

Riverside REVIEW

Vol. 17, Issue 1 January 2015

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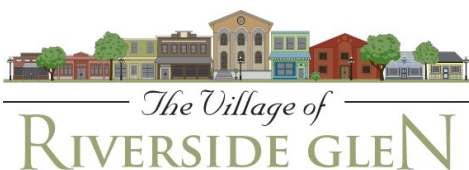
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WELCOME 2015!

Support TEAM Riverside Glen in the
Alzheimer Society's Walk For Memories
Sunday, January 25th, 2015

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.





Message from

BRYCE MCBAIN

January is always a time for reflection on the year past...

I understand that The Village of Riverside Glen went through a lot of change during 2014. We give thanks to all those who consistently cared about the best interests of every person in our village as we went through this passage of time.

A highlight for me personally was seeing so many people share in the fun at our Neighbourhood Christmas Galas in December.

Now is also the time to set new goals for the year ahead; time to make new annual pledges for new beginnings and continuous improvement. I look forward to sharing our key goals and objectives for 2015 with everyone in the near future and look forward to working with you all to better understand how we can increase team member engagement across our neighbourhoods.

I look forward to taking a collaborative approach with our residents, their families, our team members, and our community partners to improve the quality of care at The Village of Riverside Glen and help shape the future of healthcare in Retirement and Long Term Care in 2015. Together we will make a difference!

I wish you all a healthy and prosperous New Year!!!

Sincerely,

Bryce McBain





Message from

MICHAEL SCHMIDT

By the time you receive this newsletter, the magic of Christmas will have swept over you, and the anticipation of a New Year will be upon us. In Long Term Care, we have much to be thankful for in 2014, and I look forward to making new memories with the residents, families and team members of Riverside Glen in 2015. We were especially thankful for the safe arrival of Kate MacDonald's baby girl Lucy in November. In the spring, Riverside team members participated in the Big Bike for Heart and Stroke. In the summer, we welcomed the BSO (Behavioural Support Ontario) team to Riverside under the capable direction of Melanie Dow. The first annual team member and family picnic was held at Riverside Park in June. November saw a successful Christmas Market where we welcomed over 30 vendors from the Guelph area. And finally, in December we held our first Christmas Gala event where residents and families were invited to enjoy a night of entertainment, socializing, and Christmas cheer at the Village. Wishing you all the best in the year ahead.

Mike Schmidt

Assistant General Manager



Long Term Care Family Council

Next Meeting:

Thursday, January 29th, 2015

6:30pm-8:00pm

Long Term Care Fitness Room

All Family Members Welcome!

Riverside Glen

welcomes new residents

to our community



Ē Komo Mai

Bem-Vindo

Welcome

Welkom

Witajcie

Benvenuto

Bienvenue

Karibuni

Retirement

Sophia Agrippa-Skeete
Sadie Elliot
Mary Ann Fieldes

Long Term Care

Tom Crawford
Billie Fordham
George Gidman
Ralph Haldenby
Lucille Kelley
Bruna Parisotto
Regina Stuart
Monika Vonholstein



Chaplain's Corner

Residents, Families, and Team Members:

This holiday season has been an incredible challenge for everyone, with so many sick. Thoughts and prayers are with you all from myself and from our churches and our spiritual care volunteers. Hopefully the start of the new year will mean health returning and life back to normal. I came across this New Year's Blessing to share with you.

“God give you this year a new and challenging task, a vision—through God’s eyes -to view it, the courage—with God’s help—to do it, and humbleness to ask.

God give you this year conviction of your stance, God’s words and deeds to be your guide.

God’s life and love to override—and a friend to share your journey.

God give you this year smiles through your pain, the knowledge of God’s own, from crib to cross to throne—and sunshine after rain.”

(Peg Ammerman from “These Days” ‘97)

*Blessings to you,
Rev. Brenda Woodall (Chaplain)*

In Memoriam

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

*Leo Clark Betty Coburn
George Jewett Mary Kirkby-Ferraro
Bill Kleinveld Jean Motiekonis
Ethel Theakston*



Education Events : January

*Be Alzheimer's Savvy:

Did you know that women are doubly affected by Alzheimer's disease? They outnumber men living with the disease and more often than not shoulder the responsibility of caring for a family member with it. January is Alzheimer Awareness Month. Come and learn more with us. No one should have to face this disease alone. The Alzheimer Society can help.



DATE: Thursday, January 22, 2015 from 10 am to 12 pm

LOCATION: Victoria Park Senior Centre, 150 Albert Street, Fergus

Please call Victoria Park Senior Centre to register at 519-787-1814

*SPECIAL SCREENING of the documentary *ALIVE INSIDE*:

Discover how songs embedded deep in memory can ease pain and awaken those with Alzheimer's and other dementias. In this film joy and life are resuscitated, and our cultural fears over aging are confronted. Please join us for an uplifting evening. There is no charge but donations at the door are gratefully accepted. Refreshments provided.

DATE: Tuesday, January 13th, 2015 from 7 pm to 9 pm

LOCATION: St. Joseph's Health Center, 100 Westmount Rd., Guelph

Please call 519-836-7672 to register.



***Long term Care Series:** For family and friends of people with Alzheimer's disease and related dementias. Please join us for this 3 week series which will cover: A review of residential options and how to apply; understanding the placement process for LTC; coping with the transition to a new residence.

DATE: Wednesday, January 14, 21, 28, 2015 from 1 pm to 3 pm

LOCATION: ASWW Guelph office, 207-255 Woodlawn Rd. West, Guelph

Please call 519-836-7672 to register.



Please note that to respect those with allergies and Breathing sensitivities, these are SCENT FREE events.

Village Events

*Tuesday, January 6th
Music with Bill at 2pm*

*Sunday, January 11th
Salvation Army Band at 10am
Sing Along with Helen in LTC at 2pm
Sing Along with Helen in RH at 3pm*

*Tuesday, January 13th
Food Committee Meeting in RH
Breakfast Sandwich Fundraiser in the Clinic
in LTC and the Hobby Room in RH from
9:30-11:30*

*Wednesday, January 14th
Birthday Lunch in LTC at noon*

*Friday, January 16th
Dressing Room Clothing Sale from 10-3 in RH*

*Monday, January 19th
Entertainment with Aidan at 10am
Hot Chocolate Fundraiser in the Link from
1-4pm*

*Wednesday, January 21st
LIVING in My Today Education in Town Hall
from 9-12 and 3-6*

*Sunday, January 25th
Alzheimer Society Walk for Memories from
9-12*

*Tuesday, January 27th
Ken the Music Man at 2pm*

*Friday, January 30
Winter Ball with the Escapade Trio from
7-8:30*



Team Trivia Night

Build your team with Family and Friends and come to our Team Trivia Night hosted by Andy Saunders

Thursday, January 22nd, 2015
7pm start in the Retirement

Dining Room
Atqproductions.ca

A note from your

Kinesiologists

Chase Down Santa!

A Resident vs. Team Member Fitness Challenge

We hope you all had a wonderful holiday season. We are excited to tell you about a fitness challenge that happened during the month of December. The residents of Riverside Glen LTC took on the team members in a highly competitive race using the Nu-Step machine from December 8th to 24th. Over 40 residents and team members participated in the challenge which involved seeing who could step the furthest distance. In the end the residents of Riverside Glen LTC triumphed with **175, 621 steps = 97 miles**. The team members put up a good fight and stepped a total of **163, 117 = 90 miles**. A huge thank-you to everyone who participated in the challenge. Special shout-outs to Dave R who stepped over 91, 609 steps = 50.5 miles and Becki Lee who stepped 81, 410 steps = 45 miles. WOW!!! Keep an eye out for the next fitness challenge or come by the gym and talk to your Kinesiologist for tips on being active and staying healthy.

Have a wonderful New Year's Eve and if you decide to make a New Year's Resolution to improve you wellness and health, choose something with multiple small goals instead of a big goal that will be difficult to maintain throughout the year. It is easier to stay motivated when you have small successes on your journey to improved health than one big goal. Also, make resolutions with friends and family so that you can keep each other on track and stay motivated.

Wishing you a safe and happy 2015,

Laura Kratz and Christine Hames

VOLUNTEER OPPORTUNITIES



The Village of RIVERSIDE GLEN

Monday

- ◇ 1:30—3:30pm Friendly Visiting
- ◇ 1:00—4:00pm Restorative Walking
- ◇ 6:00—8:00pm Read-a-long Program

Tuesday

- ◇ 2:00—4:00pm Painting Group
- ◇ 3:00—5:00pm Library Services
- ◇ 3:00—4:30pm Happy Hour (Smart Serve Certified)
- ◇ 6:00—8:00pm Bingo

Wednesday

- ◇ 2:00—3:30 pm Church Service Support
- ◇ 6:00—8:00 pm Recreation Programs

Thursday

- ◇ 6:00—8:00 pm Bingo

Friday

- ◇ 9:30—11:30am Recreation Programs
- ◇ 3:00—4:00 pm Happy Hour (Smart Serve Certified)
- ◇ 6:00—8:00 pm Bingo

Saturday

- ◇ 10:00—12:00 pm Friendly Visiting
- ◇ 6:00—8:00 pm Recreation Programs

Sunday

- ◇ 10:00—11:30 am Church Service Support
- ◇ 6:00—8:00 pm Chapel Hymn Sing Support

Volunteer Humour...

"My wife and I often share our music with seniors at retirement or nursing homes. I play the cello and she plays the harp. Often times my wife will introduce a song or tell something about the music she is about to play. One time she told the audience that she is going to play a piece entitled, Claire de Lune by Claude Debussy. One hard of hearing resident asked another sitting next to her, What did she say? The resident replied, She is going to play Fruit of the Loom." - Unknown



Welcome!

Riverside is pleased to welcome the following volunteers to the village:

Kayla Pryce
Lois Showers
Sara Schlicter
Sara Shaw
Emma Swain



Thank you for your support!

Volunteers of the Month

Emilee & Jacob

4 months ago, two new volunteers began spending their Wednesday mornings at The Village of Riverside Glen. Emilee Benn VanEsch and Jacob VanEsch are a mother-son pair who seem to light up the Memory Care Neighbourhood where they volunteer. Upon arrival, Jacob can be heard greeting residents with big smiles as he saunters in behind Emilee who signs them both in and grabs their nametags before heading upstairs. Jacob always comes with a backpack full of games, toys and snacks (ready to share of course!)! Their time at the village usually consists of reading books, playing the piano, spending time with Robbie (the rabbit), eating snacks and playing simple games with the residents. Emilee often facilitates, but then sits back in wonder at the interactions she views between her three-year old son and the residents;



“Jacob and I volunteering at Riverside Glen has been such a great experience for both of us! As Jacob puts it ‘he loves to visit and play with his friends and see Robbie the rabbit’. We are both building strong connections and having fun doing it!” - Emilee Benn VanEsch

Jacob interacts freely, knowing that he is often the “apple of their eye”, especially to a few of the female residents who seem to have created a special bond with him. Emilee, who has two other school-age children mentions that her two others are constantly asking when they get to meet Jacob’s friends and come to Riverside to volunteer. One of them even tried to skip school ‘sick’ on a Wednesday morning so she could come along!



Emilee and Jacob are a wonderful addition to our team of volunteers and to the Memory Care Neighbourhood. They bring smiles, laughs and positive energy to the village and we are incredibly lucky to have them.

“From the minute Emilee and Jacob started volunteering they have been a ray of sunshine and the residents absolutely adore them. Jacob helps take care of our rabbit, Robbie and Emilee is wonderful with sparking up a conversation with the residents. Thank-you for all that you both do!” - Kristen Chiasson, Recreation Team Member

Interested in Volunteering at The Village of Riverside Glen?

Contact the Volunteer Coordinator at (519) 822-5272 ext. 863 or email riverside.volunteers@schlegelvillages.com

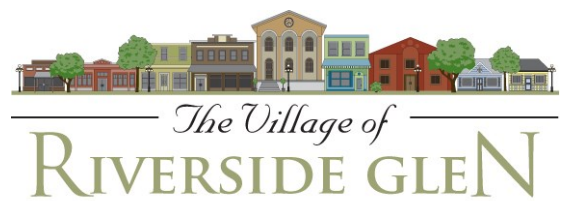
Apply online at: <http://www.schlegelvillages.com/guelph1/volunteer-application-form>



@Riverside_Glen



<https://www.facebook.com/RiversideGlen>



ALZHEIMER SOCIETY WALK FOR MEMORIES

Please join us on the walk on January 25 at
Quebec St. Mall and register online at [walk-
formemories.ca](http://walk-formemories.ca)

Or sponsor our Team The Village of
Riverside Glen to support the ongoing good
work of the Alzheimer Society!

Walk for Memories Fundraisers:

Breakfast Sandwiches on
Tuesday, January 13
Smores Bake Sale on
Saturday, January 17
Hot Chocolates on
Monday, January 19
Shoe Sales starting
January 1

Recreation Review

Healthy Living Day

Start the new year right
by joining us on January
15 for Healthy Living
Day and learn about
healthy eating choices,
vegetable trivia, exercise
classes, fruit smoothies
and more!

Winter Ball

Please join us at 7:00 in
Retirement on
Friday, January 30 for our
Annual Winter Ball. Chase the
winter blues away by dressing
up and dancing the night away
with the Escapade Trio!

A dose of knowledge from the Nursing Team

January 2015

Well here we are at the end of another year and start to a new one - and what a whirlwind of a year it has been in the village! So many positive changes have taken place and continue to happen as we strive to build trust, hope and stability to each and every day.

As Director of Nursing I am completing Performance Evaluations with all the Nurses and welcome any constructive comments you wish to share confidentially with myself or Hubrecht Quist, Assistant Director of Nursing. Evaluations are a valuable part of the Nurses' role - it helps them to self-reflect on their professional practice, discuss ways to improve, celebrate success and make plans for the upcoming year. I welcome your input with this process should you wish to share any comments.

Our Flu season is in full swing and if you haven't had your flu shot yet there's still time to see Andrea Feys, RAI-QI Nurse who will be happy to immunize you! Kudos to Andrea for her hard work and determination to get as many residents and team members vaccinated as possible she achieved over 94% success!! Just a reminder to everyone not to visit in the Village if you are sick or have a fever. Residents are quite vulnerable to viruses and infections especially this time of the year and we want to do everything we can to keep them healthy and well! Hand-washing is still the number one prevention to the spread of germs don't forget to moisturize afterwards!

Dianne and Jennifer are the Scheduling Coordinators and they work tirelessly to make sure team members are available for additional shifts and that our current staffing levels are maintained. I am happy to report that we have not required Agency staff in over 5 weeks now. Not only are Agency staff expensive, they often are not familiar with the residents or their routines. We have been very busy hiring and orientating new PSWs and Nurses to provide consistent support and reduce the need for Agency.

Melanie, Mandy and Jenn have been very busy supporting residents, families and team members through the Behavioural Support Ontario (BSO) program. This is a LHIN funded initiative that Riverside Glen is so fortunate to have right here in the Village. Their work involves looking holistically at ways to understand and care for residents with personal expressions and anxieties. We believe that all personal expressions have meaning and when we listen to understand instead of listening to just reply, we learn so much more about needs, wishes, fears and feelings. Riverside Glen continues to actively reduce the number of medications residents receive and we will not resort to medication when a better approach might be seeking to understand first.

Our Health Centre space is now empty following Dr Spadafora moving his clinic to another venue. He remains the Attending Physician on the Arthur Neighbourhood and provides excellent support to residents, families and team members. We are looking at the best use of the temporary health centre space – until such time as it is operational again. If you have any questions please speak with any of the Leadership team members and we'll be happy to discuss with you.

Finally - as I reflect on the time of year where so much thought and effort is put into gift buying, wrapping and present exchanging; take a few moments to also receive. So many of us are GIVERS and we love to bless others - but be mindful of also RECEIVING, so that others can feel blessed too. A word of thanks and appreciation is often the best gift of all!

Ruth Amber
Director of Care

Well where did 2014 go? The year sure has gone fast, as we look to 2015 I would like to take this opportunity to wish all of you a Happy New Year.

This past year we have made the 4th Thursday of each month a Resident's Choice Meal night. We are thinking of perhaps making this night into a theme night and would love your feedback. We are thinking of theme nights that would include food of different countries and different celebrations. Please attend the resident Food Committee meetings and let us know your thoughts. The Retirement Home meeting is the 2nd Tuesday of each month at 2:00pm and the Long Term Care Food Committee Meeting will now be held after the Residents Council Meeting on the 4th Thursday of the month.

The Riverside Glen Food Services Department also does catering. If you are having guests in for a social, contact us about catering your event. We also do sandwich trays, fruit and veggie trays and dessert trays. For more information please call Melanie Veldman at ext. 747.



Food For Thought: Ideas for the New Year

1. It's better to bite your tongue than eat your words.
2. Weighing yourself often doesn't make you lose weight.
3. It's better to wear out than rust out.
4. Instead of complaining there's no wind, get out your oars and row.
5. Don't expect people to look up to you if you look down on them.
6. The two greatest time savers are saying, "I don't know" and "I was wrong."
7. Don't worry about things that you can't do anything about.
8. Poor planning on your part shouldn't constitute an emergency for others.
9. The race isn't over till everyone crosses the finish line.
10. If at first you don't succeed, you're running about average.
11. One win doesn't constitute a winning streak.
12. A gravesite is the last place you should tell someone how much you care.
13. When you compete with yourself, you both win.
14. Where you've come from is less important than where you're going.
15. Question the person who has answers for everything.
16. Behind every good kid are parents who understand the importance of raising him or her that way.

Life is filled with "up's and down's," so make the most of the "in between's."

Becky Snider
Director of Food Services



CONESTOGA
Connect Life and Learning

Conestoga College Living Classroom



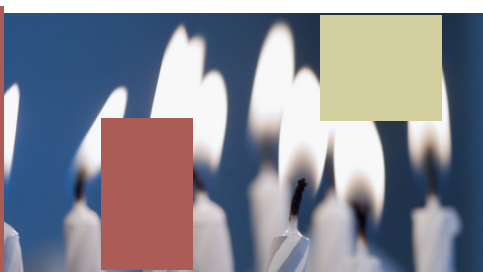
Conestoga Practical Nurse graduate Trish Livingstone receiving an award from Riverside Glen.

Congratulations Trish and all the graduates, and best of luck on your future endeavours!

A Word from your Village Advisory Team...

Did you know that there exists a group of people at the village who are committed to and excited about continuing to change the culture of aging? **Did you know** that they meet monthly to discuss how to promote continued changes in attitude and practice? **Did you know** that they are looking for more members to offer informed and wise council? **Did you know** that if you embrace quality improvement, can solicit feedback, and offer ideas and insights as well as assist with planned action steps as determined by the team, then **THEY WANT YOU?** **Did you know** that this goes for whether you are a family member, resident or team member?

Well, now you know! Our next meeting is Thursday, January 15 at 2:00. Please see Tricia in LTC Recreation or Caroline in Retirement Recreation if you are interested in seeing what we're about!



Happy Birthday

VILLAGE VOICE NEWSLETTER

The foundations of Christmas Tradition—December 30

Team members at the core of Success and Progress in 2014—December 23

The magic of radio at Arbour Trails—December 18

Reflections on the stories of our well-being—December 16

The festive spirit shines at Winston Park—December 11

Hockey fans and friends unite from Glendale Crossing—December 9

Regular acts of kindness that swing both ways—December 5

What independence can look like—December 4

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

www.schlegelvillages.com



www.facebook.com/RiversideGlen



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

Team Member Birthdays

Jacqueline Belisle	Jan 1
Narcidita Macute	Jan 2
Kristal Goodwin	Jan 2
Joel Rabe	Jan 3
Brandy Wilson	Jan 4
Margaret Ritzmann	Jan 5
Shannon Stuart	Jan 6
Brenda McGarr	Jan 7
Barbara Buti	Jan 7
Roxanne Cadieux	Jan 7
Laurie-Lyne Weiler	Jan 10
Ben McGovern	Jan 10
Jennifer Jackson	Jan 11
Balwant Kaler	Jan 13
Sangita Thapaliya	Jan 14
Ron Brown	Jan 14
Siobhan Townsend	Jan 16
Peter Olczak	Jan 17
Kimberlee Andrews	Jan 18
Mike Simpson	Jan 18
Victoria Adjei-Afriyie	Jan 19
Brent Banda-Ay	Jan 19
Mercedita Malit	Jan 20
Soby John	Jan 20
Julie Brown	Jan 20
Mila Campos	Jan 22
Ma-Teresa Montero	Jan 24
Afton Driedger	Jan 24
Jummy Promsawan	Jan 25
Sarah Hotson	Jan 25
Debian Brown	Jan 25
Tina Guay	Jan 26
April Barnes	Jan 27
Robert Bull	Jan 28
Joe MacKinnon	Jan 29
Emily McDonald	Jan 29
Steph Sutherland	Jan 30
Diana D'Sauza	Jan 30
Patrick Minajew	Jan 31

Resident Birthdays

Aubrey Harvey	Jan 1
Olga Osiuk	Jan 2
Eileen Hardie	Jan 3
Harry Robertson	Jan 6
Kathleen Hall	Jan 6
Alice Willis	Jan 7
Ruth Mickus	Jan 7
Sybil Howitt	Jan 9
Barbara Johnson	Jan 9
Lorna Price	Jan 10
Cliff Ferris	Jan 11
Frank O'Brien	Jan 14
Elfreida Dehn	Jan 16
Lorraine Connors	Jan 16
Teresa Baker	Jan 16
Betty Crowe	Jan 16
Joe Szymanski	Jan 19
Paul Tavaszi	Jan 19
Geraldine Airdrie	Jan 21
Wilbur Lindsay	Jan 21
Edith Dodds	Jan 22
Verna Duncan	Jan 22
Elizabeth Hurlbut	Jan 23
Evelyn Mowatt	Jan 25
Joyce Lewis	Jan 25
Anne McLelland	Jan 27



Birthday Celebrations

Long Term Care Birthday Lunch

Wednesday, January 14th at 12:00pm

Family Invited but must purchase a meal ticket x858

Retirement Birthday Get-Together

Saturday, January 24th at 2:00pm

in the Retirement Library



Ear & Hearing Clinic

JULIANE SHANTZ · DOCTOR OF AUDIOLOGY

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Is your Television or Telephone
never loud enough?**



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pleased to offer full, on-site
audiology services.**

**For more information or to book an
appointment, call 888-743-7001.**

RESEARCH *Matters*

RESEARCH

EDUCATION

PRACTICE

Are Exercise Classes Enough?

Study examines realities of active living in retirement settings

Written by Kristian Partington

It's logical to assume that older adults who move into retirement communities with access to gyms, exercise equipment and organized activities led by kinesiologists will increase their physical activity. After examining the results of a recent study of physical activity trends among a sample of residents within Schlegel Villages, however, that assumption grows somewhat complicated.

Led by Dr. Laura Middleton of the University of Waterloo's Kinesiology Department, researchers Kayla Regan and Brittany Intzandt looked at the physical activity of 33 village residents before and after making the transition to retirement living.

The research team found that after moving



Organized exercise has its benefits, but everyday household activities are part of a healthy lifestyle as well.

into a Schlegel Village, the majority of residents increased their exercise through organized activities and, likely as a result, agility, strength and endurance improved. Yet physical activity as a whole decreased among the sample group, surprising the researchers and prompting a deeper examination of how to engage residents in more regular physical activity.

Enhancing Life

Continued on next page...

The Schlegel-UW Research Institute for Aging aims to enhance the quality of life and care of older adults through partnerships in research, education and practice. Thirteen Schlegel Villages provide "living research environments" and "living classrooms" where innovations are developed, tested, and then shared to benefit older adults everywhere.

... Continued from previous page

“Generally, when people think about physical activity they think about exercise programs, so we looked at all the programs and activities that are available (in the villages) and thought, ‘this is great, we’ve overcome a lot of the barriers to exercise that older adults normally experience,’ ” Kayla says. Unfortunately the perks of retirement living – such as no household chores, grocery runs or gardening – cuts into the regular physical activity that comes with daily living, and that’s where the overall decrease fits in.

“It’s certainly challenging,” Laura says, when discussing how best to maximize the many health benefits that come with regular physical activity beyond organized classes. “They say, ‘I’m exercising more than I ever have before’, which is partially true, their purposeful exercise goes up.” But finding a way to mirror that increase in purposeful activities with more incidental activity, like simply walking through the village at various points of the day, is the challenge.

As a Research Application Specialist, the RIA’s Lora Bruyn Martin says the results of this study illustrate the importance of the Move More initiative, which is ramping up throughout all Schlegel Villages. “The increase in intentional exercise highlighted in the study speaks to the great success of the Program for Active Living (PAL)” Lora says. “Move More is meant to complement these efforts and help residents to simply move more continuously throughout the day and sit less. The initiative is about engaging residents, team members and family members

to make moving part of the Schlegel Villages culture, above and beyond the PAL program.”

The link between regular physical activity and healthy aging has been well established and this study points to the importance of looking beyond a half-hour exercise class for that activity. Kayla and Laura are currently trialing a mobile application in collaboration with Move More that will help residents track their overall physical activity and prompt them to be active if they’ve been sitting too long. There is great value in organized classes, for sure, but there’s also value in the everyday activities we take for granted, and that’s something everyone should remember, not just those living in a retirement home.

STAY CONNECTED!



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Institute for Aging



Write Us:
info@the-ria.ca
325 Max Becker Drive,
Suite 202,
Kitchener, ON, N2E 4H5



Check us out Online:
www.the-ria.ca



Village Team

Contact List



RETIREMENT TEAM

519.822.5272

Bryce McBain	General Manager	815
Debra Kuipers	Director of Retirement Care	761
Luisa McKenzie	Main Floor Retirement Coordinator	812
Chris Pimentel	Memory Care Coordinator	807
Michelle Mayhew	Assisted Care Coordinator	836
Tania Anderl	Recreation Supervisor	620
Aaron Orrell	Director of Environmental Services	804
Rebecca Snider	Director of Food Services	840
Melanie Veldman	Hospitality Supervisor	747
Laura Kratz	Kinesiologist	821
Emily Wildeboer	Administrative Assistant	800
Gillian James/Megan Schmidt	Marketing Coordinators	865

LONG TERM CARE TEAM

519.822.5272

Michael Schmidt	Assistant General Manager	841
Ruth Auber	Director of Nursing	848
Hubrecht Quist	Assistant Director of Nursing	801
Lynn Lake	Neighbourhood Coordinator – Puslinch/Eramosa	834
Karen Norris	Neighbourhood Coordinator- Mapleton/Nichol	298
Heath Preston	Neighbourhood Coordinator- Erin/Arthur	794
Cheryl Ridler	RAI/QI Nurse – Eramosa/Puslinch	798
Andrea Feys	RAI/QI Nurse – Arthur/Erin	796
Joanne Malubay	RAI/QI Nurse – Nichol/Mapleton	797
Ted Mahy	Director of Recreation	811
Meredith Mcdonough	Assistant Director of Food Services	873
Christine Hames	Kinesiologist	835
Tina Bertrand	Administration Assistant	858

All Email addresses are (FirstName).(LastName)@Schlegelvillages.com