

# View from the Heights

**April 2024**

## **April is National Poetry Month**

In honour of National Poetry Month, we have a special treat. Wentworth Heights is sponsoring a Read-A-Thon with Oak Hill Academy School for kids. On Tuesday, April 9<sup>th</sup> at 10am approximately 20 children in Grades 1-5 will be here at the village to recite some poetry, or read to our residents. We will be setting them up in the Library, Egerton, and long-term care neighbourhoods for the residents to hear. We are so pleased to be able to host this and help the children practice their reading skills while our residents can offer some experience and a listening ear.



## **Volunteer Appreciation Week! April 14th–20th**

It's not for money, it's not for fame. It's not for any personal gain. It's just for love of fellowman. It's just to send a helping hand. It's just to give a tithe of self. That's something you can't buy with wealth. It's not medals won with pride. It's for the feeling deep inside. It's that reward down in your heart. It's that feeling that you've been a part of helping others far and near, that makes you a Volunteer!

**Thank you to all of our amazing volunteers!!!**



## **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 Asst. General Manager*

*From the desk of Sara Calder*

Dear Residents, Families, and Friends,

We are thrilled to embark on an exciting new journey in our long-term care community with the introduction of Neighborhood Time for all neighbourhoods. This innovative program is designed to enhance the quality of life for our residents by fostering meaningful engagement and creating welcoming spaces for social interaction. At the heart of Neighborhood Time, is the transformation of our communal areas into cozy, inviting spaces where residents can gather in smaller groups to connect, share stories, and participate in a variety of activities tailored to their interests and abilities. We have carefully rearranged our neighborhood furniture to facilitate these intimate gatherings, ensuring that everyone feels comfortable and included. Neighborhood Time is more than just a physical rearrangement; it's a mindset shift. We have invested in extensive training for our recreation teams to equip them with the skills and knowledge needed to facilitate diverse programming that caters to the needs and preferences of our residents. From creative opportunities, to reading areas, from small group activities and visiting areas, we are committed to offering a wide range of activities that promote engagement, stimulation, and joy.

As we embark on this journey, we recognize that there may be challenges along the way. We appreciate your patience and understanding as we explore new ideas and experiment with different approaches.

Your feedback and support are invaluable as we strive to create an environment where every resident feels valued, respected, and empowered. Together, let us embrace this exciting time and celebrate the bonds of friendship and camaraderie that Neighborhood Time will undoubtedly foster.

If you have any questions, please don't hesitate to reach out.

Sara

# Nursing Update

*From the desk of Chris Micheletti*



Happy April Residents!

As you have seen on the news, there has been some reported cases of Measles within Canada, and more specifically within Ontario. I wanted to take the chance to write to everyone about what Measles is so we can spread awareness about this virus.

Measles is an airborne virus that can spread very easily between individuals that are not vaccinated against it. It was eliminated from Canada by vaccination campaign however due to travel we are seeing cases of it appear once again.

The signs and symptoms of measles are cough, fever, runny nose, and red watery eyes. The primary indicator of Measles are Koplik's Spots which appear as small red spots with blue-white centers inside the mouth. This rash is also followed by a red and blotchy rash on the individuals face/hairline and upper neck which spreads down to their arms, legs and feet.

There is currently no treatment for Measles itself, primary treatment is prevention of spreading it to other individuals and symptoms management. The best way to prevent the spread of Measles is to assure that you are up to date on your vaccines and to stay home if you are feeling unwell.

If you are unsure if you have received the Measles vaccine (called the MMR Vaccine) in the past, please speak with your doctor as you may be eligible to receive the vaccine.

Stay healthy and safe Wentworth!

# Neighbourhood

# News

*From the desk of Andrea Walker*

Hello everyone!

I want to introduce myself; my name is Andrea Walker. I have worked in long term care for 23 years. I have experience working in laundry, housekeeping, kitchen and as a personal support worker. I am very happy to be the new neighbourhood coordinator for LTC on the neighbourhoods of Scotsdale and Carrington.

If you need anything and need to reach me my email is [andrea.walker@schlegelvillages.com](mailto:andrea.walker@schlegelvillages.com) or reach me by my extension #8049.

Thank you,  
Andrea Walker



# Neighbourhood

# News

*From the desk of Blessing Iwegim*

Happy April Everyone!

My name is Blessing Iwegim and I am so pleased to be a part of the Wentworth Heights family.

I come from the Village at St Clair in Windsor. While there I was Team Experience Co-ordinator. Prior to that I was a PSW at the Village of Aspen Lake in Windsor for almost 3 years. I used to be a teacher and I taught Biology in high school for 3 years. I am also a student taking my Masters at Brandon University in Manitoba in Education Administration. When successful my completion is April 2024. I began my work with seniors during the pandemic and I have enjoyed it ever since. I am presently working as Neighbourhood Coordinator of Emmas Neighbourhood.

I look forward to getting to know everyone here at Wentworth Heights

Sincerely:  
Blessing Iwegim.



# Environmental Update

*From the desk of Barbara Taylor-Bhagwan*



## *Welcome to April Environmental Services*

Dear Residents,

Spring has sprung at our lovely village, and with it comes the start of our annual Spring Cleaning! We are excited to let you know that we have already begun the process of refreshing and tidying up our Village to make it even more inviting for all of us.

Currently, we are focusing on all suites within our village, where we are changing filters for venting, replacing batteries in smoke detectors and thermostats, inspecting grab bars, cleaning behind fridges and checking all electrical appliances for safety.

Looking ahead, we will soon be tackling garage cleaning during the first week of April. With that comes carpet cleaning scheduled to follow for the end of April.

We would like to apologize for any disruption this may cause but know that these efforts are all for the benefit of creating a clean and safe environment that we all can enjoy.

In closing we the Environmental Team would like to wish all of our Residents and Families a Happy Easter, we would like to ensure it is a joyous and blessed holiday for all.

With warm wishes,  
Your Environmental Family

# Hospitality News

*From the desk of Michelle Piccolo*

April showers bring May flowers – Let's hope this is true for us!

We hope you have a happy Easter!

I'm so pleased to announce we will be hosting our annual Captain's table on Wednesday, April 24<sup>th</sup> during our "Cruise" week. On this day we will be "cruising" through the Mediterranean and stopping in Athens, Greece! Please sign up and purchase your meal tickets at the Village office if you are not on a meal plan. The tickets are \$25 per person. This event will start at regular meal times and will be 2 seatings as usual. See our poster with all the menu details!

Please join us on Tuesday, April 9<sup>th</sup> at 10:30am for Lettuce Talk in the hobby shop. If you are a resident that lives on the second floor, please join us on Tuesday, April 9<sup>th</sup> at 9:15am in the waterfall room on Egerton for Lettuce Talk. We love hearing from you!

See you all then!

The Hospitality Team



# The Ruby

## APRIL

As the flowers bloom and the sun shines brighter, we are excited to welcome the vibrant season of spring at The Ruby.

Whether you're craving a light and refreshing salad, a hearty spring-inspired entrée, or a decadent dessert bursting with seasonal fruits, every week; Chef Kevin is excited to create dishes that capture the essence of springtime with our weekly feature menu!

Don't miss out on our upcoming closure dates for April. Plan ahead and make the most of your time with us:

**Wed. Apr.03** - Closed for dinner *only*  
On The Run will happen as scheduled

**Wed. Apr.24** - Closed for dinner  
On The Run is cancelled

**Wed. May 01** - Closed for dinner  
On The Run is cancelled

We apologize for any inconvenience this may cause and truly appreciate your flexibility and understanding as we work to communicate these closures and changes with you as quickly as possible.

A big THANK YOU for the continued warm welcomes and support you've shown us as we settle in our new roles here at Wentworth. Your positivity and engagement light up our days and inspire us to keep coming up with exciting new events. We truly appreciate you!

Always,  
Your Ruby Team

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

## UPCOMING EVENTS

### MUSIC OF THE NIGHT

TUES. APRIL 09

Celebrate the arrival of spring with us as we welcome the season of renewal and growth. The theme of this month's music night is Spring into Spring!

\$25 per person sign up with Rec or call the Ruby

### CAPTAINS TABLE

WED. APRIL 24

We are excited to bring yet another Captains Table experience to the Village during 'Cruise Week'! Join us for a taste of the Mediterranean with a delicious Greek inspired menu.

\$35 per person (if not on a meal plan)  
Purchase your tickets and register at the Main Office

### HOURS OF OPERATION

WED-SAT

#### Wednesday

Ruby on the Run on Main St. at 1130am to 2pm  
Open for dinner 4pm to 630pm

#### Thursday through Saturday

Open for lunch from 12pm to 3pm  
Open for dinner from 4pm to 630pm

(Last reservation taken is at 630pm)



# The Ruby

SCHLEGEL VILLAGES' HIDDEN GEM



## Dining options

### Dine at The Ruby

Break bread with us.

Enjoy a delicious meal with a breathtaking view in our comfortably elegant dining room.

Or

### Take-out meals

Get it while it's hot.

Pick up a freshly cooked meal and enjoy it in your room or out in the courtyard.

**Wednesday** – 4–6:30 p.m.

**Thursday–Saturday** – 11:30 a.m.–3 p.m. | 4–6:30 p.m.

### Ruby on the run

Grab and eat now.

Enjoy freshly baked goodies and sweet treats.

**Every Wednesday on Main Street**  
**11:30 a.m.–2 p.m.**

### Catering

Celebrate special moments.

The Ruby is the perfect spot to host any special event or occasion.

**905-575-4735 x 8086**  
emma.balaban@schlegelvillages.com

Reservations are recommended but walk-ins are welcome! **905-575-4735 x 8086**

**Join us on the  
10th floor!**

# Village Events

## **Joint LTC & RH**

- Mediterranean Cruise Week (Monday, April 22nd to Friday, April 26th)—see activity calendars for more details
- Monday April 8th— 3:15pm Solar Eclipse (ask for special glasses from recreation)
- Tuesday April 9th —10:00am Oak Hill Academy School Read-a-thon —TS
- Wednesday, April 11th—2:30pm Golden Horseshoe Chorus—TH
- Wednesday, April 24th—4:30pm Captain's Table Dinner with Peter Harding
- Sunday, April 28th—Dress like a Superhero for National Superhero Day

## **Long Term Care**

- Tuesday, April 2nd—2:00pm Travelling Cart: PB&J Sandwiches
- Thursday, April 4th—3:15pm Residents' Council—CC
- Friday, April 5th—8:30am Men's Breakfast—CC
- Friday, April 5th—2:00pm Spring Cookie Workshop—CC
- Saturday, April 6th—2:00pm Pub with Filipa Sousa—MS
- Saturday, April 13th—2:00pm Entertainment with Gerry Larkin on Stonechurch
- Wednesday, April 17th—5:00pm Diners Club: Roma Bakery—MS
- Friday, April 19th—3:00pm Happy Hour with Cheryl Dickson—MS
- Saturday, April 27th—2:00pm Entertainment with John and Sheila Ludgate on Carrington
- Tuesday, April 30th—2:00pm Entertainment with Antonella Vizzini—MS

## **Retirement**

- Hamilton Third Age Learning Series— 2:15pm Friday 5th, 12th, 19th, 26th -TH
- Wednesday, April 3rd —2:00pm Smile Theatre "The Detective Disappears" -TH
- Thursday, April 4th—9:15am Pancake Breakfast Club— (Sign up) —H
- Saturday, April 6th— 2:00pm Gerry Larkin (Eg)
- Tuesday, April 9th—5:30pm Ruby Music of the Night/Spring Theme- \$
- Wednesday, April 10th—2:00pm Fresh Start —TH
- Saturday, April 13th —2:30pm Zack Erikson Performs—TH
- Wednesday, April 17th —5:00pm Diners Club- (sign up) \$
- Thursday, April 19th—3:00pm Happy Hour with Bruce Tournay (Em)

# Village Outings

## LTC

- Sunday, April 14th—1:00pm Canadian Warplane Heritage Museum (Dragstrip Memories)
- Friday, April 19th—10:00am Walmart (Rescheduled from March)
- Tuesday, April 23rd—12:00pm Picnic at TB McQuesten Park

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

## Retirement

- Thursday April 4th, - 1:30pm Outing to Food Basics
- Friday, April 5th— 1:30pm Outing to Warplane Heritage Museum (Em/Eg)
- Monday, April 8th—11:30am Mandarin Lunch Outing
- Wednesday, April 10th –1:30pm Freshco
- Thursday, April 11th—10am Men's Club Outing
- Friday, April 12th –11:30am Hutches Lunch Outing (Em/Eg)
- Saturday, April 13th—10:00am Chocolate Tasting Tour and Drive
- Tuesday, April 16th—1:30pm Limeridge Mall
- Thursday, April 18th—1:30pm Coffee Drive (Em/Eg)
- Saturday, April 20th –6:00pm Candlelight Concert (\$)
- Thursday, April 25th—1:30pm Walmart (Rymal)
- Monday, April 29th—10:00am Flamborough Casino
- Tuesday, April 30th—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 Monday, April 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!



# Update

*From the desk of Moses Genat*

Happy April Wentworth Heights,

Now that spring has “sprung,” it is the perfect time to set your sights on healthy and active living. Being outdoors under the sun, surrounded by everything that the outdoors offers, has a positive effect on our human mind and body. Stress is reduced, and blood pressure lowers. And for most of us, the fresh air outside is quite beneficial after spending the winter months in our homes.

If you’ve been inactive over the years or have a chronic health condition, spring is a great time to check in with your physician. Checking your weight, blood pressure, vision, hearing, and overall health annually is paramount to a healthy lifestyle. Wellness can only be achieved by starting out with an understanding of your body’s capabilities.

So, what are some ways to implement healthy decisions into daily routines this spring? Put some step in your Spring.

- Once you have the OK from your physician, begin taking steps (Outdoor walks and/or Indoor NuStep’s – located outside the spa). Start slow
- especially if it has been a while since you have been active. Begin by
- gradually increasing your walking time and speed as you get more
- comfortable with regular movement. If you engage in 30 minutes of physical activity per day, 5 days per week, it totals the recommended guidelines for physical activity.
- It is also recommended to participate in strength training two or three days a week to improve bone density and joint health as well.
- Add balance and flexibility exercises to prevent falls and improve the mobility in your movements.

The laws of motion tell us a body at rest tends to stay at rest, and a body in motion tends to stay in motion. Decide to engage in active living and make the necessary changes you need to put yourself in motion both mentally and physically!

Stay safe and active,  
Your PAL team



## **Retirement**

The Foot Care Clinic for Williamsburg, Egerton and Emma neighbourhoods will be on April 4<sup>th</sup> and 5<sup>th</sup>. The Foot Care Clinic for the Becker and Ailsa Craig neighbourhoods will be on April 8<sup>th</sup> at the RiverStone Spa and Salon.



## **Long Term Care**

Step Ahead Advanced Nursing Foot Care will be going into long term care the week of April 21, 2024.

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

## *April Greetings of Spring!*

We will soon see the wonder of our Creator, as we look around at the flowers, plants and trees. Blossoms will begin to open, and we can say "Thank You for this beautiful day!"

This month we will be having a GATHER group for new residents on Wednesday, April 24th at 2:00pm in the Library.

Please check the monthly calendar for times and dates!

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

**Movie** with Janet - "Born Free"

**Bible study** with Ankit

**Sing-a-long** with Janet

### **COMMUNION**

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

Pentecost Sunday **Communion** at 2:30pm on May 19th.

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

Shalom, Janet

## April Services

Non Denominational Church services are held every Sunday at 10:00am with Ankit and 2:30pm with Janet. On the 1st Sunday of the month at 2:30pm, a guest preacher will lead the service.

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.

## **In Memoriam...**

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

**Kathryn Baca  
Elizabeth Jensen  
Brian McGowan  
Mavis Payne  
Lorne Hutton  
Doris Louise Sheffield  
Marie Mancini**



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 Wednesday, June 26th, 2024.**

# Volunteer Update

*From the desk of Andrew Sangster*

It is a special time of year for our volunteers. National volunteer appreciation week takes place in April from 14<sup>th</sup>-20<sup>th</sup>. This is a time to celebrate the contributions volunteers make to the village. In April, we celebrate the impact volunteers make in our village community. Volunteers work tirelessly year-round. This gives us the opportunity to say thank you to those who lend us their time and effort.

The theme for this year National volunteer week is “Every Moment Matters”. This pays homage to every volunteer and the significance of their contributions.

In order to thank and honour our volunteers, we will be hosting an appreciation dinner in the month of April. This will be our way of saying thank you for the contributions volunteers make throughout the year and the time they lend to us. We will be happy to honour one of our amazing volunteers with the “Barb Schlegel Volunteer Award”. Although only one of our many volunteers can win this award, we have many more that demonstrate the characteristics of this award.

Thanks,  
Andrew



Schlegel Villages'  
**Volunteers**

# 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.

### **Keep your eyes peeled for a new addition of our potted plants for sale.**

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



# Current Events Group

# Update

**New from the Current Events Group: Fundraiser from April 22<sup>nd</sup> to May 5<sup>th</sup>!**

**Dear Residents, Team Members and Visitors,**

The Current Events Group is preparing for another Fundraiser in support of homeless people in Hamilton.

We are asking for your generous donations for the two local charities we have supported through our last two fundraisers, Indwell and Good Shepherd.

The cold weather is almost behind us, and even though it was a mild winter, it was tough for the homeless to survive. But we must remember that their troubles do not end with the cold season, their need for food, shelter, health care is still as urgent as before. Charities do all they can, but the extent of their help and support depends on our donations and the meagre government grants they receive.

For Good Shepherd, we will be collecting good used clothing, bedding, kitchen items and monetary donations for Regina House, the emergency shelter for young mothers and their babies. At this time, we will not accept food items, as storage until pick-up has proven to be difficult. Furthermore, monetary donations will go further as Good Shepherd purchases the items in bulk.

Your monetary donations for Indwell will go towards stocking pantries in two local emergency group homes, where meals are served in a common dining room. To inform residents about the work of Indwell, a documentary will be shown in the Town Hall on April 12<sup>th</sup>. Teresa Howe, a representative from Indwell, will be present to answer questions.

As before, we will greet everyone who passes our table in front of the gazebo with a smile and accept your donations gratefully. The Fundraiser will begin on April 22<sup>nd</sup> and end on May 5<sup>th</sup>; group members are available from 10:00 am to 4:30 pm every day during this time.

The members of the Current Events Group hereby express their heartfelt thanks for the amazing generosity you have shown previously and look forward to another successful event.

Gratefully,  
Kathe Kleinau



# 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, and 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 and 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, April 30th 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, April 18th,  
@ 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, April 4th 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  
Co-ordinator) 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, April 18th 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 nurses, who have been retained to provide foot care.

Williamsburg, Emma's and Egerton:  
**April 4th and 5th**

Becker and Ailsa Craig:  
**April 8th**

Long-Term Care:  
**Week of April 21st**

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

## Hearing Clinic

Upcoming dates on:  
**April 3rd and 17th**

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.

**NO CLINIC SCHEDULED THIS MONTH**

Please keep an eye on the newsletters and posters in the Village for upcoming clinic dates.

## 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.

**NO CLINIC SCHEDULED THIS MONTH**

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

## 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:**

**April 3rd and 17th**

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)

# National Volunteer Week

## April 14-20

April is a time of such excitement with the promise of spring unfolding, and it's also a time when we celebrate the countless gifts and contributions of the many volunteers who help make our Villages such wonderful places to live and work.

National Volunteer Week is April 14-20 this year, and the theme "Every Moment Matters" certainly resonates within our Village communities. We see every day how a quiet moment between volunteer and resident can have a resounding impact. It is something Barb Schlegel, who helped found our organization, lived and breathed every day.

We  our  
**volunteers**



This will be the second year that Villages across the province will offer the Barb Schlegel Volunteer Award in Barb's memory, and we look forward to sharing all of the recipients at the end of that special week. In the meantime, please take a moment to revisit the award page on our website with our 2023 recipients, and be sure to thank all of the volunteers who make your visit special!

[schlegelvillages.com/volunteer](https://schlegelvillages.com/volunteer)

## #NVW2024

# Schlegel Villages – CONNECTIONS



## Thank our **CAREGIVERS**

**Caregivers week** is a special time in May dedicated to recognizing and thanking our remarkable team members for their unwavering dedication and care!

This year, we invite everyone to express their gratitude by submitting a short video (under 2 minutes) to honor and appreciate the hard work and compassion of our Caregivers across all the Villages.

These heartfelt messages will be compiled and shared with our team members throughout the week of May 12-18, creating a powerful reminder of the impact they make every day.

Let's come together to celebrate the incredible difference our caregivers make in the lives of so many!



Scan the QR code or visit the link below to upload your video.

[schlegelvillages.com/thank-caregivers](https://schlegelvillages.com/thank-caregivers)

**The deadline for submissions is Tuesday, April 30.**





## Empowered aging: A guide to advance care planning

Making future health-care decisions can be challenging, but with the right information and guidance, it can lead to care that honours your wishes and safeguards your dignity. [Dr. George Heckman](#), Schlegel Research Chair in Geriatric Medicine, shares important and helpful advice about advance care planning to empower you to make informed health-care decisions, ensuring your voice is heard and respected.

### Understanding advance care planning

Advance care planning is about sharing your values and wishes about health care if you become unable to speak for yourself. It includes conversations with your doctor, family, friends and care partners to help you think about, talk about, and write down how you wish to be cared for. Sharing your wishes can help guide your care partner and doctor to respect your choices, so your care aligns with your desires at times where you are unable to communicate.

### Choosing a substitute decision maker

A substitute decision maker is someone who will share your medical wishes to your doctor, and not their own wishes for you. It's important to choose someone who understands and respects your desires.

### Questions to ask your doctor

Advance care planning involves sharing your choices around specific health conditions that you are likely



to have. In order to make these choices, it's important to understand your health, your health care options, and what to expect. Some questions you may want to ask your doctor include:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- How can I prepare for these anticipated problems?
- What types of treatments and/or procedures are available?
- What are the benefits, risks and side effects of these treatments and/or procedures?
- What can I realistically anticipate after these treatments and/or procedures, especially as it regards my quality of life?
- What will happen if I decide to not have the treatment and/or procedure?

By talking about future health-care wishes early and making sure those who care for you understand your desires, you can face this journey with confidence and dignity.

To get more tips about advance care planning, explore the BABEL resources at [www.the-ria.ca/resources/babel](http://www.the-ria.ca/resources/babel)

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