

Riverside REVIEW

Vol. 26 Issue 10 October 2024

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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, family, and team members,

The full change of seasons is upon us as we shift from September into October with the changing hues of Autumn and the fall of the leaves. Of course, a major theme in October is always one of gratitude, and we offer our thanks for all that our team members, residents, family members, volunteers and community partners offer to make our Village so close and comfortable. We are also grateful that Village leaders, along with some team members and residents, will be able to gather in Niagara Falls at the beginning of the month for our annual Operational Planning Conference. The conference will run from October 07-09, and we are confident we have a strong set of team members in place to keep the Village running smoothly while our leaders are off-site. Of course, we are only a phone call away if needed.

Please remain focused on all IPAC practices and follow the established protocols. The season for Flu, COVID and RSV infections is upon us, and we know that breaking the chain of infection is key to preventing and/or controlling outbreaks.

We wish you all the best as we look ahead to Thanksgiving, and we hope you can enjoy that special time with family.

Sincerely,

Bryce
General Manager

Chaplain's Corner

To Residents, Family, and Team Members:

Since October is a month to think about thankfulness, I thought I would explore how the different religions, other than Christianity, represented by residents and team members at Riverside, express thankfulness. 1) Jewish - The Hebrew term for gratitude means "recognizing the good." There are 3 ways to practice gratitude - notice good things, look for them, and appreciate them; savour, absorb, and really pay attention to those good things; and express gratitude to yourself, write it down, and thank someone. As we recognize the good even in small ways, it will undoubtedly lead us to noticing the good in other areas of our lives.

2) Islam - "Be thankful to God: whoever gives, benefits his own soul..." One way to express gratitude: If someone does you a favour, you are encouraged to return the favour, but if unable to return the favour you should say to the person, "May Allah reward you with goodness."

3) Sikhism - When we are grateful, we are naturally filled with kindness and compassion. Here is a prayer of gratitude from the Sikh Holy Scriptures: "Dear God, please enlighten me to sing your praise throughout the morning, noon, and night. O Greatest Giver of all, we are very grateful to enjoy the food you provide. Bless us to get rid of our vices by gathering with your disciples."

4) Buddhism - Shin Buddhists say the "nembutsu" which is not a prayer or mantra, just a phrase that expresses our happiness and thankfulness. A Buddhist prayer of gratitude: "In gratitude and compassion, I bow down and transmit my energy to those I love. All the energy I have received I now want to transmit to my father, my mother, everyone I love, and all who have worried because of me and for my sake.

If you've noticed, we may say different words, in a different manner, but we are much the same in our thanks. Happy Thanksgiving to all

Blessings to you,
Rev. Brenda Woodall

Note: We rearranged Memorial service dates due to the outbreaks.

Long-Term Care - Thursday Oct. 3 @ 2:30 in Erin

Retirement - Tuesday Oct. 22 @ 2:30 in Williamsburg Dining Room

In Memoriam

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

Francoise D
Elinor N
Carol R
Fredrick S

David T
John P
Kathrine F



Message from Your Long-Term Care Family Council

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

October Update from Riverside Glen LTC Family Council
Autumn, Outbreaks and Managing Stress

Hi everyone! It was great to see another increase of attendees for our September 12th Family Council meeting. If you missed it, the meeting, the minutes will be in the white binder near Helen's desk on the main floor in Long Term Care. Resident's Council and Food Committee minutes are also kept in this binder. It makes for interesting reading!

The Songbirds Choir concert which many residents were looking forward to, had to be postponed from September 4 due to the start of a rash of outbreaks in the neighbourhoods. As I write this, there is not a definite rescheduled date for the concert. It does seem early to see outbreaks in the Village, but all across the Wellington/Dufferin/Guelph area cases in retirement and long term care cases of Covid and other respiratory illness have been surging. Our thoughts are with those of you with family members who are ill, or perhaps are still in isolation. When there is an outbreak in a neighbourhood, only one essential caregiver at a time can visit. Please do not visit if you have symptoms. Wear a mask, and sanitize your hands frequently. If you are able to visit your loved one near a mealtime, (which many of you already do), and help set up their tray or feed them, the staff appreciate your help.

September has been a busy month. I found there were many areas of my life that needed attention. It can be easy to become overwhelmed at these times. A quick way that helps me to feel calmer and more energized is called "coherent breathing". When we are feeling stressed, our breathing becomes faster, and we breathe more shallowly using our chest muscles, rather than deeply into our abdomen. In order to relax, we need to breathe down into our belly through our nose, and out through our nose or mouth. Our outbreath should be a little longer than our inbreath. My ideal coherent breathing rhythm is to breathe in to a count of five, hold for a second or two, then breathe out to a count of six and again hold it for a second or two. You may need to breathe to a higher or lower count, experiment with the count that works best for you! Coherent breathing also regulates your heart, causing it to beat more slowly and regularly. Your brain waves also then become more regular, making it easier to think. I use this technique whenever I feel my breathing start to speed up, notice I am getting anxious or irritated, or when I am stuck waiting in a line or on the phone! I also do a few breaths before going to sleep which helps me to fall asleep more quickly. Give it a try!

Tune in to our October meeting on Thursday October 10th at 6pm, (the Thursday before Thanksgiving weekend). It is virtual, and you will receive a joining link to register, then after that you will be automatically notified. Bring your questions, your highlights, your concerns, but most of all bring yourself! See you then.

Wendy Presant (Interim Chair of Riverside Glen LTC Family Council)

Riverside Glen *welcomes new residents*

to our community



Ē Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Dorothy B
Gerard B
Karel K
Jean D
Jean R

Long Term Care

Brenda Dy
Keneth F
Lisa B
Norma B
Georgina W
Carol C



Understanding Insomnia and How to Treat It

As we age, we often sleep less and experience poorer quality sleep. Many older adults struggle with insomnia, meaning they have trouble falling asleep, staying asleep, or waking up too early. Chronic insomnia, which lasts for more than three months, can significantly impact our health and quality of life because sleep is essential for our bodies and minds to recover.

Dr. Sophiya Benjamin, Schlegel Chair in Mental Health and Aging, studies these sleep changes and offers advice on managing insomnia.

- **Go to bed only when you're sleepy**, and if you're awake in bed for more than 20 minutes, get up and do something quiet like reading or listening to soft music until you feel sleepy again. Try to wake up at the same time every day to keep a regular sleep schedule.
- **Spend less time in bed if you can't sleep.** If you're lying in bed but not sleeping, try spending less time in bed. For example, if you're usually in bed for 9 hours but only sleep for 5.5 hours, try reducing your time in bed to 6 hours. This method works by increasing your body's sleep drive. You can slowly increase your time in bed as your sleep improves.
- **Relax before bed.** Try deep breathing, tensing and then relaxing your muscles, or



mindfulness exercises to help calm your mind and body. Remind yourself that it's okay to have a bad night's sleep once in a while. Your body will catch up, and being relaxed about it can actually help you sleep better.

- **Keep naps short.** If you need to nap, try to keep it under 20 minutes and avoid napping after 3 p.m.
- **Watch what you drink.** Avoid coffee or other caffeinated drinks after noon.
- **Talk to your pharmacist or doctor** to see if your medications might be affecting your sleep.

Understanding and accepting these natural changes in sleep as we age can help us take steps to improve our sleep quality. For more resources, visit mysleepwell.ca or consult with your doctor.

For more helpful content to enhance your life, subscribe to updates from the RIA at www.the-ria.ca/enews.



inn **vation** summit

spark ideas. ignite change.

October 29-30

DoubleTree by Hilton
30 Fairway Road South, Kitchener

Schlegel Villages and the
**Research Institute for
Aging (RIA)** are excited to
be hosting our 9th annual
Innovation Summit!

This two-day event is an opportunity to learn and celebrate our collective passion for innovation, continuous improvement and research.

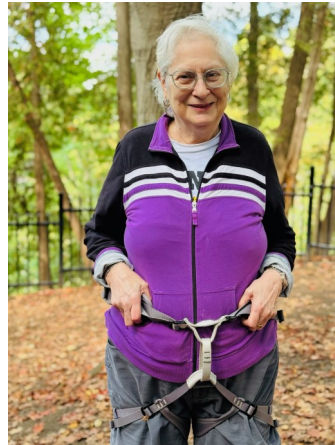
Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

Sessions will include:

- Villages sharing creative solutions and innovations
- Researchers discussing current and future projects
- Innovators demonstrating technologies that have the potential to improve Village Life
- Updates on projects presented at previous Innovation Summits

We look forward to
seeing you there!

PHOTO REVIEW OF SEPTEMBER



COMING UP IN OCTOBER

October 6-12	Mental Illness Awareness Week
Friday, October 11 2pm	Story Telling Research Presentation
Saturday October 12 6:45pm	Entertainment with Brent
Monday October 14	Thanksgiving Day
Thursday October 17th 3pm	German Wine Tasting
Thursday October 31 2pm	Halloween Party

Vendors

Patricia's Boutique

Friday October 4: 10-2 Mainstreet RH

Cameron Cards

Thursday October 10: 10-2 Mainstreet RH

Traditions Alive

Monday October 28th 11-2

Hilda's Alterations

Tuesday October 29: 2-4 Mainstreet RH



Schlegel Villages – CONNECTIONS



THERE'S
always
SOMETHING TO BE
thankful
FOR

With the colours of Autumn marking another change of season, we reflect on the spirit of gratitude we have within Schlegel Villages. We are grateful so many people choose to make their home with us and we know that without the dedication, compassion and commitment of our amazing team members, we couldn't offer the care our residents deserve. We are thankful for all they do every day.

We are also grateful that this year we have seen fast progress in the construction of four new long-term care Villages, which when complete will allow us to expand upon our mission to offer our social model of living and our concept of Village Life to more of our neighbours. Across Ontario, there is a great need for new long-term care capacity, and Schlegel Villages is proud to be part of the solution.

Schlegel Villages – CONNECTIONS

ACTIVE AGING — WEEK —

The **Michael T. Sharratt Program for Active Living (PAL)** is one of the three Signature Programs that distinguishes Schlegel Villages among care providers, and during **Active Aging Week** from **September 30 to October 6**, we are reminded how fortunate we are to have such a program.

Our kinesiologists and exercise therapists work with partners and other team members to create individualized approaches to physical well-being for the residents we serve, and we encourage everyone to take advantage of the opportunities they offer. We see the impact of their efforts in many ways, and take this opportunity to share our gratitude for all of our PAL team members.



Schlegel Olympics, Summer 2024

Happy October from the PAL team!

October 10th is World Mental Health Day.

World Mental Health Day

- **World Mental Health Day was created to raise awareness and learn how to support mental health**
- **More than half of Canadians will have a mental illness in their lifetime. You are not alone!**

Exercise and Mental Health

- **Your mental health is just as important as your physical health.**

Exercise can benefit by:

- **Helping you sleep better,**
- **Reducing anxiety,**
- **Increasing concentration,**
- **Boosting self esteem**

Ways to improve your mental health:

Physical Activity

- ⇒ **Being active can help your brain feel good too!**
- ⇒ **You can exercise in any way that you like.**
- ⇒ **Exercise can be walking, cycling, dancing, or participating in classes with the PAL team.**

Social Events

- ⇒ **Exercise classes run by the PAL team are a great way to meet others in your neighborhood and in the village.**
- ⇒ **Chat with the team as you work through exercises**

Mindfulness

- ⇒ **Activities like Tai Chi, yoga and going for walks can help you relax and clear your mind**
- ⇒ **Focus your thoughts on gratitude and positivity**

Your PAL Team Adrienne, Emily, Melissa, & Kate

Athlete of the Month: Pauline H



This is Pauline Hazelwood, October's

★ Athlete of the Month! Pauline can be found exercising most days of the week as well as walking through the garden with the Recreation team. Pauline is always up for exercise and if the music is playing, she's not too far behind. Pauline enjoys walks outside, disco walks inside as well as fitness classes. She is motivated by music and is always singing along. Congratulations Pauline on being this month's athlete of the month!



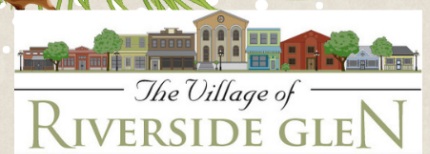
Christmas MARKET

PLEASE JOIN US

THE VILLAGE OF RIVERSIDE GLEN

Join us for a fun-filled Christmas market with baked goods, Christmas decor, gift ideas and more!

SATURDAY, NOVEMBER 16TH
11AM - 3PM
RETIREMENT MAIN STREET





Audiology & Hearing Health Services for You and Your Loved Ones

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

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

1-888-745-5550

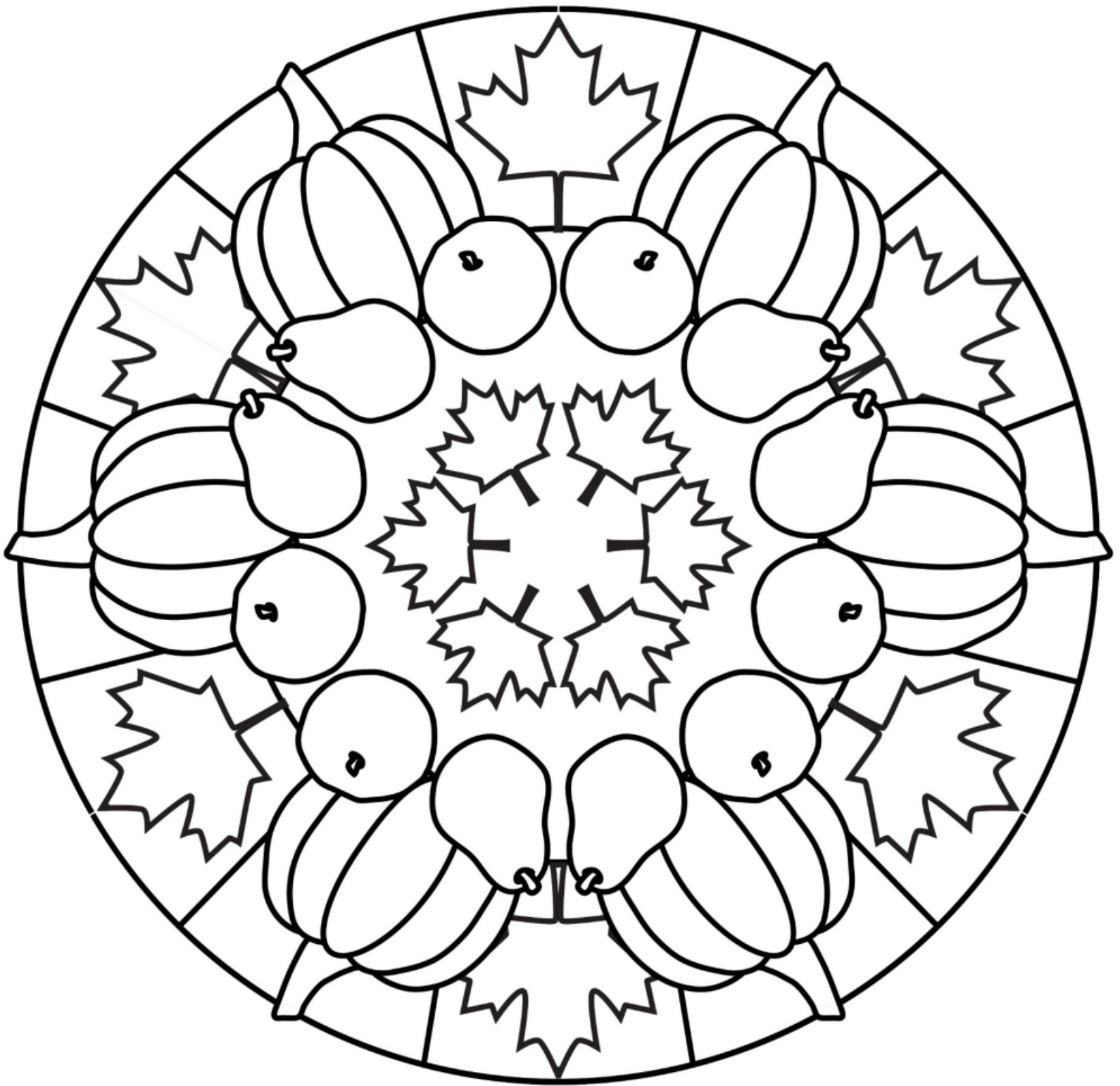
retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com





Happy Birthday

Resident Birthdays

Team Member Birthdays

VILLAGE VOICE NEWSLETTER

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

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

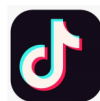
Dorothy B	Oct 02	Sara F	Oct 01
Marion D	Oct 03	Jaspreet K	Oct 01
Michael V	Oct 04	Rosario E	Oct 02
Gerard B	Oct 05	Filippe G H	Oct 02
Constance A	Oct 05	Lekshmi P	Oct 02
Gordan M	Oct 05	Natalie B	Oct 03
Emilia R	Oct 06	Kaylee D	Oct 03
John H	Oct 06	Sarah H	Oct 03
Lillian P	Oct 07	Natasha L	Oct 04
Jean P	Oct 08	Cassandra M	Oct 06
Henry O	Oct 09	Selemawit M	Oct 06
Brunhild F	Oct 09	Donna T	Oct 06
John P	Oct 10	Lesley S	Oct 06
Davis O	Oct 10	Yvan G	Oct 07
Theresa D-P	Oct 12	Pinky Rose M	Oct 08
Marjorie C	Oct 12	Gavin G	Oct 09
Geoffrey D	Oct 14	Julie N	Oct 09
Stanley R	Oct 15	Brandi L	Oct 09
Alida Z	Oct 16	Caroline W	Oct 10
Elizabeth V	Oct 16	Funmilayo M	Oct 10
Renzo B	Oct 16	Letense B	Oct 11
Jessie F	Oct 18	Lucy D-E	Oct 13
Janice H	Oct 18	Sheila L	Oct 14
Elton R	Oct 19	Tayyaba J	Oct 15
Doreen V	Oct 20	Aiza B	Oct 15
Ivan P	Oct 21	Mariza M	Oct 17
Douglas W	Oct 21	Stavan C	Oct 17
Edward G	Oct 22	Stephanie V	Oct 17
Judy S	Oct 24	Loretta N	Oct 19
Marion N O	Oct 30	Ramandeep K	Oct 20
		Amabelle Z	Oct 20
		Alimirah H	Oct 20
		Merhawit M	Oct 22
		Subhasree B	Oct 23
		Thuc Yen L	Oct 23
		Ranvir K	Oct 24
		Gary C	Oct 26
		Razelle R	Oct 26
		Chandanpreet K	Oct 27
		Juris M	Oct 27
		Anu C	Oct 30
		Susmita C	Oct 30
		Kenneth O	Oct 30
		Karen F	Oct 30



@riverside_glen



The Village of
Riverside Glen



@villagelife_sv

Birthday Celebrations

Retirement Birthday Party

Monday, October 28th @ 2:00pm in the café
with The Beatlest

Long Term Care Birthday Party

Thursday, October 24th @ 2:00pm in the café with
R&S Country

The Village of Riverside Glen Directory

Phone 519.822.5272

Retirement Home

Bryce McBain, General Manager	Ext. 815
Lynn Lake, Assistant General Manager RH	Ext. 761
Michelle Mayhew, Director of Wellness	Ext. 812
Sherri Henderson, Assistant Director of Wellness	Ext. 8667
Dylan Pust, Egerton Neighbourhood Coordinator	Ext. 836
Madalyn MacIntyre, Emma's Neighbourhood Coordinator	Ext. 807
Karleigh Herd, Williamsburg Neighbourhood Coordinator	Ext. 893
Shaleena Campbell, Director of Hospitality and Food Services	Ext. 840
Dayna Brinton, Recreation Supervisor RH	Ext. 620
Adrienne White, Director of Program of Active Living	Ext. 826
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
Brenda Woodall and Eileen Harbottle, Spiritual Care Providers	Ext. 871
Sue Rice, Hair Salon RH	Ext. 816
Jen Jimenez, Administrative Coordinator	Ext. 805
Vrushank B, Administration RH	Ext. 800

The Village of Riverside Glen Directory

Phone 519.822.5272

Long Term Care Home

Bryce McBain, General Manager	Ext. 815
Devon Richards, Assistant General Manager LTC	Ext. 841
Deb Guthrie, Director of Nursing Care	Ext. 801
Raman Mander, Assistant Director of Nursing Care	Ext. 797
Vincent Domosmog, Assistant Director of Nursing Care	Ext. 763
Assistant Director of Nursing Care	Ext. 848
Cheyenne Boyce, Assistant Director of Nursing Care	Ext. 780
Cheryl Ridler, Director of Quality and Innovation	Ext. 798
Jenny Kardash, Nurse Practitioner	Ext. 853
Brandon Wilton, Mapleton/Eramosa Neighbourhood Coordinator	Ext. 298
Angela Gualtero, Puslinch/Nichol Neighbourhood Coordinator	Ext. 794
Angela Keller, Erin/Arthur Neighbourhood Coordinator	Ext. 834
Amy Hasson, Food Services Manager	Ext. 873
Milyn Calicdan, Assistant Food Services Manager	Ext. 747
Kadri Phillips, Director of Recreation	Ext. 811
Adrienne White, Director of Program of Active Living	Ext. 826
Emily Nagel, PAL Coordinator LTC	Ext. 835
Tammy Smith, Director of Environmental Services	Ext. 804
Brittany Burton, Volunteer and Student Services Coordinator	Ext. 863
Brenda Woodall and Eileen Harbottle, Spiritual Care Providers	Ext. 871
Jane Frizzel, Hair Salon LTC	Ext. 860
Jen Jimenez, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858