

The Gates Gazette

Wishing our University
Gates Community
a Happy Thanksgiving!





Municipal Election

Monday October 26th 2026

Retirement Social Club

10 am to 3 pm

Closed 12-1pm

To be eligible to vote, you must be:

A Canadian Citizen

18 years of age or older on election day

A resident of the facility





Please join us for

“GATHER”

group

Care Partner

Thurs. Oct. 22 - 1:30 PM

Join us in the LTC Chapel!

Questions? Contact Janessa at ext. 8057
or janessa.mostert@schlegelvillages.com



GATHER group – Care Partner

Designed for those who support and care for someone they love. Being a caregiver has its own set of challenges, questions and rewards. This group creates a safe space to talk about your care giving journey with others who share and understand this experience and to explore support and coping strategies together.



A Message from...

Pauline Donovan, General Manager



As we celebrate Thanksgiving, I find myself reflecting on all the things I have to be thankful for, including the opportunity to be part of this wonderful Village.

I came to Canada in 1993, settled in Cambridge with my family and never left! I love cooking (although eating is even better!) and travelling. In fact, this time last year, I was getting ready to set off on a trip to Churchill, Manitoba, to meet the polar bears! I'm also a proud granny

to one, with another grandchild arriving very soon. Life is full of adventures, and I'm always looking forward to the next one!

After many years with Schlegel Villages, I can honestly say that Village life suits me. I love meeting residents, sharing stories, solving the occasional challenge and working alongside our dedicated team. No two days are ever the same, and I wouldn't have it any other way!

I've already enjoyed meeting so many of you and look forward to getting to know everyone better. Whether it's a cup of tea in the café, enjoying some entertainment or working together on a committee, I welcome your stories, ideas and even your challenges!

This Thanksgiving, I'm especially grateful for the warm welcome I've received. Here's to new friendships, shared laughter and making our Village a wonderful place to call home.

Happy Thanksgiving!

Pauline

Quality & Innovation Update

LTC



QIP= Quality Improvement Plan
PURS = Pressure Ulcer Risk Score

- QIP: suggestions solicited from residents' council in July regarding the Anniversary Carnival in August – 3/6 completed
- QIP: residents will be invited to participate in at least 3 planning/implementation committees in 2026 (not yet started)
- QIP: 6 neighbourhoods will have Dedicated Care implemented by September – all 6 trainings completed! – implementation moved to October!
- QIP: 6 neighbourhoods will host an education session focused on teamwork and permission to spend non-care time with residents by June 30 – expectations set at Dedicated Care training in August and Sept.
- QIP: 6 neighbourhood BBQs where team are encouraged to sit and eat their meal alongside residents – 6/6 BBQs completed, Team able to join residents!
- QIP: review chart of residents newly moving in on antipsychotic medications by 6 weeks – reviews ongoing
- QIP: 3 existing residents on antipsychotic medications to be reviewed for month for possibility of reducing or deprescribing – 3 in May, 3 in June
- QIP: 80% of FT and PT Registered Team will complete new medline DIMES education – 80% completed by May 7!
- QIP: 80% of FT and PT personal support workers will complete education about new medline products by May 27 – 58% - documentation of training still ongoing!
- QIP: PURS scale will be run and changes made to care plans of those newly scoring 3-5 between May-December – monthly changes being made!
- QIP: 100% of residents who have a pressure ulcer, and those who require total assistance with bed mobility, will have repositioning clocks implemented on one neighbourhood per month beginning May – 2/6 in May, and now restarted on Downey neighbourhood
- Each of the Village's six neighbourhoods will host at least one session of Neighbourhood Team Development in 2026 – estimated to begin October 2026
- Improvements shared with residents at monthly meetings – completed in July and August – missed in September
- New cytotoxic medications and soiled laundry policies implemented – resulting in improvement with best infection control practices and greater safety for team members
- Dining room floors deep cleaned and waxed – last two being completed last week of Sept/1st week of Oct

Village News

Long-Term Care



Happy Halloween!!

October 31st, 2-3pm
Halloween Party
Main Street

Resident Council.
Thursday
October 15th
at 2:00 pm
Chapel



Join us for an
Oktoberfest Party

Saturday October
24th

2:00 pm



Dear Residents...

Please note that the Recreation Team will be participating in education and training on October 1st and 22nd. We look forward to bringing our learnings back to you!

Happy Birthday!

Dolores A.
Joan A.
Bob B.
Brenda B.
Janet C.
David C.
Martha D.
Karel F.



Ginny F.
Tim F.
Dave H.
Lynda K.
Maurice P.
Paul S.
Elizabeth V.

Village News

Retirement



Residents' Council Meeting

Oct 21st at 2:30 in the Council Chambers

Dear Residents...



Please note that the Recreation Team will be participating in education and training on October 1st and 22nd. We look forward to bringing our learnings back to you!

Oktoberfest Festivities

Join us on Oct 23rd on Main Street
For our Oktoberfest Party
From 7:30 pm until 8:30 pm
With Entertainment by Transylvania Band



Halloween Fun

Door decoration competition will be starting on October 19th till October 26th and voting will take place before Halloween Day

10:30 a.m. – 12:30 p.m.

Join us in the Town Hall for some active Halloween games!

2:30 p.m.

Enjoy a spooky treat at our Halloween Social in the Social Club.

October Birthdays!



Jennie B.
Colin B.
Glenn B.
Carolyn C.
Jeannette C.
Sandie E.
Donald E.

Frederick H.
Patricia H.
Janice K.
Brian L.
Janny M.
Eleanor M.
Roger M.

Mary S.
Beverley S.
Grace S.
Martha T.
Annemarie W.
Mildred Z.



PALLIATIVE CARE COMMITTEE
PRESENTS:

CHILI COOK-OFF
FUNDRAISER



Flight of 3 types of chili with a bun for \$5

VOTE FOR YOUR FAVOURITE CHILI

CASH ONLY

OCTOBER 29TH | 11:30AM-1:30PM

LTC COMMUNITY CENTRE

ALL PROCEEDS WILL SUPPORT PALLIATIVE CARE
AT UNIVERSITY GATES

THE FALL MOOD

WORLD MENTAL HEALTH DAY (OCT 10)

OCTOBER 2026

Facts about World Mental Health Day

- World Mental Health Day is annually celebrated on October 10.
- This day was first celebrated in 1992 by the World Federation of Mental Health.

The main goals for this day:

Celebrating a day for Mental Health to:

- Raise awareness
- Reduce social stigma
- Mobilize support for mental health programs worldwide.

2026 Theme

**LIVED EXPERIENCE HEARD:
REAL VOICES, REAL
CHANGE**

- The focus is to engage people with direct lived experience of mental health conditions so their voices shape policies, care systems and decisions.

Mental Health Statistic

- Nearly 1.2 billion people worldwide, or roughly one-eighth of the global population live with a mental health disorder.

DAPHNE G

Athlete of the Month



About the Resident

Daphne loves to spend time with her sisters and go on roadtrips. She has been to North Carolina, Virginia, Tennessee and Pennsylvania where she roller skated. One thing that Daphne enjoys is to ride horses. Her favourite horse's name was TomCat and she loved riding and grooming him.

Fitness Goals and Encouragement

Swimming and riding horses were a big part of Daphne's fitness. She says that if you want to get active, you should try and swim in the pool. Roller skating is also a fun way to stay active, but Daphne mentioned to be careful so you don't hurt yourself.

Favourite Exercise

Daphne's favourite exercise is to bike on the arm ergometer and join the Zumba class, because these exercises are "a heck of a lot safer".



Holiday Market



Saturday
November 21

10 am–3 pm | Main Street

Come enjoy the holidays at the Village!
Featuring local vendors, entertainment,
hot chocolate and sing alongside!



The Village at
UNIVERSITY GATES

250 Laurelwood Drive, Waterloo

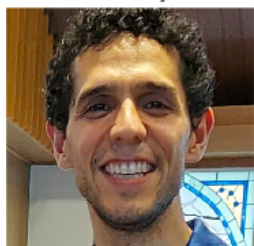
Retirement Home Spiritual Care Team



Spiritual Care Lead:

Jane Kuepfer
(RP, MDiv, PhD)

Welcome to
Aaron Haddad
(MTS student, Grebel)



CONTACT us to
arrange for a visit:
jane.kuepfer@
uwaterloo.ca

519-904-0650 x 8249



Our Spiritual Life Together

October is the month when we celebrate Thanksgiving. This month we also turn our attention to the importance of Mental Health, and awareness of Spiritual Care.



Consider this

'whole-person health compass', provided by the Canadian Association for Spiritual Care. It illustrates that along with our mind, body, and emotions, our spirits hold a sense of meaning, hope, purpose, connection, and belonging that help us navigate life's challenges and flourish every day.

Join us for weekly gatherings:

Tuesdays at 2:30 - **Spiritual Life Gatherings** in Town Hall

Thursdays at 10:15 – **Hymn sing** in Egerton Living Room (2nd floor)

Thursdays at 10:45 – **'Good morning God!'** group in the Library

Sunday 7:30 – **Hymn Sing** in the Town Hall



Roman Catholic Services for September (in Town Hall):

Sunday, Oct 4th 10:45 am Communion & prayers (then Egerton)

Thursday, Oct 8th 2:30pm Communion and Rosary

Sunday, Oct 18th 10:30 am Communion & prayers (then Egerton)

Friday, Oct 23rd 11:00 am Mass with Father Jamroz with Confessions

GATHER groups -an opportunity to meet others & offer mutual support
CAREPARTNERS (for resident spouses and others who support people living with dementia or other challenges)

- Tuesdays October 13th and 27th at 3:45 (Town Hall)

GRIEF (for anyone experiencing loss, recently or in the past)

- Fridays, 2:30, Library

*NOTE – If you are interested in joining a **meditation group**, please leave Jane a message. We're getting organized!

**Long Term Care
Spiritual Care Team**



Cheryl Schade



Mike Zenker

CONTACT us to
519-904-0650 x 8011

Our Spiritual Life Together

Spiritual Life Gatherings

Tuesdays 9:30am Rosary Service

Thursdays 9:30am 'Hymns' Chapel Service.

Roman Catholic Communion & Prayers: Volunteers come and visit one-on-one & administer Communion and/or Blessing

We Welcome Cheryl to the Team

With a calm presence and a heart rooted in compassion, I have the privilege of walking alongside individuals, couples, and families through life's most meaningful moments—from beginnings to endings, and everything in between.

I have served as a Spiritual Care Practitioner within retirement, long-term care, and palliative care communities for the past twelve years, offering an ecumenical approach to spiritual care services and programs; rooted in a heart for supporting individuals in finding joy, meaning and purpose at all stages of life and walking with individuals and their loved ones through their end of life journey.

I am deeply passionate about celebrating love in all its forms and embracing the richness of diversity in life, culture, and spirituality.

Outside of my work, you will often find me making memories with my daughters, Hailey and Jorja - taking day trips and exploring new adventures, an evening at the theatre taking in a musical, or catching a great film. I find peace in the beauty of creation in nature, whether it's a beach day with my girls or a trail walk with my German shepherd, Bailey. I also cherish the simple moments: a good book, a warm cup of coffee, and time in solitude.

I feel so blessed to be part-of the Schlegel family here at the Village of University Gates and look forward to getting to know each of you!

"The greatest gift we can give to one another in this life is our time and our presence."

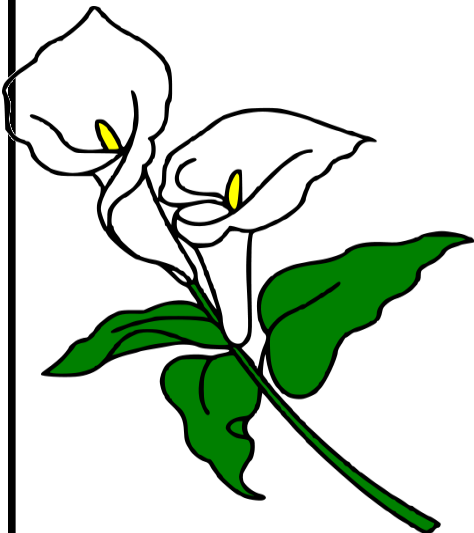
Peace to you,

Cheryl Schade

We Remember



Audrey C. (LTC)
Gerald G. (LTC)
Brooksie J. (LTC)
Joyce W. (LTC)



*Thank you for sharing
your time with us*

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](#).

Long Term Care Phone Listing

Role/Name	Extension
General Manager: Pauline Donovan	8203
Asst General Manager (LTC): Patricia Solik	8003
Administrative Coordinator: Erin Niemeijer	8202
Admin Assistant (LTC): Clare Legare	8001
Neighbourhood Coordinators	
Hagey & Johnston (LTC): Brandy Rampl	8031
Wright & Matthews (LTC): Kim Boyes	8025
Downey & Pollock (LTC): Lee-Ann Air	8037
Department Directors	
Director of Nursing Care (LTC): Wendy Miller	8005
Assistant DNCs (LTC): Katherine Taylor	8054
Assistant DNCs (LTC): Emily Uebele	8009
Assistant DNCs (LTC): Vidhi Goyal	8060
Director of Environmental Services: Dilan Ganegoda	8006
Director of Recreation: Meghan Hansplant	8007
Director of Hospitality: Lisa Price	8004
Food Services (LTC): Shivani Champaneri / Liz Barre	8008
Director of Program for Active Living (PAL): Emily Port	8126
Exercise Therapist (LTC): Ben Weiler	8013
Nursing	
Charge Nurse LTC	8055
Psychosocial and Spiritual Well-being	
Resident Support Coordinator (LTC): Janessa	8057
Chaplain (LTC): Cheryl Schade/Mike Zenker	8011
Volunteer & Student Services (LTC): Jessica Lambe	8010
The Ruby Dining Room	8224 (bar)
Riverstone Spa and Salon	8227



Village Phone Number: 519-904-0650
 Retirement Residents have private phone numbers
Retirement Phone Listing

Role/Name	Extension
General Manager: Pauline Donovan	8203
Asst General Manager (RH): Ion Zdrengeha	8204
Administrative Coordinator: Erin Niemeijer	8202
Admin Assistant: Theresa/Melod/Ashitha	8201
Neighbourhood Coordinators	
Williamsburg/Ailsa Craig 7-8: Jennifer Allen	8208
Emma's/Becker 3-4: Sandy Taylor	8205
Egerton/Becker 5-6: Victoria Leger	8206
Ailsa Craig 8-10 Ion Zdrengeha	8204
Department Directors	
Director of Wellness (RH): Trish Baird	8209
Assistant Director of Wellness (RH): Meena Sukhram	8210
Director of Environmental Services: Dilan Ganegoda	8006
Assistant Director of Environmental Service (RH): Jessica England Maintenance Services (RH): Brad/ Will	8250 8234
Director of Recreation: Meghan Hansplant	8007
Recreation Supervisor (RH): Noah Bester	8207
Director of Hospitality: Lisa Price	8004
Director of Program for Active Living (PAL): Emily Port	8126
Exercise Therapist (RH): Maddy Eagles / Rachael Whitney	8216
Lead Nurse (RH)	8255
Chaplain (RH): Jane Kuepfer	8249
Volunteer & Student Services (LTC): Jessica Lambe	8010
Dirs. of Lifestyle Options: Sahar/Sophia/Nicolette	8248/8041/8241
Village Experience Coordinator: Alex Allan	8048
The Ruby Dining Room	8224 (bar)
Riverstone Spa and Salon	8227
Retirement Hobby Shop—Recreation	8213