

Riverside REVIEW

Vol. 26 Issue 1 January 2024

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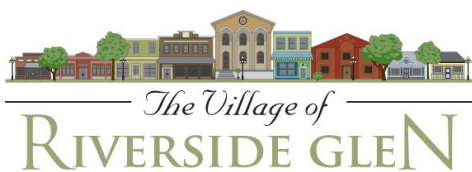
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Mission Statement
Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.



Message from

BRYCE MCBAIN

Residents, Families and Team Members:

We are thankful for your support and encouragement throughout 2023. We look forward to our collective efforts to continue to improve the quality of care, living and work experiences at The Village of Riverside Glen in 2024.

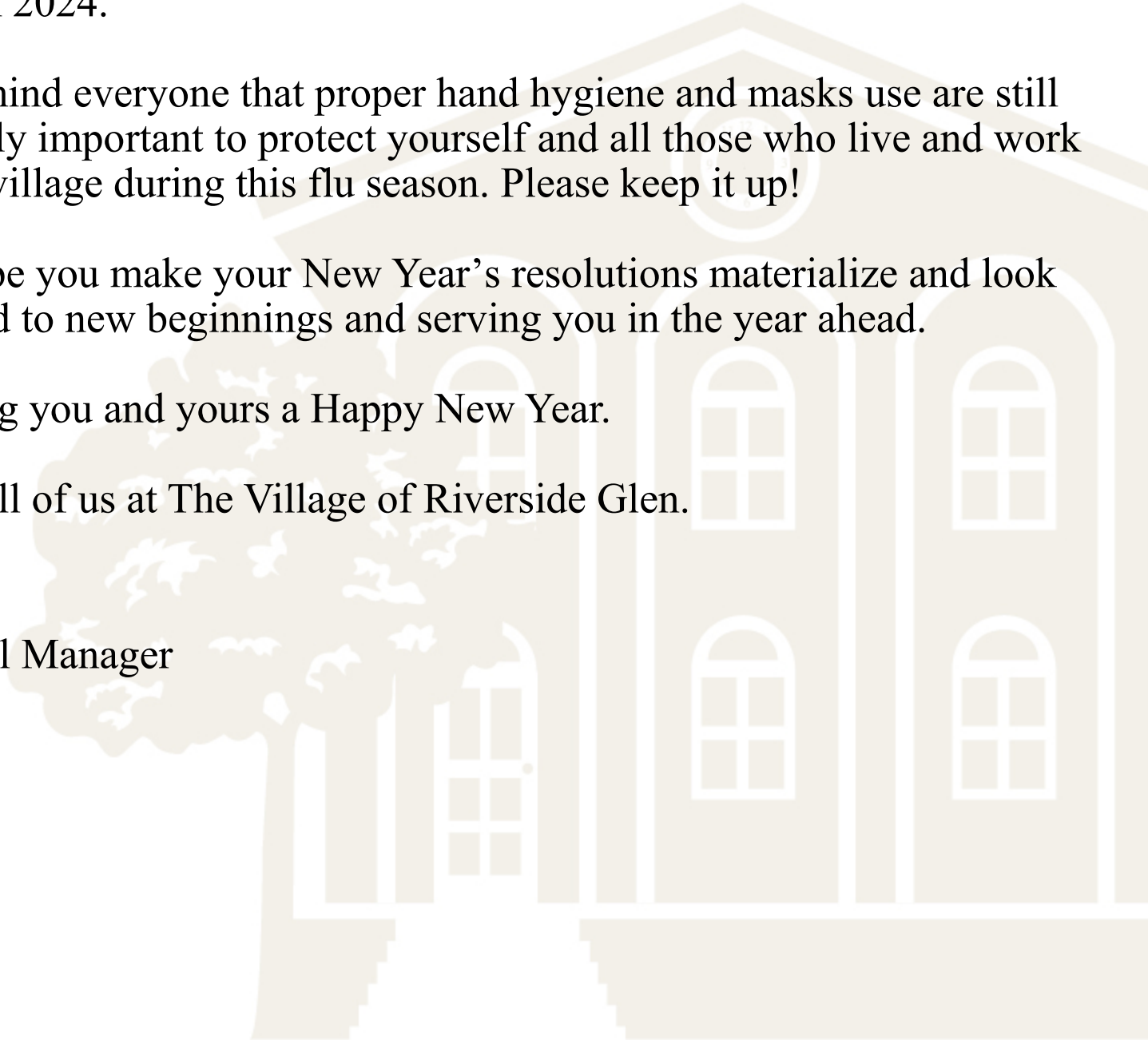
We remind everyone that proper hand hygiene and masks use are still critically important to protect yourself and all those who live and work in our village during this flu season. Please keep it up!

We hope you make your New Year's resolutions materialize and look forward to new beginnings and serving you in the year ahead.

Wishing you and yours a Happy New Year.

From all of us at The Village of Riverside Glen.

Bryce
General Manager



Chaplain's Corner

To: Residents, Families, and Team Members:

A blessed and happy new year to all and may it be a better year than was the last, with so many sad events throughout our world. May we, in our small corner of this world, strive to make it as good as we are able.

On January 21st we recognize World Religion Day. We live in such an interconnected world and a multicultural and multi-faith country. To honour the major religions of our world, there will be poster boards displayed outside the chapels in retirement and long-term care. One at-a-time will be displayed. I invite you to take a moment to read about each religion. The more we know about each other, the more we understand, and the more we see that there are more things that unite us than divide us.

Blessings to you,
Rev. Brenda Woodall

In Memoriam

The Board of Directors, Management, Team Members and Residents were saddened by the passing of:

*Terese M
Eileen H
Norman M
Joyce S*

*Barbara O
Billie F
Thelma B*

*Leona J
Anna D
Olga B*



Message from Your Long-Term Care Family Council

Family Council News for families and friends of Riverside Glen **Long Term Care** Residents:

Happy New Year!

The New Year is considered a time for growth and resolutions.

Would you like to learn more about your loved one's LTC residence? Learn more about programs and services at RG LTC? Have a collective voice about your loved one's care? Have support from other family members who are also navigating and adjusting to their family member being in Long Term Care?

Why not consider making joining a Family Council meeting a resolution for 2024!

All family members and friends of residents of Riverside Glen Long Term Care are welcome to join us on Zoom on Thursday January 11th from 7 to 8:30 pm. Please consider coming out to a meeting! To receive the ZOOM link for the meeting, please email rgfamilycouncil@schlegelvillages.com or contact Resident Support Coordinator Jackie Swan at: jackie.swan@schlegelvillages.com or phone: (519) 822-5272, ext. 844.

Family Council works together for peer support, advocacy, and education about Riverside Glen's long-term care, and in communication with the Riverside Glen long-term care team.

To connect directly with Family Council with any comments, questions or concerns, email rgfamilycouncil@schlegelvillages.com or contact Resident Support Coordinator Jackie Swan at: jackie.swan@schlegelvillages.com or phone: (519) 822-5272, ext. 844.

We look forward to meeting you on January 11th! Thank you!!

Respectfully submitted,

~ Mary Lou Fairles
Family Council Co-chair

Family Council is a group of family members and friends of the residents in RG LTC. Membership will provide advocacy and voice for the residents, families, and staff. It will provide peer support, education and communication between families, administration, and staff.

Riverside Glen *welcomes new residents*

to our community



Ē Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Janet K
Elizabeth B
Irene H
Beverly P
Lewis A
Klara B

Long Term Care

Pauline W
Carol M
Maggie F
Clarence J
Hearty M
Shirley K
Marie T
Ghislaine J
Patricia S



PHOTO REVIEW OF DECEMBER



COMING UP IN JANUARY

January 1st	New Years Day
January 6th	The Epiphany
January 15th	Beach Day (RH)
January 16th	Aiden Purnell Entertains 10:30 (LTC Café) 2:00 (RH Café)
January 19th	Popcorn Day
January 22nd	Polka Dot Day Wear polka dots today!
January 26th	Tech Coach Chris 10-12 (RH Library) 1-3 (LTC Library)
January 31st	Hot Chocolate Day

Vendors

Cameron Cards

Thursday, January 11th
10am-2pm

Retirement Main Street

Tech Coach

Friday, January 26th
10am-12pm Retirement Library
1pm-3pm LTC Library



Schlegel Villages – CONNECTIONS

Happy
new
Year

A new year is upon us and Schlegel Villages looks ahead with great enthusiasm to our ongoing mission-driven growth plan.

To offer a glimpse of what that growth entails, in 2024 we will open the third and final phase of the redevelopment at The Village of Winston Park in Kitchener with revitalized space for 64 additional residents. We'll also see great progress in the construction of four new Long-Term Care (LTC) Villages in **Milton, Ajax, Ottawa** and **Stouffville** and we expect to see new construction begin in additional communities.

*All drawings on this page are conceptual renderings. Actual views may vary and cannot be guaranteed.



Milton - The Village of Ridgeview Court



Ajax - The Village of Millers Creek



Ottawa - The Village of Riverbank Terrace



Stouffville - The Village of Stouffer Mills

Schlegel Villages – CONNECTIONS

Our people

Our goal has always been to bring our mission to more people across the province, and it's exciting to have the privilege of doing so in 2024 and into the extended future.

Throughout our growth, we remain committed to honouring our values and preserving the culture that defines us.

Our growth plan is about people and each of our Villages and our leaderships teams will continue to work hard to attract the best new team members while also nurturing the ambitions of our existing team members as they grow into new opportunities.

As we think about our team members and the great work they do, residents and families can help us acknowledge their dedication.

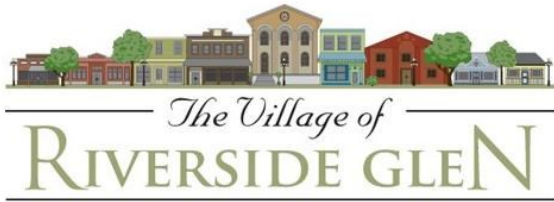
If you want to recognize someone in your Village or neighbourhood who lives our culture and helps brighten the days of others, please let us know.



**WE WANT TO
HEAR FROM YOU!**

communications@schlegelvillages.com





January Newsletter! Officially in 2024!

It's the month where all the goals are set and therefore here's how to make the most of your goals this coming year:

MAKE SURE YOUR GOALS ARE SMART



SMART stands for specific, measurable, achievable, realistic and time-bound.

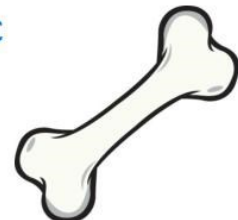
For example, if you want to be able to walk better in 2024, you need to be more specific with your goal.

You can say my goal is to walk 50 m without rest.

Your goal also needs to be measurable, so how are you going to measure it? Well you could say one hallway length is 50 m so I will walk one hallway.

It needs to be achievable and realistic as well, so make sure it is within reach.

Lastly, set a time frame in which you wish to complete your goal by, for example; I will walk one hallway length without rest 3 months from now. This is specific, measurable, definitely achievable, realistic and most importantly time-bound.



Your PAL Team Adrienne, Emily, Rayyan, and David

Athlete of the Month:

Frances Hansplant

This is Frances Hansplant,

- ★ Frances is the Athlete of the Month! Frances enjoys coming to the Fitness Centre for
 - ★ Exercise Class and going for walks around her neighbourhood. Frances does physical activity to look after herself so she can keep on moving. Frances would like others to know that a “Get up and GO!” attitude helps to keep her motivated.
- Congratulations Frances!



DO YOU HAVE ANY EXTRA YARN?

Our Yarn Clubs are asking for new or gently used yarn donations. All donations can be dropped off at either Main Entrance for Recreation Supervisor, Karleigh Herd, ext. 620
or
Director of Recreation, Kadri Phillips, ext. 811





Common views and facts about dementia

This is a resource developed together with care partners of people living with dementia.

View 1: Dementia is a normal part of aging.

Fact 1: Dementia is not a normal part of aging.

The risk of developing dementia increases as you age, however many people do not develop dementia. It is a good idea to speak to your doctor if you are concerned about any changes with your memory, thinking or functioning to rule out other causes for the changes you are experiencing.

View 2: People with dementia are victims who are suffering and are incapable.

Fact 2: Many people with dementia are capable, content, and happy.

People living with dementia are often shown on television as powerless, incapable and dependent. But while people may experience sadness, uncertainty, and fear after being diagnosed, many adjust to the diagnosis and live fulfilling lives.

Care partners and others can help by acknowledging their feelings, reminding them of their abilities and value, and treating them with dignity and respect.

View 7: There is nothing that can be done for people living with dementia.

Fact 7: There are many treatments and strategies that can help to slow progression and manage symptoms.

While there is not a cure for dementia, there are treatments and strategies that can improve quality of life. There are medications that may help slow the progress of dementia, memory strategies, healthy lifestyle choices, and music, speech, and occupational therapies that can support well-being.

View 4: People living with dementia cannot learn new things.

Fact 4: People living with dementia can continue to learn!

Some types of dementia may impact a person's short-term memory. They may not remember things that happened recently, and it can also take more time to learn new things. However, it is possible. For example, a person living in a care setting may remember their seat in the dining room, develop familiarity with a particular staff member, or learn the rules to a new activity.

Some strategies that may assist with learning something new are: taking your time, using a pencil and paper to take notes, and asking for help when needed. Care partners can provide support by repeating information as often as needed, providing encouragement, and assisting the person living with dementia when required.

To find more resources about dementia, visit www.forwardwithdementia.ca



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

Updates from the Village

Please note that footcare rates will increase to a flat fee of \$40.00 after January 2, 2024.

I appreciate your ongoing support and placing importance on the need for professional footcare services as part of your loved one's health.

Sincerely,
Bonnie Koeppe, RN

SIMPLY YOU NIQUE SALON

Price List

As of Dec 1st, 2023

■ Women's Cut	\$35.00
■ Shampoo, Cut & Set/ Style	\$50.00
■ Shampoo & Set/ Style	\$35.00
■ Men's Cut	\$28.00
■ Beard trim	\$10.00
■ Perm Cut & Set/ Style	\$100.00
■ Hair Colour, Cut & Set/ Style	\$90.00 & up
■ Highlights, Cut & Set/ Style	\$110.00 & up





Happy Birthday

VILLAGE VOICE NEWSLETTER

Read these stories
and more on the
Villages website.
Sign up online to
receive the email
newsletter.

**www.
schlegelvillages.com**



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/RiversideGlen



@Riverside_Glen



google.com/
+VillageOfRiversideGlenGuelph



https://www.linkedin.com/
company/schlegel-villages

Resident Birthdays

David S	January 01
Christina K	January 04
James M	January 05
Johanna G	January 05
Chew Gim L	January 08
Freda B	January 09
Jane C	January 09
Don F	January 09
Leo B	January 09
Francis H	January 10
Mary M	January 11
Patrick M	January 11
Jorgina D	January 12
Carol T	January 13
Barbara J	January 14
Jean W	January 15
Peter A	January 15
Margaret T	January 15
Maria C	January 15
Mary W	January 18
Rosie C	January 21
Beverley P	January 22
Elizabeth H	January 23
Patricia B	January 24
Nancy C	January 24
Audrey M	January 24
Joseph W	January 24
Barbara F	January 24
Myriam D	January 25
Sarah T	January 25
Emily W	January 26
Donald H	January 28
Jewel M	January 28
Linda S	January 29
Joyce S	January 30

Team Member Birthdays

Major A	January 01
Leah A	January 01
Marichu N	January 01
Raymok O	January 01
Trhas TG	January 01
Asmarat Z	January 01
Liza BI	January 02
Priyanka J	January 02
Narcidita M	January 02
Queeny V	January 02
Manveer K	January 03
Angus H	January 04
Lovepreet K	January 05
Shannon S	January 06
Barbara B	January 07
Brenda M	January 07
Reynaldo T	January 08
Sumanpreet K	January 10
Kirandeep K	January 11
Mona S	January 11
Mackenzie M	January 12
Janine U	January 12
Navjeet K	January 13
Olivia M	January 13
Jennifer A	January 14
Navroop S	January 15
Letebrhan W	January 15
Prabhjot M	January 16
Dianne A	January 17
Wolfgang S	January 18
Julie B	January 20
Mercedita M	January 20
Paulette P	January 20
Haya YA	January 20
Folake G	January 21
Shahla K	January 21
Alana A-S	January 23
Sarah H	January 23
Madison H	January 23
Atena H	January 24
Ma-Teresa M	January 24
Ana Maria M	January 26
Anna P	January 26
Elinor T	January 26
Anya D	January 27
Stephanie B	January 30
Jaqueline W	January 30
Patriss C	January 31
Jordan C	January 31

Birthday Celebrations

Retirement Birthday Party

Tuesday January 16th at 2:00pm with Aiden Purnell in the Café

Long Term Care Birthday Party

Friday, January 26th at 2:00pm in the Café

The Village of Riverside Glen Directory

Phone 519.822.5272

Bryce McBain, General Manager	Ext. 815
Devon Richards, Assistant General Manager LTC	Ext. 841
Lynn Lake, Assistant General Manager RH	Ext. 761
Deb Guthrie, Director of Nursing Care LTC	Ext. 801
Kayla Death, Assistant Director of Nursing Care LTC	Ext. 848
Racquel Seman, Assistant Director of Nursing Care LTC	Ext. 780
Raman Mander, Assistant Director of Nursing Care LTC	Ext. 797
Michelle Mayhew, Wellness Coordinator RH	Ext. 812
Brandon Wilton, Mapleton/Eramosa Neighbourhood Coordinator	Ext. 298
Angela Gualtero, Puslinch/Nichol Neighbourhood Coordinator	Ext. 794
Angela Keller, Erin/Arthur Neighbourhood Coordinator	Ext. 834
Dylan Pust, Egerton Neighbourhood Coordinator	Ext. 836
Madalyn MacIntyre, Emma's Neighbourhood Coordinator	Ext. 807
Shaleena Campbell, Director of Hospitality and Food Services RH	Ext. 840
Amy Hasson, Food Services Manager LTC	Ext. 873
Milyn Calicdan, Assistant Food Services Manager LTC	Ext. 747
Kadri Phillips, Director of Recreation LTC	Ext. 811
Karleigh Herd, Recreation Supervisor RH	Ext. 620
Adrienne White, Director of Program of Active Living	Ext. 826
Emily Nagel, PAL Coordinator LTC	Ext. 835
Rayyan Bin Zubair, PAL Coordinator RH	Ext. 821
Tammy Smith, Director of Environmental Services	Ext. 804
Vinny Setia, Assistant Director of Environmental Services	Ext. 857
Karen Murray, Director of Lifestyle Options	Ext. 759
Jaycel Nabua, Director of Lifestyle Options	Ext. 865
Brittany Burton, Volunteer and Student Services Coordinator	Ext. 863
Jen Jimenez, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858
Vrushank B, Administration RH	Ext. 800
Brenda Woodall, Chaplain	Ext. 871