



Run of the Mill

FEBRUARY / MARCH 2023

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ERIN MILLS
Lodge



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February Birthday's

Ruby. S - Feb 2nd

Adelina. P- Feb 3rd

Slava. m – February 3rd

Marjorie. J-February 14th

Liette. G - February 14th

Mary. A– February 16th

Ivy Isabel. M– February 19th

Edna May. Y February 22nd

Lillian. C– February 28th

March Birthday's

Ai. T– March 1st

Katherine. T– March 6th

Chong-Hak. S– March 13th

George. F– March 16th

Douglas. C– March 17th

Misako. T– March 17th

Engracia. A– March 22nd

Marion. M– March 22nd

Angela. C– March 30th



SPIRITUAL

Mortality keeps us humble. None of us, no matter how smart or rich or powerful, can add a moment to our lives, so we are humble before God our maker.

We find our place in life knowing that who we are and what we do really matters only as part of the greater whole, as our participation in what God is doing in the world. What God is up to is what really matters.

Our human frailty should not cause us to lose faith but rather to grow in faith. While we are dust, God is eternal. If we are but leaves, God is the earth and the air, and the sunshine that makes the tree grow.

God is persistently loving this world toward new life, and the days we are given are part of that work.

Make us glad, the psalmist writes, satisfy us with your love. Life, in its brevity, is meant to be enjoyed.

And so we live one day at a time, knowing that we are beloved and integral parts of God's ongoing creation. Our beginnings and endings all belong within the dwelling place of God. We are part of God's story of love and redemption that is unfolding and will continue to unfold... and so we live in faithful hope for God's beloved world.

Amen.

The Village of Erin Mills Lodge extends our heartfelt condolences to their families.

In Memoriam

Irene Stirling

Robert Pensa

Salomea Dabrowicz

Roy Simich

Theresa Caponio

David Bridge

EML EVENTS



International
Women's Day
Tuesday March 8th

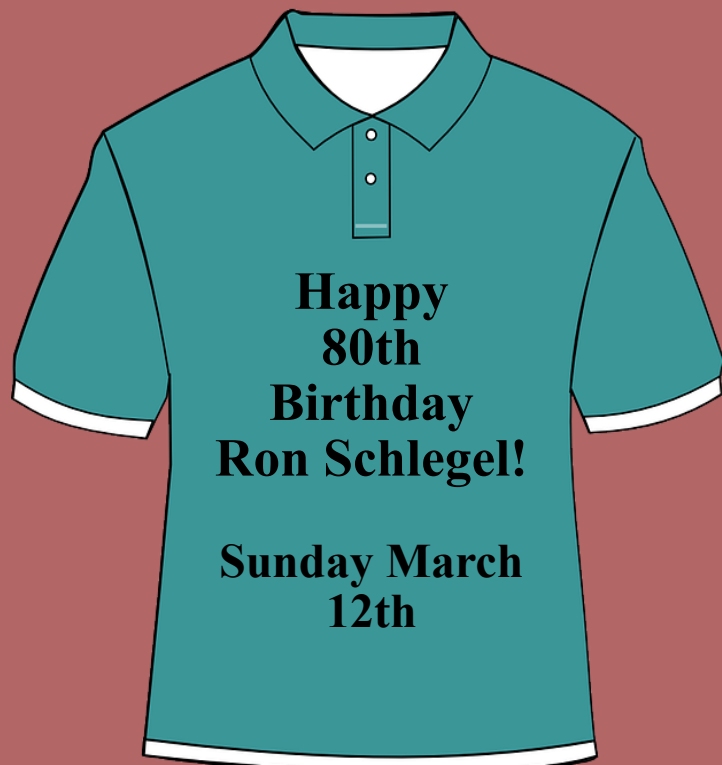


St. Patrick's Day Party
Friday March 17th

Entertainment— Jack Garson
6:30 in the Crooked Q

Wear Green or your Irish Gear.

Enjoy snacks and green beer



EML DOG VISITS

**Throughout the month of
March, we will have the
New Director of
Recreations dog Dresden
the Boarder Collie
coming to visit!**



**Next FAMILY
COUNCIL MEETING:**

TBD

First Day of Spring March 20th



EML's First Valentine's Market

Classic love songs warmed hearts and souls as we held our very first Valentine's Market on Saturday February 11th, 2023, in our Crooked Q. Our recreation team, put on a wonderful event to raise funds for the Schlegel Hope fund.

Valentine cards of all sizes, chocolate roses with bears, Lindt chocolates all wrapped up in valentine bags, sweets for friends, grandkids and team, dog treats, stuffed bears and decorations for rooms, walkers and wheelchairs were available.

A photo booth wall was the perfect backdrop for family, residents and team to snap a photo with the one's they love. It was a wonderful day! Thank you to everyone who contributed! We look forward to next year!

Enjoy the photos!

Celebrating Love







Floral Design Day

February 28th



RESIDENTS OF THE MONTH

Bernard MacDonald (Bernie)- ESN



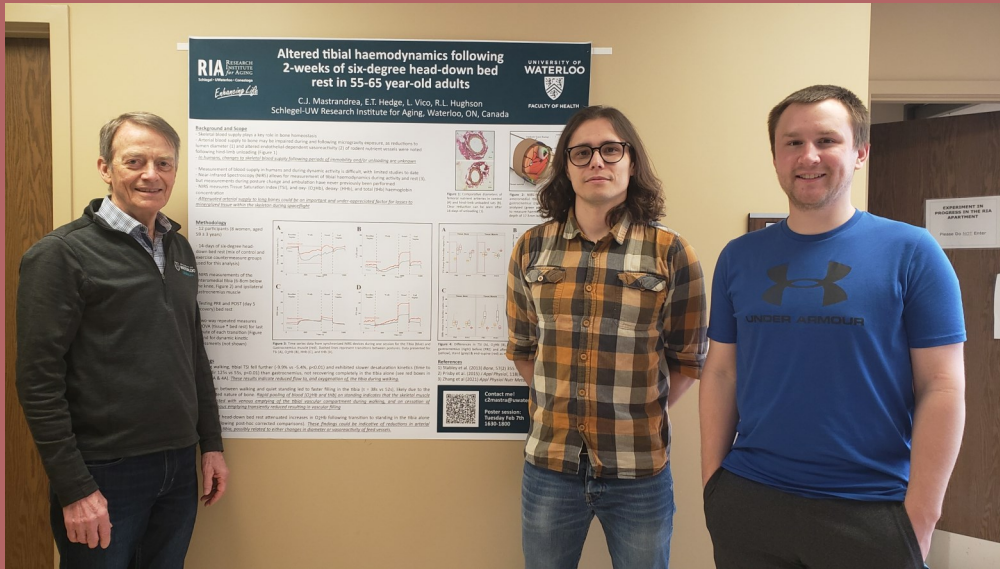
Congratulations to this month's ESN resident of the month: Bernie! Bernie has been a resident with us on ESN for a few years now and is an absolute joy to have on our ESN neighbourhood. You can always find Bernie engaging in independent activities. Bernie enjoys watching cartoons in his room and listening to music especially, Hymns! We appreciate Bernie for always being a kind soul, a team player and giving us endless smiles each and every day. Regardless of the type of day you are having, spend a few minutes with Bernie, and your day will turn right back around. Bernie's smile, laughter and energy is contagious! Thank you, Bernie, for being you!

Winifred Robb - Hazel Lane



Congratulations to this Month's resident of the month for Hazel Lane: Winifred Robb. Winnie was born and raised in Glasgow Scotland and came to Canada in 1972. Winifred is a fairly new resident but you wouldn't even be able to tell. She has truly made her mark on our neighbourhood in the short time she has been here and is a true joy to have on our Hazel Lane. Winifred prides herself on her love of her family and friends and chats with them on the daily. She is also an active participant in our many programs and activities on our neighbourhood and throughout the village. Winifred loves music and can sing along to just about any song that is played, loves to learn and explore new countries through our Arm Chair Travel programs and is a wiz when it comes to our Brains and Banter programs! Winifred has a heart of gold and is always so welcoming to everyone she meets. She is a determined woman who always has her mind on the important things in life and it is inspiring to say the least. Whether you're popping in for a visit or staying awhile, Winifred makes you feel comfortable and always so welcome, you always leave with a smile. Thank you, Winifred, for all you do, and we cannot wait to see you continue to flourish on Hazel Lane!

RIA Research Scientist wins NASA poster competition



February 23, 2023

The Schlegel-UW Research Institute for Aging's (RIA) newest Research Scientist and post-doctoral fellow at the University of Waterloo's Faculty of Health, [Carmelo Mastrandrea](#), recently won the poster competition at the NASA Human Research Program Investigators' Workshop in Galveston, Texas. More than 300 posters were on display at the workshop. His presentation, "Altered tibial haemodynamics following 2-weeks of six-degree head-down bedrest in older adults," showcased a novel experiment measuring blood flow and oxygenation of the lower leg bone during walking and changes in posture. The study, organized by the Canadian Institutes of Health Research and the Canadian Space Agency, involved 12 adults aged 55-65 years old. Co-authors on the paper were PhD student Eric Hedge, Professor Laurence Vico from France, and Schlegel Research Chair in Vascular Aging and Brain Health, Richard Hughson.


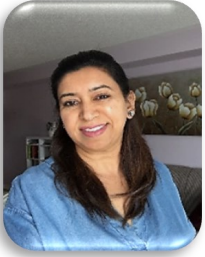










Mastrandrea's findings suggest that oxygenation of the lower leg bone was reduced after a period of bedrest, potentially contributing to bone loss. This groundbreaking research could significantly impact the health-care industry, especially for older adults who may be at risk for bone loss due to physical inactivity.

Mastrandrea's recognition by NASA only adds to the importance of this research, highlighting the crucial role that the RIA is playing in advancing our understanding of the human body and its response to aging and various physical conditions.

RIA RESEARCH
INSTITUTE
for AGING
Schlegel • UWaterloo • Conestoga

Enhancing Life

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Neighbourhoods: Hazel Lane: **Ext. 239** Sheridan Way and Erindale Place: **Ext. 247** ESN: **Ext. 237**