

# Riverside REVIEW

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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.



*The Village of*  
**RIVERSIDE GLEN**

*Message from*

# BRYCE MCBAIN

Dear Residents, Families and Team members,

Shrove Tuesday is on February 13th this year. We look forward to participating in making pancakes for our residents on this day that is celebrated by many of us in the preparation for the arrival of Lent.

Canada Family Day is on Monday February 19<sup>th</sup> this year and we hope everyone is making plans to connect with their loved ones on this day to celebrate the importance of family.

It is great to see our team working with new students this time of year. We currently have Conestoga Level 1 and Level 2 PSW classes in our Living Classrooms. The teaching and learning opportunities continue to support the growth of both team members and students while enhancing the quality of life of residents in our home. Let us make all new students feel welcome, supported, included, and help them find joy in the meaningful connections that we are blessed to make each day at The Village of Riverside Glen. If we make them feel welcome, they are more likely to choose to work at The Village of Riverside Glen.

Thank you all for your ongoing contribution to the wellness of our residents, our team, and our community.

If you are feeling unwell, please do not visit. If you are visiting residents, please ensure you use our hand sanitizers at the front door when coming and going to prevent the spread of infection. If you have any further questions about our village infection control practices, please feel free to ask for Michelle Mayhew, Retirement Wellness Coordinator or Kayla Killby, our LTC Assistant Director of Nursing- IPAC Lead.  
Stay Healthy everyone!

Bryce

# Message from Your Long-Term Care Family Council

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

### A Special Day in February—Not What You Thinking!

What is the first thing that pops into your mind when you think about the month of February? For most of us, images of chubby babies floating on clouds shooting red hearts come to mind as Valentine's Day approaches. Others, in the midst of a cold, damp winter, have their eyes set on February 2<sup>nd</sup> when a little furry rodent reveals how many weeks left until spring will finally arrive.

While both of these February events can break the monotony of a bleak, never-ending winter, there is one day in February in which EVERYONE can participate, making a difference in the life of someone else—like your loved one in long-term care, or perhaps someone you don't even know.

Are you familiar with Random Act of Kindness Day? Celebrated on February 17<sup>th</sup>, this day provides a perfect opportunity to do something special for someone else, especially those shut in during the long winter months.

Here are some great ideas to show kindness to those in long-term care:

- Bring flowers to your loved one or someone who has no one to visit them.
- Make homemade cards for seniors in long-term care.
- Speak with the recreation coordinator in your loved-ones neighbourhood to see if there is an activity (i.e. board games, playing cards, colouring, etc.) that you can participate in with others.
- Bring your loved one (or another senior) a cup of coffee or tea to enjoy during your visit.
- Give your senior an extra hug during your visit and let them know how much you love them.
- Bring a care package to a needy senior—filled with things they can use (Kleenex, hand cream, liquid soap, etc.)
- Doing something nice for someone else doesn't need to cost a lot of time or money. It's the small things in life that can make a big difference.
- Write a *thank you* note to your loved-one's neighbourhood's staff acknowledging your appreciation for the care they provide your loved one.

But what are the benefits for those who perform random acts of kindness? The American Psychiatric Association reports:

*"There are many reasons acts of kindness are good for the giver and the receiver. New research looks at the **mental health benefits**, finding that performing acts of kindness may help **reduce symptoms of depression and anxiety**. 'Acts of kindness' refer to benevolent and helpful actions intentionally directed towards another person, motivated by the desire to help another and not to gain reward..."*

It goes without saying that random acts of kindness need not be saved for one day each year. Those in long-term care need the love and support of family and friends and can benefit from kindness throughout the year.

Riverside Glen's Family Council offers caregivers (family and friends of loved ones in Riverside Glen LTC) the opportunity to be informed. We offer education, peer support, advocacy, and a voice for our loved ones.

We encourage and invite you to join us on March 14<sup>th</sup> for the next Family Council meeting. We meet online from 7:00pm to 8:30pm. For further information, email us directly at: [rgfamilycouncil@schlegelvillages.com](mailto:rgfamilycouncil@schlegelvillages.com) or by contacting RG Resident Support Coordinator Jackie Swan at 519-822-5272 ext 844 or at [Jackie.swan@schlegelvillages.com](mailto:Jackie.swan@schlegelvillages.com).

We hope you can join us on March 14!

# Chaplain's Corner

To: Residents, Families, and Team Members:

Through the month of January there have been displays about 5 of the world's major religions other than Christianity. In February we begin a very important part of Christianity, that being the beginning of Lent on Wednesday Feb. 14. This day is Ash Wednesday. The 40 days of Lent were declared as a time of fasting by the Council of Nicea (a gathering of Christian leaders) in 325 AD. In 1091 the Pope instituted the observance of Ash Wednesday to begin the season of Lent. This day, for Christians, is the beginning of the Lenten practices of prayer, fasting, and alms-giving. Each practice invites us to conversion in relationship: Prayer in relation to God; Fasting in relation to oneself; Alms-giving in relation to others. The whole of Lent is meant to make us more fully aware and diligent in the 2 great "instructions" of Jesus: Love God with all of your being and love your neighbour as yourself (a good thought for it being Valentine's Day, as well). Maybe if all our world tried this, we wouldn't be in such a mess. Pope Francis has called for an Ash Wednesday fast for world peace—a good idea!

There will be an Ash Wednesday service at 3 pm in the Town Hall on Wednesday Feb. 14 for residents, family, team members. All are welcome.

Blessings to you,  
Rev. Brenda Woodall

## In Memoriam

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

*Frances H*  
*Robert E*

*Robert P*  
*Rudiger VM*

*Lillian D*  
*Marie T*





# *Riverside Glen* *welcomes new residents*

*to our community*



*Ē Komo Mai*

*Bem-Vindo*

Welkom

## Welcome

Witajcie

*Benvenuto*

Bienvenue

*Karibuni*

### *Retirement*

Anneke H  
Majorie F  
Klara B  
Fernando C  
Claire C  
Laurene S  
Jennie L

### *Long Term Care*

Diane L  
James G  
Nealon J



# PHOTO REVIEW OF JANUARY





# COMING UP IN FEBRUARY

February 1st	Coffee with a Cop @10:00am in RH Library
February 2nd	Groundhog Day
February 10th	Chinese New Year
February 13th	Shrove Tuesday
February 14th	Ash Wednesday Valentines Day: Sweetheart Lunch @ 12:30pm
February 16th	Chinese New Year Presentation @ 2:30pm in RH Town Hall
February 19th	Riverside Glen Chick Eggs Arrive!
February 20th	Aiden Purnell Performs 10:30 in LTC Café & 2:30 on EG
February 29th	Coffee with a Cop @ 10 in Library

## Vendors

### **Creations Boutique**

Friday February 2nd  
10am-2pm

Retirement Main Street

### **Cameron Cards**

Thursday February 8th  
10am-12pm Retirement Library



# Schlegel Villages – CONNECTIONS

SCHLEGEL VILLAGES ACKNOWLEDGES

# BLACK HISTORY MONTH

The roots of Black History Month are found in the remarkable legacies of two men whose contributions to black history are monumental. Frederick Douglass was born into slavery on a February day in 1817 or 1818 – there was no official record but he wrote that he marked his birthday as the 14th of February because his mother always called him her “little Valentine.” Douglass would become one of the most powerful abolitionist voices in history when he became a free man, and his speeches and writings offer an incredible first-person account of the struggles of history.

Abraham Lincoln, who was born on February 12, 1809, is immortalized in history in large part because the emancipation proclamation he signed in 1863 was a major catalyst for the official end to slavery in the United States.

Black communities in the United States began to celebrate the contributions of these two titans of history on their birthdays, and eventually Black History Month would be recognized in February in the United States and beyond.

Equality has been an elusive ideal, however, and within our Villages we have residents and team members who continue to represent the black community with distinction in all they do. We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.

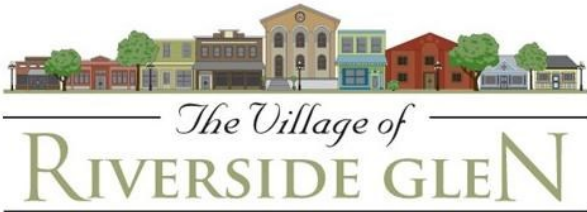


# NATIONAL Heart Month ♥ FEBRUARY ♥

The heart is the image of Valentine's Day, and during the month of February Canadians shine a spotlight on the importance of a healthy lifestyle to promote good heart health.

We're proud that we have the Michael T. Sharratt Program for Active Living (PAL) in our Villages as a core signature program, and encourage all residents to take advantage of the experience we have in our PAL teams to help everyone stay active and healthy.





**Happy February from the PAL team! February is heart month!**

## **DID YOU KNOW?**

- 9/10 Canadians have at least one risk factor for heart disease and stroke
- 80% of the time premature heart disease and stroke can be prevented through a healthy lifestyle of healthy eating and exercise

## **TIPS FOR A HEALTHY HEART**

- Exercise greatly decreases the risk of heart disease and stroke
- Eat healthy by getting adequate servings of fruit/vegetables, whole grains, and protein, and by eating less processed foods

## **Exercise and Heart Health:**

Exercise over time works to decrease your risk of heart disease and stroke. Exercise prevents risk factors of heart disease from occurring or worsening. Risk factors that are controlled by exercising include blood pressure, high cholesterol, type 2 diabetes, osteoporosis, certain cancers, and obesity. Exercise also works to improve energy levels, sleep and digestion, and it also decreases stress levels. If you're inactive your risk of heart disease and stroke can increase, so get up and get active with us!

**Your PAL Team Adrienne, Emily, Melissa & Daniel**



# Athlete of the Month:

## Mary D



This is Mary Doran, January's Athlete of the

★ Month! Mary is found exercising most days of the week. Mary's very motivated and has improved

★ balance since regularly participating in balance class while

having a bad right knee. Mary is happy with her progress in the

Fitness Centre and continues to excel in group fitness sessions. Mary is always up and ready to exercise and constantly pushes herself to her limits and therefore continues to thrive independently. Congratulations

Mary!







## Living safely with new in-home health monitoring technology

Imagine a future where your home could monitor your health and daily activities without cameras or needing to wear a device. There was a time this idea only existed in science fiction, but researchers at the University of Waterloo and the RIA have developed a new system that can do just that.

The team of researchers, led by George Shaker, PhD, adjunct associate professor, University of Waterloo created a state-of-the-art facility at the RIA that allows researchers to test technology solutions designed to help older adults take control over their health and well-being.

The Monitoring, Intervention, and Response for Aging Demo Apartment (MIRADA) is a space where researchers can study and demonstrate advanced monitoring systems to help address the unique challenges faced by aging populations.

The research team recently showcased an in-home monitoring system that uses radar sensors and artificial intelligence to detect a person's location and movements within a home without the use of cameras or other devices. The sensor emits low-power radio waves – less than those emitted by a WiFi internet system – that reflect off a person's body. This data can identify specific activities like walking, sleeping, eating, and even falling.

According to Shaker, this technology has exciting potential for health care. "Continuously monitoring



health and activities at home could mean declining health is noticed earlier," he explained.

Quick fall detection in any living space can save lives. The technology can also monitor bathroom visit frequency and duration, which provides insight into hydration and medical conditions, such as urinary tract infections.

Beyond falls and bathroom monitoring, walking information can be monitored. Walking changes often occur before health decline, and with this system, walking is measured daily rather than once in a while during clinic visits. Doctors can use the system to track small changes, triggering a closer look when needed.

This system offers an exciting glimpse into how wireless sensing and artificial intelligence could support healthier living. While further research is still required, the future looks bright for technologies that enhance care options without invading privacy.

Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews) to stay up-to-date on the latest news, events, and helpful resources.





## 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](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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# Word Search



## VALENTINE'S DAY

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

Lovers

Happy

February

Love

Chocolate

Red

Heart

Cupid

Flowers

Friends

Lace

Hugs

Sweetheart

Cards

Forget-me-not

Kindness

Romance

Pink

Valentine

Candy



# 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**

### Resident Birthdays

Elsie K	February 01
Victor D	February 03
Fernanda C	February 04
Phyllis S	February 04
Patricia M	February 06
Pat C	February 07
Velma S	February 07
Sharlene P	February 07
Norm H	February 08
William M	February 10
Marjorie E	February 13
Laurence C	February 14
Faye B	February 15
Michael H	February 17
Roman K	February 17
Raymond P	February 19
Graham W	February 21
Laura U	February 21
Sandra L	February 21
Raymond L	February 22
Marlene L	February 22
Elaine M	February 23
Lawrence D	February 24
Jean M	February 25
Maria C	February 26
Diane L	February 26
Barbara W	February 27
Glenn L	February 27
Leno U	February 28

### Team Member Birthdays

Keaghan L	February 01
Jacqueline D	February 03
Elizabeth N	February 04
Ezinne E	February 05
Magda G	February 05
Laura M	February 06
Alexa D	February 07
Virginia V	February 08
Katy V	February 08
Aida M	February 15
Abdulrasheed N	February 15
Amanda W	February 15
Charankamal K	February 16
Patricia C	February 17
Yodit G	February 19
Sabi S	February 19
Amanjot K	February 20
Lexis M	February 20
Miriam N	February 20
Rosetta J	February 23
Courtney C	February 24
Cybil D	February 25
Charity M	February 26
Julie V	February 26
Victor O-S	February 27
Nidhi P	February 27
Yordanos T	February 27
Rebecca A	February 28
Laura G	February 28
Arsema TT	February 28



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google.com/  
+VillageOfRiversideGlenGuelph



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

## Birthday Celebrations

### **Retirement Birthday Party**

*Tuesday February 27th @ 2:30pm with The Remedy Band (café)*

### **Long Term Care Birthday Party**

# 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
Melissa Gareri, 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