

The Glendale Gazette

March 2024



The Village of
GLENDALE CROSSING

Chaplain's Chat

From the desk of Hans Van Eyk

Thoughts from your Chaplain

March is here ... hurray! March is a season of new awakenings. The earth begins to thaw, we put away our winter coats, trees begin to bud, sap begins to flow, flower bulbs start to emerge, the birds begin their singing. Springtime is a reminder that one day God will make all things new. It is a month of hope and brings many wonderful things and events to thank God for.

March brings us Daylight savings time, International Women's Day, St. Patrick's Day, Ramadan, Good Friday and Easter. And March 11 is, 'International Fanny Pack Day' whatever that is?

But above all else the Bible says, *"This is the day the Lord has made; let us rejoice and be glad in it."* And so every day in March can be a wonderful day for us if we let it and make it so by spreading our own cheer, kindness and thankfulness throughout its days. Comedian Robin Williams said, *"Spring is nature's way of saying, 'Let's party!'"* May we all enjoy the coming month. God bless you all.

Chaplain Hans

Ramadan

Ramadan is the most sacred month in Islam.

Starting March 11 over two billion people worldwide will have a more spiritually significant time as Muslims begin fasting in daylight hours for the holy month of Ramadan. It offers an opportunity for devotion, reflection and celebration of the mercy and love of Allah.

Ramadan is the Muslim month of fasting when they spend time praying, contemplating their faith, honouring loved ones and the community, giving to the needy, and asking for forgiveness for sins.

Maybe we can all practice a little more of that.





Wishing you a Happy Birthday!

Our Residents

*"Don't just count
your years...
Make your years
count!!"
~Ernest Meyers*

LTC

Ruth G	Mar 3
Gord S	Mar 3
Joseph S	Mar 4
Shirley E	Mar 6
Dorothy I	Mar 6
Paddy H	Mar 7
Patricia R	Mar 12
Steve W	Mar 13
Anne K	Mar 15
Ruzica C	Mar 16
Lynne C	Mar 21
Charles R	Mar 21
Carol C	Mar 22
Gary M	Mar 22
Claudette	Mar 22
Jim K	Mar 23
Myles M	Mar 24
Muriel E	Mar 28
Shelah M	Mar 31

RH

Margaret	Mar 2
John W	Mar 2
Dana L	Mar 3
Dani R	Mar 5
Rheta J	Mar 8
Margaret B	Mar 10
Bernice W	Mar 13
Eric W	Mar 14
Frances M	Mar 19
Jackie B	Mar 19
May D	Mar 20
Shirley S	Mar 20
Sandra P	Mar 22
Andrea C	Mar 23
Adele R	Mar 25
Shirley A	Mar 27
Bob H	Mar 27
Lois P	Mar 28
Carol L	Mar 31



In

The Board of Directors, leadership team and team members were saddened by the passing of:

*LTC– Nadia D, Liz H, Ilse H, Keith L, Betty V, Edgar H,
Dorothy G
RH– Jeanette S*

Meal Tickets



If you would like to enjoy a meal with your loved one, you can purchase a meal ticket from the Village Offices in both Long Term Care and Retirement.

We ask for 24 hours notice if possible when you will be joining us for a meal.

Prices as follows:

Long Term Care

Breakfast \$10, Lunch \$13, Supper \$16

Retirement

Breakfast \$10, Lunch \$16, Supper \$19

A Message from... *The Asst. General Manager*

From the desk of Heather Hyland

Hello Glendale Residents, Families & Team;

Four and ½ months in to our opening and what an amazing time it has been. I want to thank each of you for your patience, support and grace over this time. I am happy to share that we have recruited 3 visiting physicians who will be supporting all 5 neighbourhoods in the retirement phase of the Village. We continue to recruit for our Director of Wellness and an additional Neighbourhood Coordinator.

After many discussions with residents we have made the decision to not book the Social Club for private events. We have other spaces such as the Hobby Shop, Library and Solarium on the 2nd floor for you and your family to reserve and use. Booking these spaces will take place at the main office, please also be aware we can not book the space if a recreation activity is taking place.

Franky loves coming to the village and visiting residents and team. He has grown so much over the past 6 months. Here is a baby picture and Franky at 8 months



If you have any questions, please feel free to stop by my office next to the elevators.

Heather & Franky



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."

Subscribe to updates from the RIA at 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.

Connecting Through Food

From the desk of Amanda Verberne

One of the things I missed most during the height of the pandemic was the opportunity to break bread with loved ones. I feel like food is something that brings us all together, sitting down to a meal with family and friends offers so much joy and connection.

It has been wonderful to see our resident's family and friends take part in these traditions again! Over the holidays to see so many of our residents dine in the country kitchens with loved ones warmed my heart. Recently seeing Gloria and Carlos join their family for a meal at the Mandarin with family through the dream catchers program was incredibly special. Something as simple as a dinner out with family, I feel will never be taken for granted again! Please, if booking a country kitchen to share a meal with your loved one is something you would like to do, reach out to our admin team to book, it's a wonderful space that is available with no charge. We just ask you tidy up afterwards.

Keeping our Village dining rooms a place where we are providing residents with an enjoyable meal experience is something that is important to our Village values. The beautiful well lit dining rooms provide such a welcoming and inviting space for our residents. As a Village team, we need to ensure we are working towards supporting a relaxing environment that all residents feel welcome in. This may look different on every neighbourhood, as some enjoy some music while they dine, others prefer quiet conversation with their tablemates and the team. We do our best to accommodate everyone's wishes.

In winter one of my favourite comfort foods is soup! I enjoy making it from scratch and I am doing what I can to instill the love of cooking a wholesome meal into my children! My daughter will tell you she has mastered roasted tomato soup! (It's a secret recipe apparently so I'm sorry I can't share!) But I have included one of my favourite recipes from my favourite cook book. Please if you make it let me know how you liked it!

Please see recipe on the next page.



Connecting Through Food

Creamy Chicken Gnocchi Soup. From Half baked Harvest "Super Simple" By: Tieghan Gerard

2 boneless, skinless chicken breasts
1 yellow onion diced
6 carrots chopped
for serving
5 cups of chicken broth
1 cup of dry white wine
2 table spoons of fresh thyme
2 bay leaves
1 teaspoon paprika
½ teaspoon of crushed red pepper flakes
1 parmesan rind

Salt and Freshly ground pepper to taste
1 (16 ounce) box of potato gnocchi
½ cup grated parmesan cheese plus more
¾ cup of cream
2 tables spoons of olive oil
2 pounds of mushrooms sliced or torn
4 cloves of garlic, smashed
4 tablespoons of salted butter
Zest from 1 lemon

Heat Olive oil in a large pot over high heat. When oil shimmers, add the mushrooms and season with salt and pepper. Cook undisturbed, until golden, about 5 minutes. Stir. Reduce heat to medium add garlic, butter, 1 table spoon of thyme, and lemon zest. Cook stirring occasionally until garlic is fragrant, about 3 to 5 minutes. Then add chicken, onion, carrots, broth, wine and remaining tablespoon of thyme, bay leaves paprika, red pepper flakes and parmesan rind. Season with salt and pepper. Increase heat to high and bring to a boil then reduce heat to low cover and simmer until chicken is cooked. About 20 to 25 minutes.

Remove chicken and shred with a fork, return soup to a boil over high heat. Add the gnocchi, grated parmesan and cream. Cook stirring occasionally until warmed through and gnocchi is cooked. About 5 minutes. Remove and discard bay leaves and parmesan rind, stir chicken back into soup. Serve!



Nutritional News

From the desk of Lindsey Tansey RD

March is Nutrition Month!

Let's Talk Fibre

What is Fibre?

Fibre is a carbohydrate that passes through the digestive system without being digested.

There are two types:

Soluble fibre: helps to lower cholesterol and control blood sugar.

Insoluble fibre: helps to keep your bowels regular and may protect against colon cancer. Constipation may be improved with a diet high in fibre.

It is important to consume both kinds of fibre to gain the full benefits.

Recommended Intake

Age group	Recommended Intake
Women 19-50 years old	25 grams
Women 51 and over	21 grams
Men 19-50 years old	38 grams
Men 51 and over	30 grams

Sources of Insoluble Fibre

Some vegetables and fruit like zucchini, celery, broccoli, cabbage, onions, tomatoes, cucumbers, green beans, dark leafy vegetables, whole grains and wheat bran.

Sources of Soluble Fibre

Some fruit like apples and oranges, vegetables like carrots and eggplant, oats, barley, and legumes like beans and lentils. Metamucil is also a source of soluble fibre!

**Remember to be physically active and drink plenty of fluids. This will help you avoid gas and bloating as you increase the fibre in your diet.



Spotlight on You

Yolande Turner-Student and Volunteer Coordinator

Hello everyone!

My name is Yolande Turner and I have been serving at the Village since July 2010. I left the Village in 2020 and I returned during the Fall of 2021. I have worn many hats in the Village including Recreation Aide, Social Services Worker, Administrative Coordinator and Volunteer Coordinator. I currently serve in the dual role as Student Services and Volunteer Coordinator. I have always felt a connection to the Village and I have genuinely enjoyed making so many meaningful relationships throughout my years here. My passion for helping older adults began during my childhood when I spent many hours at my maternal grandparents' senior apartment building.

I was born and raised in London and I studied at Western University and Fanshawe College. It's been nice to call London home and now I get to watch my two children grow up here. I love spending time with my family and taking my kids to their extra-curricular activities. I have a sweet little dog named Winnie who is a black and white cavatzu. In my spare time, I enjoy reading, baking, walking and going for a hike in Medway Creek. □



Spotlight on You

John Lohmann—Retirement Resident

John Lohmann was born in Nagyszekely, Hungary on December 18th, 1937. He was married for 62 years to his spouse Betty and together they have two daughters, four grandchildren, and four great grandchildren.

Growing up, John's family fled Hungary when he was 7 years old and moved to Germany where he lived until he was 15. At 15, John moved to Canada. John eventually settled in Delhi, Ontario before moving into Glendale Crossing January, 29th, 2024.

John worked both as a carpenter and as a Tobacco Farmer for 30 years. Hobbies that John enjoyed are playing the accordion, travelling, swimming, woodworking, cooking, and baking. John loves to make connections, and to meet new people. At Glendale, John has played the Accordion for the community. Another instrument John can play is the Organ.

His favourite part about living at Glendale Crossing is that everyone has been kind and welcoming to him. He enjoys the conversations he has had with the staff and other residents.



Environmental News

From the desk of Amy Jackson

Along with millions of people in North America, London Ontario will witness a total solar eclipse on April 8th at approximately 3:12pm.

Solar eclipses occur when the Moon aligns perfectly between the Earth and the Sun, casting its shadow on our planet.

Solar eclipses come in two main types – total and partial. A total solar eclipse completely obscures the Sun, while a partial eclipse only covers a portion.

The path where a total solar eclipse is visible is known as the "path of totality." Witnessing a total eclipse within this path offers a unique and breathtaking experience.

During a total solar eclipse, the sky darkens dramatically, and the stars may become visible, creating a surreal and awe-inspiring atmosphere.

The shadow cast by the Moon during a solar eclipse races across the Earth's surface at incredible speeds, often exceeding 1,000 miles per hour.

Throughout history, solar eclipses have been linked to various myths, legends, and significant events, influencing cultures and civilizations.

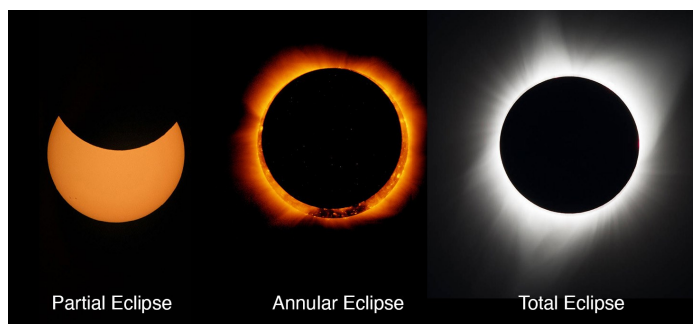
How to view the eclipse?

Do not look directly at the sun! Even during an eclipse.

Observing a solar eclipse directly can be harmful to the eyes. Specialized solar eclipse glasses are crucial for safely enjoying this phenomenon.

The eclipse can also be safely viewed by making your own pin hole viewer.

Please join the recreation team for a make your own pin hole viewer class before the eclipse and join us outside for viewing!! More details to come, keep an eye on your April calendars!



Volunteer Update

From the desk of Yolande Turner

We have been through many changes and challenges since we opened in 2010. We have welcomed volunteers from all different ages and backgrounds and we have one volunteer who has been with us since our opening year. Heather Verdun started volunteering with us in the Fall of 2010 and she has achieved over 1,600+ hours of service. Heather has helped in many different ways during her time with us from choir support to recreation programs. She dedicates every Tuesday to the Village, helping with various programs or writing for the monthly gazette. If you see Heather around the Village, please thank her for her years of service.

We have exciting programs for you to sign up for in March. Please see the **March Volunteer Calendar** for a complete list of activities, special events and outings.

Volunteer Orientation

Are you interested in becoming a volunteer at Glendale Crossing? We offer virtual and in-person Volunteer Orientations. Please register to attend by contacting Yolande Turner, Volunteer Coordinator at 519-668-5600 ext. 8046 or glen-dale.volunteers@schlegelvillages.com

2024 Volunteer Appreciation April 21st-27th

I am planning to host a Volunteer Appreciation Event at Glendale Crossing this year. I hope you can join me for refreshments and fellowship. There will be more information in the next couple of weeks.

“Life’s most persistent and urgent question is, what are you doing for others?” – Martin Luther King, Jr.



A Note From Your Co-Editor, Heather

Happy Anniversary! I can't believe Glendale Crossing is turning 14 years old in 2024! Congratulations, you did it and on a job well done. I am so proud to be your co-editor, and I am really amazed by God, the one we believe in. Thanks so much for all of the Volunteers, Team, Residents and Families for making this place so special. Way to go!

Happy Birthday Glendale Crossing, to the place that I love! Let Yolande and Erin know your thoughts about what you like about this building for our 14th year anniversary!





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!**



Village Events

Combined Village Events with Retirement and Long Term Care

Saturday March 2 at 2:45 Music with John Moorhouse

Saturday March 9 at 2:45 Music with Jim Cochetto

Thursday March 14 at 2:45 Casinorama

Sunday March 17 at 2:45 St. Patrick's Day Party with Scallywags

Wednesday March 20 at 10:30 Earth Documentary

Friday March 29 at 2:45 Good Friday Church Service

Sunday March 31 at 2:45 Easter Sunday Church Service

All of these events are located in Townhall in Retirement!

Resident Bill of Rights:

25. Every resident who is dying or very ill has the right to have family and friends present 24 hours per day.

Supporting Your Well-Being

From the desk of Shannon Brady

As the winter season continues, it brings with it a unique set of challenges that can impact our mental well-being. The colder weather, reduced daylight, and potential feelings of isolation can contribute to a decline in mood and overall mental health. However, there are various strategies you can embrace to enhance your well-being during the winter months.

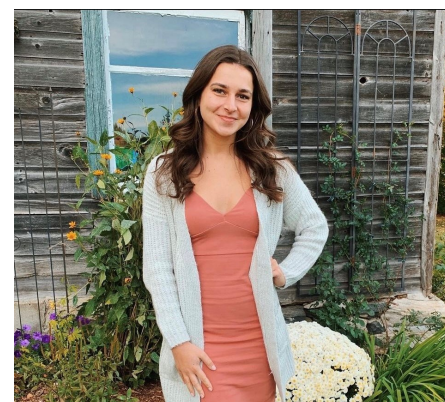
- 1. Embrace Indoor Activities:** Winter weather may limit outdoor excursions, but it also provides an opportunity to explore indoor activities. Engage in hobbies such as crafting, painting, reading, or puzzles. Participate in scheduled indoor programs, fostering a sense of community and connection. **TIP:** *Attend the Village-wide St. Patrick's Day program where live music will be performed by Scallywag in the Town Hall.*
- 2. Stay Physically Active:** Exercise is a powerful mood booster. Consider low-impact exercises suitable for indoor spaces, such as fun-and-fit on Tuesday nights in the Fitness Centre, chair exercises, yoga (March 28th at 6:30pm in Westminster). These activities not only contribute to physical health but also promote mental well-being by releasing endorphins, the body's natural mood enhancers. **TIP:** *Attend the Fitness Centre (located on LTC Mainstreet), every Wednesday at 11am to participate in an open exercise class. Everyone is welcome! Keep an eye out for LTC exercise classes posted on the calendar outside of the gym.*
- 3. Connect with Others:** Combat feelings of isolation by actively seeking social interactions. Participate in group discussions, visit with family and friends, or attend communal programs within the Village. Establishing and maintaining connections with others can significantly contribute to a positive mental outlook. **TIP:** *Come check out Euchre (held on Wednesdays at 2:15pm in the Westminster Dining Room) for a chance to learn, play, and socialize with others!*
- 4. Create a Cozy Environment:** Make your living space warm and inviting. Personalize your surroundings with cherished items, photos, and comforting decor. Consider incorporating soft lighting to create a cozy ambiance, promoting a sense of comfort and relaxation during the darker winter months. **TIP:** *Our recreation team members can help print out photos, and our maintenance team can help hang them up in your room!*
- 5. Practice Mindfulness and Relaxation Techniques:** Mindfulness exercises and relaxation techniques can help manage stress and anxiety. Try guided meditation, deep breathing exercises, or mindfulness walks. These practices can bring a sense of calm and serenity to your day. **TIP:** *Visit the Solarium on the 2nd floor of the Retirement side to benefit from the indoor green space and water wall.*

Explore Virtual Learning Opportunities: Keep your mind active and engaged by exploring virtual learning opportunities. Many platforms offer a variety of courses and workshops, allowing you to learn new skills or revisit old interests from the comfort of your residence. **TIP:** *Ask a recreation team member about how you can get connected with the "Visiting Libraries" through the London Public Library.*

Winter can pose unique challenges to mental health, but by incorporating these strategies, you can enhance your well-being and find joy even during the colder months. Remember, small, intentional steps can make a significant impact on your mental health, fostering a positive and nurturing living environment within the long-term care community.

Time Springs Forward: March 10th | **First Day of Spring:** March 19th

Shannon Brady, RSW
Resident Support Coordinator LTC



Retirement News

Did you know?

This information board is outside the Village Office in Retirement and can be used for advertising items you would like to part with.

You can also place a wanted ad as well.

Please ensure your advertisement is dated, as we will remove after 2 weeks



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



WISDOM
of the
ELDER



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)

LTC Family Council

The next Family Council Meeting is Monday March 18, 2024 at 3pm in the Long Term Care Library



Family
Councils
Ontario

Caught in the Act

Do you know what the Caught in the Act program is?
If you answered no, please let me explain..

The Caught in the Act program is when you can nominate anyone (resident, team member, volunteer, family member) for going above and beyond the call of duty. This can be something big or small.



All good deeds can be recognized. You can find the nomination box outside of the Community Centre on Main Street. Please submit your nomination here. It will then be added to the monthly newsletter and all candidates nominated throughout the year will go into a draw for a gift at the end of the year. Thank you in advance for your submissions!

Murshid G was recognized by Rema K for being such a hard worker and always going above and beyond to help! He is fantastic with the Residents and is so pleasant to be around!

Sherin K was recognized by Karen H for helping her Mother with her wound dressing. She gave her the best advice on how to remove a stuck on improper dressing and how to apply a new dressing properly! Thanks!

Joe T was recognized by Jean for helping in preparing Residents on Pondmills for the Sweet Heart Dinner (Doing their make up and hair)

Elena J was recognized by Jean for helping in preparing Residents on Pondmills for the Sweet Heart Dinner (doing their make up and hair)

**THANK
YOU**

Recreation News

From the desk of Erin Seldon

Meaningful Engagement in Long Term Care

When I think of what meaningful engagement is to me, it is time with those I love, being with them and creating memories! It usually doesn't matter what we are doing as long as it's together. Also, meaningful to me is being with my pets. What is meaningful is so different for each person.

Each month, the Recreation Team does a calendar planning meeting with the Residents on their Neighbourhoods to see what they would like to see on the calendars. We have also started diving into their ME Forms to see what their past was like and find out how we can bring different hobbies back to them. Please know, families and friends are welcome at programs with their loved ones.

Our Team would also love your feedback on what is meaningful to our Residents. If you think there is something you would love to see on the calendar, please reach out or let your Recreation Team Members know. If you are a Family or friend and would like to put a suggestion forward, we are always willing to try new things in the best interest of our Residents.

It is not always the biggest programs that are always the most successful, sometimes people get so much more out of the smaller more intimate groups or even friendly visits with the team. Some people aren't comfortable in big crowds and some people don't want to be around people constantly but some people do. We strive to be as person centered as we can when planning the calendar, understanding we are planning for 192 people, we also make sure there are time between programs for those people that prefer 1:1 visits or just doing something spontaneous with someone, whatever they feel like doing in the moment. Everyone is so different/unique and that is why we love what we do, as we get to be creative and bring smiles as well as comfort to people, as much as we can!

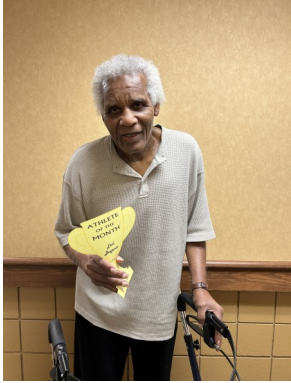
The Recreation Team always welcomes feedback & suggestions so we can continue to Improve the quality of life for those who we are all here for! If you have any ideas or suggestions, please email myself at erin.seldon@schlegelvillages.com or call my extension at 519-668-5600 ext. 8007.

I also wanted to mention our Dreamcatchers Program. If you are a Resident in LTC and there is something you would love to do, there is a box in our Community Centre where you can put your wish in for our Dream Team to review. We grant a wish quarterly. If you are a friend or family member and know something that your loved one would love to do, please put it in the box or let a Recreation Team Member know. This is one way we can make sure we are doing something very meaningful for each individual that puts a wish in the box! We fundraise so that it is free of cost to this person.

Erin Seldon
Director of Recreation in Long Term Care



Athlete of the Month



Athlete of the Month

We are thrilled to announce Ercil Benjamin as February's Athlete of the Month. Ercil is a shining example of determination and dedication in our physiotherapy program. His unwavering motivation and passion for self-improvement are truly inspiring, and his commitment to staying active has led to amazing progress! Since joining our program in July 2023, Ercil has become much more independent in completing activities of daily living and has also set a remarkable standard for others. Ercil goes above and beyond, diligently incorporating additional exercises into his daily routine beyond those completed in his 1:1 programming, including walks to help maintain his strength and endurance. His positive attitude and proactive approach make him a standout member of our community and we are so excited to honour him this month!

Congratulations, Ercil, on this well-deserved recognition!

The PAL team

Ryan, Morgan, Ajay, Sabrina, Andrea, Arshpreet and Ally



Great Job!



Ryan Morin
Director of PAL Services

Retirement Home General Store

Our store will be open on Monday, Thursday & Saturdays 11:30am-2:30pm

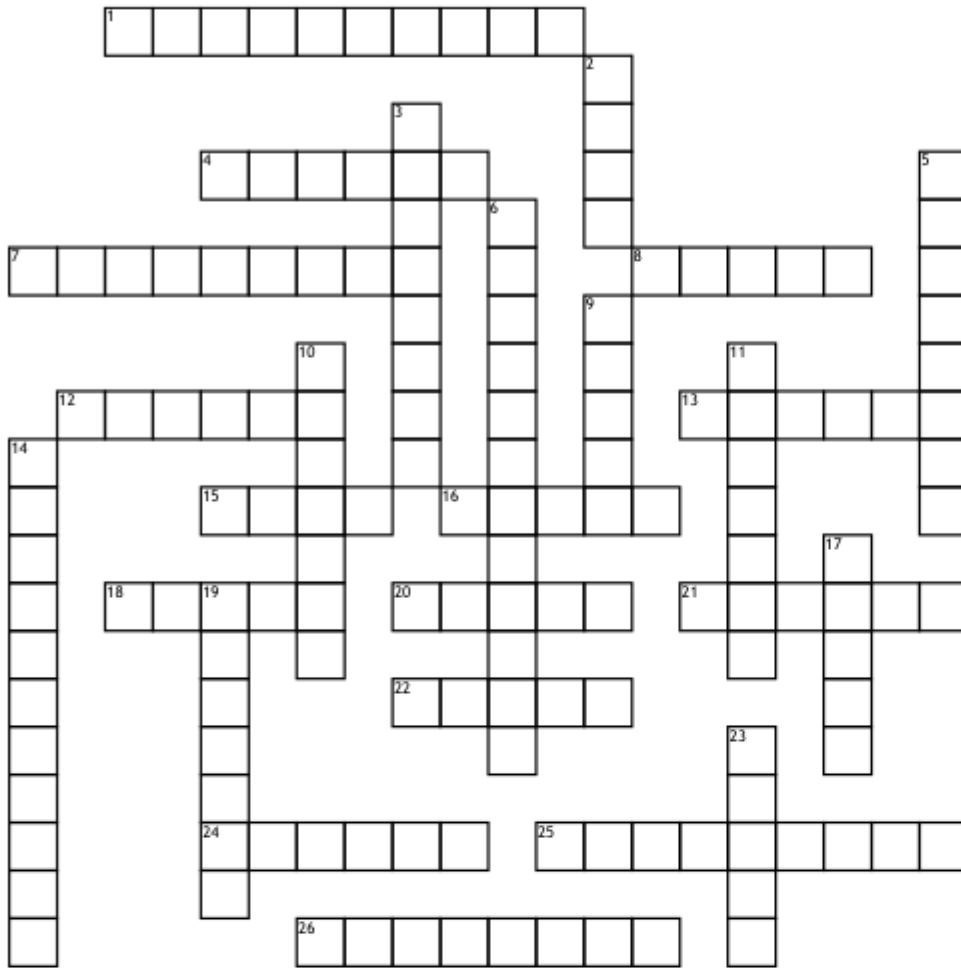
*The store will be open during store hours only.

*Prices and store items may be subject to change.

If any Retirement Residents would like to Volunteer in the store please contact Yolande Turner at ext 8046 or glendale.volunteers@schlegelvillages.com



St. Patrick's Day



Across

- 1. A mischievous elf in Irish Folklore
- 4. A branch of the Indo-European languages that was spread widely over Europe in the pre-Christian era.
- 7. To publicly party
- 8. The Celtic language of Ireland
- 12. A plant of the genus Trifolium
- 13. March in a procession
- 15. Something likened to the metal in brightness or preciousness
- 16. A month of a year
- 18. Resembling the color of growing grass

- 20. An occasion on which people can assemble for social interaction and entertainment
- 21. A staple food of Ireland
- 22. Occurring by chance
- 24. A story about mythical or supernatural beings or events
- 25. An inherited pattern of thought or action
- 26. Another word for 3-leaf clover

Down

- 2. Invoke upon
- 3. A humorous verse form of 5 anapestic lines with a rhyme scheme aabba.
- 5. A special kind of clover

- 6. Christian missionary and bishop in Ireland
- 9. Any art that invokes supernatural powers
- 10. Achieved independence from the UK in 1921
- 11. An arc of colored light in the sky caused by refraction of the sun's rays by rain
- 14. The day of the month of St Patrick's day
- 17. A small being, human in form, playful and having magical powers
- 19. Highly valued as a gemstone
- 23. A form of money

Name: _____

Date: _____

March Word Search

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

EASTER

DAYLIGHT SAVINGS

COLLEGE

LAMS

PARADE

MARCH

ROBINS

BASKETBALL

LUCK

ASH WEDNESDAY

WINDY

RAINSOW

FLOWERS

MADNESS

GREEN

SHAMROCK

SNOWERS

MARDI GRAS

TRACK

TIME CHANGE

PANCAKES

ST PATRICKS DAY

BIRDS

SPRING

Contact us...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

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.

Long Term Care Leadership Team

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If any Resident would like a copy of the newsletter delivered monthly, please contact Erin Seldon at extension 8007, or let your Recreation Team Member know.

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