

September 2026

Issue No. 6

THE VILLAGE OF RIDGEVIEW COURT

ISSUE NO. 6



Welcome
September



Message from General Manager

Donna Dalupan

Dear Residents and Families ,

As we welcome the month of September, I hope all of our residents and families are enjoying the last of the warm, sunny days that summer has to offer. As we begin to transition into the fall season, we look forward to continuing to create meaningful experiences together.

Over the next few newsletters, I would like to take the opportunity to introduce, and in some cases re-introduce, members of our Leadership Team. During our move-in period, there was a great deal happening, and some residents and families may not have had the chance to meet all of the leaders who support our Village. We hope these introductions will help you get to know the individuals who work alongside our residents, families, and team members every day.

This month, we are pleased to feature our Neighbourhood Coordinators. Our Neighbourhood Coordinators are generalist leaders who support residents, family members, and team members within their neighbourhoods. They help coordinate care and services, foster communication, address concerns, and work collaboratively with interdisciplinary teams to ensure residents receive the best possible experience in our Village.

Meet Our Neighbourhood Coordinators

- **Edward – Nassagaweya and Kelso Neighbourhoods (1st Floor)**

Hello everybody! My name is Edward, and I am the Neighbourhood Coordinator supporting Nassagaweya and Kelso on the first floor.

I am passionate about helping others and could not be happier to build relationships with our residents every day here in the Village.

A fun fact about me is I love to cook, especially for those close to me. I would love to bring that same sense of connection in the relationships I foster with everyone in the Village.

- **Hayley – Auburn and Boyne Neighbourhoods (2nd Floor)**

My name is Hayley, and I am the Neighbourhood Coordinator for the Auburn and Boyne Neighbourhoods on the second floor. I have been with Schlegel Villages for five years as a Neighbourhood Coordinator.

My goal for my teams is that we all work together to support our wonderful residents. Through dedicated resident support, calm television scenery in our living rooms, and daily meaningful and active engagement opportunities, our mission is to ensure that each resident thrives by doing what is important and enjoyable to them.

A few fun facts about me: I thrive on organization and Diet Coke! I also have two adorable dogs, a Cockapoo named Stormy and a Yorkie named Trinity. In my spare time, I enjoy colouring on my iPad and building LEGO® sets.

- **Elizabeth – Omagh and Esquesing Neighbourhoods (3rd Floor)**

Hi everyone! My name is Elizabeth, and I am the Neighbourhood Coordinator for the Omagh and Esquesing Neighbourhoods on the third floor.

Together with our team, I support residents in their daily lives and work closely with families and team members to help create a warm and welcoming neighbourhood where residents feel valued, respected, and at home.

A fun fact about me is that music brings me joy and is one of my favourite ways to connect with others and relax.

We are grateful for the dedication, compassion, and leadership that Edward, Hayley, and Elizabeth bring to their neighbourhoods every day. Please take a moment to say hello when you see them, and feel free to reach out if they can assist you in any way.





Message from Spiritual Care Lead

Charles Ogugbuaja

ridgeview.spiritualcarelead@schlegelvillages.com

Self-Forgiveness: The Key to Inner Joy

The Burden of Unforgiven Self

When we refuse to forgive ourselves, we carry an emotional burden that can gradually affect every area of our lives. Guilt can become shame, and shame can become a negative identity. Instead of saying, "I made a mistake," we begin to say, "I am a mistake." Instead of recognizing that we did something wrong, we convince ourselves that there is something fundamentally wrong with us.

This way of thinking can rob us of peace and joy. We may constantly live in the past, allowing yesterday's failures to control today's emotions. We punish ourselves repeatedly for something that has already happened. In doing so, we give the past power over the present.

Sometimes the greatest prison is not created by other people; it is created within our own minds. We can become prisoners of memories, regrets, guilt, and self-condemnation. We may receive forgiveness from others, yet continue to punish ourselves. We may be encouraged to move forward, yet remain emotionally attached to what we wish we could undo. Self-forgiveness helps us break this cycle.

Accepting Our Humanity

To forgive ourselves, we must first accept that we are human. Being human means being capable of both great goodness and serious mistakes. We are growing, learning, and changing throughout life. Maturity does not mean never making mistakes; it means becoming wiser through the mistakes we make. There is a difference between responsibility and self-condemnation. Responsibility says, "I recognize what I did, and I will learn from it." Self-condemnation says, "Because of what I did, I deserve to suffer forever." Responsibility leads to growth; self-condemnation keeps us trapped.

We should therefore ask ourselves: What can this experience teach me? What do I need to change? Whom do I need to apologize to? What can I do differently in the future?

These questions transform regret into wisdom.

Letting Go of the Person We Used to Be

One of the reasons self-forgiveness is difficult is that we sometimes continue to judge ourselves according to an older version of ourselves. We forget that people change.

The person who made a poor decision years ago may not be the same person today. Experience can change our understanding. Pain can deepen our compassion. Failure can make us wiser. Difficult experiences can teach us humility and patience.

We should not allow our worst moment to become our permanent identity.

There is a future waiting for us beyond our mistakes. We cannot enter that future if we remain emotionally committed to punishing ourselves for the past.

Learning to Speak Kindly to Ourselves

Many people would never speak to another person the way they speak to themselves. We may encourage a friend who has failed, yet condemn ourselves for the same failure. We may tell another person that everyone deserves another opportunity, yet refuse to give ourselves one.

We need to develop a healthier inner voice.

This does not mean becoming careless or refusing to acknowledge our weaknesses. It means learning to correct ourselves without destroying ourselves. We can say, "I made a mistake," without saying, "I am worthless." We can recognize our weaknesses while still recognizing our dignity.

The way we speak to ourselves matters because our inner conversation shapes how we see ourselves and how we approach life.

A Journey Toward Freedom

Self-forgiveness is a journey, not always a single decision. Some wounds take time. Some memories return unexpectedly. Sometimes we may think we have forgiven ourselves, only to discover that an old regret still hurts. When that happens, we should be patient with ourselves. Forgiveness may need to be repeated as we continue to heal. Each time the memory returns, we can remind ourselves: "That happened, but it does not define me. I have learned. I have grown. I am allowed to move forward." Inner joy begins when we stop demanding perfection from ourselves and begin embracing growth.

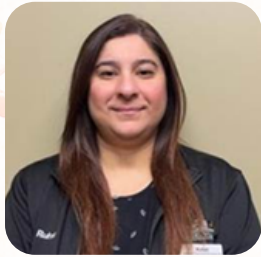


In Loving Memory of our Residents

Thomas P.

Forever remembered, forever cherished.





Message from Assistant Director of Nursing Care

Clinical Program Lead – PERT, Pain Management & Palliative Care

Supporting Our Residents Through Clinical Programs

At Ridgeview Court, providing exceptional care means looking beyond a diagnosis and taking the time to understand the person behind the care needs. Our clinical programs help us do just that - supporting residents with compassion, dignity, comfort, and individualized care throughout their journey with us.

As an Assistant Director of Nursing Care and Clinical Program Lead, I have the privilege of supporting three important clinical programs: Personal Expressions Resource Team (PERT), Pain Management, and Palliative Care. These programs work hand in hand with our interdisciplinary team to help ensure that every resident feels heard, understood, comfortable, and supported.

- **Personal Expressions Resource Team (PERT)**

Sometimes, a resident may not be able to tell us exactly what they need or how they are feeling. Their words, gestures, body language, and actions can become their way of communicating with us.

PERT helps our team look beyond the expression and ask, “What is this resident trying to tell us?” By understanding each resident’s unique needs and the physical, emotional, social, and environmental factors that may influence their expressions, we can develop individualized strategies that create a consistent, supportive, and engaging environment.

- **Pain Management**

Comfort is an important part of quality of life. Our Pain Management Program focuses on recognizing, assessing, and responding to pain in a way that is individualized to each resident.

Through both pharmacological and non-pharmacological approaches, our interdisciplinary team works together to promote comfort and function. This may include medication, positioning, comfort measures, equipment, assistive aids, and other individualized interventions. Most importantly, we continue to monitor each resident’s response so that their care can evolve with their needs.

- **Palliative Care**

Palliative care is about making every moment as comfortable, meaningful, and dignified as possible. Our focus is on the resident's wishes, preferences, comfort, and quality of life.

Working together with residents, families, substitute decision-makers, and the interdisciplinary team, we provide holistic care that addresses physical, emotional, social, and spiritual needs. Whether supporting someone through their palliative journey or at the end of life, our goal is to ensure that each resident is treated with respect, compassion, and dignity.

Caring with Purpose

These programs remind us that great care is not simply about completing a task—it is about understanding, listening, responding, and connecting. By working together as an interdisciplinary team, we can continue to create an environment where our residents feel safe, valued, respected, and truly cared for.

Because every expression has a story, every resident has a voice, and every moment of comfort matters.

Quality of Life Survey

At Schlegel Villages, we believe the people who live in our Village - and the families and loved ones who know them best - are essential partners in helping us provide meaningful care, services, and experiences. One of the important ways we listen is through our resident and family surveys.

The resident survey campaign is now active. Eligible residents will be invited to share their perspectives about life in the Village. Feedback helps us better understand the day-to-day experience of living in the Village and supports our ongoing commitment to quality care, comfort, relationships, choice, and meaningful engagement.

This fall, we will also launch our family survey. Families and loved ones bring an important perspective to the care and services we provide. We want to hear about your experiences so we can continue learning together and strengthening life in the Village.

Participation in the surveys is voluntary, and responses are reviewed in a way that helps us understand themes and opportunities for improvement. What we learn from residents and families supports conversations with our teams and Councils, and helps guide local action planning.





September is Arthritis Awareness Month!



Arthritis is a term that is used to describe various diseases involving inflammation in the joints or other regions of the body. Inflammation is characterized by redness and swelling which causes pain, and in joints, can create stiffness. In worse cases, inflammation can lead to loss of function and disability.

Arthritis can affect nearly any part of the body, typically it affects the knees, hips, spine or other weight-bearing joints. Moreover, this is a chronic condition and affects people on a constant or recurring basis for months, years, or even a lifetime.

Arthritis affects people of every age, gender, and ethnicity. Did you know that 1 in 2 adults aged 65 or older have arthritis?

While there is no cure for arthritis, there are things we can do to help manage the pain! Besides medications, exercise and low-impact movements can help support individuals with arthritis. Exercise helps in reducing pain and stiffness, while improving flexibility, strength and endurance. This can also support weight-management, as it has been noted that extra weight can worsen symptoms of arthritis and increase pain. Furthermore, exercise will also improve your mood!

Participating in group exercise classes, stretching, strength-training, low-intensity biking, and walks are effective and simple ways to take action in managing arthritis symptoms and pain! Additionally, meditation, yoga, tai-chi, deep-breathing and listening to music can help ease pain.

✦ Athlete Of The Month ✦

The PAL Team is thrilled to announce that Murray Thomas is our Athlete of the Month for August 2026!

Murray has been working hard with the PAL and Physio team over the last several weeks. He is always ready to engage in exercise classes and one-on-one sessions with a positive attitude.

Murray has been making steady progress with sit-to-stand programs in the Fitness Center. Murray is highly motivated to learn how to stand, move, and build his leg strength!

We are happy to recognize Murray for his efforts and perseverance! Congratulations, Murray!



Residents' Council Meeting Announcement!

All residents are invited to attend the Residents' Council Meeting

 Date: Friday, September 18th

 Time: 2:30 p.m.

 Location: Community Centre

This is a great opportunity to share your ideas, feedback, and suggestions about life in the home.

If you require assistance to attend the meeting at the Community Centre, please speak with a Recreation team member who will be happy to assist you.



For Residents, By Residents — Inspiring a Better Tomorrow

Residents' Bill of Rights

3 (1) Every licensee of a long-term care home shall ensure that the following rights of residents are fully respected and promoted:

RIGHT TO AN OPTIMAL QUALITY OF LIFE

6. Every resident has the right to communicate in confidence, receive visitors of their choice and consult in private with any person without interference.

7. Every resident has the right to form friendships and relationships and to participate in the life of the long-term care home.

8. Every resident has the right to share a room with another resident according to their mutual wishes, if appropriate accommodation is available.



Dadhi K..	Sept. 01
Cheng C.	Sept. 03
Awatef G.	Sept. 05
Heather W.	Sept. 05
Shirley E.	Sept. 06
Jim D.	Sept. 12
Doris S.	Sept. 12
Mary M.	Sept. 13
Aizhi Z.	Sept. 17
Theresia W.	Sept. 18
Diane W.	Sept. 21
Mike F.	Sept. 22
Peter H.	Sept. 23
Candis R.	Sept. 23
Justino C.	Sept. 24
Socorro S.	Sept. 25
Raymond C.	Sept. 27
Clement J.	Sept. 29
Don W.	Sept. 30



Bus outing time!

Scenic Drive

Wednesday, Sept. 16th, 1:00 p.m.
(Kelso & Esquesing)

Tuesday, Sept. 29th, 9:30 a.m.
(Nass, Boyne, Omagh)

Van Outing (5-6 residents only)

Scenic Drive

Friday, Sept. 11th, 1:30 p.m. (Auburn NH)

UPCOMING CELEBRATIONS/EVENTS

.....

Labour Day Celebration

Monday, September 7th
2:30 P.M. - Main Street

Family Council Meeting

Thursday, September 10th
5:00 P.M. - Council Chambers

Grandparents Day Celebration

Sunday, September 13th
2:30 p.m. - Main Street

Drawing Class

Tuesday, September 15th
3:30 p.m. - Community Centre

Residents' Council Meeting

Friday, September 18th
2:30 p.m. - Community Centre

Welcoming Fall Social

Tuesday, September 22nd
2:30 p.m. - Main Street

Multicultural Celebration

Wednesday, September 23rd
1:30 p.m. - Main Street

Birthday Celebration

Friday, September 25th
2:30 p.m. - Main Street

Memorial Service

Saturday, September 26th
1:30 p.m. - Spiritual Centre

Oktoberfest Celebration

Tuesday, September 29th
2:30 p.m. - Main Street

We are happy to announce that we raised a total of \$565, including online donations, during our Bake Sale in August! We are incredibly grateful to all the residents, families, team members, and friends who supported this wonderful fundraiser.

The proceeds will be donated to The Addison Society Canada to support their important work and initiatives.

A very special thank you to Linda C., a family member from Kelso, who generously donated cupcakes for the Bake Sale. Her thoughtful contribution added a beautiful and delicious touch to the event!

We would also like to extend our appreciation to our Recreation team members and residents who generously baked and prepared delicious treats for the Bake Sale. Your time, effort, and creativity helped make the event such a success.

Bake Sale





— RESIDENTS —

Food



COMMITTEE

Your Voice. Better Meals. Together.



Join Us Every Month

- Come to our monthly Food Committee meeting to:
- Review and provide feedback on new menus.
- Learn more about food and dining services.
- Meet and speak with our Food Service Manager and Dietitian.

Have a Question or Suggestion?

- Bring it to the Food Committee! We want to hear from you and work together to make mealtimes enjoyable for everyone.

Want to Join?

- To sign up or learn more, please reach out to NC.
Come share your voice and help us make our dining experience better!

Invitation for Family Council

We welcome you to share your thoughts and ideas

Date :  September 10th 2026 Thursday **Time**  5:00 pm

Location  : Council Chambers



About Family Council



Family Council is a place where family members and friends come together to exchange ideas, ask questions, and work in partnership with the Village. Your voice helps shape a supportive and caring community for everyone.



Mission

To provide a welcoming forum where families can share ideas, discuss programs and collaborate with the Village team, and support continuous improvement in the quality of life and care for all residents.



Meetings provide an opportunity to discuss resident experiences, offer suggestions, learn about Village updates, and participate in meaningful conversations that promote positive change. Every perspective is valued and welcomed.

Need Assistance?

If you have any questions or would like more information about Family Council, please reach out to Edwin (RSC). I will be happy to assist you and help you get involved.

 edwin.jeril@schlegelvillages.com



Extended!

Residents, Families and Team Members!

50/50 Raffle Fundraiser

Ticket price:

1 ticket - \$5.00

3 tickets - \$10.00



**The winner will be
announced on Wednesday,
September 23rd.**

**50% of the proceeds will support
the Schlegel Hope Fund**

WILFRED SCHLEGEL
Hope Fund

Get tickets

Tickets are available at the
Community Centre.

Wilfred Schlegel Hope Fund

The Wilfred Schlegel Hope Fund was launched through Schlegel Villages in early 2018 to honour the legacy of the man for whom it was named. As a benevolent fund, it grows based on the voluntary payroll deductions of team members, which are in turn matched by the Schlegel Family. The funds are allocated on an “as needed” basis to team members facing unforeseen financial hardship through a difficult time. There have been house fires and sudden illness to set a team member and family back; spouses laid off or the sudden loss of a loved one. The fund is there as a means of support, a glimmer of hope from the wider Schlegel Family, and it has been there for hundreds of team members over the years.

WILFRED SCHLEGEL
Hope Fund

Double Trouble

Find the word that can be an ending
to the first word listed and can be the beginning
to the second word listed. The first answer is given.

- | | |
|--------------------------|-------------|
| 1. tooth _ _ _ _ _ fire | brush _____ |
| 2. flash _ _ _ _ _ house | _____ |
| 3. tea _ _ _ cake | _____ |
| 4. black _ _ _ _ _ game | _____ |
| 5. camp _ _ _ _ _ fly | _____ |
| 6. day _ _ _ _ _ table | _____ |
| 7. dog _ _ _ _ _ pile | _____ |
| 8. apple _ _ _ _ _ pan | _____ |
| 9. barn _ _ _ _ _ stick | _____ |
| 10. base _ _ _ _ _ point | _____ |
| 11. horse _ _ _ _ _ box | _____ |
| 12. jail _ _ _ _ _ song | _____ |
| 13. pay _ _ _ _ _ mate | _____ |
| 14. wrist _ _ _ _ _ band | _____ |
| 15. post _ _ _ _ _ board | _____ |
| 16. jelly _ _ _ _ _ bag | _____ |



September can be hot

Keep cool and have fun!

G	F	M	K	L	W	X	S	E	Y	R	T	W	O
L	E	D	Z	I	J	H	F	S	T	U	A	R	N
H	C	K	A	G	S	E	U	V	I	M	H	E	B
Y	N	S	L	H	F	N	L	P	V	T	I	W	G
D	A	E	L	T	S	E	L	C	I	S	P	O	P
R	F	I	E	C	O	K	H	J	T	U	T	H	V
A	S	O	R	L	L	R	E	X	C	N	S	S	C
T	W	E	B	O	V	D	Z	Y	A	G	E	L	U
E	E	R	M	T	A	W	E	G	T	L	R	O	P
N	M	D	U	H	C	A	W	Q	H	A	U	O	I
S	F	Q	S	I	Y	T	A	H	G	S	M	C	C
D	R	T	T	N	H	E	L	A	I	S	Y	L	R
C	T	W	N	G	E	R	K	L	L	E	K	O	P
I	N	D	O	O	R	S	M	E	N	S	A	I	O

INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER



Schlegel Villages – CONNECTIONS

A place for everyone in Village Life

The pillars of our LIVING in My Today philosophy shine every day in all corners of Schlegel Villages.

It is through these pillars that we support people living with Alzheimer's disease and the many other forms of dementia.

No matter a person's needs or abilities, we are committed to creating places where everyone feels safe, seen, valued and free from the stigma that so often follows a diagnosis of dementia. Too often, people living with dementia become marginalized because of that stigma, but we believe it should never define a person or limit their opportunity to live a meaningful life.

On **World Alzheimer's Day, September 21**, we reaffirm our commitment to advocating for people living with dementia and to creating Village communities where there is a place for everyone. No matter where a person is on their journey, they remain an important part of Village Life, with every opportunity to belong, participate and thrive.



National Day for Truth and Reconciliation

This day calls us to remember the countless First Nations, Inuit and Métis children taken from their families, and to acknowledge the lasting harm caused by colonial policies that suppressed and attempted to erase entire cultures.

Education and conversation are how we come to understanding.



Why is **YOURS** the
GRANDEST?

Pick a postcard.
Share your story.

Let's celebrate the special people
who make life a little sweeter.

Fill out a postcard at the table, or scan the
QR code to share your answer online.

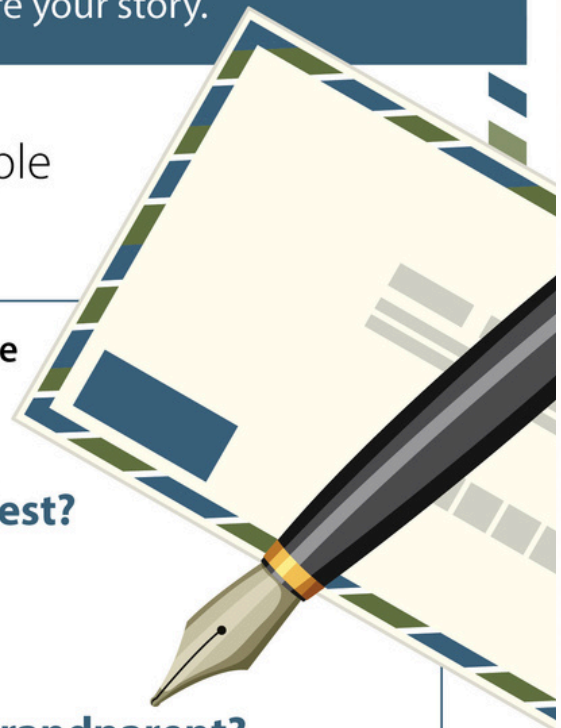
Why is my grandparent the grandest?

Tell us what makes your grandparent so special.
Share a favourite memory, a little thing they do,
or simply why they mean so much to you.

What do you love about being a grandparent?

Share what makes being a grandparent so wonderful.
The laughter, the cuddles, the stories, the little
moments and everything in between.

Your story, your way!



RESEARCH MATTERS

RIA FEATURE

The Earlier You Know: A Dementia Diagnosis Matters

After being diagnosed with dementia, Myrna Norman was told to go home and get her affairs in order. For her and so many others, diagnosis is incorrectly painted as “the beginning of the end”. In reality, an early dementia diagnosis can empower people and care partners to find a new way forward for living well with cognitive changes.

That message of early awareness is the focus of September’s [World Alzheimer’s Month](#). With early diagnosis comes the opportunity to access support that can transform the dementia journey.

Dementia describes a set of symptoms that can be caused by various disorders. About 50 to 70 per cent of all people living with dementia have Alzheimer’s disease, a diagnosis characterized by problems with short-term memory, concentration, problem solving and thinking.

The time leading up to and after a dementia diagnosis can be confusing and stressful. Some people dismiss cognitive changes as a normal part of aging and delay seeking help. Others may avoid sharing their experiences for fear of rejection, isolation or cultural stigma.

As difficult as it can be, reaching out to healthcare professionals and trusted family and friends as early as possible may positively impact long-term well-being.

While dementia is progressive, meaning symptoms will continue to develop over time, medication and a healthy lifestyle may slow the progression of symptoms. When these tools are combined with strategies for daily living

September 2026



and support from care partners, people living with dementia can lead full and meaningful lives.

After her diagnosis, Myrna found that joy, community involvement, and even brand-new hobbies were all possible. As an advocate for living well with dementia, she shared her story through [Forward with Dementia](#), an online resource that helps people find hope, answer questions, and learn from others on the dementia journey.

For Myrna, it was [helpful to acknowledge](#) that “things can be better. We can actually take steps to make them better. We know that there are certain tools that we can use, from going for a walk in nature to listening to music, that can actually improve our life.”

To learn more about navigating a dementia diagnosis, visit forwardwithdementia.ca

The Canadian arm of Forward with Dementia has been hosted at the Schlegel-UW Research Institute for Aging since 2023. The program’s development was led by Carrie McAiney, Schlegel Research Chair in Dementia, and co-designed with people living with dementia, care partners, and health and social care providers.