted in compassion, connection, purpose, and belonging.

Summer Walker -
Director of Wellness RH



PAL HIGHLIGHTS

October is Active Aging Month!

Specifically, Active Aging Week is October 5–11! This week is a great opportunity to celebrate the many ways we can stay active, independent, and engaged at every age.

Being active doesn't have to mean running a marathon or spending hours at the gym. Every bit of movement counts! Whether you enjoy a group exercise class, a walk outdoors, or some independent exercise in the PAL gym, there are many ways to find movement that works for you.

Join a Group Exercise Class

Our group exercise classes are a fun way to stay active while connecting with others. Try something new or join a class you already enjoy!

Our classes include:

Tai Chi – gentle movements focused on balance, coordination, and relaxation.

Strength – exercises to help maintain muscle strength and function.

Aerobics – get your heart pumping with fun, rhythmic movement.

Balance – exercises designed to help improve balance and confidence.

Ball Pilates – core, strength, flexibility, and stability exercises using a ball.

Not sure which class is right for you? Speak with a member of the PAL team — we'd be happy to help!

Move Independently in the PAL Gym

Looking for some independent exercise? The PAL Gym is available for residents who would like to incorporate additional movement into their day.

Our NuStep machines provide a seated option for aerobic exercise and can be a great way to get your heart and muscles moving.

Please speak with a PAL team member BEFORE using the NuStep or any other PAL equipment.

We can help make sure you know how to use the equipment safely and appropriately.

Take Your Movement Outdoors

When the weather is nice, going for a walk can be a wonderful way to stay active and enjoy the outdoors.

For a safer and more enjoyable walk:

Bring your mobility aid if you normally use one.

Walk with a friend or let someone know where you're going.

Bring a cellphone with you in case you need assistance.

Choose a familiar route that you're comfortable navigating.

Consider staying on the property or using designated walking areas.

Take your time and listen to your body.

If you feel tired, dizzy, short of breath, or unsteady, stop and ask for assistance.

Remember: All Movement Counts!

You don't have to do everything at once. A little movement throughout the day can add up! Choose activities that you enjoy and that fit your abilities.

This Active Aging Week, challenge yourself to try a new activity, attend a class, take a walk, or simply add a little more movement to your day.

Happy Active Aging Week from your PAL Team!



Dining Room Recipe W/ Elise

Healthier Banana Bread

Ingredients

- 1 ½ Cups (380g) mashed bananas, about 3-4 bananas
- 3 Tbsp (38g) olive oil
- ½ Cup (113g) non-fat plain Greek yogurt
- 6 Tbsp (126g) honey
- 3 Large eggs
- 1 ½ Tsp vanilla extract
- 2 ¼ Cups (270g) all-purpose flour
- 1 Tsp baking soda
- 1 Tsp baking powder
- ½ Tsp salt
- 1 Tsp ground cinnamon
- ½ Cup of walnuts or chocolate chips if desired



1. Preheat the oven to 350°F.
2. Mash 3-4 bananas, then measure out 1 ½ cups (380g) using dry measuring cups, not liquid measuring cups. It's important to measure the banana since the size of each banana can vary.
3. In a mixing bowl combine the mashed bananas, olive oil, honey, Greek yogurt, eggs and vanilla extract. Stir to combine with a spatula.
4. In a separate bowl combine the flour, baking soda, baking powder, cinnamon, and salt.
5. Gradually mix the dry ingredients to the wet ingredients, mixing by hand just until combined. The batter will be thick.
6. Spray a 9×5 loaf pan with non-stick cooking spray. Transfer the batter to the pan and spread even with a spatula.
7. Place in the center of the oven and bake for 45 minutes. After 45 minutes check to see if the bread is browning too much. If so, tent the bread with aluminum foil and bake for 15-20 more minutes, or until a toothpick inserted in the center comes out clean. If you didn't tent at 45 minutes, check again at 55 minutes, then tent and bake for an additional 5-10 minutes.

Honey: Honey instead of sugar adds moisture and a subtle floral depth that white sugar can't replicate. It also helps the crust develop a gorgeous golden color.

Nonfat Plain Greek Yogurt: It adds moisture, keeps the crumb tender, and brings in a protein boost without adding any noticeable tang.

Olive Oil: Olive oil keeps the loaf moist without making it greasy and has a much better nutritional profile than vegetable oil.

Family Council



Family
Councils
Ontario



Brought to you by the LTC Family Council

The next LTC Family Council Meeting is
Monday October 19th
in the Long Term Care Library.
New members welcome!

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](#).

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.



Wishing you a
Happy Birthday!

Our Residents

LTC

Reid H Oct. 7
Carl Z Oct. 8
Alan L Oct. 10
Fred S Oct. 16
Shirley M Oct. 17
Larry R Oct. 18
Jim H Oct. 21
Vivian S Oct. 30
Harold Y Oct. 31

RH

Pam F Oct. 3
Marion W Oct. 7
Dick J Oct. 9
Karin N Oct. 10
Sharon D Oct. 10
Marlene T Oct. 10
Dorothy W Oct. 12
Roland B Oct. 13
Elizabeth K Oct. 16
Alan B Oct. 20
Barbara M Oct. 20
Mary Lou H Oct. 21
Moiria M Oct. 22
Eileen C Oct. 23
Toni H Oct. 23
Linda T Oct. 23
Rayman T Oct. 25
Flip E Oct. 26
Ivan S Oct. 26
Anne W Oct. 28

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



In Memoriam

The Board of Directors, leadership team and
team members were saddened by the passing
of:

LTC– Joyce C
RH– Penny P, Jim W, Del M

Village Events

Combined Village Events with RH & LTC

Every Sunday at 2:45 Church Service in Town Hall

Every Monday Evening at 6:30 Musical Entertainment in Town Hall

Every Friday Evening at 6:30 & 7:45 Documentary Hour

Saturday October 3rd at 2:45 Oktoberfest Party in Town Square

Friday October 9th from 11:30 to 2:30 Triniman Kitchen Food Truck Location TBA

Wednesday October 14th at 10:15 Catholic Mass in Town Hall

Wednesday October 14th from 10-2:30 The Boutique Sale on RH Mainstreet

Saturday October 17th at 10:30 Aviation Program with Jeffrey T. in Town Hall

Tuesday October 20th from 10-1 Bake Sale on RH Mainstreet

Saturday October 24th from 3:00 to 4:00 Trunk or treat on RH Mainstreet

Monday October 26th from 9-5 Municipal Elections in Town Hall

Monday October 26th from 11:30 to 2:30 Mexican Food Truck Location TBA

Saturday October 31st at 2:30 Halloween Party in Town Square

Residents Rights

27. Every resident has the right to be informed in writing of any law, rule or policy affecting services provided to the resident and of the procedures for initiating complaints.

SPOT the dot!

Tell us who is connecting the dots and delivering an extraordinary experience.

Easy as 1, 2, 3!

- 1 Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- 2 Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- 3 Take the matching sticker, find the team member and present it to them.



There were so many nominations (which is amazing) that we cannot type them all out. They all will be given to who was being recognized!

The winners will get 25 points on our Bucketlist app to spend, one winner from each side of the Village per month.

The winner for the Long Term Care side is: Hiam (PSW)
The winner for the Retirement side is: Marie S (PSW - MED CERT)

Congratulations!!

Volunteer Corner

Retirement General Store Hours:

- Monday 11:30-2:30pm
- Tuesday 12:30-3:00pm
- Wednesday 5:00-7:00pm
- Thursday 12:30-3:00pm
- Friday 12:30-4:30pm
- Saturday 12:30-3:00pm
- Sunday Closed



If you are interested in becoming a volunteer for Retirement or Long Term Care, you can apply online through our website or fill out an application form here in the Village. If you want more information, you can also reach me – Maria Campbell at:

glendale.volunteers@schlegelvillages.com or
by phone at (519) 668-5600 ext. 8046

October has a lot in store this year! Thanksgiving and Halloween are coming up right around the corner! It's a great chance to spend time with family and loved ones. And don't forget about trick-or-treating for the little kids! So, have fun!

If you have any really fun Thanksgiving or Halloween games, just let Maria, Sharan, or Taylor know. And don't forget to enjoy the Halloween music!

What kind of music do you like?

What are you thankful for?

Heather V - Volunteer



Contact us...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

Our mission.. is to provide holistic healthcare in a home environment, located within an intentional neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.

Long Term Care Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
Holly Ross	Assistant General Manager	X 8003	Holly.Ross@schlegelvillages.com
Anne Marggraf	Director of Care	X 8005	Anne.Marggraf@schlegelvillages.com
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Janna Cook	Assistant Director of Care	X 8019	Janna.Cook@schlegelvillages.com
Vergel Vicente	Assistant Director of Care	X 8037	Vergel.Vicente@schlegelvillages.com
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TBA	Director of Food Services	X 8004	
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TBA	PAL Coordinator	X 8016	
Maria Campbell	Student Services/Volunteer Coordinator	X 8046	Glendale.Volunteers@schlegelvillages.com
Shannon Brady	Resident Support Coordinator	X 8014	Shannon.Brady@schlegelvillages.com
Tracy King	Director of Quality and Innovation	X 8057	Tracy.King@schlegelvillages.com
TBA	Nurse Practitioner	X 8013	
Deopatti Deebrah	Team Experience Coordinator	X 8252	Deopatti.Deebrah@schlegelvillages.com
Hans Van Eyk	Spiritual Care Lead	X 8043	Glendale.Chaplain@schlegelvillages.com

If any Resident would like a copy of the newsletter delivered monthly, please contact Sharan Kaur at extension 8007, or let your Recreation Team Member know.

Contact us...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

Retirement Home Leadership Team

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Rob Dore	Spiritual Care Lead	X8236	gcrhchaplain@schlegelvillages.com
Hardeep Kumar (chef)	Ruby Restaurant Team	X8224	Hardeep.Kumar@schlegelvillages.com
Lead Nurse		X8255	

