

THE VILLAGER

November 2023 Newsletter

Volume 21, Issue 11



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 Senior General Manager

Anneliese
Krueger

In October, we had the pleasure of having our Success Award winners from this year join us at our Schlegel Villages operational planning conference in Niagara Falls. This year the theme was “The Genius of the And” – the belief that “and” is a powerful word to shape our viewpoints, dreams, and outcomes. Instead of being trapped by the tyranny of the “either / or” mentality, we are turning our minds to how we can focus on people, care and quality at the same time. Team member engagement in decision-making in the Village is very important to us, as we believe that those closest to the residents have valuable insights, understand how decisions impact residents, and team members have the opportunity to drive real change.

It was a great few days of energizing speakers, both from Schlegel Villages and outside the organization. We were joined by Dr. Bob Bell, former Deputy Minister of Health and Long Term Care, with a keynote address on delivering quality in healthcare. We were also thrilled to have our very own resident, Evelyn Brindle, and Kathy Buckworth, co-hosts of the popular Stories from the Green Bench podcast join us for a live podcast recording. We took our learnings from all the sessions and started to build our operational plan for 2024.

We also heard the personal story of a team member who has received a gift through the Wilfred Schlegel Hope Fund. She shared how that gift helped her get through her journey with cancer and pay her bills when she couldn't work during treatment. Most of all, it was the feeling of family and community that touched her deeply and impacted her journey to recovery.

I have received several requests from residents wondering how they can support team members through the Wilfred Schlegel Hope Fund, and most recently from the retirement Resident Council. I have included a description of the Hope Fund from our website:

The Hope Fund was launched through Schlegel Villages in early 2018 to honour the legacy of the man for whom it was named. As a benevolent fund, it grows based on the voluntary payroll deductions of team members, which are in turn matched by the Schlegel Family. The funds are allocated on an “as needed” basis to team members facing unforeseen financial hardship through a difficult time. There have been house fires and sudden illness to set a team member and family back; spouses laid off or the sudden loss of a loved one. The fund is there as a means of support, a glimmer of hope from the wider Schlegel Family, and it has been there for hundreds of team members over the years.

If you wish to donate to the Wilfred Schlegel Hope Fund, you can do so online through CanadaHelps (<https://www.canadahelps.org/en/dn/49392?v2=true>), or cheques can be made out to Wilfred Schlegel Hope Fund and mailed to our office with attention to Katie Mair (325 Max Becker Drive, Suite 201, Kitchener ON N2E 4H5). Each and every dollar goes a long way in helping a team member in need feel the support of our community.

Anneliese

Program for Active Living

LTC

FALLS PREVENTION MONTH!

Hello everyone! Did you know November is Falls Prevention month?! Each November we place extra emphasis on the tools and information that will equip all of us in preventing falls. Let's start off with getting an understanding about what a fall is. **A fall is a sudden, uncontrolled, unintentional downward displacement of the body to the ground or another object.** The good news is, falls can be prevented! The first step to avoiding falls is to understand what causes them. Some factors include, but are not limited to: poor balance, decreased physical ability, visual impairments, unsafe surroundings and cognitive disorders.

Using the CARE acronym displayed below, we outline some measures we can take to increase resident safety and work towards preventing falls!

Creating a Safe Environment – reducing clutter in resident's room, and encouraging residents to use the call bell and asking for assistance

Assessing resident's risk – residents are assessed often and appropriate strategies are implemented such as washroom schedules, fall mats and balance exercises!

Reducing resident's risk – creating an accessible environment, ensuring residents have proper footwear, mobility aids, environmental supports and assistance from team members

Evaluating interventions – monthly falls meetings and audits are completed to continually assess and work on developing falls prevention strategies

It is important to CARE about falls. As a village, we work hard to minimize the occurrence of falls, aiming to protect our residents from any injuries which may have an impact on their independence and overall well-being.

ATHLETE OF THE MONTH!

The PAL team would like to congratulate **Davina Squire** as Athlete of the Month! Davina always has a lovely smile on her face and loves to participate in all forms of exercise. Her positive attitude is reflected upon all the hard work she puts into doing her weights, and balance program! She is also an active participant in group exercises, demonstrating her enthusiasm! We are happy to reward Davina for all her hard work and determination this month. Keep it up!

From,
The PAL Team – Afshin, Sanah, Sujata, Chaya and Muhammad





Spiritual Care Programs

Pricely Francis
Chaplain

I Appreciate You

I have never met a cookie I couldn't eat until now. I am essentially an oversized cookie monster, but I cannot eat this one for some reason.

About a month ago, Dilpreet, Village Experience Coordinator, walked all the way from her office to the chapel to give me this cookie as a token of Marketing's appreciation for contributing to the growth in occupancy at Erin Meadows. Frankly speaking, I did not think I had done anything to make that kind of success possible, but if a cookie was at stake, I would not make her the wiser. But I cannot take a bite out of this beautiful, finely crafted confectionery. And it's not for not trying! Trust me.



But putting aside my cookie dilemma for a moment, isn't it gratifying when someone says they appreciate you? It feels good, doesn't it? It is - would you say - delicious? And unlike my cookie, appreciation is a sweet we all can relish.

**November 5,
Gather group
Support for
Care Givers**

**November 10,
Diwali
Celebration**

So, I would like to say how much I appreciate the residents for your sweet smiles, warm greetings in the hallways and commendations about how hard I work when I am hardly working. I love it when you come to my programmes, and I give an immense chocolate-like cake appreciation to the residents who help me with the Sunday morning worship services.

Leadership team, please know how much I appreciate your support, especially demonstrated during memorial services and Remembrance Day celebrations.

An enormous cookie-like gratitude to the recreation leadership and recreation team members for your help with spiritual care programmes. I admire your creativity and the fun you bring into the lives of the residents. You are all as sweet as chocolate that I like so much!

**November 11,
Remembrance
Day**

Thanks to the team members who keep this place spotless. One visitor asked me, "Is this place so clean all the time?" And how could we all survive without our health care professionals – nurses, Personal Support Workers and doctors? Even if you suffer your wounds, you continue to heal.

And a massive word of appreciation to Schlegel Villages because if it was not for this company, none of us would be here, and I would not now have this massive problem of eating a cookie! Indeed, without all of you, we would just crumble and be blown away by the breeze of nothingness.

Isn't appreciation sweet? It is so delicious the experts say it boosts our self-esteem and enhances social interaction because people who feel appreciated, look for opportunities to do the same for others. So, give an appreciation cookie today, lest we all crumble.

**November 23,
Memorial
Service**



Wishing you a
Happy Birthday! LTC

Howland

Eva

November 7

Trafalgar

Julia

November 19

William

November 24

Debbie

November 26

Dundas

Tammy

November 2

Tommaso

November 4

Diane

November 4

Seflyn

November 25

Edward

November 25

Sheridan

Danny

November 2

Eda

November 26

Meadowvale



Arthur

November 7

Annie

November 22





Volunteer Central

Samadhi Puwakdandawa
Volunteer & Student Coordinator

Our Long-Term Care Home has its monthly Pub Night every last Friday of every month from 7pm-8pm. We've got snacks, we've got music and, most importantly, we've got drinks!

We are looking for volunteers who are interested in helping us once a month to mix drinks and have a blast doing it. If you are interested in bartending at our Pub Nights, please reach out to me at Erin.Volunteers@SchlegelVillages.com. No previous bartending experience is needed, we will show you everything you need to know. This is also an opportunity for you to learn a fun new skill that you can keep in your arsenal for your own gatherings. Our Pub Night volunteers are here from 6:45pm-8:15pm. IS this is something you are interested in participating in? Please reach out to me.

Thank you everyone and enjoy the beautiful colors of fall!

"As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others." — Audrey Hepburn



HELP NEEDED FOR THE PHOTO ROOM!

We are looking for a volunteer Santa for our Christmas Bazaar Photo Room.

We will provide the Santa suite.

Please contact Sami at ext. 8007 or Annabelle at ext. 8107 if you are interested.

Village Life

LTC

Christmas Craft Preparation



Village Life

LTC



Happy Birthday

May McDerment	Gerald Crooks	Palma Suriek
Shirley Nazar	Donald Curtis	Len Carter
Lorissa Lambert	Michael Salisbury	Helena Kutasi
Joyce McCardell	Paul Sauve	Peggy Boyd
Marie Ridley	Edna Tower	Susan Armstrong
Robert Bingham	Doris Muscat	John Haines
Madge Wiseman	Jean Payne	Mary Lee
Victor Holdsworth	Rena Aureli	
Ed Bonnema	Stefan Szczepanski	

Birthday Celebration with The Notables
Friday, November 17th @ 2:30 pm
Main Street

All About Me

Leadership Edition

(RH)



Presenter :

Curtis Ferry
General Manager



A Picture is worth 1000 words...



Village Life

RH

**Worship Service
Every Sunday, 10:30 am
Town hall**



**Afternoon Music
with The Dreamboats**



Village Life

RH



Young at Heart Painting



Baking with Emmas and Egerton residents





Christmas Bazaar Update



We would like to invite all of you to our annual Christmas Bazaar on November 25th, Saturday, from 11:00 am until 3:00 pm. Please take the time to visit us on the main street (LTC & RH) which will be filled with Christmas crafts, baked goods, a variety of jams, preserve and other items made mostly by Erin Meadows residents. We also have vendors which is something you don't want to miss!

To enhance your experience, we have organized a Tea room which will be offering a variety of drinks, sandwiches, delicious homemade rice and peas with chicken, vegetarian lasagna as well as other snacks and delightful desserts. Don't forget to take a "Photo with Santa" in the library before you leave.

There's more!!!

There will be raffles and silent auction.
Please check the upcoming posters for more details.

Please contact Sami at ext. 8007 or Annabelle at ext. 8107 for any questions.

Your support and contributions will be invaluable to our community.



Christmas Bazaar



Saturday
November 25

11 a.m. – 3p.m.

Join us in celebrating the Christmas season with crafts, baked goods, jam and preserves, photos with Santa, vendors and much more!



The Village of
ERIN MEADOWS

2930 Erin Centre Boulevard, Mississauga



ADDITIONAL SERVICES



If you require additional Rogers services (i.e. internet, upgraded tv packages, etc.) please complete the online form and a Rogers representative will contact you.



Scan code or visit:

https://rogers.my.site.com/rogers/BookAnAppointment?Name=Evt_00011856&type=retevt

Remembrance Day

November 11, 9:45 A M
Main Street



Memorial Service

November 23, 3:00 PM
Town Hall

*Like seeds dreaming beneath the snow
your heart dreams of spring.
Trust the dreams, for in them is hidden
the gate to eternity.*





The Village of
ERIN MEADOWS



Village EVENTS

RETIREMENT HOME

Entertainment:

Birthday Celebration with The Notables

November 17th, Friday - 2:30 pm
Main Street

Golden Oldies

November 18th, Saturday - 3:30 pm

Music Night

November 20th, Monday - 6:00 pm
The Ruby

Classical Guitar Performance

November 26th, Sunday - 2:30 pm
Town Hall

Music by Emilio

November 28th, Tuesday - 10:30 am
Main Street

Outings:

Longo's Outing

November 2nd, Thursday, 2:00 pm

Christmas Arts & Craft Show

November 10th, Friday, 1:30 pm

Mo's Family Restaurant Lunch Outing

November 15th, Wednesday, 11:30 am

Café Outing (Emmas & Egerton)

November 27th, Monday, 1:30 pm

Oakville Place Mall

November 30th, Thursday, 2:00 pm

Vendors on Main Street:

Adrian's Fashion, November 1st, Wednesday

Fifth Avenue, November 4th, Saturday

Norma's Creation, November 8th, Wednesday

Stars of Modern Jewelry, November 15, Wednesday

Traditions Alive, November 18, Saturday

Flower, Fair & Gifts, November 22nd, Wednesday

Mobile Senior Shop, November 29th, Wednesday

November Bulletin:

Food Forum

November 1st, Wednesday - 10:00 am
Town Hall

Men's Breakfast

November 2nd, Thursday - 9:30 am
The Ruby

Ladies Breakfast

November 9th, Thursday - 9:30 am
The Ruby

Diwali Celebration

November 10th, Friday - 10:00 am
Main Street

Remembrance Day Commemoration

November 11th, Saturday - 10:45 am
Main Street

Residents' Council Meeting

November 14th, Tuesday - 10:30 am
Town Hall

New Residents Welcome Committee Meeting

November 21st, Tuesday - 10:00 am
School House

Memorial Service

November 23rd, Thursday - 3:00 pm
Town Hall

Christmas Bazaar

November 25th, Saturday - 11:00 am
Main Street - LTC & RH

All About Me

November 29th, Wednesday - 2:30 pm
Town Hall

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 (LTC/RH)	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		8041	
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 & Sulani Tjiptawidjaja Leah Ong	8045	paolo.sison@schlegelvillages.com sulani.tjiptawidjaja@schlegelvillages.com leah.ong@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	7129	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	Michelle Saunders	8122	michelle.saunders@schlegelvillages.com
Neighbourhood Coordinator Becker & Ailsa Craig	Kamal Preet Kaur	8113	kamalpreet.kaur@schlegelvillages.com
Neighbourhood Coordinator-Williamsburg	Hayley McHugh	8094	hayley.mchugh@Schlegelvillages.com
Wellness Coordinator (Maternity Leave)	Cynthia Ogujiuba	8116	cynthia.ogujiuba@schlegelvillages.com
Wellness Coordinator	Solace Attopley	8242	solace.attopley@schlegelvillages.com
Assistant Wellness Coordinator	Juvy Villegas	8118	juvy.villegas@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	Gerard Jeantet	8127	gerard.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	

Schlegel Villages – **CONNECTIONS**

November 11
Lest we forget

Our freedom. Their sacrifice.

With endless appreciation and gratitude, thank you for serving our country and protecting our freedom.



In the month of November, Remembrance Day is always near the front of our minds. There are many of us who have been in the service of our elders for a number of years and recall visiting with veterans of The Second World War, hearing their stories of loss and sacrifice and their reverence for those they served alongside. As time moves on, the make-up of our Village families has changed and there are very few of these veterans left to share their stories, which is why Remembrance Day is so important. We remember them, but we also know there are countless other veterans who served long after the

last World War ended, from Korea to the Balkans and stations all around the world through the height of the Cold War. We have loved ones of veterans living with us as part of our wide family – sons, daughters, nieces and nephews – and we think of all who have been touched by the sacrifice of war as we pause on November 11. More than a century later as we look to current affairs and the senseless, ongoing struggles in the Middle East, Ukraine and other parts of the world, we see lessons have yet to be learned. In our remembrance, let us come together in collective hope for a peaceful future.

Schlegel Villages – CONNECTIONS

2023 OPERATIONAL PLANNING



GENIUS of the &

PEOPLE • CARE • QUALITY



As an organization, Schlegel Villages is extremely grateful to have hosted some 500 leaders, team members and residents for our annual Operation Planning Retreat in early October. This time together is meant to inspire us to harness our collective energy in the quest for improvement in the service of residents and families. The three themes of People, Care and Quality focused our minds on attracting and retaining the best and brightest of team members, learning from our residents on what excellent care truly looks like, and refocusing on quality improvement.

If you look to our website under schlegelvillages.com/village-voice-stories you'll find stories that connect to Operational Planning and much more.



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:

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)

Visit us online at schlegelvillages.com



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Pharmacy One, 2930 Erin Centre BLVD, Mississauga ON L5M 7M4
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Menstrual cramps
Pink eye
Hemorrhoids
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Tick bites



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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


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RESEARCH MATTERS

RIA FEATURE

NOVEMBER 2023

Spotlight on Tejal Patel

Did you know that 50 per cent of older adults don't take their medications correctly? It might sound surprising, but older adults take 7-9 medications a day on average, and there are often special rules to follow, like taking pills with or without food, in the morning or at night, and once or several times per day, just to name a few. Some pill bottles are tricky to open, and some pills are hard to swallow.

All these factors and more can make it tough to take medications as prescribed.

This is where Tejal Patel, the RIA's new Schlegel Specialist in Medication Management and Aging, comes in. She's been a pharmacist for over 25 years, specializing in health conditions that affect older adults.

What inspired you to pursue your research?

Early in my career, I saw that there wasn't enough research on how pharmacists can best manage medications for older adults with conditions like Parkinson's, epilepsy, stroke, and dementia. This gap in knowledge inspired me to find solutions to common medication problems, such as taking too many medications, interactions between medicines, and using the wrong ones.

What is the main focus of your current research?

I'm working on ways to make it easier for older adults to take their medications correctly at home.

We know there are challenges, like finding the motivation to take pills, opening difficult pill bottles, and dealing with memory issues. With all these complexities, it's not always easy to stay on track.

We're developing strategies that help not only pharmacists and doctors but also older adults themselves manage their medications effectively at home.

How do you ensure older adults and their care partners are involved in your research?

Our approach emphasizes the involvement of older adults. I always ask if they're interested in helping with studies.

In one of our recent studies, we invited older adults with dementia and their care partners to help us come up with research questions based on their own experiences and needs. In one of our studies, two older adults are considered co-investigators and help with every part of the study, including interpreting results and sharing knowledge gained. We invited them to present the results alongside us at conferences.

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



RIA RESEARCH
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for AGING
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Enhancing Life

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