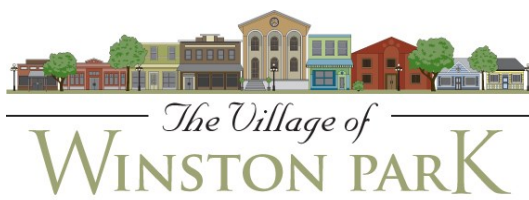
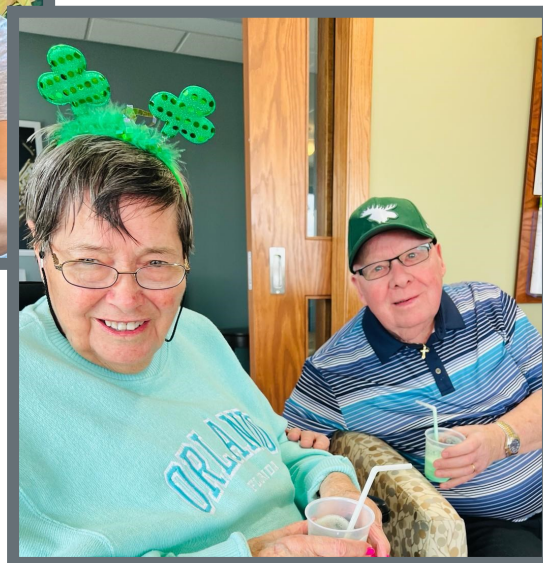


The Winston Word

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APRIL 2024

Looking back at March



EAR & HEARING CLINIC

at Winston Park

For an appointment with an
Audiologist please call

1-888-745-5550

Hearing Tests, Hearing Aids,
and Repairs.

Juliane Shantz
Doctor of Audiology

Happy Birthday
to our residents
and staff who are
celebrating April
birthdays!

Meet Our Chaplains



Kathleen & Hector!

Kathleen's focus will be serving the
residents of LTC.

Hector supports both sides of the
Village. He works on Retirement
Monday nights, Tuesday and
Wednesday and supports LTC on
Fridays

Please stop in the Chapel
to say Hello.

In Memoriam


*Support Office, Leadership and Team Members
were saddened by the passing of:*

Evelyn G. C.
Betty M.
Elio R.
Lois B.

Village



The Village of
WINSTON PARK

Events

April Events

Blue Jays Day

Wear Your Jays gear, enjoy a baseball themed lunch and watch the game at 1 PM as we kick off the baseball season.

Timbit Day is Aril 9th Each Neighbourhood

Enjoy some free Timbits

VENDORS -11-3 Library

April 4th -KmW Clothing

International Pet Day - April 11th

We have invited our Pets to walk through from 2:30- Approx. 3:00

Anniversary Party

Celebrate with us as we recognize our new building being open for 1 year.

Live entertainment on Strasburg - 1:30

Live entertainment on Sandhills - 3:00

Volunteer Appreciation Week

April 14-20th

Join us for two Open House Events.

Kingsdale April 14th from 1-3

Williamsburg April 16th from 3-5

Earth Day April 22nd

Join us for an Earth Day pick up starting at 10 AM when we will celebrate

WELCOME TO THE VILLAGE!

In March we welcomed:

Marjorie A.

Margaret A.

Sandra B.

Derek B.

Gillian G.

Janice G.

Kathleen H.

Gladys L.

Fay L.

Ella L.

Patricia R.

Shirley S.

Dianne S.

Hermann S.

...to The Village of Winston Park.

National Pet Day

We are hoping to host a Pet Parade on Thursday April 11th which happens to be National Pet Day.

If you can bring in your pet for 2:30, please email Sarah Linton or Rebecca Harnock.

Sarah.linton@schlegelvillages.com

Rebecca.harnock@schlegelvillages.com

Looking forward to seeing all our furry friends.

A Message from Brad

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As we celebrate Easter we recognized that it holds great significance to many as a religious holiday. It's a great time to spend time with family and friends and maybe even to have a visit from the Easter Bunny! As many of you may have noticed, the landscape crew has already begun prepping us for spring time. In April, we certainly look forward to getting outdoors more as the weather gets nicer. Many people have let me know that our friends, the Canada Geese, are back. We are well aware and are monitoring this situation, to ensure that they are not able to get too comfortable and set up a nest for the season. Please give the geese their space as they can be aggressive. We also have a pair of Mallard ducks who we are more than happy to welcome. Look forward to seeing some ducklings!

Success Awards: Each year we look for our residents and family members and team members to nominate team members who you feel have gone above and beyond the call of duty. There are five nomination categories:

Know me Earn Trust Be Present
Follow Through Walk in my Shoes

The ballots will be available at either the LTC or Retirement main offices until April 5th. Thank you to those who have who have already participated in the nomination process. The winners of these awards will be announced at our annual team appreciation celebration in mid-June. After the party, we will make a grand announcement to everyone so that you are able to recognize the winners as well.

New to the leadership Team – Please join me in welcoming some new leaders to the village;

Shirley Talk – Neighbourhood Coordinator for Williamsburg (Retirement)

Christine Partridge – Assistant Director of Wellness (Retirement)

Garry Sharma – Neighbourhood Coordinator (LTC)

Joe Bischoff – Assistant Director of Environmental Services - Starting April 15/24 (Joe will be supporting throughout the Village)

As always - *Welcome to our new residents* – We look forward to getting to know you, your family and your friends!

Brad



Wishing everyone a very Happy Easter!



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Drag Karaoke



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Dear Residents and Family Members:

We wanted to remind everyone that you can bring a guest for meal in our Village dining rooms. You can purchase a meal ticket from the Village offices. Our Village offices are open Monday to Friday 9-4:30 pm and on the weekends there will be someone available at the office to purchase a meal ticket from between the hours of 9-5pm. You can also book our country kitchen for group bookings.

When arriving to the dining room for your meal please present your meal ticket to the Food Service Aide. Please see the meal prices listed below:

LTC Breakfast \$10

LTC Lunch \$13

LTC Dinner \$16

RH Breakfast 10\$

RH Lunch 16\$

RH Dinner 19\$

Thank you,
Food Service Leadership Team

Family Council

Family Council is a group of family members and friends of the residents of a long-term care home who gather together for peer support, education, and to improve the experiences of all people in long-term care.

We are seeking general members.

The last meeting was held on January 17th. Minutes will be posted at the LTC main entrance (door #2)

If you want to find out more please contact Winstonpark.familycouncil@schlegelvillages.com

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FREE

DENTURE SCREENING

AVAILABLE FOR:

The Village of Winston Park



IF INTERESTED PLEASE...SCAN QR CODE, CALL 416-482-3700 or

EMAIL us at reception@directdenture.ca

ALTERNATIVELY, YOU CAN ASK THE NURSE TO SEND A REFERRAL FORM TO OUR OFFICE.

Direct Denture Services will be coming on-site for a day to do a **FREE DENTURE SCREENING** for all denture wearing residents and for residents who may be interested in getting dentures.

We want to inform the residents and families of the current condition of the dentures and mouth, and to discuss any findings and possible treatments.

The screening is completely free and there is no obligation.

If you are interested in being seen on the denture screening day, please email us for a **Denture Screening Consent Form** and email it back to our office. Alternatively, you can contact us to be placed on the list. **416-482-3700 or reception@directdenture.ca**

Thank you—

Mark Blanch B.Sc., DD
Denturist, Founder

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THIS IS TOP 10

<p>Top 10 FAQ's</p>	<ul style="list-style-type: none"> • The TOP 10 is a component of LIVING in My Today, our signature dementia program. • It's a list of 10, non-care related personal facts the resident is comfortable in sharing about themselves with the village team • The village uses the ME form as the base to develop the TOP 10
<p>What is the TOP 10?</p>	
<p>Why is the TOP 10 needed in addition to the ME form?</p>	<ul style="list-style-type: none"> • On move-in residents and their families are asked to fill out a multi-page ME form designed to share the resident's story. • We use ME form to build a person-centred care plan • Sometimes team members, students, or agency covering an absence are supporting in the neighbourhood and need to get to know a resident quickly. • The TOP 10 is a one-page cheat sheet for the ME form
<p>How can residents & families get involved in the TOP 10?</p>	<ul style="list-style-type: none"> • If you haven't filled out a ME form, ask for one to complete! • Ask for a copy of the TOP 10 Rough Draft and fill it in with the information the resident wants the team to know about each area of their well-being. • The team would love your support to review the TOP 10 they have developed for the resident. Offer your feedback & suggestions! • Before your TOP 10 is framed, add your signature to the bottom
<p>Where is the TOP 10 posted?</p>	<ul style="list-style-type: none"> • The TOP 10 is placed in a designated frame in the resident's room, positioned near the door to be noticed upon entry
<p>How is the TOP 10 used?</p>	<ul style="list-style-type: none"> • Care moments can become connection moments to talk about mutual interests, and the things that matter most to the resident! • Trust is earned as we get to know each other as people

We hope this FAQ has answered your questions about the TOP 10. If you have any questions or concerns, please bring them to the attention of your Neighbourhood Coordinator.

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RESEARCH MATTERS

RIA FEATURE

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

RIA RESEARCH
INSTITUTE
for AGING
Schlegel • Waterloo • Conestoga

Enhancing Life

250 Laurelwood Drive, Waterloo, ON
519-904-0660 | info@the-ria.ca
www.the-ria.ca

Charitable Registration # 841471212 RR0001

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Schlegel Villages – CONNECTIONS

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.

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

We  our
volunteers

#NVW2024

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Happy St. Patrick's
Day



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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.

WISDOM
of the
ELDER

Tuesday, July 30

The Village of Glendale Crossing
(West Villages)

Thursday, August 1

The Village of Taunton Mills
(East Villages)

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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

The deadline for submissions is Tuesday, April 30.



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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

Upcoming Dates

April 4, 18

May 2, 16, 30

June 13, 27

For more information or to book an appointment at The Village of Winston Park, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

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Retirement Home Leadership Directory

Brad Lawrence	General Manager	Ext.8003
Tara Rosenow	Assistant General Manager (Ret.)	Ext. 8010
Gillian Alexander	Director of Lifestyle Options	Ext. 8002
Katie March	Director of Lifestyle Options	Ext. 8008
Jane Panta	Village Experience Coordinator	Ext. 8015
Matthew Walsh	Director of Hospitality	Ext. 8004
Brad Rideout	Director of Environmental Services	Ext 8006
Sarah Linton	Retirement Recreation Supervisor and Volunteer Coordinator	Ext. 8062
Shirley Tulk	Neighbourhood Coordinator-Williamsburg	Ext 8215
Joelle Duchaine	Neighbourhood Coordinator- Egerton & Becker	Ext. 8048
Tamara Jankura	Neighbourhood Coordinator-Emma's	Ext.8012
Brooklyn Reidner	Dining Room Supervisor	
Carmen Niculescu	Wellness Coordinator	Ext. 8029
Christine Partridge	Assistant Wellness Coordinator	Ext. 8209
Hector Pineda	Chaplain	Ext. 8011
Karena Nnebo	Administrative Assistant (Retirement)	Ext. 8001
Tiffany Menjivar	Administrative Coordinator	Ext. 8013

All Email addresses are FIRST NAME.LAST NAME@ schlegelvillages.com

LTC Nursing Directory

Long Term Care Charge Nurse	Ext. 8101
Strasburg Nurse—2nd floor	Ext. 8240
Aberdeen Nurse— 3rd floor	Ext. 8241
Roseville Nurse—4th floor	Ext. 8242
Kingsdale Nurse—5th floor	Ext. 8243
Sandhills Nurse—6th floor	Ext. 8244
Waldau Nurse—7th floor	Ext. 8245
Haysville Nurse—8th floor	Ext. 8246

Retirement Nursing Directory

Becker & Williamsburg 2 & 3 Nurse	Ext. 8118
Emmas and Egerton Nurse	Ext. 8120

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Long Term Care Leadership Directory

Brad Lawrence	General Manager	Ext.8003
Luke Denomme	Assistant General Manager (LTC)	Ext. 8188
Rabina Simovic	Director of Nursing Care (LTC)	Ext. 8014
Jill Macqueen	Director of Nursing Care (LTC)	Ext. 8264
Morgan Bonnell	Assistant Director of Nursing Care (LTC)	Ext. 8275
Cathy Hu	Assistant Director of Nursing Care (LTC)	Ext. 8269
Mary Hedrich	Assisted Director of Nursing Care (LTC)	Ext. 8187
Gagan Sangha	Assisted Director of Nursing Care (LTC)	Ext. 8319
Karen Norris	Assisted Director of Nursing Care (LTC)	Ext. 8268
Gina Almeida	Resident Support Coordinator	Ext. 8254
Rada Jokic	Neighbourhood Coordinator Roseville & Kingsdale	Ext. 8182
Vesna Venceljovski	Neighbourhood Coordinator Aberdeen & Strasburg	Ext. 8005
Alyson Haffner	Neighbourhood Coordinator Sandhills and Waldau	Ext. 8266
Meredith Herr	Neighbourhood Coordinator Haysville	Ext. 8270
Alysha Voigt	Director of Quality and Innovation	Ext. 8271
Brad Rideout	Director of Environmental Services	Ext 8006
Joe Bischoff	Assistant Director Environmental Services	Ext 8116
Rebecca Harnock	Director of Recreation & Volunteer Services	Ext. 8007
Sarah Linton	Volunteer Coordinator	Ext. 8062
Daniel Juteram	Food Service Manager	Ext. 8009
Samantha Olsen	Food Service Manager	Ext. 8258
Milyn Calicdan	Assistant Food Service Manager	Ext. 8273
Carlyn Aspillia	Director of PAL Program	Ext. 8265
Michelle Nguyen	PAL Coordinator	Ext. 8262
Kathleen Sorensen	Chaplain (LTC)	Ext. 8011
Gopikrishna Sudneer	Administrative Assistant (LTC)	Ext. 8207

All Email addresses are FIRST NAME.LAST NAME@ schlegelvillages.com

The Village Of Winston Park
695 Block Line Rd. Kitchener, Ontario N2E 3K1 519-576-2430