

THE VILLAGER

September 2023 Newsletter

Volume 21, Issue 9



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 (Interim) Assistant General Manager

Terence Paul (LTC)

As the sun sets on summer and the crisp air of September arrives, I find myself reflecting on the amazing journey that has led me to this moment. Change is inevitable, and it's with a heart full of excitement and gratitude that I share my transition from Senior Director of Hospitality to Interim Assistant General Manager at Erin Meadows.

For many years, I had the privilege of working in the dynamic world of hospitality, orchestrating experiences that left lasting impressions on guests. The fast-paced nature of the industry taught me adaptability, time management, creativity, and the art of delivering excellence.

The decision to transition to the role of Interim Assistant General Manager in Long-Term Care was rooted in a profound desire to grow within Schlegel Villages and make a difference in health care.

While the path ahead of me might be different, the values that have guided me remain unchanged. Compassion, teamwork, and dedication are as essential in Retirement living as they are in long term care. The journey to this point has been marked by learning, growth, and embracing the unknown. I am thrilled to embark on this new adventure, armed with the wisdom of my previous experiences and constantly learning along the way.

As September dawns, I see a change in both seasons and in life. I know, I have the courage to embrace change, and the passion to make a positive impact wherever my path takes me.



Program for Active Living

LTC

Benefits of Doing Yoga



At the Village of Erin Meadows, we love to implement different types of exercise, yoga being one of the many since it has so many benefits. Before we discuss the benefits of yoga, what is yoga? Yoga, derived from the Sanskrit word “yuji”, which means union, is essentially an ancient practice that unites the mind and body. This practice incorporates breathing exercises, meditation, and poses. There are many benefits to this ancient practice, here are three:

- Yoga helps reduce inflammation. A major precursor to many illnesses such as heart disease, diabetes, and arthritis is prolonged inflammation. In recent studies, it has shown that yoga has reduced inflammation across several chronic conditions.
- Yoga boosts heart health, there have been studies that prove yoga decreases cardiovascular risk factors like obesity and high blood pressure, since yoga increases circulation and blood flow.
- Yoga helps improve your flexibility, since yoga involves various poses that require stretching, it helps bring a greater range of motion to tight areas and reduces stiffness in your hamstrings, back, shoulders, and hips.

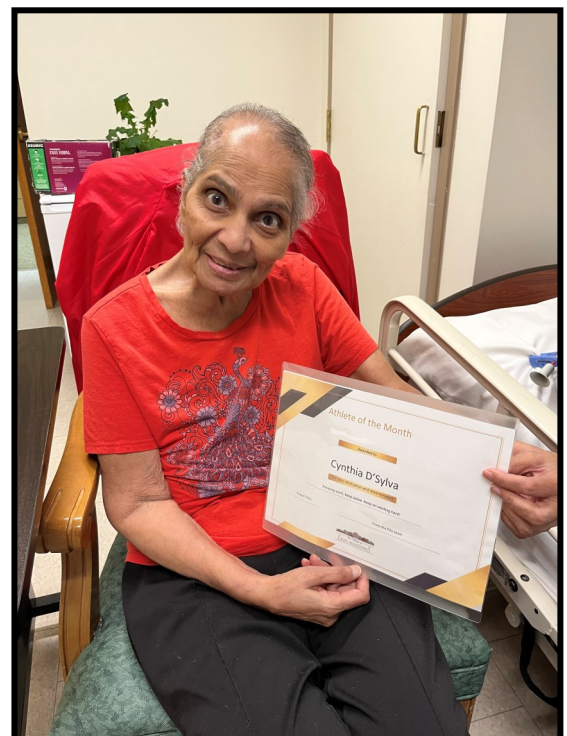
These are just some of the many benefits of yoga, so make sure to check out the neighbourhood yoga classes!

ATHLETE OF THE MONTH!

The PAL team would like to congratulate **Cynthia D'Sylva** as Athlete of the Month! As an active participant in our strength program, along with our group classes, Cynthia consistently demonstrates her eagerness and determination to improve her strength and endurance. She is enthusiastic about exercising and her determination can be seen as she has begun working on her stairs program! We are happy to reward Cynthia for her hard work. Keep it up!

From,

The PAL Team – Hannah, Afshin, Maithili, Sujata, Chaya and Muhammad





Spiritual Care Programs

Pricely Francis
Chaplain

Granny

THE ONLY GRANDPARENT I KNEW was my mother's mother. We called her Granny. I can still remember the first time I met Granny. I thought her house was dark, deprived of sunlight. But that must have been because her yard was a forest of avocado, breadfruit, ackee, and orange trees. Then there were the banana plants, and the coco shoots growing ferociously around the pipe in the backyard.

Granny took me to church the very first Saturday after I arrived at her humble abode – barefooted. That was the genesis of my spiritual foundation. For as long as she lived, she had morning and evening worship with me and the other grandchildren that came along later.

I and the other grandchildren did not like to be with Granny all the time because she woke us up at 5 on cold mornings for family worship. And she offered up marathon prayers, too. We often fell asleep on our knees while Granny petitioned the throne of grace for a good fifteen minutes.

But at other times, it was fun being with Granny – mainly for delicious delights. She had “sweet fingers,” meaning her meals were tasty. She made sweet, smooth jams from guava, jackfruit and marmalade from oranges. Her mouth-watering cornbread and potato puddings tempted us to take an extra slice when no one was watching. At the end of the school day, Granny had a piece of cornbread or a slice of potato pudding waiting to tie us over until dinner was ready. On the other hand, my mother never offered me a bite before dinner time. “Kisses and cuddles, cookies and treats. Days spent with grandparents are always so sweet.”

Granny walked the five miles to attend every church service, even the nightly ones. Since she walked a lot slower than everyone else, we trailed the other parishioners by miles on the way back home. I can still hear her solid walking stick, or rather a staff because it was taller than her by a foot, thudding and echoing into the still night as we walked along at a snail's pace.

Every Friday afternoon, my grandmother picked up leaves in the churchyard so the hallowed grounds would be clean for worship the following day. She supported her church from the \$8.00 a month pension she received. In precepts and deeds, my Granny was a saint.

I count myself fortunate to be working with seniors. Quite often, I forget they are not my familial grandparents. I did not fully appreciate my grandmother, so I think Chaplaincy has given me a second chance to be a grandchild.

“There's nothing like a grandchild to put a smile on your face, a lump in your throat and a warm feeling in your heart.” I invite everyone younger than our senior residents to be a grandchild who puts a smile on their faces, a lump in their throats and a warm feeling in their hearts.

Village Life

LTC



MULTICULTURAL DAY

LTC & RH

We would like to thank the Erin Meadows Community for another successful event. I am proud to announce that we raised \$1,540.00 for the Wilfred Schlegel Hope Fund.



Recreation Report

Before the pandemic, Erin Meadows' Christmas Bazaar was one of the highlighted events of the Village and the whole neighbourhood and community. Families planned their vacations and time offs around the Bazaar date to ensure they didn't miss it! Neighbours asked about the dates. Early Years wanted to make sure the event was posted on their community board since "Photo with Santa" section was the best place for the kids to take their memorable Santa shots. And then, on the Bazaar day, it was heartening to see people standing in line to get to the tea room and enjoy Elsada's signature jerk chicken and buy their favourite jam, preserves and baked goods before they were sold out.

I am excited to inform you that after three years of being unable to have our traditional Christmas Bazaar because of the pandemic, we have planned a wonderful Bazaar Day for Saturday, November 25, from 11 AM to 3 PM. Residents, families, team members and volunteers will all come together to make this an exciting and memorable event.

Please mark the date on your calendar as I am sure you don't want to miss the day. There will be more details about the Bazaar in the October Newsletter.

A couple of photos from Erin Meadows Christmas Bazaar in the past. See the crowd on the Main Street!

Sami Kermani

Director of Recreation





Wishing you a
Happy Birthday! LTC

Howland

Clara B	September 5
Yue Li C	September 6
Ashutosh S	September 8
John H	September 15
Nabil H	September 15

Sheridan

Elaine S	September 12
Nettie O	September 21

Derry

Nadja M	September 22
Kata V	September 25
Elsie W	September 29

Dundas

Michael T	September 08
Eldena B	September 12
Barbara H	September 19
Helen W	September 20
Dragica L	September 23

Meadowvale

Judy C	September 3
Barbara K	September 9
D M	September 28


Trafalgar

Lillian A	September 16
Angela L	September 18

Birthday Bash

Tuesday, September 26
2 PM
Main Street



A collection of bowling-related items including a set of ten pins, two balls (one red, one blue), a pair of red and blue bowling shoes, a silver trophy on a wooden base, and a bowling ball in a rack.

Let's Go Bowling

Long Term Care only

Join the Gang!
At Classic Bowl
Mississauga

Monday,
September 18

1pm-4pm

\$15.00 per resident

Please Sign up in the Recreation Office



Volunteer with us at the Village of Erin Meadows!

We are looking for dedicated volunteers who can assist us with a number of programs at both the Retirement Home and Long-Term Care Home. These include, but are not limited to...

Entertainment Assistance
6:00pm-8:00pm
LTC

Pub Night Bartender
Last Friday of Every Month
LTC

Kinesiology Assistance
Throughout the Week
LTC and RH

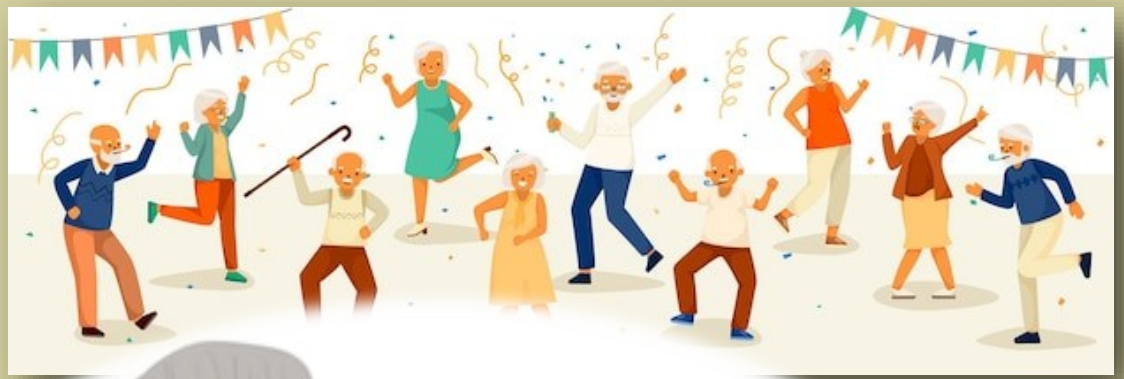
Friendly Visitor
Throughout the Week
LTC and RH

Breakfast Club Assistance
Every First and Second
Tuesday of the Month
LTC

If you are interested in these programs or any other opportunities that are available, please contact our Volunteer Coordinator at Erin.Volunteers@SchlegelVillages.com.



**PUB
NIGHT!**



**PUB NIGHT LTC FRIDAY
SEPTEMBER 22 @ 7PM
ON THE MAIN STREET**

HAPPY **BIRTHDAY** **RH**

Ed Barrett	Jack Lowe
Donna Intini	Merl Forsyth-Gordon
Monica Matsubuchi	Elisabeth Pichur
Narinder Kapoor	Nari Nargolwalla
Jane Kurta	Isabel Gomes
Joan Crooks	Shawn Tokawa
Jean Biega	Jean Pearson
Edna Jo Gleed	Wan Chu Lee
Dorothy Elliott	Jean Gerrie

Birthday Party with Hawk's Nest Trio
September 4th, Monday @ 2:30 pm
Main Street

Village Life

RH

Emmas & Egerton Park Outing



Ladies Breakfast



All About Me

RH

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

Presenter: Sally Carter





The Village of
ERIN MEADOWS

Village EVENTS

RETIREMENT

Entertainment:

Birthday Celebration with Hawk's Nest Trio
September 4th, Monday
2:30 pm, Main Street

Golden Oldies
September 9th, Saturday
3:30 pm, Main Street

Grandparents' Day Celebration
September 10th, Sunday
2:30 am, Main Street

Music Night
September 18th, Monday
6:00 pm, The Ruby

Afternoon Music with Mario
September 29th, Friday
2:30 pm, Main Street

Outings:

Walmart (Argentia)
September 7th, Wednesday, 9:30 am

Cuchulainn's Irish Pub Lunch Outing
September 13th, Wednesday, 11:30 am

Erin Mills Town Centre
September 20th, Wednesday, 1:30 pm

Bowling Outing (Emmas & Egerton)
September 22, Friday, 1:00 pm

Vendors on Main Street:

Mary Kay Cosmetics
September 2nd, Saturday, 10:00 am

Bijoux Boutique
September 6th, Wednesday, 10:00 am

JBS Clothing
September 13th, Wednesday, 10:00 am

September Bulletin:

Food Forum
September 6th, Wednesday
10:00 am, Town Hall

Poker with Desi
September 6th, Wednesday
2:00 pm, Hobby Shop

Men's Breakfast
September 7th, Thursday
9:30 am, The Ruby

Residents' Council Meeting
September 12th, Tuesday
10:30 am, Town Hall

Ladies Breakfast
September 14th, Thursday
9:15 am, The Ruby

New Resident Welcome Committee Meeting
September 19th, Tuesday
10:00 am, School House

Science & Nature Documentary with Curtis
September 22nd, Friday
2:30 pm, Town Hall

All About Me
September 27th, Wednesday
2:30 pm, Town Hall

Kitchen Tour
September 3rd, 10th, 17th (Sundays)
3:00 pm (Meet in the Hobby Shop)

Vendors on Main Street:

Traditions Alive
September 20th, Wednesday, 10:00 am

Flower, Fair & Gifts
September 27th, Wednesday, 10:00 am

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
Interim Assistant General Manager	Terence Paul	8003	terence.paul@schlegelvillages.com
Administrative Coordinator (LTC/RH)	Flo Abiog	8002	flo.abiog@schlegelvillages.com
Administrative Assistant	Nicole McGaughey	8100/ 8001	nicole.mcgaughey@schlegelvillages.com
Scheduling Coordinator	Ashima Ashima	8100/ 8001	ashima.ashima@schlegelvillages.com
Village Office Coordinator	Arisa Niyamuddin		arissa.niyamuddin@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	Anup Sengupta	8055	anup.sengupta@schlegelvillages.com
Assistant Director of Nursing	Norita Fernandez	8032	norita.fernandez@schlegelvillages.com
Assistant Director of Nursing –Infection Control Lead	Jaspreet Kaur Mahal	8034	jaspreet.kaurmahal@schlegelVillages.com
Neighbourhood Coordinator Dundas/ Trafalgar	Ruth Umadhay	8041	ruth.umadhay@schlegelvillages.com
Neighbourhood Coordinator Derry/ Howland	Randi Black	8051	randi.black@schlegelvillages.com
Neighbourhood Coordinator Sheridan/Meadowvale	Nicola Campbell	8018	nicola.campbell@schlegelvillages.com
Village PERT Team	Nirmala Mery	7127	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	Brigitte Swaby	8111	brigitte.swaby@schlegelvillages.com
Director of Environmental Service	Alex Encabo	8014	alex.encabo@schlegelvillages.com
Assistant Director of Environmental Services	Esther Asare	8129	esther.asare@schlegelvillages.com
RAI Coordinator	Paolo Sison	8045	paolo.sison@schlegelvillages.com
Dietician	Sofia Shahzad	8012	sofia.shahzad@schlegelvillages.com
PAL Registered Kinesiologist	Afshin Maji	8009	hannah.khan@schlegelvillages.com
Physio	Muhammad Shoukat	8056	erin.physio@schlegelvillages.com
Volunteer and Student Placement Coordinator	Samadhi Puwakdandawa	8134	erin.volunteers@schlegelvillages.com
Chaplain	Pricely Francis	8008	pricely.francis@schlegelvillages.com
Residents Support Coordinator	Chi Awadh	8134	chi.awadh@schlegelvillages.com
Trafalgar / Charge Nurse 8047 / 505	Dundas 8031		Derry 8033
Meadowvale 8017	Sheridan 8044		Howland 8050

Erin Meadows Retirement Community 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	Iqra Raza	8100	iqra.raza@schlegelvillages.com
Neighbourhood Coordinator Emma's & Egerton	Melissa McGuire	8122	melissa.mcguire@schlegelvillages.com
Neighbourhood Coordinator Becker & Ailsa Craig	Michelle Saunders	8113	michelle.saunders@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.attopey@schlegelvillages.com
Recreation Supervisor	Annabelle Cruz	8107	annabelle.cruz@schlegelvillages.com
Director of Hospitality (Interim)	Nimal Piyarathna	8112	nimal.piyarathna@schlegelvillages.com
Ruby Executive Chef	Gerald Jeantet	8127	Gerald.jeantet@schlegelvillages.com
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	Malvina Goral	8101	malvina.goral@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	



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

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com



The Village of **ERIN MEADOWS**

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



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



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

AILS 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)

Visit us online at schlegelvillages.com



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Your pharmacist can now assess and prescribe medications for:

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Skin inflammation
Urinary tract infections (UTIs)
Insect bites and hives

Cold sores
Menstrual cramps
Pink eye
Hemorrhoids
Sprains and strains
Tick bites

September can be hot

Keep cool and have fun!

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

INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

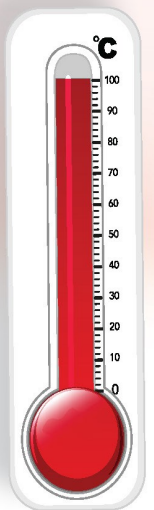
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER



The History of Grandparents' Day

In the United States, Russell Capper (age 9 in 1969) sent a letter to President Nixon suggesting a special day be set aside as Grandparents' Day. On June 12, 1969, he received a letter back from Rose Mary Woods (Personal Secretary to the President) reading, "Dear Russell, Thank you for your letter to President Nixon. Your suggestion regarding a Grandparent's Day is appreciated, but the President ordinarily issues proclamations designating periods for special observance only when a Congressional resolution authorizes him to do so. With best wishes, Sincerely, Rose Mary Woods Personal Secretary to the President".

Since the aforementioned letter, Marian McQuade was recognized nationally by the United States Senate – in particular by Senators Jennings Randolph and Robert Byrd – and by President Jimmy Carter, as the founder of National Grandparents Day. McQuade made it her goal to educate the youth in the community about the important contributions seniors have made throughout history. She also urged the youth to "adopt" a grandparent, not just for one day a year, but rather for a lifetime. Co-founder Cynthia Bennett, who worked for Marian's husband, contributed by writing letters of verification.

In 1973, Senator Jennings Randolph introduced a resolution to the senate to make Grandparents' Day a national holiday. West Virginia's Governor Arch Moore had proclaimed an annual Grandparents' Day for the state, at the urging of Marian McQuade. When Senator Randolph's resolution in the U.S. Senate died in committee, Marian McQuade organized supporters and began contacting governors, senators, and congressmen in all fifty states. She urged each state to proclaim their own Grandparents' Day. Within three years, she had received Grandparents' Day proclamations from forty-three states. She sent copies of the proclamations to Senator Randolph.

In February 1977, Senator Randolph, with the concurrence of many other senators, introduced a joint resolution to the senate requesting the president to "issue annually a proclamation designating the first Sunday of September after Labor Day of each year as 'National Grandparents' Day'." Congress passed the legislation proclaiming the first Sunday after Labor Day as National Grandparents' Day and, on August 3, 1978, then-President Jimmy Carter signed the proclamation. The statute cites the day's purpose: "...to honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of strength, information, and guidance older people can offer".

Grandparents Day was recognized in Canada in 1995 as falling on the second Sunday in September to acknowledge the importance of grandparents to "the structure of the family in the nurturing, upbringing, and education of children.





spark ideas. ignite change.

October 18-19

DoubleTree by Hilton
30 Fairway Road South, Kitchener

**Schlegel Villages and the
Research Institute for
Aging (RIA)** are excited to
be hosting our 7th annual
Innovation Summit!

This two-day event is an opportunity to learn and celebrate our collective passion for innovation, continuous improvement and research.

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

Sessions will include:

- Villages sharing creative solutions and innovations
- Researchers discussing current and future projects
- Innovators demonstrating technologies that have the potential to improve Village Life
- Updates on projects presented at previous Innovation Summits

**We look forward to
seeing you there!**

Schlegel Villages – CONNECTIONS

Before we look ahead to September, we'd like to acknowledge all our Villages did to honour the legacy of Wilfred "Grandpa" Schlegel in August.

This was the first year we organized a day in honour of the man who inspired his son and grandsons to work so hard to enhance their community, and our larger Schlegel Villages Family responded in many different ways.

We saw Villages create handmade cards and bake cookies as gifts to first responders and health care workers in hospitals, while others organized park clean-up days. It was all about giving back to the community, and Ron Schlegel noted how proud he was to see this take place. "This is so fitting," Ron told our Chief Operating Officer, Paul Brown, "and my father would be so happy and honoured."



**WILFRED
SCHLEGEL** *Day*
Monday, August 7



September 11-17 Residents' Council Week

Residents' Council Week is an opportunity to celebrate all of our residents and offer gratitude for all they offer us. Our friends at the Ontario Association of Residents' Councils (OARC) help highlight the great value those who volunteer to represent their fellow residents on council bring to a home, and we are grateful for their service.

The focus every day in the Villages is on creating a space where each resident can find meaning, purpose and joy in whatever fashion suits them.

The OARC has designated the third week in September as Residents' Council Week and we hope all Villages find meaningful ways to celebrate. We also encourage residents who may have an interest in serving on their own residents' council to connect with any of the leaders in their Village to find out how they can get involved.

Schlegel Villages – **CONNECTIONS**



National Day for Truth and Reconciliation

The knowledge, experience and wisdom of the First Nations, Inuit and Métis peoples of the land we now call Canada guided the first settlers when they arrived from overseas centuries ago. Without this early sharing of knowledge, the early arrivals to a new and bountiful land would have been directionless. Those earliest of relationships deteriorated over time as dogma and the greed of commerce expanded Westward, ignoring the wisdom that guided the people of this land for centuries before arrivals from across the Atlantic.

As the 19th Century unfolded into the 20th, the deterioration of this relationship grew to its darkest form while a concerted, government- and religiously-sanctioned suppression and theft of culture was maintained.

The lives of countless First Nations, Inuit and Métis peoples were the casualties. On Sept. 30 we'll join millions across Canada to recognize darkness of this past as look ahead to Truth and Reconciliation.

Across the country, federally-regulated businesses will close, as will many others, but at Schlegel Villages, our doors are always open and our teams, residents and families are encouraged to come together in the spirit of learning and education.

The knowledge, wisdom and experience of First Nations, Inuit and Métis peoples must continue to guide the people of Canada, for without them the nation will remain directionless. We must learn from the past, as difficult as it may be, in order to build a more equitable future for all, regardless of age, ability, background or heritage.



COVID IMMUNITY
STUDY



COVID IMMUNITY STUDY VIRTUAL TOWN HALL

WHERE DO WE GO FROM HERE?

JOIN US AS OUR SCIENTIFIC LEADS FROM MCMASTER UNIVERSITY,
DR. DAWN BOWDISH AND DR. ANDREW COSTA,
SHARE NEWS, REVIEW STUDY RESULTS, AND DISCUSS FUTURE DIRECTIONS.

HOW DO I REGISTER?

- Scan the QR code
- Go to our website:

SCAN ME



NEED MORE INFORMATION?

Email: **covidlhc@mcmaster.ca**
Phone: **(289) 639-5988**

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DR. ANDREW COSTA, PHD

Study co-lead,
Health Services Epidemiologist,
McMaster University

Wednesday, September 27th

 **2:30 p.m - 3:30 p.m**



DR. DAWN BOWDISH, PHD

Study co-lead,
Immunologist,
McMaster University

Thursday, September 28th

 **6:30 p.m - 7:30 p.m**

Boosting well-being through arts and creativity

The power of arts and creativity to enhance the lives of older adults is invaluable. From gardening to listening to music, everyone can enjoy the benefits of creativity. We sat down with Kate Dupuis, Schlegel Innovation Leader in Arts & Aging, to discuss how arts-based activities can enrich your life.

What does research tell us about the benefits of arts and creativity?

Participating in arts-based activities has been shown to help older adults feel less lonely and can have a positive impact on their mood, thinking abilities, spirituality and more. You don't have to be actively participating to see benefits, even just attending a ballet performance or listening to your favourite album can help! Over the past few years of the pandemic, being able to connect with others, often virtually, through the arts has been really helpful to combat loneliness.

What are some activities you've seen that have had a positive impact?

There is no one-size-fits-all when it comes to engaging in the arts! People often associate the arts with painting, drawing, dancing, and singing but you can also be creative by baking, sewing, quilting, gardening, or fixing up an antique car. In one of our programs, we bring young children and their parents from the community to connect with older adults at Schlegel Villages through music and movement.



I've never been particularly creative, is it too late to start now?

Some of the individuals we have spoken to hold assumptions about how creative they are - they may have been told from an early age that they couldn't carry a tune in a bucket or that they shouldn't dance because they have two left feet. It's always wonderful to see what happens when we encourage older adults to let go of these limiting beliefs and try something new. They often surprise themselves by how fun and fulfilling it can be to engage in expressive activities.

"Arts and Aging Day Canada" is an annual virtual event dedicated to promoting the connection of art, health and aging. How can older adults and their families participate in this event?

The best way to get involved is to go to the RIA's [Arts and Aging Day Canada website](https://www.the-ria.ca/artsandaging). There you will find a toolkit that will provide you with tips and tricks for sharing and connecting on September 24, as well as links to online events you are welcome to participate in for free in the week leading up to the day. Remember to use the hashtag #ArtsAndAgingCA when you post your artwork so we can help spread the word!

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.