

# THE VILLAGER

December 2023 Newsletter

Volume 21, Issue 12



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*The Village of*  
**ERIN MEADOWS**

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## Message from Assistant General Manager (RH) Simi Kaur

Dear Village Family,

As we approach the end of this remarkable year, we reflect on the beautiful moments, of shared laughter and the spirit that defines our Erin Meadows community. Despite the ups and downs of the pandemic, our community has thrived with resilience and a commitment to joy.

Together we have worked towards trying to put COVID behind. As we bid farewell to the challenges posed by the pandemic, we are grateful for the strength and perseverance shown by our community. The steps that we took to put COVID behind us were a testament to the unity and care that defines our village. The upcoming year holds the promise of brighter days and return to the activities that we all cherish. Together we stand strong and optimistic for the future. We move forward with hope and gratitude towards the health and well-being of each resident and team member.

As our community thrives on diversity and the spirit of unity, in spite of the limitations that we had this year with the outbreaks, we still got a chance to celebrate our cultural festivities. We hosted a multi-cultural event to honor the richness of our collective heritage, which were a huge success. Our Team members got a chance to showcase their cultural art, music, food, dance and traditions which was quite well received by our residents and family members. We thank everyone who contributed into the tapestry of our shared experiences.

Our commitment to foster individual passions has flourished this year. Residents explored new hobbies, reignite old interests and shared their talents with the community. "The pursuit of passion" has brought new energy in our village and we believe in the importance of pursuing passions for our residents. This year we got the opportunity to also show case our residents talents creativity in our home, proving that the flame of enthusiasm only grows brighter with time. Also "Elder Wisdom" podcast is a true testimony of our resident's passion and talent, and our very own Evelyn Brindle is co- hosting the podcast.

As we are approaching the Christmas season, our resident got a chance to shop at the Christmas Bazar that was held in the village just last week. The halls were decked, the laughter echoed and the joy of the season enveloped our community during the bazar. The event was not just a market; it was a celebration of love, warmth and the spirit of giving that defines the holiday season.

As we approach the dawn of a new year, let's carry the spirit of togetherness and joy in the future. Thank you for being an integral part of the village family.







# Spiritual Care Programs

Pricely Francis  
Chaplain

## More Programme Highlights

Two months ago, I promised to tell you about the available spiritual care programmes. However, last month, Dilpreet's gratitude cookie got in the way. It still sits on my desk, uneaten.

I already gave you an overview of Java Music Club, the weekly worship services and Fireside Philosophers. I will tell you about our famous Hymn Sing and a couple special events.

### Hymn Sing

We do Hymn Singing in all neighbourhoods on Long-term Care and in the Egerton and Emma's neighbourhoods on Retirement. While the Catholic spiritual care volunteers were away this summer, we did Hymn Singing with residents from the other neighbourhoods on Retirement. They loved it!

The residents enjoy a plethora of old hymns and lively choruses projected on the screen. Everyone sings along and or taps their feet to the beat of the music. Some songs are deep and contemplative, and others are lively and quick and generate a lot of good feelings.

Sometimes I intersperse the singing with inspirational quotes. I also ask residents to volunteer their favourite hymns or choruses. I get the traditional hymns like "All to Jesus I Surrender," "The Old Rugged Cross," and "The Lord's My Shepherd," but on Howland in LTC the requests are interesting. They include "Have You Ever Been Lonely," "Blue Eyes Crying In The Rain," "All You Need is Love," and "Hit Me With the Rhythm Stick." Another resident asked for old-time Indian music. I aim to please, so I play all their requests.

### Special Event - Memorial Service

Each quarter, we commemorate the lives of the residents who passed away in the previous three months. This event is highly celebratory, inspirational, comforting and has a sunny, hopeful feel. It is attended by many family members, friends, and residents. Family members share amazing stories about their departed loved ones. Families and friends have participated in the memorial services via Zoom from as far away as the United Kingdom and Germany. Each family receives an in-house publication, the *Memorial Treasure*, which devotes a two-page spread biography with pictures to each memorialized resident.

### Special Event – Remembrance Day

Every November 11, we honour our veterans and their spouses. The Remembrance Day celebration is a service of gratitude and adulation to the Canadian veterans for their service and sacrifices, but we proudly highlight the contributions of the veterans who live at Erin Meadows. Our resident veterans feature prominently in the Remembrance Day celebration, after which they and their spouses are wined and dined at the Ruby's. One resident described the last Remembrance Day celebration as "a work of art."

One resident told me she was impressed with the Remembrance Day service and promised to begin attending the weekly Sunday morning services. She did. I hope you will do the same and attend some of the programmes I do.



# Program for Active Living

LTC

## EXERCISE AND MENTAL HEALTH

Hello everyone! As the winter months roll around, our clocks have turned back, reducing our exposure to sunlight. Often, this impacts us in ways we don't even realize! The change tends to disrupt sleep patterns, increase the risk of falls, and lower serotonin levels. The good news is, we can tackle some of these disruptions in our daily routines with exercise! Exercise not only improves our physical health, but is also extremely beneficial to our mental health! Below, we outline some of the ways exercise can benefit us, inside and out!



### Exercise boosts energy

Exercise sends oxygen and nutrients to your muscles and helps your cardiovascular system work more efficiently! With your heart and lung health improving, you'll have more energy overall!

### Exercise improves mood

Physical activity stimulates many brain chemicals that can leave you feeling happier, more relaxed and less anxious!

### Exercise can be fun and social



Exercise and physical activity can be loads of fun! It gives you the chance to unwind, try something new and simply do an activity that you enjoy! Physical activity can also help in connecting you with friends, or family in a fun social setting!



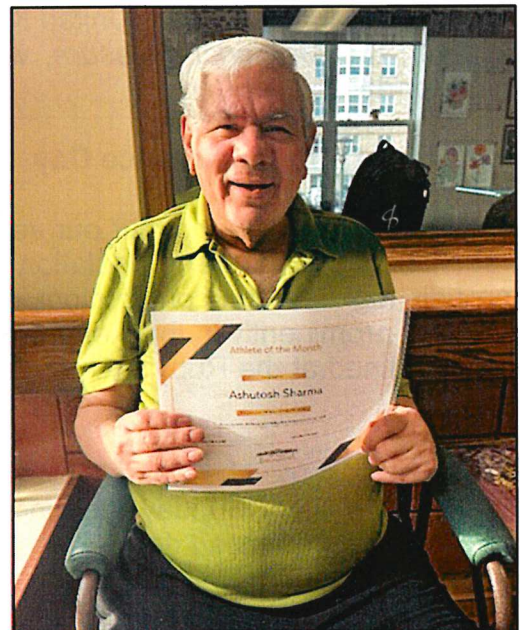
### Exercise improves cognitive function

Exercise can help prevent age-related decline by improving the function of the hippocampus, the part of the brain that plays a major role in memory and learning.

## ATHLETE OF THE MONTH!

The PAL team would like to congratulate **Ashutosh Sharma** as Athlete of the Month! Mr. Sharma always has a lovely smile on his face and is ready to participate in exercise any time of day! His dedication is reflected upon all the hard work he puts into his weights program. Within the last few weeks, Mr. Sharma has incorporated additional exercises into his program! We are happy to reward Mr. Sharma for all his hard work and determination this month. Keep it up!

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







Wishing you a  
**Happy Birthday!**  
Long Term Care

### *Derry*

Alma C	December 8
Raoul B	December 25
Anne P	December 28

### *Howland*

Mary B	December 2
Vernon C	December 19
Ina D	December 22
Roshan B	December 31

### *Trafalgar*

Bill T	December 12
Simon S	December 18
Ewa L	December 24

### *Dundas*

Carole J	December 14
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### *Meadowvale*

Maria R	Dec 01
Francis G	December 21
Norah A	December 25

### *Sheridan*

Cecilia R	December 6
Christa S	December 14



*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.*



# Village Life - Christmas Bazaar Prep (LTC)





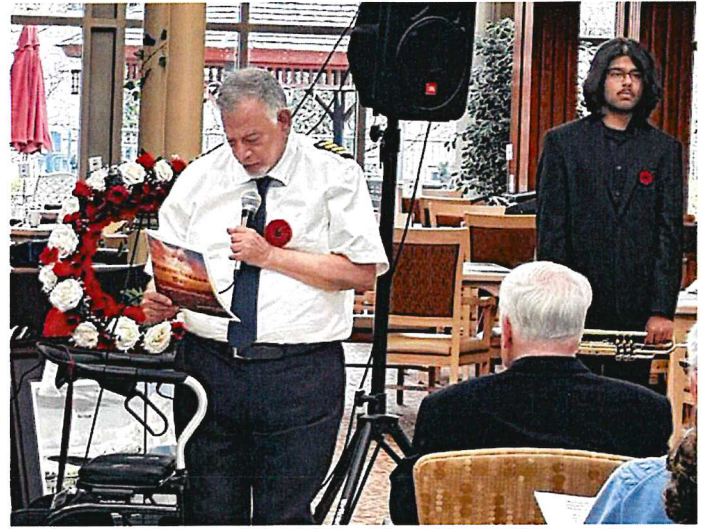
# Village Concerts

(LTC)





# Remembrance Day Commemoration

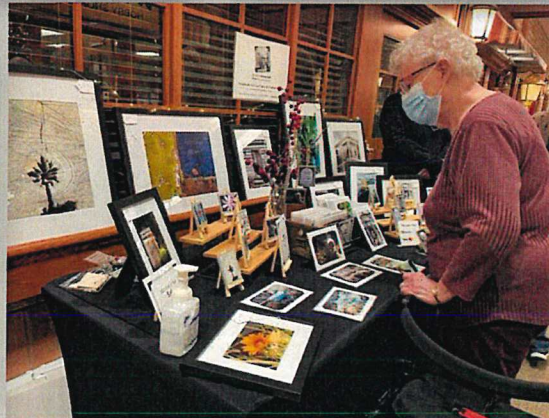
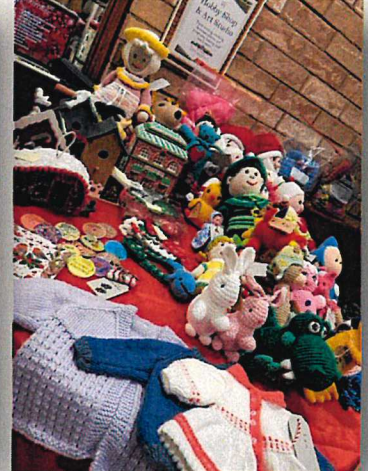




# Village Life

(RH)

## Annual Christmas Bazaar



**Bingo Program**  
Chocolate Bingo every Tuesday, 2:30 pm, Hobby Shop  
Loonie Bingo every Saturday, 2:30 pm, Hobby Shop



# Village Life

(RH)

## Ladies Breakfast

A TIME OF FUN & FELLOWSHIP

Ladies Breakfast  
Second Thursday of the month,  
9:30 am, The Ruby







# Village



The Village of  
**ERIN MEADOWS**

# EVENTS

## RETIREMENT

### Entertainment:

**Birthday Party with Wander Duo**  
December 1st, Friday - 2:30pm  
Main Street

**Theatre of the Beat Performance**  
December, 3rd, Sunday - 2:30 pm  
Main Street

**Musical Moments with Clive**  
December 3rd, 10th, 17th, 24th, 31st  
4:00 pm - Café

**Golden Oldies**  
December 16th - 3:30 pm  
Main Street

**Music Night at the Ruby (Sign Up)**  
December 18th, Monday - 6:00pm  
The Ruby

**Christmas Carol by Martin Francisco**  
December 22nd, Friday - 10:45 am  
Emma's Neighbourhood

**Notables Choir**  
December 22nd, Friday - 2:30 pm  
Main Street

**Christmas Celebration with Jay**  
December 25th, Monday - 2:30 pm  
Main Street

**New Year Celebration**  
December 31st, Sunday - 2:30pm  
Main Street

### VENDORS on Main Street

Norma's Creation - Dec. 2nd, Saturday  
Nelly's Comfort Shoes - Dec. 4th, Monday  
Knitting by Carolyn - Dec. 9th, Saturday  
Helena's Painting - Dec. 11th, Monday  
Mary Kay and Sandra's Knitting - Dec. 16th, Saturday  
Cathy's Gifts & Jewelry - Dec. 20th, Wednesday  
Traditions Alive - Dec. 23rd, Saturday

### December Bulletin:

**New Residents Welcome Committee Meeting**  
December 5th, Tuesday - 10:00am  
Town Hall

**Food Forum**  
December 6th, Wednesday - 10:00am  
Town Hall

**Afternoon Poker with Desi**  
December 8th, Friday - 2:00 pm  
Hobby Shop

**Residents' Council Meeting**  
December 12th, Tuesday - 10:30am  
Town Hall

**Christmas Dinner**  
December 13th, Wednesday - 5:00pm  
WB Dining Room

**Christmas Dinner**  
December 13th, Wednesday - 5:00pm  
Emmas Neighbourhood

**Ladies Breakfast**  
December 14th, Thursday - 9:15 am  
The Ruby

**Kitchen Tour**  
December 3rd, 10th, 17th - 3:00 pm

### OUTINGS:

**Holiday Stories - Living Arts Centre**  
December 2nd - Saturday, 6:30pm

**Walmart (Argentina)**  
December 6th - Wednesday, 9:30am

**Famous People Player - Lunch & Show**  
December 10th - Sunday, 11:30am

**Christmas Light Trip and Mandarin Dinner**  
December 21st - Thursday, 6:00pm



# HAPPY BIRTHDAY

Jean Guiry	Violetta Wareing
Amira Matar	Douglas Russell
Virginia Downing	Hope McFarlane
Joan Dunstall	Noella Kelly
Celine Rebell	Doris Noonan
Elizabeth Secker	Clemencia Interior
Lorna Simpson	James Barrie
Beverly Saynor	Ruth Stout
Luigi Frattolin	Ilse Zieger
Cettina Rietta	Farouk Alyassin
Angela Risi	Barbara Peters
Rose Tepsich	Linda James
Gloria Herzog	

**Birthday Party with Wander Duo**  
**Friday, December 1st @ 2:30pm**  
**Main Street**





# CHRISTMAS WORD SEARCH



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

BELLS  
CANDLES  
CANDY CANE  
CARDS  
CELEBRATE  
CHIMNEY  
CHRISTMAS

RUDOLPH  
SANTA  
SEASON  
SLEIGH  
STOCKING  
TREE  
WREATH

ELVES  
FROSTY  
GIFT  
GIVING  
GREETINGS  
HOLIDAY  
JOLLY

JOY  
MERRY  
MISTLETOE  
NOEL  
NORTH POLE  
REINDEER





# 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	Ramandeep Kaur	8041	ramandeep.kaur@schlegelvillages.com
Neighbourhood Coordinator Derry/ Howland	Randi Black	8051	randi.black@schlegelvillages.com
	Ann Swaby		ann.swaby@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
Food Services Manager	Brigette Swaby	8012	brigette.swaby@schlegelvillages.com
Assist. Food Services Manager		8111	
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 Tjptawidjaja Leah Ong	8045	paolo.sison@schlegelvillages.com sulani.tjptawidjaja@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	Riya Jacob	8100	riya.jacob@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 Attopey	8242	solace.attopley@schlegelvillages.com
Assistant Wellness Coordinator	Juvy Villegas	8118	juvy.villegas@schlegelvillages.com
Assistant Wellness Coordinator	Nimra Bennett		nimra.bennett@schlegelvillages.com
Recreation Supervisor	Annabelle Cruz	8107	annabelle.cruz@schlegelvillages.com
Director of Hospitality (Interim)	Nimal Piyrathna	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	



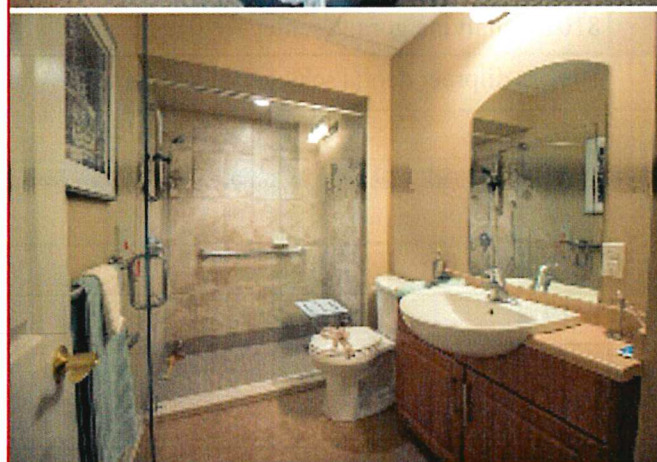
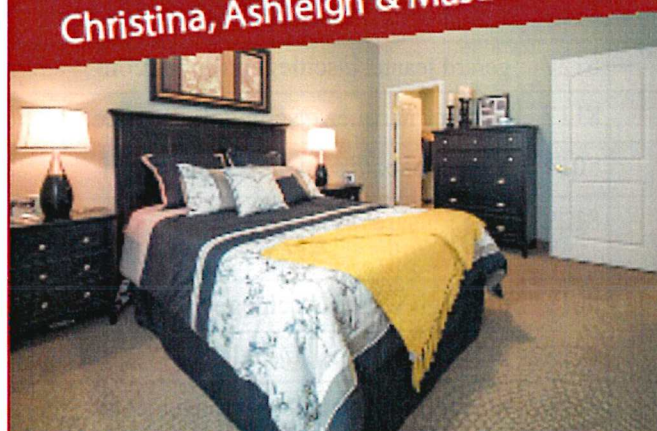


## *The Village of* **ERIN MEADOWS**

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:**

### **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](http://schlegelvillages.com)**





## Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

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

**1-888-745-5550**

[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)





Best wishes for a  
joyful holiday season  
and a happy New Year

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