

October 2026

Issue No. 7

THE VILLAGE OF RIDGEVIEW COURT

ISSUE NO. 7



*Happy
Thanksgiving*



Wishing you a joyful and blessed Thanksgiving
filled with love and gratitude!





Message from General Manager

Donna Dalupan

Dear Residents and Families ,

As we welcome the beginning of fall, we look forward to the beautiful sights of the leaves changing and the warmth this season brings. As we move into October, I also want to acknowledge that this month brings Thanksgiving, we pause to say thank you – to our residents for sharing your stories and strength, to families for your trust and partnership, and to the team members for the compassion you show everyday. May this Thanksgiving bring connection and moments of joy to you and your loved ones.

Last month, I introduced our Neighbourhood Coordinators. This month, I am pleased to introduce two additional leaders whose dedication and expertise play an important role in supporting the quality of care and the overall resident experience in our village.

- **Eden Hardy - Director of Quality & Innovation**

Hello everyone!

My name is Eden, and I am the Director of Quality and Innovation for the village. I focus on collecting data and finding trends throughout all departments, programs and teams, to give insight and help others understand the story behind the numbers.

Previously I worked as a Food Service Aide, and then following as a Recreation Aide, and then transitioned into the Team Experience Coordinator role to cultivate the team member experience. I love to celebrate the successes of others, indulge in village life through fun events and I enjoy finding ways for everyone to participate in all thing's quality.

A few fun facts about me are that I played hockey as a goalie for 15 years, I adore my French bulldog, Marshall, and I will become an aunt to my first nephew in October!

- **Edwin Jeril - Resident Support Coordinator**

Hi everyone,

My name is Edwin, and I'm the Resident Support Coordinator at the Village of Ridgeview Court. My role involves supporting residents and their families, reviewing applications, coordinating admissions and move-ins, and ensuring a smooth transition into village life. I also work closely with residents to support their social well-being, as well as support in Resident Council and Family Council. I run support groups like Gather that bring residents and family members together. I really enjoy building meaningful connections with everyone and making a positive difference in their daily lives.

Something fun about me: In my free time, I enjoy exploring new places, going on hikes, and travelling. I'm always looking for an excuse to discover somewhere new and experience something different.





Message from Spiritual Care Lead

Charles Ogugbuaja

ridgeview.spiritualcarelead@schlegelvillages.com

Self-Appreciation: The Real Strength Within

In a world where we are often encouraged to compare ourselves with others, it is easy to overlook one of the greatest sources of strength we possess: the ability to appreciate ourselves. Self-appreciation is not pride, arrogance, or believing that we are better than others. It is the healthy recognition that we have value, that our efforts matter, and that we deserve to acknowledge the good we carry within us.

Recognizing Your Own Worth

Many people spend their lives waiting for someone else to tell them that they are doing well. We look for approval from family, friends, colleagues, society, and even social media. When that approval does not come, we may begin to question our worth.

But our value should not depend entirely on other people's opinions. Self-appreciation means being able to say: "I may not be perfect, but I have come a long way. I have faced difficulties, learned from my mistakes, and continued moving forward." There is strength in recognizing your journey.

Appreciate Yourself Without Comparing Yourself

Comparison can rob us of gratitude. Someone may have a different career, family situation, financial position, appearance, or opportunity. But their journey is not your journey. Instead of constantly asking, "Why am I not where they are?", ask, "Am I growing from where I used to be?" Your greatest competition should not always be another person. Sometimes it is the person you were yesterday.

Self-Appreciation Is Not Selfishness

There is nothing selfish about recognizing your own strengths and needs. In fact, people who appreciate themselves are often better able to appreciate others. Self-appreciation allows us to say, "Your light does not make mine darker." Someone else's success does not diminish your own value.

Learn to Speak Kindly to Yourself

We sometimes speak to ourselves in ways we would never speak to someone we love. When you fail, do not destroy yourself with harsh words. Correct yourself, learn from the experience, and begin again.

A Spiritual Perspective

From a spiritual perspective, self-appreciation begins with recognizing that every human being possesses inherent dignity. Our worth does not come only from our achievements, possessions, position, or the opinions of others. We are more than our failures. We are more than our jobs. We are more than our past. We are more than the mistakes we have made.

Conclusion

Self-appreciation is real strength because it gives us an inner foundation. It teaches us to recognize our progress, accept our imperfections, learn from our failures, and continue moving forward. Do not wait for everyone else to appreciate you before you appreciate yourself.



In Loving Memory of our Residents

Betty B.
Gomathi P.



Forever remembered, forever cherished.



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.



Message from Assistant Director of Nursing Care

Pam Croucher - Clinical Program Lead – IPAC

What is flu season and what to expect

As we enter flu season and other times of the year when respiratory illnesses are circulating, we may see several residents in the same neighbourhood develop similar symptoms.

When there is an increase in illness, Public Health may declare an outbreak.

What can you expect during an outbreak?

- **The affected neighbourhood will be placed in outbreak status.**
Signs will be posted to let everyone know that an outbreak is occurring.
- **Residents and team members may be cohorted to the affected neighbourhood.**
You may hear the term “cohorting.” This simply means that, for the duration of the outbreak, residents will be asked to remain within their neighbourhood rather than visiting other neighbourhoods or common areas. This helps reduce the risk of spreading illness to other areas of the home.
- **Use of Masks**
If masking is required or recommended by public health, you will notice team members wearing masks. Visitors may also be strongly encouraged, or required, to wear a mask depending on the situation and Public Health direction.
- **Residents who develop symptoms will be placed on isolation precautions.**
If you are experiencing respiratory symptoms, you will be asked to remain in your room to help prevent the illness from spreading. For many respiratory illnesses, this may be for 5 days from the start of symptoms, or until your symptoms have resolved.
- **Some illnesses may require a longer isolation period.**
The length of time can vary depending on the type of illness. For example, influenza may require longer isolation period. We will follow the direction provided by Public Health.

- **Additional Precaution signage will be placed outside your room when needed.**

This lets anyone entering your room know what additional precautions they need to take to keep you and others safe.

- **A PPE caddy will be placed outside your room.**

The caddy will contain the appropriate personal protective equipment (PPE) needed for anyone entering the room. In case you are wondering what PPE stands for it refers to items such as = masks, gowns, gloves or face shields

- **Visitors may be asked to wear appropriate PPE**

Visitors will be strongly encouraged, or required when applicable, to wear the appropriate PPE when visiting a resident who is on isolation precautions.

- **Tray service will be implemented for those resident's who are in isolation:**

Meals will be provided to you in your room while you are in isolation and the team will assist with meals as necessary

Vaccines Available to Help Protect You

- **Influenza vaccine (flu shot)** - to help protect you against influenza.
- **RSV vaccine** - for residents who are 65 years of age and older, who are eligible to receive it. Protects against the respiratory syncytial virus
- **Fall COVID-19 booster** - to provide additional protection against COVID-19.

What Can You Do to Help Prevent Illness?

Practice good hand hygiene

Get Vaccinated for influenza, Covid and RSV

Cover Your Cough and Sneeze

Lets do our best to keep everyone safe and healthy this flu season!



World Spine Day!



The spine plays an essential role in supporting the body's structure and vital functions. It helps us maintain our posture and allows us to perform everyday movements such as standing, walking, sitting, bending, and reaching.

Within the spine is the spinal cord, an important part of the nervous system that carries messages between the brain and the rest of the body. The spine protects the spinal cord while providing the stability and flexibility we need to move. Together, the spine and spinal cord work to support our body and help us stay active and independent.

World spinal day takes place every year on October 16 to celebrate the incredible job our spine does and to raise awareness about the importance of maintaining a healthy spine throughout our lives.

Do's:

- Maintain Good Posture
- Stay Active and Exercise
- Lift Properly
- Stretch Regularly
- Stay Hydrated
- Eat a Balanced Diet

Don't's:

- Avoid Slouching
- Don't Overexert
- Limit Prolonged Sitting
- Avoid High Heels
- Don't Ignore Pain

✦ Athlete Of The Month ✦

The PAL Team is thrilled to announce that Joseph Paluch is our Athlete of the Month for September 2026!

Joseph has been working hard with the PAL team over the last several weeks. He has been coming to the fitness center on a regular basis, ready to workout with a bright smile! He is always ready to engage in group classes and encourages everyone around him to move their body.

Joseph is a hard worker and does not like to give up. He holds the record for the furthest distance on the NuStep averaging 2.75km!

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



Residents' Council Meeting Announcement!

All residents are invited to attend the Residents' Council Meeting

 Date: Friday, October 16th, 2026

 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:

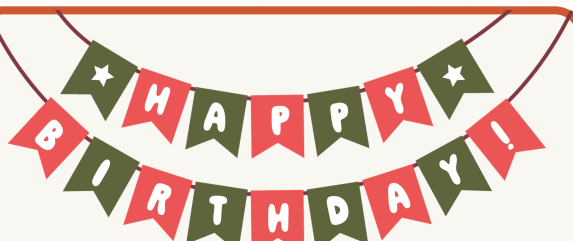
RIGHT TO AN OPTIMAL QUALITY OF LIFE

9. Every resident has the right to meet privately with their spouse or another person in a room that assures privacy.

10. Every resident has the right to pursue social, cultural, religious, spiritual and other interests, to develop their potential and to be given reasonable assistance by the licensee to pursue these interests and to develop their potential.

11. Every resident has the right to live in a safe and clean environment.

12. Every resident has the right to be given access to protected outdoor areas in order to enjoy outdoor activity unless the physical setting makes this impossible.



Marianne K.	Oct. 01
Marilyn P.	Oct. 01
Diane S.	Oct. 01
Lalita V.	Oct. 05
Norma Q.	Oct. 06
Kenneth S.	Oct. 07
Tony V.	Oct. 08
Robert P.	Oct. 09
Paul H.	Oct. 13
Cecelia N.	Oct. 16
Jim T.	Oct. 18
Cheryl W.	Oct. 20
Maria F.	Oct. 22
Norbert W.	Oct. 26
John K.	Oct. 30



Bus outing time!

Springridge Farm **Van Outing (5-6 residents only)**

Friday, Oct. 9th, 9:30 a.m. (Boyne NH)
Tuesday, Oct. 13th, 1:30 p.m. (Omagh NH)
Friday, Oct. 16th, 1:30 p.m. (Esquesing &
Auburn NH)
Monday, Oct. 19th, 10:00 a.m. (Kelso NH)
Saturday, Oct. 24th, 9:30 a.m. (Nass NH)

UPCOMING CELEBRATIONS/EVENTS

.....

Coffee & Donut Drive-Thru

Wednesday, October 7th
2:30 p.m. - Main street

Thanksgiving Celebration

Monday, October 12th
2:30 P.M. - Main Street

Residents' Council Meeting

Friday, October 16th
2:30 p.m. - Community Centre

Drawing Class

Tuesday, October 20th
3:30 p.m. - Community Centre

Birthday Celebration

Friday, October 23rd
2:30 p.m. - Main Street

Family Council Meeting

Tuesday, October 27th
2:30 P.M. - Council
Chambers/Virtual

Halloween Haunted House

Saturday, October 31st

VENDOR

Timeless Reflections
Monday, October 19th
11:00 a.m. - Main Street

Our Multicultural Celebration was a great hit in the village! It was wonderful to see and celebrate the diversity within our village community. Residents, families, and team members enjoyed each other's company while sharing different foods, talents, music, and cultures. It was a beautiful opportunity to learn from one another, celebrate what makes us unique, and strengthen our sense of belonging and community.

MULTICULTURAL Celebration!





Invitation for Family Council

We welcome you to share your thoughts and ideas

Tuesday, October 27th 2026
Council Chambers / Virtual at 2:30 pm



About Family Council



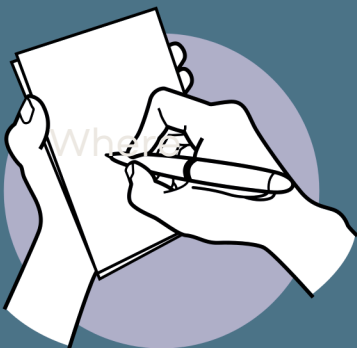
Family Council is a place where family members and friends come together to exchange ideas, ask questions, and work in partnership with the Village. Your voice helps shape a supportive and caring community for everyone.



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.

Let's Discuss:



This meeting the council will work to develop the Family Council bylaws and guidelines that will help guide how the Council operates and supports families in our community. We will also have a discussion about elections for Family Council representatives, including the process for selecting representatives and how family members can participate. This meeting is an opportunity to share your ideas, ask questions, and help shape the future of our Family Council.

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

Canadian Gratitude

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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

APPLES
APPRECIATION
AUTUMN
COMMUNITY
COOKING
CORN

CRANBERRIES
FAMILY
HARVEST
OCTOBER
PARADES
PUMPKIN

SHARING
SQUASH
STUFFING
TRADITION
TURKEY
WEEKEND

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.

RESEARCH MATTERS

RIA FEATURE

October 2026

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](#).