

Riverside REVIEW

Vol. 26 Issue 3 April 2024

Message from our General
Manager
Pg. 2

Chaplain's Corner
Pg. 3

Welcome New
Residents!
Pg. 4

Coming Up In April
Pg. 6

Activity Sheet
Pg. 14

Birthday List
Pg. 15

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

Residents, Families, and Team Members,

With the lovely air of spring beginning to bloom around us, we feel a sense of renewal and joy coming into the village. We have already been enjoying our beautiful courtyard and look forward to the bounty of the new community garden we're creating. May this season be a reminder of hope and new beginnings and may we all delight in the beauty of nature and the blessings of each day.

April 14th -20th is National Volunteer Week. We join people nationally in recognizing the compassion, the generosity, the kindness, and commitment of volunteers. We recognize how fortunate we are to have volunteers strengthening the fabric of our community by sharing their time, talent, and energy to support us. THANK YOU, VOLUNTEERS!!

To become a volunteer, contact Brittany Burton, Volunteer and Student Services Coordinator at brittany.burton@schlegelvillages.com or 519 822 5272 x 863.

Easter, the perfect segue into Spring, a season of giving to others, fell on Sunday March 31st. We hope everyone had a Happy Easter filled with warmth, love, and cherished moments together and you enjoy this edition of our Village of Riverside Glen newsletter.

Bryce
General Manager

Chaplain's Corner

To: Residents, Family, and Team Members

In a part of the creed of the United Church to which I belong, we say that we will live with respect in creation. As we enter into April, we watch as creation springs back to life. We've been privileged to watch new life emerge with the chicks hatching from their eggs. When I'm driving to Riverside I pass a nest high up a pole where eagles return each year. It says to me that spring has come. We marvel at the flowers starting to bloom, baby geese and ducks waddling after their mothers, song birds waking us with their lyrics. Generally even our spirits soar as daylight gets extended and warmer weather draws us outside. Indigenous communities honour creation. Saints like St. Francis honoured creation. Creation is honoured in many religious and non-religious traditions. Yet we all know that our creation is under profound attack. We will hear of increasing droughts in some parts of the world, while others deal with devastating floods. Raging forest fires will decimate homes and even take lives. We know the threats of our climate crisis. In 1968, a Senegalese forest engineer, Baba Dioum said, "We won't save places we don't love. We can't love places we don't know. And we don't know places we haven't learned." (taken from an article in The Banner from the Christian Reformed Church). We may think we are unable to "save the planet", but we can do our small part as best we can and we can encourage all whom we know to love this beautiful planet and to live with respect for the marvelous aspects of creation, knowing that we do not dominate creation, but are intertwined with it.

Blessings to you,
Rev. Brenda Woodall

In Memoriam

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

*James G
Grant W
Mary B*

*Beverly C
Lynda M
Vern S*

*Louise N
Ronald T
Thelma H*



Riverside Glen *welcomes new residents*

to our community



Ē Komo Mai

Bem-Vindo

Welkom

Welcome

Witajcie

Benvenuto

Bienvenue

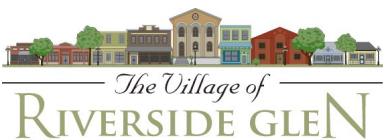
Karibuni

Retirement

Byron H
Thomas S
Nadine J
Thomas S
Carol R
Tim I
Margaret P
Karen M
Margaret C

Long Term Care

Shelley B
Lawrence G
Jeanette G
Buck B
Elaine B
Bobbie G
Carol S
David H



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

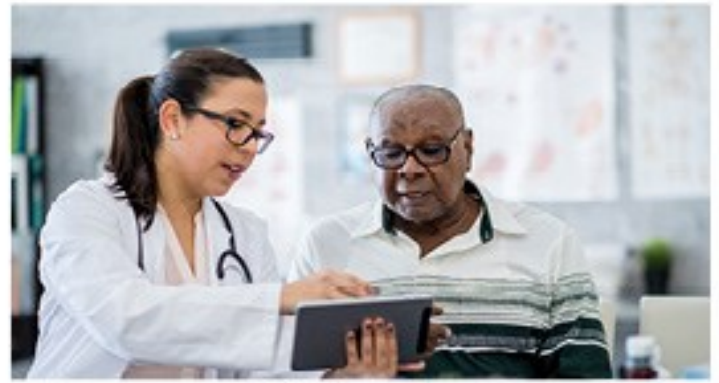
Advance care planning is about sharing your values and wishes about health care if you become unable to speak for yourself. It includes conversations with your doctor, family, friends and care partners to help you think about, talk about, and write down how you wish to be cared for. Sharing your wishes 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

PHOTO REVIEW OF MARCH



COMING UP IN APRIL

Monday, April 8th

Total Solar Eclipse

Toronto Blue Jays Home Opener

Wear Blue Jays Attire!

Tuesday, April 9th

Party for Parkinson's Fundraiser

Event 2-4pm

The Week of April 15-19

Volunteer Appreciation Week!

Monday, April 22nd

Earth Day

Thursday, April 25th

City of Guelph Water Education

Presentation at 10:30am

Vendors

Nelly's Comfort Shoes

Thursday, April 11th 11-4 in RH

Cameron Cards

Thursday, April 18th 10-2 in RH

Cathy's Jewelry

Monday, April 29th 10-2 in RH

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

#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!

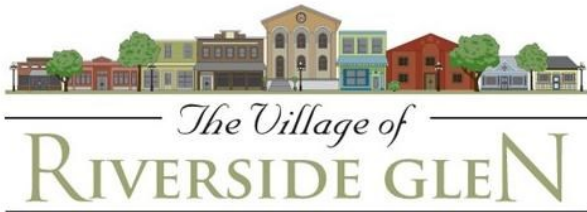


Scan the QR code or visit the link below to upload your video.

schlegelvillages.com/thank-caregivers

The deadline for submissions is Tuesday, April 30.





Happy April from the PAL team! April is Stress Awareness Month!

Signs of Stress:

- Increased irritability and anger
- Changes in appetite
- Headaches (tension headaches or migraines in particular)
- Feeling overwhelmed
- Changes in sleep patterns
- Mental burnout
- Loss of interest in activities that you previously enjoyed

Ways to Release Your Stress

- Group Exercise Classes!
- Physical Activity
- Move up and down the halls
- Spend time with others
- Breathing exercises
- Doing your favourite activities
- Time in nature
- Talking to someone

Join our Stress Release Challenge!

This month the PAL team will be running a challenge to promote physical activity to help with stress release! There are three parts to the challenge. Each week we challenge you to join at least one exercise class, get outside for a walk/roll at least once (weather dependent), and walk/roll four hallway lengths in one day at least once.



Your PAL Team Adrienne, Emily, Melissa, & Daniel

Athlete of the Month: Betty U



This is Betty U, March's Athlete of the Month! Betty

★ can be found exercising most days of the week or speed walking outside! Betty is always up for exercise, weather it is balance, fitness or dancing!!

★ Betty is always up for an adventure and brings her smile and dance moves wherever she goes!

Congratulations Betty!





EMMA NEIGHBOURHOOD TRAVEL GALLERY

We are looking for donations
of **magnets** and **postcards**
from all over the world to
display on our neighbourhood
map!

**Please drop off to the
village office in
retirement.**



DO YOU HAVE ANY EXTRA YARN?

Our Yarn Clubs are asking for new or gently used yarn donations. All donations can be dropped off at either
Main Entrance for
Recreation Supervisor,
Karleigh Herd, ext. 620
or
Director of Recreation,
Kadri Phillips, ext. 811





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



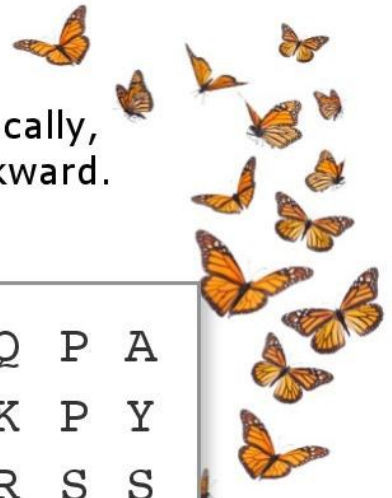
Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Searching for April

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

APRIL FOOLS' DAY

ARBOR DAY

ARIES

BUTTERFLIES

DAISY

DIAMOND

DUCKLINGS

EARTH DAY

PASSOVER

PINK MOON

PUDDLES

RAINDROPS

SPRING

SWEET PEA

TAURUS

TAXES

UMBRELLA

WINDY



Happy Birthday

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)



@Riverside_Glen



[www.facebook.com
/RiversideGlen](http://www.facebook.com/RiversideGlen)



[google.com/
+VillageOfRiversideGlenGuelph](https://plus.google.com/+VillageOfRiversideGlenGuelph)



[https://www.linkedin.com/
company/schlegel-villages](https://www.linkedin.com/company/schlegel-villages)

Resident Birthdays

Vangelija M	Apr 01
Lewis A	Apr 04
Margaret C	Apr 04
Shirley H	Apr 05
John V	Apr 05
Marida M	Apr 05
Alan Y	Apr 07
Donnalee B	Apr 08
Susanna K	Apr 10
Caleb H	Apr 10
Lucette M	Apr 10
Peter B	Apr 12
Ann O	Apr 14
Gloria S	Apr 14
Yvonne B	Apr 15
Joan V	Apr 15
Anne Marie Q	Apr 16
Alina S	Apr 16
Ralph H	Apr 17
John C	Apr 17
Johanna T	Apr 21
Robert C	Apr 22
Leona, M	Apr 22
Frederick J	Apr 24
Mary M	Apr 24
Elizabeth B	Apr 24
Bernice B	Apr 25
Betty C	Apr 26
Elizabeth L	Apr 26
William W	Apr 27
Joy C	Apr 27
Sheila P	Apr 28
Anne H	Apr 28
Katherine F	Apr 28
Anne R	Apr 29
Thelma B	Apr 30

Team Member Birthdays

Steffi S	Apr 03
Tara S	Apr 04
Charito C	Apr 05
Lynn B	Apr 07
Meet P	Apr 08
Arathy S	Apr 10
Ketal V	Apr 10
Jasprit K	Apr 11
April C	Apr 11
Menal Z	Apr 12
Monika K	Apr 13
Patricia M	Apr 14
Melanie M	Apr 14
Laxmi T	Apr 15
Crystal J	Apr 15
Jaspreet K	Apr 17
Christine Z	Apr 16
Keely B	Apr 18
Aileen P	Apr 21
Olayinka A	Apr 22
Madeline T	Apr 22
Kaitlyn D	Apr 23
Alycia N	Apr 26
Lynn R	Apr 26
Jadyn L	Apr 27
Auralyn V	Apr 30

Birthday Celebrations

Retirement Birthday Party

Friday, April 26th @ 2:00pm in the Caf  with The Remedy Band

Long Term Care Birthday Party

Friday, April 26th @ 2:00pm in the caf  with Paul Horton

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.
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, Chaplain/Spiritual Care Provider	Ext. 871
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
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, Chaplain/Spiritual Care Provider	Ext. 871
Jen Jimenez, Administrative Coordinator	Ext. 805
Helen S, Administration LTC	Ext. 858