



Run of the Mill

September 2023 —Volume 21, Issue 9



ERIN MILLS
Lodge



September Birthday's

Maria. F - Sept 14

Melody. D - Sept 16

Ann. R - Sept 18

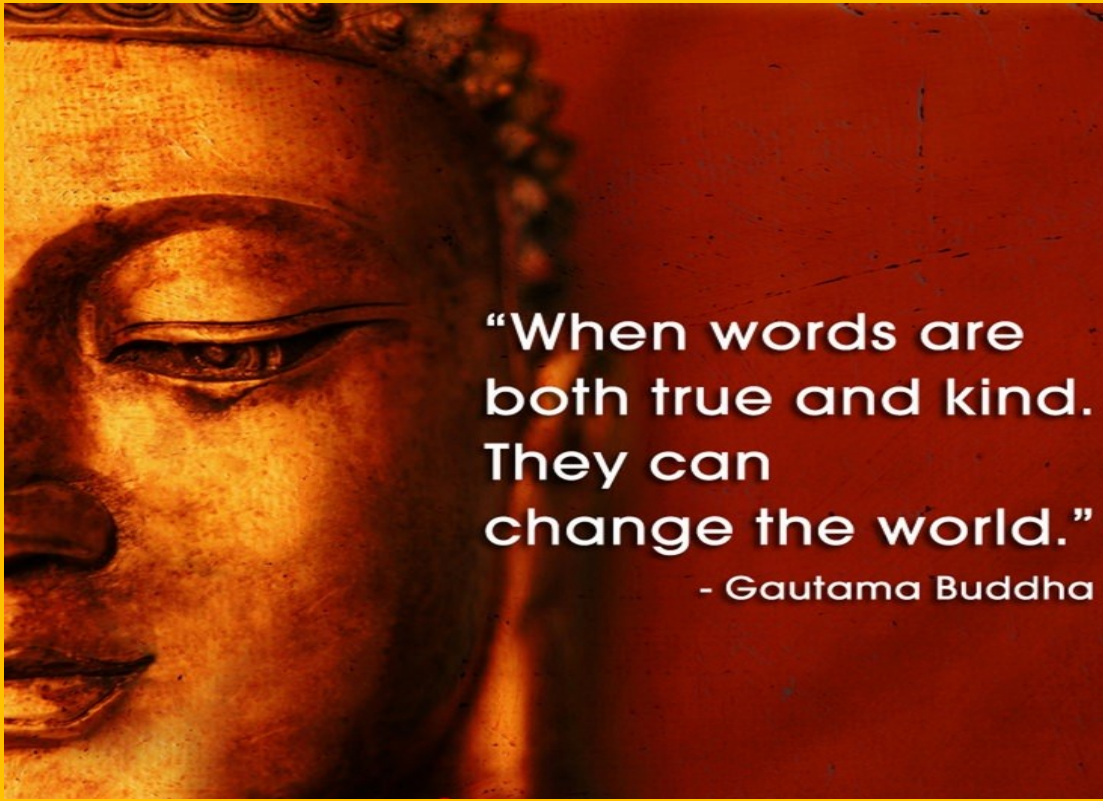
Pauline. B - Sept 27

Wilma. M - Sept 28

Maurice. G - Sept 29



Spiritual



Starting Thursday September 14th, 2023 at 10:30 am Rev. Maria Nightingale from St.. Peters Erindale Church will be holding a half hour Communion Service with prayers and Scripture readings in the Crooked Q, once a month.

All denominations, residents and family members are welcome to join.

Keep an eye on calendars for future dates.

In Memoriam Imre Labancz,

The residents and team members from The Village of Erin Mills Lodge extend our heartfelt condolences to family and friends.

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.

September Events

Pet Visits

Keep an eye out for Dresden, our furry visitor. Family and Friends, if bringing in your own pet, you must show proof of your pets vaccinations. A photocopy can be sent/given Alanah- Director of Recreation



FREE SUMMER BBQ
FOR BOTH RESIDENTS & STAFF
HALAL & VEGAN AVAILABLE



ERIN MILLS LODGE LONG-TERM CARE
2132 DUNDAS ST W, MISSISSAUGA, ON L5K 2K7
SEPTEMBER 9 | 11:00 AM - 1:00 PM

SPONSORED BY...



SCHLEGEL VILLAGES
www.sharethebounty.info



JOIN US

ART CLASS

with

GLYNNIS!

THURSDAY SEPTEMBER 14
10:30AM- ACTIVITY ROOM

Grandparents Day High Tea Social

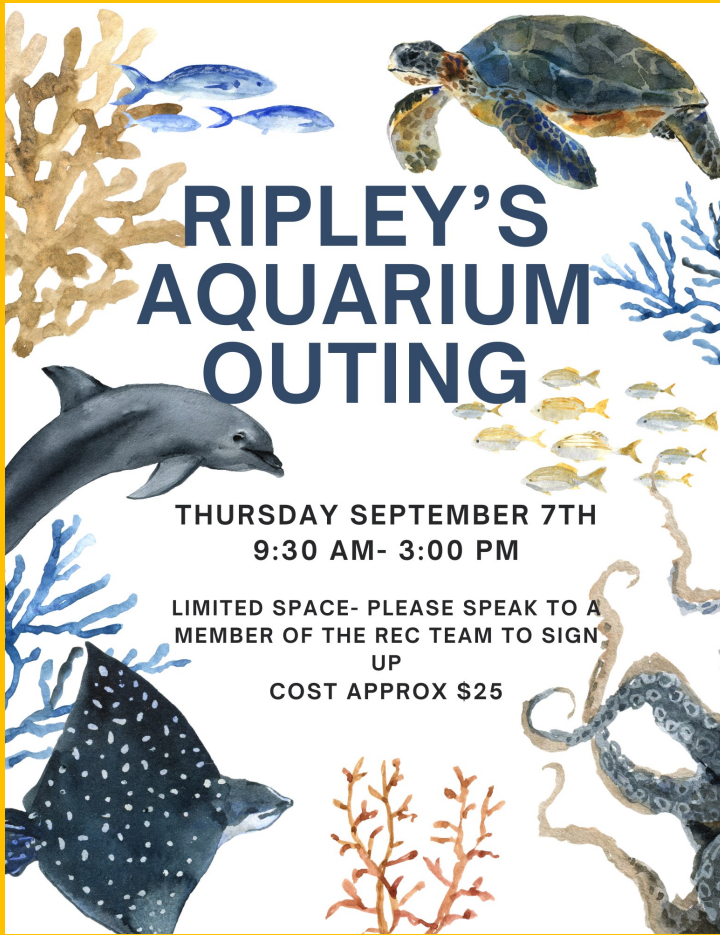
Sunday September 10th 2023

2:30 PM

Crooked-Q



September Events



**RIPLEY'S
AQUARIUM
OUTING**

**THURSDAY SEPTEMBER 7TH
9:30 AM- 3:00 PM**

LIMITED SPACE- PLEASE SPEAK TO A
MEMBER OF THE REC TEAM TO SIGN
UP
COST APPROX \$25



BUS OUTING

**APPLE
PICKING
& MARKET**

**FRIDAY SEPTEMBER 29
10:00-2:00**

Applevale Orchards
&
Springridge Farm



Spa Day

The body needs treatment to come back fresh
and relaxed.

**Thursday September 21st
2:30 PM**

Manicures
Hand Massages
Paraffin Wax- Hand Therapy
and more...

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.

RESIDENT OF THE MONTH

Hazel Lane



Congratulations to our August Resident of the Month for Hazel Lane, Mr. Spiridon Lilakos, who joined our neighborhood just a few months ago. Spiridon is a man of diverse interests, from bowling and music to coloring and exercise. He thrives in the sunshine and never tires of sharing tales from his Greek heritage, adding warmth to our neighborhood. Spiridon's knack for curating old photos and recounting stories from his past captivates everyone. We congratulate him on being a vibrant addition to our community and appreciate the unique charm he brings. Cheers to Mr. Spiridon Lilakos!

RESIDENT OF THE MONTH ESN



Congratulations to this month's resident of the month: Kenneth Rysdale! Kenneth is one of the newest members to our ESN family, and it is an absolute joy to have his vibrant personality up on our neighborhood. Kenneth has had a deep appreciation for his experiences being a former Phys-Ed teacher and coach who has inspired many young athletes throughout his younger years. These experiences and then some, have given him the ability to lead with a friendly attitude and generous heart to all he encounters. Kenneth is a big family man, with visits almost daily, his love for his wife and children is inspiring to all. Kenneth is an active participant and enjoys our fun and fitness, trivia, musical moments and our 1:1s as well. He enjoys making new and meaningful connections with all those on our ESN neighborhood and, we enjoy watching him bloom and grow on ESN. We appreciate Kenneth for always leading with a smile and his optimistic attitude! Regardless of the type of day you may be having, spend just a few moments with Kenneth and you are left with a smile or a laugh to last the rest of your day! Thank you, Kenneth, for being you!

RESIDENT OF THE MONTH

Erindale Place



Congratulations to Mary Simone for being the resident of the month on EP. Mary is our newest resident on the neighborhood. She is a wonderful personality and brings smiles to everyone around her. She gets along with everyone very naturally and pursues involvement by making new friends on the neighborhood. As the team members are getting to know more about her, she makes sure to amaze them with her talent and skills. She actively participates in the village activities and keeps herself engaged. She likes word games, trivia, arts and crafts and music to name a few. She is always very calm. We are glad to have Mary on our floor and excited to make her stay here meaningful and enjoyable!!

RESIDENT OF THE MONTH

Sheridan Way



Congratulations to Milan for being the resident of the month on Sheridan way! Milan is active participant on the neighborhood. One of his favorite programs is stepping out and he likes to spend some lone time with himself. He is also engaged in arts and crafts and exercises. He enjoys watching the cars, and has a lot of information about roads and streets. During his past he used to travel a lot and shares his experiences with the team members. We are proud of him as he tries to keep himself active and engaged. He is also very connected to nature and spends his leisure time doing breathing exercises in the garden. We wish Milan best of health and will make sure to keep him actively engaged in activities to meet his goal of staying physically fit.

August Photos







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

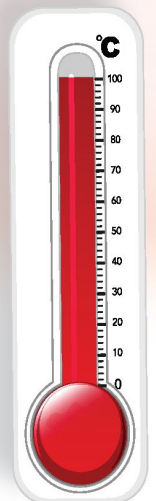
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER





Stories from the **GREEN BENCH** Podcast

Join **Kathy Buckworth** and co-host **Evelyn Brindle** as they discuss community, connection, love, life, learning, and more on our **Stories from the Green Bench** podcasts.

Your seat on the green bench is ready and waiting.

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Research Institute for Aging

RESEARCH MATTERS

RIA FEATURE

SEPTEMBER 2023

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.

RIA RESEARCH
INSTITUTE
for AGING
Schlegel • UWaterloo • Conestoga

Enhancing Life

250 Laurelwood Drive, Waterloo, ON
519-904-0660 | info@the-ria.ca
www.the-ria.ca

Charitable Registration # 841471212 RR0001



Family Council

The next Family Council
Meeting will take place on

Saturday September 9th, 2023

In the Crooked Q located on the
Lower Level

10:30 AM

For more information please contact our Chair of family
council

Leonard Verwey: lcvmac@icloud.com

You're welcome to join virtually if you are unable
to attend in person.



Schlegel Villages – CONNECTIONS

BUILD A LEGACY in nature

Support the Schlegel family in the **accessible cabin project** at Shady Pines Campgrounds.



In the rolling meadows and forests north of Ailsa Craig, Ontario there lies a hidden oasis where families have etched memories of outdoor adventure together for more than 40 years.

When Wilfred Schlegel bought the land in the 1970s, he pictured a place where people could escape the bustle of modern life and reconnect with the peace and tranquillity that can only be found in nature.

In 2016, the Schlegel Family once again took ownership of this space with the intention of creating two, fully-accessible cabins and the accompanying infrastructure to ensure that no matter a person's ability, a place in the wonderful outdoors is available to them.

Sponsor levels

Foundation – \$1,000

Boards – \$250

Pathway – \$100

Sponsor names to be recognized on the structure.

Donate

Online or at the Village office.



schlegelvillages.com/givingback





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: **covidltc@mcmaster.ca**

Phone: **(289) 639-5988**

www.covidinltc.com/townhall



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**



ERIN MILLS LODGE LEADERSHIP CONTACT LIST

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	<p>Pam Croucher Ext. 223 Assistant Director of Nursing Care (IPAC Lead) pam.croucher@schlegelvillages.com</p>		<p>Letesha Mckenzie Ext. 244 Assistant Director of Nursing Care (BSO) letesha.mckenzie@schlegelvillages.com</p>
	<p>Narpinder Johal Ext. 215 Assistant Director of Nursing Care (ESN) kaitlyn.wynnyk@schlegelvillages.com</p>		<p>Margaret Francis EXT 224</p>
	<p>TBD Ext. 222 Director of Food Services rachel.serwotka@schlegelvillages.cm</p>		<p>Alanah Kelly Ext. 261 Director of Recreation and Volunteer Services Alanah.Kelly@schlegelvillages.com</p>
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