

Riverside REVIEW

Vol. 28 Issue 10 Oct 2026

Message from our General
Manager
Pg. 1

Chaplain's Corner
Pg. 3

Welcome New
Residents!
Pg. 4

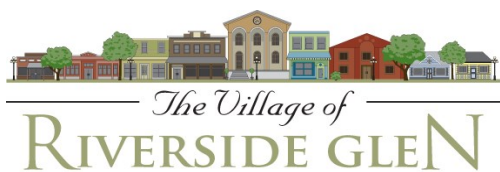
Upcoming Events
Pg. 6

Activity Sheet
Pg. 13

Birthday List
Pg. 14

Mission Statement

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



Message from

DEVON RICHARDS

Dear residents, families and team members,

As we welcome October, the changing leaves and cooler days remind us that Fall is a season of transition, reflection and gratitude.

As September came to a close, we recognized the National Day for Truth and Reconciliation and Orange Shirt Day. Here at Riverside Glen, we took time to honour the children who never returned home from residential schools, the Survivors, their families, and Indigenous communities. It was an opportunity to listen, learn, reflect and recognize that reconciliation is not limited to one day. It is an ongoing commitment to understanding our shared history, acknowledging its lasting impacts and considering how each of us can contribute to a future grounded in respect and understanding.

As we now look toward Thanksgiving, we are reminded of the importance of gratitude and connection. I am especially thankful for the residents who make our Village a vibrant place to call home, the families who continue to be important partners in Village life and our dedicated team members who bring kindness, compassion and energy to our community each day.

Thanksgiving is also about connection. Whether gathered around a table, participating in a favourite Village program, sharing stories with friends, or simply enjoying a quiet conversation together, it is often the small moments that mean the most.

As we move further into the fall season, I hope everyone has an opportunity to enjoy the beautiful colours, seasonal activities and time spent with the people who matter most!

Sincerely,
Devon Richards
General Manager

Message from

Your Long-Term Care Family Council

Hello Long-Term Care Families,

Another change of seasons, bringing beautiful colours to the trees, and crisp air! Time to put away our summer clothes, turn up the heat and savour warm dishes once again! October is our Thanksgiving month and we can all find wonderful things to be thankful for, from our amazing country to the people around us, to the little things that happen each day. Do you write down or think about these things that you are thankful for before you go to sleep? Psychologists say that being grateful helps us to feel happier. Once you start noticing all that happens in your life that is good, it can put a positive spin on the day.

I am grateful for our Family Council. We are an advocacy group that exists, along with the Resident's Council, to support and advocate for the residents of Riverside Glen. We work with the management of Riverside Glen to optimize resident care. Anyone with a loved one in long term care at Riverside Glen can join our Family Council meetings, which are held every second Thursday of the month, virtually, from 6:30 to 7:30 pm. If you have not been out to one yet and would like to join, please contact Jackie Swan at jackie.swan@schlegelvillages.com, to be added to the list.

Our Family Council meeting for September had two special guests, Devon Richards, General Manager and Cheryl Ridler Interim Assistant General Manager who helped us to clarify the role of our representation on the Quality Improvement (QI) committee. The minutes of this meeting can be found in the white binder near Helen's desk in the lobby of the long-term care building. Our next meeting will be held on Thursday October 8th. We will be reviewing inspection reports and reporting on anything new over the summer at this meeting. Hope to see you there, and have a Happy Thanksgiving!

Wendy Present, Chair of Family Council of Riverside Glen

Chaplain's Corner

Residents, Family, and Team Members

As the leaves begin to change and the days grow shorter, October invites us to pause and reflect on the beauty of change. In the midst of busy days, may we remember to make space for gratitude, kindness, and connection.

This season reminds us that change is a natural part of life. While some changes may be difficult, they can also bring new opportunities for growth, reflection, and renewal. We do not have to navigate these changes alone; we are strengthened by the support, encouragement, and presence of those around us.

This month, I encourage you to take a moment each day to notice something good—a kind word, a helping hand, a beautiful autumn day, or simply the gift of being together. May we continue to look for opportunities to brighten someone else's day and to offer compassion when it is needed most.

As we move through October, may we find peace in the present moment, gratitude for the blessings around us, and hope for the days ahead.

Wishing you a peaceful, meaningful, and blessed October.

In Memoriam

The Board of Directors, Leadership, Team Members and Residents were saddened by this month's passing of:

Myriam D

Bob B

Loretta S



Riverside Glen *welcomes new residents* *to our community*



E Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Henderika H
Pauline H
Alice G
Barry B
Lillian B

Long Term Care

Maria N
Douglas B
Ann W
James P



PHOTO REVIEW OF SEPTEMBER



COMING UP IN OCTOBER

EVENTS

OCT 5-9 Active Aging Week

OCT 23 Neighbourhood Pie Contest at 2pm on Main Street

OCT 26 Municipal Election Day

OCT 31 Happy Halloween!
Community Trick or Treat at 10:30am

VENDORS

OCT 7 Creations Boutique on Mainstreet 11-2

OCT 8 Cameron Cards on Mainstreet 10-2

OCT 16 Vicky's Gems on Mainstreet 11-3

OCT 20 Paulette's Boutique on Mainstreet 11-2

OCT 26 Fashion Vault on Mainstreet 11-2

Schlegel Villages – CONNECTIONS



REMEMBERING RON

— *Our father, our founder, our friend.* —

With October upon us, our minds shift to the season of gratitude and the spirit of Thanksgiving. We're especially touched as we reflect on the passing of Ron Schlegel, the man who inspired the Villages we call home today.

When news hit that Ron had passed, the outpouring of support from across the Villages was keenly felt by the entire Schlegel family, and the memories being shared across the Villages have been wonderful to hear. Team members spoke of how he loved to sit with everyone at Team Member appreciation events, and he always wanted to take photos with everyone. Others reflect on the days when he and his lovely wife, Barb, would travel from Village to Village after church on Sundays. Barb would be making new friends with residents, while Ron would be asking team members about their passions outside of the Village, or what they felt could be done to improve life within. Perhaps the biggest wave of gratitude rises when one considers the values that drive Schlegel Villages forward in all we do.

Hard-working and Hands-On was how Ron lived every day, from his time in his youth working on the farms outside of Ailsa Craig, to his many entrepreneurial ventures later in life.

There is no better example of **Genuine and Humble** than the way Ron carried himself in all he did. No matter if he was speaking with the Governor General of Canada or the cashier at his local Sobeys, he genuinely cared for others, and the conversation was never about him.

The **Caring Relationships** at the heart of Village Life are a testament to the vision Ron had for the Villages, and the outpouring of love we've heard after his passing shows how much he was cared for.

Persistence and Passion are at the root of any success, and one cannot find success in life without overcoming great challenges and staying true to one's passion. Ron's true passion was community building.

The last of the Schlegel Villages values is **Creative and Innovative**, and when we consider the world-renowned Research Institute for Aging that Ron and his family founded, and the Village model we thrive in, there are few better words to describe him.

This October, we lean into gratitude, and we are thankful to carry Ron's values forward, always in the pursuit of building strong, inclusive communities for all.

Mental Health Matters at Every Age: Recognizing the Signs This World Mental Health Day

While conversations around mental health and wellness have grown significantly in recent years, older adults are often [left out of the conversation](#). Generational stigma and the belief that profound sadness, hopelessness, loneliness, or fatigue are “a normal part of aging” often prevent people from seeking the support they need and deserve. Coexisting medical conditions can further complicate this, making mental health issues harder to detect, treat and manage.

This October 10, [World Mental Health Day](#) offers an opportunity to challenge those assumptions, raise awareness and break the silence. The reality is, depression is not a natural part of aging. Yet, according to the [Canadian Coalition for Seniors Mental Health](#), up to 20 per cent of older adults experience symptoms of depression, with that number doubling for people in hospitals or long-term care (LTC) homes. As we age, [several risk factors can impact our mental health](#), such as losing a loved one or friend, cognitive challenges, or a life-changing diagnosis.

Recognizing the Symptoms

We all have bad days and times when we feel down. But clinical depression is a serious, persistent condition where you may feel sad all the time and lack interest in activities that used to bring joy. Symptoms can range from mild to severe. For care partners, family members, and older adults, recognizing the signs is the first step in providing support.



Watch for these common symptoms:

- Significant sleep issues, such as sleeping too much or struggling with insomnia.
- Noticeable changes in eating habits, including a sudden loss of appetite or excessive eating.
- Lingered, 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](#).

OCTOBER WILL FEATURE FALL PREVENTION MONTH

October is Fall Prevention Month. Fall prevention a set of actions and safety habits designed to lower the risk of accidental slips, trips, and falls.

Why is Fall Prevention Important?

Falls are also a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider simple fall prevention strategies!



Ways to Prevent Falls

- Wear shoes that fit properly, with non-skid soles
- Clear loose throw rugs, electrical cords, and clutter from walking paths
- Light up your space
 - Put nightlights in your bathroom and bedroom
- Stay active!
 - Do strength and balance exercises to build your leg muscles and improve stability

**Active aging week:
Oct 5-11**

Get excited for fall-themed activities!

**Your PAL Team Brittany, Melissa
& Macy**

If you have any further questions please
feel free to reach out to the PAL team

JUST A FRIENDLY
REMINDER TO
CONTINUE USING
FOOT PLATES WHEN
PORTERING
RESIDENTS!

The Villiage of Riverside Glen

September 2026

Athlete of the Month: Marie L

Congratulations to our Athlete of the Month, Marie!



Marie is always enthusiastic to join group fitness classes. She enjoys throwing around the ball in class! Marie likes to go down to the gym to go on the NuStep and hangout with Butter. Listening to Bob Marley while she exercises also motivates her to exercise!



Guest meal pricing

Tickets are available for purchase at the Village Office.

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

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



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.





Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Riverside Glen, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Searching for October

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



ACORN
CANDY
COLUMBUS (DAY)
COSMOS
CROW
HALLOWEEN
HUNTER'S (MOON)
INDIGENOUS (PEOPLES' DAY)
LIBRA

OPAL
SCALES (LIBRA)
SCORPIO
SCORPION (SCORPIO)
SIMCHAT TORAH
SPIDER
SWEETEST (DAY)
THANKSGIVING (CANADA)
WORLD SERIES



Happy Birthday

Resident Birthdays

Allison R	Oct 01
Michael V	Oct 04
Connie A	Oct 05
John H	Oct 06
Lillian P	Oct 07
Dave O	Oct 10
Carol C	Oct 11
Therese D	Oct 12
Bob B	Oct 14
Renzo B	Oct 16
Shirley P	Oct 17
Cecilia J	Oct 18
Elton R	Oct 19
Doreen V	Oct 20
Ivan P	Oct 21
Rea G	Oct 22
Judy S	Oct 24
Wyn I	Oct 25
Dorothy M	Oct 26
Roger S	Oct 26
Charlotte G	Oct 27
Marilyn M	Oct 29
Marion N	Oct 30
Thelma M	Oct 30

Team Member Birthdays

Manisha M	Oct 01
Amisha T	Oct 01
Sara F	Oct 01
Rosario E	Oct 02
Filippe G	Oct 02
Lekshmi P	Oct 02
Kaylee D	Oct 03
Lesley S	Oct 06
Donna T	Oct 06
Yvan G	Oct 07
Pinky Rose M	Oct 08
Gavin G	Oct 09
Brandi L	Oct 09
Julia M	Oct 10
Fummilayp M	Oct 10
Caroline W	Oct 10
Letense B	Oct 11
Rheo A	Oct 12
Marina B	Oct 12
Lucy D	Oct 13
Deepak M	Oct 13
Jaskiran S	Oct 13
Davinder K	Oct 14
Sheila L	Oct 14
Tayyaba J	Oct 15

Team Member Birthdays

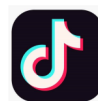
Aiza B	Oct 16
Mariza M	Oct 17
Stephanie V	Oct 17
Jinal Patel	Oct 18
Loretta N	Oct 19
Anita Y	Oct 19
Almirah H	Oct 20
Ramandeep K	Oct 20
Amabelle Z	Oct 20
Subhasree B	Oct 23
Cherrie M	Oct 23
Thuc Yen L	Oct 23
Ranvir K	Oct 24
Joanne C	Oct 25
Garry C	Oct 26
Razelle R	Oct 26
Ravjot S	Oct 26
Chandanpreet K	Oct 27
Juris M	Oct 27
Nelson U	Oct 28
Susmita C	Oct 30
Karen F	Oct 30
Kenneth O	Oct 30
Sanat U	Oct 31



@riverside_glen



The Village of
Riverside Glen



@villagelife_sv

Birthday Celebrations

Retirement Birthday Party

Tuesday, October 20th at 2:00 pm in the café with
Aidan Purnell

Long Term Care Birthday Party

Tuesday, October 27th at 2:00 pm in the café with
Bob MacLean

The Village of Riverside Glen Directory

Phone 519.822.5272

Retirement Home

Devon Richards, General Manager	Ext. 815
Jessica Broeckel, Assistant General Manager RH	Ext. 761
Michelle Mayhew, Director of Wellness	Ext. 812
Sherri Henderson, Assistant Director of Wellness	Ext. 8667
Sanket Khetarpal, Egerton Neighbourhood Coordinator	Ext. 836
Madalyn MacIntyre, Emma's Neighbourhood Coordinator	Ext. 807
Tonya D'Urzo, Williamsburg Neighbourhood Coordinator	Ext. 893
Amy Hasson, Director of Hospitality and Food Services	Ext. 840
Bridget Nankivell, Recreation Supervisor RH	Ext. 620
Brittany McNeely, Director of Program of Active Living	Ext. 826
Melissa Gareri, PAL Coordinator RH	Ext. 821
Tammy Smith, Director of Environmental Services	Ext. 804
Assistant Director of Environmental Services	Ext. 857
Karen Murray, Director of Lifestyle Options	Ext. 759
Jaycel Nabua, Director of Lifestyle Options	Ext. 865
Christina Lecours, Volunteer and Student Services Coordinator	Ext. 863
Brenda W and Mike V, Spiritual Care Providers	Ext. 871
Sue Rice, Hair Salon RH	Ext. 816
Jen Jimenez, Administrative Coordinator	Ext. 805
Vrushank B, Administration RH	Ext. 800

The Village of Riverside Glen Directory

Phone 519.822.5272

Long Term Care Home

Devon Richards, General Manager	Ext. 815
Angela Keller, Assistant General Manager LTC	Ext. 841
Deb Guthrie, Director of Nursing Care	Ext. 801
Raman Aujla, Assistant Director of Nursing Care	Ext. 797
Vincent Domosmog, Assistant Director of Nursing Care	Ext. 763
Manisha Thakur, Interim Assistant Director of Nursing Care	Ext. 848
Kryssy Freeman, Assistant Director of Nursing Care	Ext. 780
Cheryl Ridler, Director of Quality and Innovation	Ext. 798
Jackie Swan, Resident Support Coordinator	Ext. 844
Alayna Wallace, Mapleton/Eramosa Neighbourhood Coordinator	Ext. 298
Angela Gualtero, Puslinch/Nichol Neighbourhood Coordinator	Ext. 794
Dylan Pust, Erin/Arthur Neighbourhood Coordinator	Ext. 834
Ayah Elhafan, Food Services Manager	Ext. 873
Swostika Gautam, Assistant Food Services Manager	Ext. 747
Kadri Phillips-Shrive, Director of Recreation	Ext. 811
Brittany McNeely, Director of Program of Active Living	Ext. 826
PAL Coordinator LTC	Ext. 835
Tammy Smith, Director of Environmental Services	Ext. 804
Christina Lecours, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall, Spiritual Care Providers	Ext. 871
Sue Rice, Hair Salon LTC	Ext. 860
Jen Jimenez, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858