

THE VILLAGER

March 2023 Newsletter

Volume 21, Issue 3



The Village of
ERIN MEADOWS

Program for Active Living

Group exercise is a great way to get your body moving, and what is better than doing it in community with fellow neighbors and friends? Below are some of our classes that are offered in the Village. We have many classes offered in each neighbourhood so please refer to our fitness calendar for dates and times. All are welcome and encouraged to attend! If you have any questions or suggestions, feel free to stop by the Fitness Centre.



Fun Fitness:

A fun class to help you wake up! It utilizes sport training techniques and a variety of equipment such as balls and pool noodles to work the upper and lower body. This guarantees to remind you of your years on a soccer field or kayaking on the river.

Yogalates:

Yogalates combines the slow, calm movements of yoga with the strengthening core exercises of Pilates to keep you flexible and strong. The class features various seated poses, breathing exercises and meditation that promises to have you feeling relaxed at the end of the session.

Tai Chi:

This ancient practice features slow breathing and movements that are good for both the body and soul. Tai chi is a renowned exercise that is especially good for older adults as it focuses on range of motion and maintaining flexibility.

Weights:

This weight routine is individualized for your own ability. As a group you will be inspired to work together, maintaining, and developing lower and upper body strength to keep your muscles and bones strong.

ATHLETE OF THE MONTH!

The PAL team would like to congratulate **Bill Terzievski** as Athlete of the Month! Bill is always eager to participate in various exercises to improve his well-being. He is involved in our walking program as well as our balance program. He is enthusiastic about exercising and is involved in his neighborhood's group exercise classes. With a bright smile, he is always determined to show his incredible strength and perseverance during his exercise sessions. We are happy to reward Bill for his hard work. Keep it up!

From,

The PAL Team – Hannah, Lauren, Faten, Sonia and Muhammad



Valentines in the Village





Wishing you a
Happy Birthday!

Derry

Alexandra Cordeiro	March 12
Nina Van Lierop	March 13

Dundas

Raymond Levert	March 9
Pamela Cross	March 15
Eleanor McCleary	March 29
Amadeo Caporiccio	March 30

Howland

Ernie Horrocks	March 02
Frank Toth	March 20

Sheridan

Josephine D'Souza	March 19
Sofia Correa	March 25

Meadowvale

Giuseppe Giralico	March 2
Souad Aoude	March 21

Trafalgar

Ljubica Peretic	March 22
Aurelian D'Souza	March 29
Jitka Ockerse	March 30



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.



Barb Schlegel
Volunteer Award



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

March 1–15

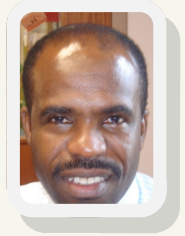
- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you
for your
nomination!**

Spiritual Care Programs

Our Wonderful Spiritual Care Support Team



Wonder Women

The most incredible woman you have ever known is your mother. I am pretty sure about that. Okay, occasionally, mothers are not as nice as we want them to be, but generally speaking, women are the ones who keep the world from crumbling.

Did you know that March is Women's History Month? Eat your heart out, Black History Month! In 2011, one hundred years after International Women's Day was launched, US President Barack Obama declared March as Women's History Month. "History shows that when women and girls have access to opportunity, societies are more just, economies are more likely to prosper, and governments are more likely to serve the needs of all their people," said the former President. Wow! Talk about wonder women!

My mother was the most incredible female in my life. I am sure you can say the same thing about your mother (or wife). In our Village, women continue to shine. They can't help it. There are more women than men, and I am okay with that. They are intelligent, sophisticated, pleasant and a joy to be around.

From a spiritual care point of view, they are indispensable. Over ninety percent of Spiritual Care Volunteers are females. They conduct the weekly worship services and bring private communion to the residents. The ladies also outnumber the men who assist me in the Sunday morning worship service. What would we do without the fairer sex?

In March and on Women's International Day (the 8th), let us give women the honour and recognition they deserve. Even after millennia of patriarchy, women still outshine us. Ladies, we salute you.

A decorative border of pink roses with green leaves surrounds the entire text area.

Centennial Park Greenhouse

**Spend the Afternoon
Dreaming of Spring!**

Monday, March 27
1:00pm—4:00pm

**Sign up
in recreation office
Limited Space**

Residents' Corner (RH)

“THE FRATTINI BIRTHDAY CARD PARTY”

What a wonderful celebration we had this month!

My husband, Gordon Frattini, celebrated his 95th – that’s right – his 95th birthday on February 5, 2023. One of our children posted this info on Facebook and suggested that any cards would be a fun surprise for him.

Well, be careful what you wish for! The cards started to arrive - and arrive and they arrived daily for the next couple of weeks.

In total Gordon had over 200 cards sent to him. !!!!!!!

What fun we both had reading and enjoying the beautiful pictures, wonderful joyous verses and kind words.

These cards were sent by people from far and wide. Many senders don’t even know Gordon, but; it was so wonderful for him to experience such love and kindness and in such a unique way, by people who are thoughtful enough to do whatever is necessary to make Gordon feel so special.

A big THANK YOU to everyone and anyone who helped make this a birthday to remember.

HAPPY BIRTHDAY AGAIN GORDON

Mary Frattini, WB resident





Gordon Keith Geddes	March 3	Ester Stoch	March 16
George Muscat	March 5	John Stevenson	March 18
Patricia Eccles	March 6	Sally Carter	March 18
Shirley Vincent	March 7	Josephine Shimizu	March 19
Lise Molinaro	March 8	Denise Harris	March 19
Luigina Ferraro	March 8	Joan Spencer	March 20
Franziska Schweiger	March 9	Lawrence Stacey	March 21
Anne Jardine	March 9	Armando Mio	March 22
Joseph Messmer	March 10	Mary Wright	March 24
Girdute Brost	March 11	Frances Benuik	March 26
Fernande Vandette	March 14	Sandra Flint	March 27
Hermenegilda Tandoc	March 15	Halina Bethke	March 30
Mile Vukusic	March 15	Michael John Guiry	March 30

Birthday Party with Hawk Nest Trio
March 10th, Friday
2:30 pm, Main Street



The Village of
ERIN MEADOWS

Village EVENTS

RETIREMENT

Entertainment:

Birthday Party with Hawk's Nest Trio
March 10th, Friday
2:30 pm, Main Street

Sing along with Frank (SC)
March 17th, Friday
11:00 am, Social Club

Finnegan School of Irish Dance
March 17th, Friday
2:30 pm, Main Street

Music Night
March 20th, Monday
6:00 pm, The Ruby

Afternoon Music with The Notables
March 24th, Friday
3:30 pm, Main Street

Outings:

Starsky Fine Foods Outing
March 2nd, Thursday, 9:30 am

Mandarin Outing
March 16th, Thursday, 11:00 am

Walmart - Argentia
March 23rd, Thursday, 9:30am

Jazz Band Outing
March 27th, Sunday, 1:00pm

March Bulletin:

Food Forum
March 1st, Wednesday
10:00am, Exercise Room

Men's Breakfast
March 2nd, Thursday
9:30 am, The Ruby

Ladies Breakfast
March 9th, Thursday
9:30 am, The Ruby

Residents' Council Meeting
March 14th, Tuesday
10:30 am, Exercise Room

New Residents Welcome Committee Meeting
March 21st, Tuesday
10:00 am, Library

Baking with Brenda
March 22nd, Wednesday
2:30 pm, Hobby Shop

All About Me
March 29th, Wednesday
2:30 pm, Town Hall

Science & Nature Documentary with Curtis
March 29th, Wednesday
7:30 pm, Town Hall

Karaoke Night
March 31st, Friday
6:00 pm, The Ruby

Vendors on Main Street:

Traditions Alive,
March 15th, Wednesday, 11:00am

Village Events (RH)

4th Anniversary Celebration



Strove Tuesday Celebration



Valentines in the Village (RH)



Village Life (RH)

Our Bridge and Euchre Clubs having a good time!



Congratulations to our Valentine Bingo Bash winners!



Getting ready for Valentine's Day, thank you to our dear residents for all the help.



Residents Tea time



All About Me (RH)

“All About Me” is a resident run program where they are encouraged to share one of their life experiences.

Presenter : Gerry Descoteaux



Erin Meadows Long Term Care Directory

Telephone # 905-569-7155			Fax # 905-569-8617
Title	Name	Ext.	Email Address
Interim General Manager	Curtis Ferry	8108	curtis.ferry@schlegelvillages.com
Assistant General Manager	Sutha Vinyaga	8003	sutha.vinayaga@schlegelvillages.com
Administrative Coordinator (LTC/RH)	Flo Abiog	8002	flo.abiog@schlegelvillages.com
Scheduler	Iqra Raza	8011	Iqra.raza@schlegelvillages.com
Director of Nursing	Lito Lagasca	8010	lito.lagasca@schlegelvillages.com
Director of Quality Improvement	Joanne Balancio		joanne.balancio@schlegelvillages.com
Assistant Director of Nursing	Norita Fernandez	8055	norita.fernandez@schlegelvillages.com
Assistant Director of Nursing	Tanja Atanasova	8034	tanja.atanasova@schlegelvillages.com
Assistant Director of Nursing –Infection Control Lead	Trudy Ann Paline	8032	trudy-ann.paline@SchlegelVillages.com
Neighbourhood Coordinator Dundas/ Trafalgar (leave of Absence)	Ruth Umadhay	8041	ruth.umadhay@schlegelvillages.com
Neighbourhood Coordinator Derry/ Howland	Randi Black	8051	Randi.black@schlegelvillages.com
Neighbourhood Coordinator Dundas/ Trafalgar (Interim)	Champa Panditha	8041	Champa.panditha@schlegelvillages.com
Neighbourhood Coordinator Sheridan/Meadowvale	Nicola Campbell	8018	nicola.campbell@schlegelvillages.com
Village PERT Team	Nirmala Mery		nirmala.mery@schlegelvillages.com
Director of Recreation	Sami Kermani	8007	sami.kermani@schlegelvillages.com
Director of Food Services	Cynthia Chu	8012	Cynthia.Chu@SchlegelVillages.com
Assist. Food Services Manager	Brigette Swaby	8111	brigette.swaby@schlegelvillages.com
Director of Environmental Service	Alex Encabo	8129	alex.encabo@schlegelvillages.com
Assistant Director of Environmental Services	Esther Asare	8104	esther.asare@schlegelvillages.com
RAI Coordinator	Paolo Sison		paolo.sison@schlegelvillages.com
Dietician	Sofia Shahzad	8012	sofia.shahzad@schlegelvillages.com
PAL Registered Kinesiologist	Hannah Khan	8009	hannah.khan@schlegelvillages.com
Physio	Muhammad Shoukat	8056	erin.physio@schlegelvillages.com
Volunteer and Student Placement Coordinator	Samadhi Puwakdandawa		erin.volunteers@schlegelvillages.com
Chaplain	Pricely Francis	8071	pricely.francis@schlegelvillages.com
Residents Support Coordinator	Chi Awadh		chi.awadh@schlegelvillages.com
Trafalgar / Charge Nurse 8047 / 505	Dundas 8031		Derry 8033
Meadowvale 8017	Sheridan 8044		Howland 8050

Erin Meadows Retirement Directory

Telephone # 905-569-7155			Fax # 905-288-2800
Title	Name	Ext.	Email Address
Senior General Manager	Anneliese Krueger		anneliese.krueger@schlegelvillages.com
General Manager (Interim)	Curtis Ferry	8108	curtis.ferry@schlegelvillages.com
Assistant General Manager	Simi Kaur	8106	simi.kaur@schlegelvillages.com
Administrative Assistant	Arisa Niyamuddin	8100	arissa.niyamuddin@schlegelvillages.com
Neighbourhood Coordinator Emma's & Egerton	Melissa McGuire	8122	melissa.mcguire@schlegelvillages.com
Neighbourhood Coordinator Becker & Ailsa Craig	Sujeeva Muthulingam	8113	sujeeva.muthulingam@SchlegelVillages.com
Neighbourhood Coordinator-Williamsburg	Hayley McHugh	8094	hayley.mchugh@SchlegelVillages.com
Wellness Coordinator	Cynthia Ogujiuba	8116	cynthia.ogujiuba@schlegelvillages.com
Assistant Wellness Coordinator	Juvy Villegas	8118	juvy.villegas@schlegelvillages.com
Assistant Wellness Coordinator	Solace Attopey	8242	solace.attopley@schlegelvillages.com
Recreation Supervisor	Annabelle Cruz	8107	annabelle.cruz@schlegelvillages.com
Director of Hospitality	Terence Paul	8112	terence.paul@schlegelvillages.com
Ruby Executive Chef		8127	
Dining Room Supervisor	Evelyn Marquez	8117	evelyn.marquez@schlegelvillages.com
Director of Environmental Services	Alex Encabo	8014	alex.encabo@schlegelvillages.com
Assistant Director of Environmental Services	Esther Asare	8129	esther.asare@schlegelvillages.com
Director of Lifestyle Options	Ashleigh Wilson	8015	ashleigh.wilson@schlegelvillages.com
Director of Lifestyle Options	Christina Beamish	8098	christina.beamish@schlegelvillages.com
Director of Lifestyle Options	Masud Moiz	8099	masud.moiz@schlegelvillages.com
Program for Active Living (PAL) Coordinator	Benjamin Mariano	8101	benjamin.mariano@schlegelvillages.com
Village Experience Coordinator	Dilpreet Deol	8097	dilpreet.deol@schlegelvillages.com
Lead Nurse Emma's & Egerton		8223	
Lead Nurse Alisa Craig, Becker & Williamsburg		8105	
Williamsburg Med Cert		8212	
Egerton Med Cert		8217	
Emma's Med Cert		8244	
The Ruby Restaurant		8126	
Pharmacy & General Store		8128	
Hair Salon		8130	

Resident Directory

Resident Name	Room	Phone
Alex Henderson	2520	20520
Al & Edna Tower	2822	20822
Amira Hanna	2718	20718
Andree Faist	21222	21222
Azm Hoque	2915	20915
Barb Crabtree	2621	20621
Betty Heffernan	21114	21114
Bev Saynor	2311	20311
Bill Mark	2110	20110
Bill & Jean Martin	21112	21112
Bob & Nancy Hughes	21125	21125
Daniel Almeida	2152	20152
Dave & Gayle Johnson	21018	21018
David Brindle	2219	20219
Don & Norma Curtis	2425	20425
Doris & Pat Noonan	21213	21213
Dorothy Elliott	2430	20430
Earl & Jean Pearson	2814	20814
Ed & Shirley Nazar	2317	20317
Ester Stoch	2423	20423
Evelyn Brindle	2516	20516
Frank Larkin	2336	20336
George & Valerie Shepherd	21113	21113
Gerry & Joan Crooks	2525	20525
Graham Keyser	2115	20115

Resident Name	Room	Phone
Gord & Mary Frattini	2139	20139
Helen White	2922	20922
Hugh McFarlane	21015	21015
Isabel Gomes	20346	20346
Jean Michaels	21215	21215
Jean Payne	21221	21221
Jim Boyd	2510	20510
Joe & Shirley Messmer	21211	21211
Len & Sally Carter	21219	21219
Lorissa Lambert	20515	20515
Lydia Olson	2343	20343
Mac Perkins	2620	20620
Margot Wuthmann	2513	20513
Marg Rowe	21020	21020
Margaret & John MacDonald	2419	20419
Marie Ridley	2324	20324
Mary Wright	21115	21115
Michael Farrell	21217	21217
Michael & Violetta Wareing	2712	20712
Myrna Sandell	21123	21123
Pat Christie	2127	20127
Penny Austin	2424	20424
Rita Vollick	21025	21025
Ruth Stout	2921	20921
Ruth Yetta	2416	20416
Sheila Aldworth	2519	20519
Shirley French	2321	20321

Resident Council 2023			
Len Carter	President	21219	lensal1957@gmail.com
Ed Barrett	Vice President	21010	barrette178@rogers.com
Don Hewson	Member at Large	20618	don.hewson.peng@gmail.com
Jean Michaels	Secretary	21215	jmichaels069@gmail.com
Gerry Descoteaux	Food Committee	20722	gerry.descoteaux@gmail.com

If you would like to be added please contact Annabelle at ext.8107. Please be advised that direct phone numbers are not provided.



Walk-In Clinic service

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Menstrual cramps
Pink eye
Hemorrhoids
Sprains and strains
Tick bites

Pharmacy One, 2930 Erin Centre BLVD, Mississauga ON L5M 7M4
(905-569-7155 ext.: 8128 7 905-288-3060



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For more information or to book an appointment at Erin Meadows, please call

1-800-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com



2930 Erin Centre Blvd., Mississauga
(Winston Churchill at Erin Centre)

The Village of Erin Meadows offers a full continuum of care:

AILSA CRAIG – Independent Living

- full kitchen (stove, dishwasher, microwave, full size fridge)
- in suite washer and dryer
- weekly housekeeping with linen laundry wash/change
- meal plans and or care services can be added
- starting at \$4,880/month (2nd occupant add \$500)

BECKER – Retirement Apartments

- kitchenette (with full size fridge and microwave)
- lunch and dinner daily
- weekly housekeeping with linen laundry wash/change
- in suite washer and dryer
- breakfast and or care services can be added
- starting at \$3,690/month (2nd occupant add \$890)

WILLIAMSBURG – Full Service Retirement

- three meals daily
- medication administration
- daily bed making
- weekly housekeeping with linen laundry wash/change
- weekly assisted bath or shower
- extra care and support can be added
- starting at \$4,700/month (2nd occupant add \$1,170)

EGERTON – Assisted Care

- three meals daily
- medication administration
- support with personal care and activities of daily living
- daily bed making
- weekly housekeeping with linen laundry wash/change
- weekly assisted bath or shower
- extra care and support can be added
- starting at \$5,760/month (2nd occupant add \$1,915)

EMMA'S – Memory Care

- safe, secure neighbourhood designed to support residents living with dementia
- three meals daily
- medication administration
- support with personal care and activities of daily living
- daily bed making
- weekly housekeeping with linen laundry wash/change
- weekly assisted bath or shower
- extra care and support can be added
- starting at \$5,998/month (2nd occupant add \$2,042)



**For more information call
905 569 7155 ext. 8098 & 8099
Christina, Ashleigh & Masud**



Visit us online at schlegelvillages.com

Strategies to boost fluid intake and avoid dehydration

It's important to drink enough fluids for more reasons than you might realize. Water is needed for many things in your body, including digesting food, controlling body temperature, and healing wounds. When you don't drink enough water, it can cause you to feel weak, tired, dizzy, constipated, confused and cranky.

Yet one in five long-term care residents become dehydrated every year. This can happen for different reasons, like limited access to fluids, ignoring dry mouth and other thirst signals, having a hard time drinking because of physical challenges, and drinking less to avoid going to the bathroom often.

To help older adults avoid dehydration, Heather Keller (Schlegel Research Chair in Nutrition and Aging) and her [Nutrition and Aging Lab](#) have been exploring solutions to avoid dehydration. Some successful methods include carrying a water bottle, offering preferred cups and drinks, learning thirst signals to know when you're thirsty, planning for washroom access, eating foods with high fluid content, drinking with others, drinking in between meals, and making fluid intake a part of your daily routines.

The lab's current project, called "PROMOTE," is working with Schlegel Villages to test the practicality



of seven strategies to promote hydration in older adults.

Tips for improving hydration

To determine how much water you need, Keller suggests thinking about your body size, how active you are, the temperature outside, and the food you've eaten. Interestingly, 20-40 per cent of the water we get comes from the food we eat. As a general rule, at least six to eight cups of fluid per day is recommended.

As you get older, you may find that you don't feel as thirsty as you used to. However, monitoring how often you need the bathroom and how much you are urinating can help you figure out how hydrated you are, to ultimately improve your overall health.

Want more information on hydration? Watch Keller's webinar recording, *Strategies to Improve Hydration in Older Adults*: <http://bit.ly/3Kh0jUV>

Subscribe to updates from the RIA at www.the-ria.ca/enews to find out how residents, care partners and team members can get involved in projects like this one.