

# View from the Heights

March 2024

## Easter Egg Hunt and Easter Chocolate Donations

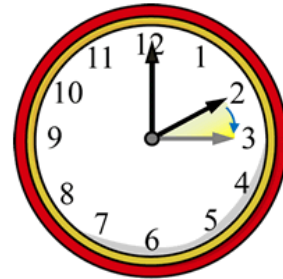
We are excited to get back to one of our favourite Easter events, our annual Easter Egg hunt! We are welcoming residents' grandchildren and great-grandchildren, as well as team members' children to join us on **Saturday, March 30th at 10am** for a fun morning of egg hunting, crafts and fun activities!

We will be looking for any wrapped candy donations for our Easter Egg hunt. With the donations we will be making small grab-bags for the kids after they complete their egg hunt. If you would like to drop off candy or cash to purchase treats to the Village office for Recreation.

We thank you for helping in making the day a fun-filled one for the kids and our residents!



## Day Light Savings Time March 10th



Daylight Savings  
Time Begins

**Don't forget to turn your clocks  
ahead one hour!**

## St. Patrick's Day

Please join us for a St. Patrick's Day Celebration with Kevin Beeby Duo in Town Square on Saturday, March 16th at 2:30pm for entertainment and shamrock shakes.

Don't forget to wear your green!



## Village Events

Details on Pages 10-11

Wentworth Heights is committed to creating a vibrant community for our Residents, and as such, we welcome family and friends to join us in our Village events and activities!



*The Village of*  
**WENTWORTH HEIGHTS**

# A Message From... *The General Manager*

*Michelle Wood*

## **The RESIDENT BILL OF RIGHTS States:**

Every resident has the right to manage their own financial affairs unless the resident lacks the legal capacity to do so.

Questions can be forwarded to my email

michelle.wood  
@schlegelvillages.com  
or call  
(905)-575-4735  
Ext. 8028

Please indicate if you would like to remain anonymous.

Dear Team and Residents,

Our organization prides itself on investing in the growth and development of internal team members. Chris Micheletti is a perfect example of this as his journey with Schlegel Villages is an inspiring one. Chris was just 16 years old when he began his career as a PSW Student at our sister village, The Village of Tansley Woods in Burlington. After completing his student placement, Chris pursued further education, obtaining his RPN Diploma from George Brown College.

In 2015, Chris returned to Tansley Woods, where he began working as a nurse on the neighbourhoods where his dedication and leadership skills were quickly recognized. In the following years Chris gained experiences through the roles of Neighbourhood Coordinator, Assistant Director of Nursing RPN and most recently, Wellness Coordinator here at Wentworth Heights.

Chris Micheletti officially joined our team here at Wentworth Heights as Wellness Coordinator in February 2021. Over the past three years, Chris has played a pivotal role in providing crucial clinical support and leadership to both our team and residents, working incredibly hard to balance the safety and quality of life of our residents, guiding teams through education and mentorship, and providing reassurance to residents and families during difficult times. Chris truly embodies each of the Schlegel Villages values with passion, hard work, his positive attitude, his hands on approach and his contributions to innovation through ongoing learning. Chris has shown a commitment to continuous learning and professional development, demonstrating his dedication to providing the highest level of care to our residents.

I am thrilled to announce that Chris has recently graduated from the Bachelor of Science in Nursing program and is now a licensed Registered Nurse. His dedication to both his professional development and the well-being of our community is truly commendable.

Furthermore, we are very pleased to share that Chris will be continuing his journey with us at The Village of Wentworth Heights as he has accepted the role of Assistant Director of Nursing RN, supporting our Long-Term Care residents and team. Chris's dedication and leadership will undoubtedly bring a significant contribution to the well-being of our residents and the continued success of our team. Please join me in congratulating Chris Micheletti on his achievements and his new role within our community. We are fortunate to have him as part of our team, and I have no doubt that his leadership, expertise, and compassionate care will continue to enrich the lives of our residents.

Chris will begin his transition into his new role over the coming weeks. We are currently in the process of recruiting for the following roles in Retirement: Director of Wellness, Assistant Director of Wellness and Neighbourhood Coordinator. Further communication to come in the coming weeks.

Michelle Wood—General Manager

# A Message From... *The Asst. General Manager*

*From the desk of Gabriela DeSousa*

Dear Wentworth Heights residents and families,

I'm thrilled to share some incredibly exciting news. My husband Rob and I are expecting our first baby, due in August! Our hearts are filled with joy as we embark on this incredible journey together. The anticipation and excitement of this new journey are beyond words, and I'm eager to learn all the wonderful things that motherhood has to offer.

As we anticipate the arrival of our little one, I wanted to let you know that over the next couple of months, we will be working on a transition plan to ensure a smooth and seamless coverage during my maternity leave. Your support and understanding mean the world to me as I navigate this special time.

I am grateful to be part of such a caring community, and we can't wait to share this beautiful experience with all of you. Here's to new beginnings and the joy that comes with them!

Warmest regards,

Gabriela

# Nursing Update

*From the desk of Danica Milos*

In honour of St. Patrick day, I have decided to talk about the benefits of eating **GREEN VEGETABLES**.



## **A few health benefits are:**

- Rich in vitamins and minerals such as Vitamin A, Vitamin C, iron, magnesium, potassium and calcium.
- Support vision and skin health.
- Immune system booster
- High antioxidant content linked to reducing risk of cancer and heart disease.

Some of the best types of green vegetables are kale, microgreens, broccoli, collard greens, spinach, cabbage, etc. If you seem to be stuck or not a fan of vegetables, you can't go wrong with green beer.





# Neighbourhood

## News

*From the desk of Michelle Roukema*

Hello and happy March to you all!

After having an oddly warm February, it is really getting me excited for Spring and more consistent warm weather!

In Long Term Care, you may have noticed some new furniture items being placed within the neighbourhood. We are focusing on purchasing some new items from the *Living in My Today Pillar, Thoughtful Design*, to encourage engagement with our Residents.

In Scotsdale and Rymal, we have placed credenzas in the Country Kitchen. The Recreation Team will begin to stock these shelves with Meaningful Activities for residents, families, and team members to easily access throughout the day. Please feel free to pop in to the Country Kitchen and borrow an activity to enjoy! Keep an eye out for new activity tables; coming soon!

In Stonechurch and Carrington, we have also placed credenzas in the Living Room and will be stocking them with meaningful activities for residents, team members, and families to use throughout the day. We have also purchased activity tables for the living rooms to help promote intimate meaningful activities for residents with support of a team member or independently. I encourage you to utilize these new items and please speak to a member of the Recreation Team if you are interested in learning more!

I wish you all a happy March and I look forward to seeing you around the Village.

Take care,

Michelle Roukema

# Environmental Update

*From the desk of Barbara Taylor-Bhagwan*



Dear Residents,

With spring and Easter just around the corner, we wanted to reach out and provide you with an update regarding the upcoming preventative maintenance measures being undertaken by our dedicated Environmental Services team.

Starting in March our team will be conducting thorough inspections and maintenance in all residential suites. This process is aimed at ensuring the safety, comfort, and overall well-being of our residents. During these inspections, we will:

- Checking, replacing, and cleaning filters to maintain optimum air quality
- Verifying smoke detectors and replacing batteries, ensuring maximum safety
- Blowing condensation lines to prevent any potential water damage
- Cleaning behind fridges to eliminate any accumulated dust or debris
- Checking and replacing thermostat batteries for consistent temperature control
- Inspecting and tightening grab bars for enhanced stability and support
- Verifying the functionality of appliances to address any potential issues.

We kindly request your usual support in ensuring a seamless process during these maintenance procedures. It is essential that we have unrestricted access to your residential suites to conduct these inspections thoroughly. If you have any concerns or specific scheduling requirements, or any Housekeeping concerns, please reach out to our team by calling extension 8085. We are here to address all your requests promptly and efficiently.

On behalf of the Environmental Services team, we would also like to take this opportunity to wish each and every one of you a joyous Easter filled with love, happiness, and togetherness. May this holiday bring renewed hope and a fresh perspective as we continue to navigate through challenging times together.

Thank you for your understanding and co-operation. We truly appreciate your continued trust and support in keeping our retirement home a safe and welcoming environment.

Warm regards,

Your Environmental Team

# Hospitality News

*From the desk of Michelle Piccolo*

Hello! Welcome to March!

We want to express how thankful we are about the turnouts at our "Lettuce Talk Food" meetings. These meetings are for YOU as residents. This is YOUR time to discuss any concerns or compliments about our food and service. I love how we have started to have separate meetings on our 2<sup>nd</sup> floor for our residents on our Emma's and Egerton neighbourhoods and will continue to do so for the next little while. We welcome all of your feedback and take it very seriously so thank you very much for attending and providing us with that feedback.

Our next Lettuce Talk Food meeting will be March 12<sup>th</sup> this month. 9:15am for Emma's and Egerton, 10:30am for the main floor in the Hobby Shop.

March is full of excitement, we have St. Patrick's Day on the 17<sup>th</sup> where we will have an Irish themed dinner. We have International Women's day on March 8<sup>th</sup>. Please celebrate all the special women in your life! Also – daylight savings starts on March 10<sup>th</sup>! So longer days and more sunshine is coming our way.

Have a great month and eat well!!

The Hospitality Team



# The Ruby

## MARCH

As we look to March we are thrilled to share more updates and events happening at The Ruby this month.

We are excited to announce that we have established our new and consistent hours to share with the Village.

Every Wednesdays we will continue to host Ruby on the Run on Main St. at 1130am and will be open for dine-in from 4pm to 630pm.

Thursday through Saturday we will be open for dine-in for lunch from 12pm to 3pm and for dinner from 4pm to 630pm.

(Last reservation taken is at 630pm)

Working even closer alongside the recreation team we've come up with even more new and exciting events for everyone here to enjoy at Wentworth Heights! Keep your eyes on the Rec sign-up binder for such events as: Inspirational Women's Luncheon, Music of the Night: Irish Theme, Trivia Pub night, Hot-Crossed Buns pre-order for Easter, and more!

We are so grateful for the warm welcomes we've received during this transition and are forever appreciative of your patience. Make sure to stop by and say hi - we can't wait to hear your feedback on how we can make these experiences even more memorable for you. Thank you for being a part of this exciting journey with us!

Always,  
Your Ruby Team

**FOR MORE INFORMATION  
OR TO BOOK YOUR RESERVATION  
905-575-4735 X8086**

## UPCOMING EVENTS

### LADIES LUNCHEON

FRI. MARCH 8TH

Converse and celebrate many amazing women with us. Secure your spot today for an exclusive luncheon where we will have special guests that will be joining us to talk about their experiences, challenges and success'. Enjoy light finger-foods and a complimentary mimosa. Coffee and tea is included.

Limited spots available \$20 per person

### TRIVIA AND PUB NIGHT

WED. MARCH 20TH

From chicken wings to onion rings there is sure to be something to hit the spot. With multiple rounds of trivia with different topics in each round, winning teams will be awarded prizes throughout! Sign up with your team today! Prizes will be awarded to the winning teams!

Purchase is required to participate for prizes.

### EASTER BRUNCH

SUN. MARCH 31ST

Join us for at the top of the tower for an innovative take on a classic brunch. Our brunch towers are filled to the brim with tasty treats to share. Complimentary beverage is included in the price.

2 seating's available,  
\$50 + tax per tower (1 tower feeds two people)

# Village Events

## Joint LTC & RH

- Friday, March 8th—Wear Purple for International Women's Day
- Wednesday, March 13th—2:30pm Honeybee Presentation—SH
- Saturday, March 16th—2:30pm St. Patrick's Day Party with Kevin Beeby Duo-TS
- Wednesday, March 27th—2:30pm Easter Parade—TS
- Saturday, March 30th—10:00am Easter Egg Hunt and Activities

## Long Term Care

- Friday, March 1st—8:30am Men's Breakfast—CC
- Saturday, March 2nd—2:00pm Pub with Jeff Giles—MS
- Thursday, March 7th—3:15pm Residents' Council—CC
- Friday, March 8th—10:30am International Women's Day Spa Morning—CC
- Saturday, March 9th—2:00pm Luau Party with John Pebble—Stonechurch
- Wednesday, March 20th—2:00pm Travelling Cart: Ice Cream Sundaes
- Saturday, March 23rd—2:00pm Super Bingo!—CC
- Wednesday, March 27th—5:00pm Diner's Club: A&W
- Friday, March 29th—10:30am Travelling Cart: Hot Cross Buns
- Saturday, March 30th—2:00pm Entertainment with Florin Conta—Carrington

## Retirement

- Saturday, March 2nd— 2pm Dave Thierry Piano Performance (Eg)
- Sunday, March 3rd— 3pm Presentation Protect Yourself Online—SH
- Thursday, March 7th— 10:30 am Breakfast Club H (Sign Up)
- Friday, March 8th—10:30am Women's Tea Social —H
- Friday, March 8th—12pm International Women's' Day Lunch (Ruby \$)
- Tuesday, March 19th—5:30pm Music of the Night Irish Theme (Ruby \$)
- Thursday, March 21st— 2:30pm Residents' Council TH



# Village Outings

## LTC

- Friday, March 8th—1:00pm Flamboro Downs Casino (Rescheduled)
- Tuesday, March 12th—10:00am Country Drive
- Tuesday, March 26th—1:00pm Walmart Outing (Rescheduled)

LTC Residents, please drop into the Community Centre any time to sign up for outings.

## Retirement

- Friday, March 1st - Coffee Drive (Em/Eg)
- Monday, March 4th—11:30 am Ye Old Squires Restaurant
- Tuesday, March 5th—1:30pm Mary Maxim (weather pending)
- Thursday, March 7th—1:30pm No Frills
- Saturday, March 9th—2pm Terra Winter Market
- Monday, March 11th—10am Bulb Show at Gage Park
- Tuesday, March 12th—1:30pm Walmart (Rymal)
- Wednesday, March 13th—1:30pm Bulb Show at Gage Park (Em/Eg)
- Tuesday, March 19th—1:30 pm Giant Tiger -Upper Ottawa
- Wednesday, March 20th -10am Fallsview Casino
- Thursday, March 21st- Men's Club Outing
- Friday, March 22nd- 1:30pm Bowling (Em/Eg)
- Thursday, March 28th—1:30pm Fortinos -Upper James

For those of you unfamiliar with sign up day; on the allotted day, drop in to the Art Studio between 10am-3pm and fill out a ballot for each outing or special event you wish to attend. Each outing will be filled with residents by random draw to ensure fairness for everyone. Waiting lists will still exist with overflow. If you cannot make it out to sign up day you can sign up any time after by signing your name on the list in the Black binder for whichever outing you want. Binder is located in the Hobby Shop.

Sign-up day will be held:

***10am-3pm Friday, March 1st in the Hobby Shop.***

You can sign up alone or with a friend/spouse on the same ballot.  
One Ballot per person/partners per outing.

Please check the sign-up binder, in the Hobby Shop, to see which outing you are on after sign-up day. You will receive a call from Recreation to remind you of the outing in advance.

Please ensure you cancel ***MINIMUM 24 hours*** before the scheduled date for an outing or special event so we can fill your spot with someone from the wait list.  
**THANK YOU!**



# CURRENT EVENTS GROUP

Dear Residents,

You have probably heard and read in the news that the homelessness crisis in Hamilton has not eased, on the contrary, the number of homeless people is on the increase. Hamilton charities are not able to meet the needs and are counting on us to do our part.

As you may know, the Current Events Group of The Village of Wentworth Heights has organized two fundraisers last year to support homeless people through two local charities, Indwell and Good Shepherd.

We, the Current Events Group, are planning a two-week fundraiser at the end of April and into early May and hope that you will support us again.

Through our fundraiser last summer, we sponsored five beds for Indwell shelters. At Christmas time, the donations covered two cooking classes for residents in shelters. For Good Shepherd we had a wealth of used clothing and money donations for Regina House, an emergency shelter for homeless young women with babies. For them we also collected toys at Christmas.

As before, we again ask for financial donations for Indwell for a special project, yet to be determined, and for Good Shepherd money donations, used clothing, food and kitchen items.

You, dear Residents and Families of Wentworth Heights, have been so very generous that we could turn over to these two charities the huge sum of more than \$6,000 and well over 100 boxes and bags of clothing, food and kitchen items.

We thank you from the bottom of our hearts for your generosity in the past! Let us work together again as a community to lighten the load that some of our neighbours carry.

Please watch for posters in the elevators announcing the time of our fundraising event.

Kathe Kleinau for the Current Events Group

*From the desk of Dan Lazniewski*

## WENTWORTH HEIGHTS FITNESS CENTRE

Have you check out our fitness centre? If not, take a walk down to the end of Main Street and come see all we have to offer to help get you moving! Whether you're looking to improve your strength, balance, endurance, coordination or flexibility, we have something that can help.

**NuStep Bikes** - A recumbent cross trainer bike that is inclusive, low-impact has a total-body design and wide range of resistance levels to allow for a full-body cardio or strength workout.

**Treadmill** - Work on your endurance on our easy-to-use treadmill. Start slow and don't push yourself too hard. Make sure to use the red safety clip at all times.

**Arm Ergometer** - Work on your cardio, endurance and strength for your upper body with this arm bike. Can be done seated or standing.

**Therabands** - Resistance bands to help build strength or rehab an injury. Available in different difficulties from yellow (easiest) to blue (hardest)

**Dumbbells** - Weights that can also be used to build strength and balance. Dumbbell pairs from 1lb up to 10lbs.

**Balls and Basketball net** - Various sized inflatable balls and a standalone low level basket ball net to work on coordination and endurance.

**Hockey shooting** - Combine sport and exercise, by taking some shots on the net with our various hockey sticks and pucks. Can be used to improve coordination and balance.

**Stairs** - A safe way to practice walking up and down stairs. Two different stair heights on either side with sturdy handrails to help maintain balance and safety when using the steps. Can be used to improve strength, balance and endurance.

**Nordic Poles** - Turn walking into a full body workout by grabbing a pair of walking poles and going on a walker. Work on upper body strength and stability while working cardio endurance while walking.



Come and try one of the above today! Or contact Dan (ext. 8113) or Moses (ext. 8031) if you have any additional questions about the space or the equipment available.



# Happy St. Patrick's Day And Happy Easter

## Retirement

There is no foot care for the retirement side this month. The next clinic will be the beginning of April.



## Long Term Care

Step Ahead Advanced Nursing Foot Care will be going into long term care the week of March 10<sup>th</sup>, 2024.

Due to Outbreaks the nurse may have to change dates.

Please contact the RiverStone Spa and Salon with any questions or to book an appointment at 289 678 0021 ext 8090



# Chaplain's

# Corner

Janet Kennedy & Ankit Harry ext. 8045

## March Greetings to You!

This month holds the treasures of Easter! Join us for a movie about forgiveness, Seder Supper, Good Friday and Easter Services.

Sign up sheets for Seder Supper available in the Community Centre or Hobby Shop. Cost: \$10.00  
\* Limited participants.

Please check the monthly calendar for times and dates!

**Soul Care Circle:** Come share your passions, hopes, concerns and dreams!

**Movie** with Janet - "Ice Castles" And "Places in the Heart"

**Bible study** with Ankit  
**Sing-a-long** with Janet

## COMMUNION

Roman Catholic **Communion** served on Tuesdays at 10:00am in the Chapel

Easter Sunday **Communion** at 2:30pm  
Communion available after the service if you are unable to attend.

If you would like to have Communion with your family or friends, please let me know.  
Shalom, Janet

## March Services

Non Denominational Church services are held every Sunday at 10:00am with Ankit and 2:30pm with Janet. An exception on the 1st Sunday of the month. We will only have an afternoon service with Ankit.

Join us for Fellowship at 3:15pm in the Community Centre. All residents are welcome !

Roman Catholic Mass is held on the third Wednesday of each month at 10:30am.

Good Friday Service on Friday, March 29 at 2:30pm

Easter Service at 10:00am  
Easter Service with Communion at 2:30pm

## In Memoriam...

The Village Leadership, Team Members, and Residents of the Village of Wentworth Heights remember...

**Lydia Hayward**  
**Mark Higson**  
**Sharon Marshall**  
**Hugh (Poppi) McKelvie**  
**Barbara Shorten**  
**Peter Soderquest**  
**Damien Steiger**  
**Nanecte Vicencio**  
**Betty White**  
**Elizabeth Wilson**  
**Hannah Young**



We extend our sincere condolences to these families as they grieve their loss and remember their loved one.

**Our next celebration of life will be June 24, 2024.**



# Volunteer Update

*From the desk of Andrew Sangster*

Hello,

This is an exciting time of the year. Beginning March 1<sup>st</sup>, the village will be accepting nominations for The Barb Schlegel Volunteer Award. This Award will be awarded to a volunteer in our village who volunteers with heart and develops authentic relationships with a resident or residents. The nominations for this award will close on March 15<sup>th</sup> and the winner will be announced in April 2024. As a village, we are grateful to have many dedicated and caring volunteers. Although only one volunteer will be selected, we have many volunteers that exemplify these qualities, time and time again.

If you wish to nominate a volunteer who you believe exemplifies this award, please pick up a ballot from the village office or main street and return it to the main offices (long term care or retirement office). We appreciate your nomination for this great award.

Thank you.  
Andrew



Schlegel Villages'  
**volunteers**



Barb Schlegel  
**Volunteer Award**



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

# Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

## March 1-15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you  
for your  
nomination!**

  
**SCHLEGEL VILLAGES**

# General Store Update



## **General Store Hours: Tuesday, Thursday and Saturday 10-4**

Please stop by the General Store to buy a greeting card for your loved ones. Only \$2.00 each and stamps are \$1.00.

### **Do you need:**

Milk, butter, eggs, yogurt, margarine....

Juice, pop, candy bars, gum, licorice, cough drops....

Stamps, greeting cards.....

Canned soup, cookies, crackers, cereal, bread, chips, boxed juice.....

And... our volunteer handmade knitted items.

Drop in anytime and meet our volunteers.

Are you interested in volunteering in the General Store?  
We are always looking for new volunteers.

If you are interested, please e-mail

Andrew Sangster at

[Wentworth.volunteers@schlegelvillages.com](mailto:Wentworth.volunteers@schlegelvillages.com) or at

905-575-4735 ext. 8009



# Reaching For New Heights (RFNH)

*Reaching For New Heights* is the name of our Village Advisory Team (VAT) or Culture Change Committee.

"Culture change is an ongoing transformation in physical, organizational, psycho-social, & spiritual environments based on person-centered values. Culture change restores control to seniors *and* those who work closest with them."  
(Pioneer Network)

The Village Advisory Team is responsible for driving the culture change movement forward, being advocates for the residents and for helping the Village leadership team choose which Schlegel aspirations we are going to focus on this year.

*Schlegel Villages Aspiration statements are:*

1. Promote cross-functional teams—"Working together to put LIVING first"
2. Create opportunities for meaningful and shared activities—"Live life to the fullest"
3. Connect research and innovation to Village life—"Challenge the status quo"
4. Offer flexible living—"Live life your way"
5. Foster authentic relationships—"Know me, respect me"
6. Honour diversity in Village life—"Embraced, just as I am"
7. Promote resident empowerment—"Residents are our leaders"
8. Cultivate the ultimate team member experience—"You can be you while being apart of our family"

For more details on the aspiration statements, please visit  
[www.schlegelvillages.com/our-aspirations](http://www.schlegelvillages.com/our-aspirations)

We are always looking for new team members and residents to join our committee! Both LTC & Retirement welcome! The VAT meets one time a month. Meetings are paid for all team members. If you are interested in joining Reaching For New Heights please contact Jody McDonald at [jody.mcdonald@schlegelvillages.com](mailto:jody.mcdonald@schlegelvillages.com) or Andrew Sangster in LTC Recreation

**NEXT MEETING: Tuesday, March 26th at 3:00pm**



# A Chance for... YOUR VOICE TO BE HEARD

## RH Residents' Council

Your 2024 Executive Council Members:

**Barbara Hillmer**  
**Barbara Jepson**  
**Mary Millar**  
**Denise Mowatt**  
**David Walton-Ball**

Our next meeting will be held on  
**Thursday, March 21st**  
**@ 2:30 pm**

Any questions or concerns can be directed to Retirement Recreation Supervisor– Sherri Young.

## LTC Residents' Council

Residents' Council will be held monthly for all residents at 3:15pm in the Community Centre. As per vote at a prior meeting, meetings have been moved from the 3rd Thursday to the 1st Thursday of the month

Next meeting:  
**Thursday, March 7th at 3:15pm**

This is an opportunity for our Residents to share their concerns and suggestions that will lead to enhancing life within the Village!

Any questions or concerns can be directed to Jody McDonald (Resident Support Coordinator) or Marie Vanlouwe as the Team Liaisons for Residents' Council.

This is your chance to get details and follow-up of events of common interest, to join in discussions and to share our appreciation for the work of management in our Village.

You can request team member or leadership guest speakers to attend the meeting to discuss common questions related to their department. Management team members will present an update on happenings in their areas.

Make the Residents' Council meeting a time to meet with your fellow residents, the management, and the Executives for the betterment of everyone.

Please note that Residents' Council Meetings will be followed by a Wine and Cheese Social.

### **LTC FAMILY COUNCIL:**

We are excited to share that we will be hosting LTC Family Council on **Thursday, March 21st at 6:30pm**. If you would like to be a part of Family Council or would like more information, please get in touch with our Resident Support Coordinator, Jody McDonald via email [jody.mcdonald@schlegelvillages.com](mailto:jody.mcdonald@schlegelvillages.com).



# Room Reservations

## Room Reservation Policy...

We are happy to try to accommodate Family requests to have parties and special celebrations at the Village so that your loved one can continue to be a part of your family's get-togethers!

Our space for these bookings is limited as these spaces are also enjoyed by our Residents for programs, visiting, and independent leisure activities.

Please speak to the Village office regarding room bookings and cost.

Community Centre -Available **after** 4:30p.m.

Maximum of 20 people.

Library LTC –Available after 4:30p.m. Maximum of 20 people

Country Kitchens—Available upon Request

School House– Maximum 20 people

Education Room (LL)– Maximum 40 people

Please note: If your group size exceeds the maximum for the space, we respectfully ask you to book at an external venue or contact the Ruby for a catering event. Thank-you for your understanding.



# Upcoming Services

## Denture Services

Direct Denture Services provides on-site denture services to residents living in long-term care and retirement.

To book an appointment on site as needed, please scan QR code, call 416-482-3700 or email us at [reception@directdenture.ca](mailto:reception@directdenture.ca)

**Alternatively, you can ask the Nurse to send a referral form to our office.**



## Footcare

STEP AHEAD is a partnership of specially trained and equipped nurses, who have been retained to provide foot care.

Williamsburg, Emma's and Egerton:

**NO VISIT SCHEDULED**

Becker and Ailsa Craig:  
**NO VISIT SCHEDULED**

Long-Term Care:  
**Week of March 10th**

Please contact the Riverstone Spa x8090 to make a foot care appointment or to arrange a standing appointment.

## Hearing Clinic

Upcoming dates on:  
**March 6th and 20th**

Please visit us in council chambers on retirement Main Street.

Please call 1-888-745-5550 to book an appointment.

Please see page 24 for more details.

## Dentist

The Smile Room offers a mobile dentistry service in the Village.

Please call 1-888-274-9569 to book an appointment.

Upcoming date:  
**March 12th**

Please see further on for more details.

## Eyecare Services

On-Site Specialists offers comprehensive eye care services in the Village, including complete eye examinations, full assortment of eyeglass and optical needs, etc.

Please call (905) 326-9900 or email [consult@onsitespecialists.com](mailto:consult@onsitespecialists.com) to book an appointment.

In addition, please speak with your Nurse for a consent form which can be internally sent to our office.

**March 18th**

Please see further on for more details.

## Spa and Salon

The Riverstone Spa and Salon, located on retirement Main Street offers a variety of services, including:

Hair care for both men and women,  
Manicures,  
Pedicures,  
Facial Waxing,  
And more!

Please call 289-678-0021 or ext. 8090 to book an appointment.

For a full list of services, please visit Riverstone Spa and Salon in-person or on their website: [www.riverstonespasalon.com](http://www.riverstonespasalon.com)

**\*\* Dentist and Eyecare Services: Clinic frequency is dependent on the registration for the service \*\***



## 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

In Council Chambers on Retirement Main Street:

March 6th and 20th

For more information or to book an appointment at The Village of Wentworth Heights, please call

**1-888-745-5550**

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



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)



THE VILLAGE OF WENTWORTH HEIGHTS HAS  
ARRANGED FOR THE SMILE ROOM TO BE ONSITE TO  
SERVE YOUR DENTAL NEEDS

# DENTAL ONSITE



THE  
SMILE  
ROOM



1.888.274.9569

OUR NEXT DATE:

MAR 12th

It's a great chance to get healthier and  
experience the feeling of a refreshed mouth :)

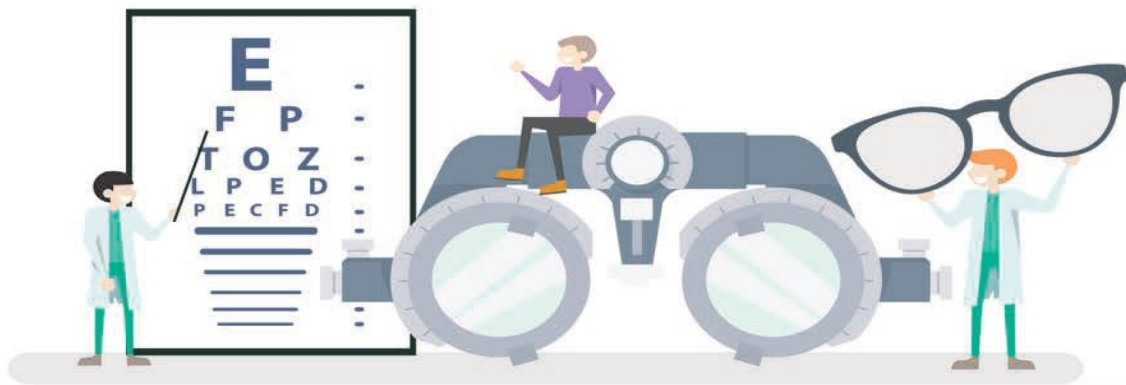
# OPTOMETRY CLINIC

## EYE EXAMS

DATE: **March 18th**

COMPLETE EYE EXAMINATIONS ON SITE  
FULL ASSORTMENT OF EYEWEAR NEEDS  
PRESCRIPTIONS FILLED ON SITE  
CUSTOMIZED SERVICE - NO OUTSIDE APPOINTMENTS

**\*FEE FOR SERVICE\***  
Insurance/Tax Receipt Given Upon Request



 **ON-SITE  
SPECIALISTS**  
Toll Free:1(800)556-1762  
Local:(905)326-9900

Consent Forms at Reception  
Call ON-SITE SPECIALISTS at  
1-800-556-1762 Press 0 to Register.



# Schlegel Villages – CONNECTIONS

## INTERNATIONAL WOMEN'S DAY

March is an exciting time of year with the renewal of Spring just around the corner, and it's also a time to reflect on the important contributions the women in our lives make every day to enhance our communities.

**International Women's Day is Friday, March 8**, and within our Schlegel Villages Community, we think of the countless inspiring women who bring our mission and vision to life and model our values in all they do.

Indeed, the Schlegel Family's quest to build strong communities has always been guided by the stalwart influence of strong women. Max Becker and Wilfred Schlegel, grandfathers to the three brothers who now operate Schlegel Villages,

were hardworking, entrepreneurial community builders whose partners in life, Florence and Emma respectively, were the guiding beacon that helped foster success. Schlegel Villages founder, Ron, also relied on his wife Barb to ensure his path forward would help their vision become reality.

In our current Schlegel Villages landscape, we're proud that more than 2/3 of the team members and leaders within our Villages and our Support Office team are women helping move our mission forward.

Whether it's our residents or team members, we are surrounded by dedicated, compassionate women who make our Villages better through their example. We honour them all on International Women's Day.

### Women in our organization

**67%**

are senior leaders

**66%**

are leadership

**68%**

are from Support Office (SO)

**74%**

are GM/AGM's

**86%**

Overall (not including SO)



# Schlegel Villages – CONNECTIONS



## SCHLEGEL OLYMPICS *Summer* 2024

There's a competitive edge in all of us, no matter our age, and the Schlegel Olympics taps into this spirit among our residents. As part of our Wisdom of the Elder Signature Program, the Schlegel Olympics is a vibrant opportunity to celebrate the passion of our residents.

We're thrilled to announce plans for these exciting events to take place again this summer, so save the dates and keep in touch with your recreation teams for more information to come.

**Tuesday, July 30**

The Village of Glendale Crossing  
(West Villages)

**Thursday, August 1**

The Village of Taunton Mills  
(East Villages)

WISDOM  
of the  
ELDER



# RESEARCH MATTERS

RIA FEATURE

## Bringing culture to the table

The food we eat is often tied to our culture or where we come from. If our meals don't match the smells and tastes we know and love, we might not eat or drink enough. This can affect quality of life and overall health. As the population of older adults grows and becomes more diverse, it's important for long-term care homes to offer a variety of foods that everyone can enjoy.

That's why Safura Syed, registered dietician and University of Waterloo PhD student, is leading a study focused on culturally inclusive food in long-term care homes.

"Not serving food that aligns with an older adults' cultural background can make them feel left out," explains Syed, a member of Heather Keller's Nutrition and Aging Lab. **"Food is important because it's part of who we are and where we come from."**

In her study, Syed is researching the challenges and supports food service managers and dietitians face in creating diverse menus.

Syed is also talking to residents and their families about how being served food from their culture affects their sense of belonging and makes them feel more at home. She's



using what she learns to help figure out the best way for LTC homes to include foods from all cultures in their meals.

Syed has found that personalized menus, acknowledging various holidays and religious days, and giving residents a chance to share their input, all help meet residents' cultural preferences.

"Eating food that tastes like home can make people eat better and stay healthier," says Syed. "By making sure everyone has food they enjoy and are familiar with, we can help everyone feel better and respected."

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Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews) to find out how you can help researchers like Syed and to stay up-to-date on the latest news, events, and helpful resources.

## YOUR VILLAGE LEADERSHIP TEAM—LONG-TERM CARE

<b>Michelle Wood</b> – General Manager Michelle.wood@schlegelvillages.com	Ext. 8028
<b>Sara Calder</b> – Assistant General Manager Sara.calder@schlegelvillages.com	Ext. 8060
<b>Lori Ross</b> – Administrative Coordinator Lori.ross@schlegelvillages.com	Ext. 8027
<b>Melissa Marks-Truscello</b> – Interim Director of Recreation Melissa.marks@schlegelvillages.com	Ext. 8035
<b>Daniel Lazniewski</b> – Kinesiologist/Exercise Therapist Daniel.lazniewski@schlegelvillages.com	Ext. 8113
<b>Jody McDonald</b> – Resident Support Coordinator Jody.mcdonald@schlegelvillages.com	Ext. 8305
<b>Gina Yukich</b> – Interim Director of Nursing Care Michelle.oswald@schlegelvillages.com	Ext. 8034
<b>Chris Micheletti</b> – Assistant Director of Nursing Chris.micheletti@schlegelvillages.com	
<b>Angelica Leeman</b> – Assistant Director of Nursing –IPAC Lead Angelica.leeman@schlegelvillages.com	Ext. 8092
<b>Danica Milos</b> – Assistant Director of Nursing – RAI Coordinator Danica.milos@schlegelvillages.com	Ext. 8066
<b>Michelle Roukema</b> – Neighbourhood Coordinator for Rymal & Stonechurch Michelle.roukema@schlegelvillages.com	Ext. 8036
<b>Barbara Taylor-Bhagwan</b> – Director of Environmental Services Barbara.TaylorBhagwan@schlegelvillages.com	Ext. 8070
<b>Donna Padget</b> – Director of Food Services Donna.padget@schlegelvillages.com	Ext. 8015
<b>Sarah Roberts</b> – Director of Quality & Innovation Sarah.roberts@schlegelvillages.com	Ext. 1306

## YOUR VILLAGE LEADERSHIP TEAM—RETIREMENT

<b>Michelle Wood</b> – General Manager Michelle.wood@schlegelvillages.com	Ext. 8028
<b>Gabriela DeSousa</b> – Assistant General Manager Gabriela.desousa@schlegelvillages.com	Ext. 8075
<b>Lori Ross</b> – Administrative Coordinator Lori.ross@schlegelvillages.com	Ext. 8027
<b>Sherri Young</b> – Interim Recreation Supervisor Sherri.young@schlegelvilages.com	Ext. 8332
<b>Moses Genat</b> – Kinesiologist/Exercise Therapist Moses.genat@schlegelvillages.com	Ext. 8031
<b>Sumeya Aleman</b> – Interim Wellness Coordinator Sumeya.aleman@schlegelvillages.com	Ext. 8072
<b>Marianne Pelayo</b> – Interim Neighbourhood Coordinator for Emma’s & Egerton Marianne.pelayo@schlegelvilages.com	Ext. 8077
<b>Chanelle Cavey</b> – Neighbourhood Coordinator Williamsburg, Becker & Ailsa Craig Chanelle.cavey@schlegelvillages.com	Ext 8080
<b>Barbara Taylor-Bhagwan</b> – Director of Environmental Services Barbara.TaylorBhagwan@schlegelvillages.com	Ext. 8070
<b>Duro Brajic</b> – Environmental Service Supervisor Duro.brajic@schlegelvillages.com	Ext. 8071
<b>Michelle Piccolo</b> —Director of Hospitality Michelle.piccolo@schlegelvillages.com	Ext. 8074
<b>Bradley Hiltz &amp; Branka Urosevic</b> —Director of Lifestyle Options Bradley.hiltz@schlegelvillages.com & Branka.urosevic@schlegelvillages.com	Ext. 8067/8068
<b>Carolyn Field</b> —Interim Village Experience Coordinator Carolyn.field@schlegelvillages.com	Ext. 8069
<b>Lead Nurse</b> Call this number for any health related emergency	Ext. 8079