

# THE VILLAGER

February 2024 Newsletter

Volume 22 Issue 2



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*The Village of*  
**ERIN MEADOWS**

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# Message from General Manager

**Curtis Ferry**

Only one month into a new year and already so much has happened.

Starting with the weather, we have seen fluctuations from unseasonable warmth and a lack of snow, to one of the coldest stretches we have experienced in the last decade (thankfully we do not live in Alberta).

With 2024 now into full swing, I'm sure many of you are at least intrigued by the Federal Election that will be happening south of the border this year. Say what you will about our neighbours; they always put on quite the show when it comes to politics.

Here in the Village, we kicked off the year by having a massive upgrade to our phone system, we have the beginnings of a new camera system that has already brought us better cameras indoors, and will follow with outdoor coverage of our Village, and our team has begun using a new scheduling and payroll software for the first time in over 20 years. With the announcement of our Retirement TV upgrade to Rogers Ignite, the tech team certainly has started the year with a bang!

So now that we move on into February, let us take the time to slow down a bit. After all, we have Valentine's Day and Family Day ahead. Amidst all the excitement and changes, it is so important to take the time to appreciate those that we love the most. Let your family be the warmth in your heart during the cold months of winter, and spread the joy with others.

Curtis Ferry, General Manager





# Spiritual Care Programs

**Pricely Francis**  
**Chaplain**

## **What to Say When You Talk to Yourself**

"He is craazzzy," Melvin, a university computer science major, mused. He was on his way to a lecture when he was overtaken by a young man possessed by a frantic pace. He appeared to be about Melvin's age - in his mid-20s. The young man's vacant eyes focused on nothing and no one in particular, and he talked to himself as he rushed along the street filled with busy pedestrians scampering to and fro.

The young man's drab T-shirt and flabby, faded, soiled blue jeans hung to his body in threadbare desperation. The gnawed holes in the corners of his aged knapsack stymied the escape of its forlorn contents. As Melvin followed behind the Specter, he soon realized he was also heading for the university campus. "I bet he doesn't even know where he is," Melvin speculated. But when the young man headed towards the Civil Engineer block, it slowly dawned on him that the "crazy" young man was as much a student as he was. Melvin's paradigm shift was strong, disruptive and violent.

When people audibly speak to themselves, we generally write them off as crazy. But the truth is, we all speak to ourselves. The "sane" ones among us just keep the talk locked up in our heads. However, the people who mumble their self-talk are no more mentally impaired than we are. And that is great because I recently discovered that self-talk is beneficial in many ways.

The experts tell us that what we say has a real impact on our attitude and performance. For example, instructional and motivational self-talk improve focus, boost self-esteem and help with completing everyday tasks. And you thought that you needed a personal coach to make you feel good about yourself and take charge of your life!

If your friends and family are too busy to lend you an ear, talking to yourself will help reduce stress and regulate your emotions! Who Knew! Distanced self-talk – talking to yourself as if conversing with another person – is also a huge stress reliever. So, let's say you are scheduled to do an "All About Me" presentation but are quaking in your boots. This is when you would use distanced self-talk. "Mary-Jane," you would address yourself, "You are going to crush this presentation. You are erudite, interesting and captivating, and you're gonna knock them off their feet." But it may be best if no one saw you using distanced self-talk. They would think you are really cuckoo!

The examples of self-talk above are positive ones, but there are always two sides to a coin, which means there is also negative self-talk that can impact your life as profoundly as positive self-talk. Have you ever caught yourself denigrating yourself? Some of the negative things I tell myself would make me mad if you told me those same things about myself! Negative self-talk is toxic. The experts also tell us that self-blame and dwelling on problems result in depression. Who likes to be depressed? No one? I thought so. Whenever you catch yourself dumping on the wonderful you, stop and say, "Cancel! Cancel!" and immediately replace the negative self-talk with something neutral, more compassionate and uplifting.

Positive self-talk and correcting negative ones improve your mental health, which is interesting since people associate talking to yourself with craziness. So, the next time you speak to yourself, be kind and cheerful, optimistic and positive and flattering, especially if you are one of those people who move your lips and mumble because people will say you are craazzzy.

# Program for Active Living

LTC

## WELCOME KIN STUDENT!

Dear Erin Meadows,



As we kick off into the New Year, I, Shiv Mistry, will be starting my first co-op term on the PAL team as the Village of Erin Meadow's Student Kinesiologist! Some of you might have already met me during my short time here over the past couple of weeks, and it has been an absolute pleasure getting to know all of you. For some background, I am currently a 2<sup>nd</sup> year candidate for the Bachelor of Science degree in Kinesiology at the University of Waterloo, with the underlying goal of making a positive impact on people's lives as a Physiotherapist. I have a younger sister, and an older brother, and all 3 of us love to spending quality time together watching movies and trying new restaurants. Fun fact about me: I've been a swimming teacher for 3 years, assisting people of all ages to maneuver around the aquatic environment and ensuring water safety in our community (this may explain where my energy comes from)! I'd like to thank the PAL team for granting me this incredible opportunity to help you all stay healthy and active on a day-to-day basis, and ultimately grow as a student in healthcare. I look forward to getting to know all of you better, and being a part of your exercise journeys. I can't wait to see what the future holds for us during my term here at Erin Meadows!

-Shiv Mistry

## ATHLETE OF THE MONTH!

The PAL team would like to congratulate **Raymond Levert** as Athlete of the Month! Raymond is a very dedicated individual when it comes to performing his weekly exercise. He is involved in the Nu-Step program, and always takes the initiative to ensure he will get on at least twice a week. On top of that, Raymond always participates in his neighbourhood's group exercise routines. While staying focused and dedicated, Raymond's best efforts to being active led him to achieving a whopping **3076 steps** on the Nu-Step machine!

The PAL team greatly appreciates Raymond efforts, and are pleased to reward him for his hard-work this month. Keep it up!

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



“As soon as I hit the 10-minute mark, I already knew I was going to hit 3000 steps.”

- Raymond



# Resident's Corner

LTC





# Resident's Corner

LTC





Wishing you a  
**Happy Birthday!**  
LTC Birthdays

### *Derry*

Laurancia G	Feb 02
Bibi M	Feb 22
Ann S	Feb 26

### *Meadowvale*

Ann S	Feb 26
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### *Howland*

Mary S. M	Feb 06
Maroun B	Feb 19

### *Sheridan*

Narinder P	Feb 01
Ellen L	Feb 12
Inderjit G	Feb 14
Leslie C	Feb 15
Margaret N	Feb 21
Bozena W	Feb 25

### *Trafalgar*

Sheila B	Feb 03
Caremela D	Feb 17
Gwen V	Feb 19



# Lunch at

For Long term Care Residents



**Monday, February 12**  
**10:30 - 3:30pm**

**\$30.00 per resident**

**Please Sign up in Long Term  
Care  
Recreation Office**



## **LTC Recreation at a Glance**

**Black History Month  
Celebration**  
Tuesday, February 20  
1:45 Main Street

**Lunch @ Mandarin**  
Monday, February 12  
Sign up is required

**Celebrating  
Valentines Day**  
2:00 Main Street

**Celebration of Life  
(Memorial Service)**  
Thursday, February 22  
3 PM, Virtual

**Birthday Bash**  
Tuesday, February 27  
2 PM, Main Street

**Pub Night**  
Friday, February 23  
7 PM Main Street

# Village Life

RH





# Village Life

RH





# Village Life

RH

Happy Robbie  
Burns Day!





# Village Life

RH



# Happy Birthday!

<b>Ruth Yetta</b>	<b>William Todoruk</b>
<b>John Risi</b>	<b>Marlene Scott</b>
<b>Barbara Young</b>	<b>Tedi Wilhelm</b>
<b>Jinnah Ali</b>	<b>Ana Lobo</b>
<b>Ken Dwight</b>	<b>Marilyn Bauldry</b>
<b>Melvin De Souza</b>	<b>Maria Tomas</b>
<b>Phyllis Buchanan</b>	<b>Horst Wilk</b>
<b>Romeo Soriano</b>	<b>Ella Gorman</b>

**Birthday Celebration with Jeff  
Wednesday, February 7th, 2024  
2:30 pm, Main Street**





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

# Village **EVENTS** RETIREMENT

### **Entertainment:**

Birthday Celebration with Jeff  
Wednesday, February 7th, 2:30 pm  
Main Street

Valentine Celebration with The Notables  
Wednesday, February 14th, 3:00 pm  
Main Street

Black History Month Celebration with Deidrey  
Tuesday, February 20th, 3:30 pm  
Main Street

Anniversary Celebration with Emilio  
Friday, February 23rd, 2:30 pm  
Main Street

Music Night  
Wednesday, February 28th, 6:00 pm  
The Ruby

### **Vendors on Main Street:**

Tickled Pink Jewelry  
Wednesday, February 7th  
Adrian's Fashion  
Wednesday, February 14th

Nelly's Comfort Shoes  
Wednesday, February 21st

Mary Kay & Julia's Crochet  
Saturday, February 24th

Traditions Alive  
Wednesday, February 28th

### **Outings:**

Walmart - Argentia  
Thursday, February 1st, 9:30am

Terra's Winter Market  
Saturday, February 17th, 9:45 am

Cora's Restaurant  
Thursday, February 29th, 11:30 am

### **February Bulletin:**

Men's Breakfast  
Thursday, February 1st, 9:15 am  
The Ruby

Yoga with Shiela  
Friday, February 2nd & 16th, 10:30 am  
Town Hall

Poker with Desi  
Friday, February 2nd, 2:00 pm  
Hobby Shop

Food Forum  
Wednesday, February 7th, 10:00 am  
Town Hall

Ladies Breakfast  
Thursday, February 8th, 9:15 am  
The Ruby

Young at Heart Painting  
Friday, February 9th, 2:30 pm  
Hobby Shop

Residents' Council Meeting  
Tuesday, February 13th, 10:30 am  
Town Hall

New Residents Welcome Committee Meeting  
Tuesday, February 20th, 10:00 am  
Town Hall

Science & Nature Documentary with Curtis  
Wednesday, February 21st, 7:30 pm  
Town Hall

Memorial Service  
Thursday, February 22nd, 3:00 pm  
Town Hall

All About Me  
Wednesday, February 28th, 2:30 pm  
Town Hall

# Residents' Council Corner RH

Residents' Council  
Tuesday,  
March 12, 2024.

# Election



More information coming soon.

Please note that a copy of the RHRA program presented on January 26th is available on the main street sign up table and also on the Residents' Council board.

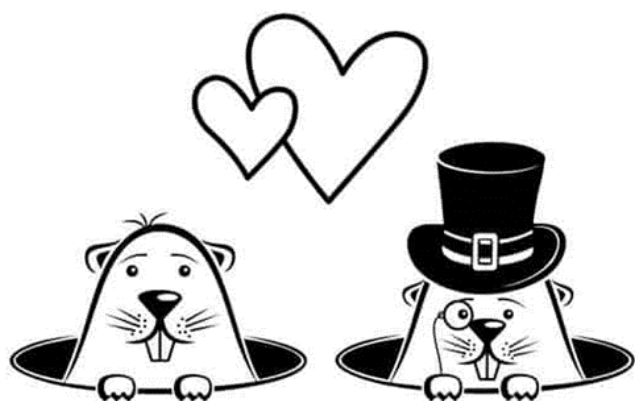


# Erin Meadows Long Term Care Directory

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)	Arissa 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 (Maternity Leave) Okena Lew Ann Swaby (LOA)	8051	randi.black@schlegelvillages.com okena,lew@schlegelvillages.com 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	Nimal Piyarathna	8012	nimal.piyarathna@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 & Leah Ong	8045	paolo.sison@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		cynthia.ogujiuba@schlegelvillages.com
Wellness Coordinator	Solace Attopey	8116	solace.attopey@schlegelvillages.com
Assistant Wellness Coordinator	Juvy Villegas	8118	juvy.villegas@schlegelvillages.com
Assistant Wellness Coordinator	Nimra Bennett	8242	nimra.bennett@schlegelvillages.com
Recreation Supervisor	Annabelle Cruz	8107	annabelle.cruz@schlegelvillages.com
Director of Hospitality	Evelyn Marquez	8112	evelyn.marquez@schlegelvillages.com
Ruby Executive Chef	Nimal Piyarathna	8126/ 8127	nimal.piyarathna@schlegelvillages.com
Dining Room Supervisor	Eleanor Tolentino	8117	eleanor.tolentino@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	



# FEBRUARY

## WORD SEARCH

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

ARROW  
CHILI DAY  
CHINESE NEW YEAR  
CHOCOLATE  
CUPID  
FEBRUARY  
FLOWERS  
FRIENDS  
GROUNDHOG DAY  
KINDNESS  
LEAP YEAR  
LOVE  
MARDI GRAS  
NUTELLA  
PARTY  
PRESIDENTS DAY  
SUPER BOWL  
SWEETHEART  
VALENTINES  
WINTER

# Schlegel Villages – **CONNECTIONS**

SCHLEGEL VILLAGES ACKNOWLEDGES

## **BLACK** **HISTORY MONTH**

The roots of Black History Month are found in the remarkable legacies of two men whose contributions to black history are monumental. Frederick Douglass was born into slavery on a February day in 1817 or 1818 – there was no official record but he wrote that he marked his birthday as the 14th of February because his mother always called him her “little Valentine.” Douglass would become one of the most powerful abolitionist voices in history when he became a free man, and his speeches and writings offer an incredible first-person account of the struggles of history.

Abraham Lincoln, who was born on February 12, 1809, is immortalized in history in large part because the emancipation proclamation he signed in 1863 was a major catalyst for the official end to slavery in the United States.

Black communities in the United States began to celebrate the contributions of these two titans of history on their birthdays, and eventually Black History Month would be recognized in February in the United States and beyond.

Equality has been an elusive ideal, however, and within our Villages we have residents and team members who continue to represent the black community with distinction in all they do. We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.



# Schlegel Villages – CONNECTIONS

## NATIONAL Heart Month ♥ FEBRUARY ♥

The heart is the image of Valentine's Day, and during the month of February Canadians shine a spotlight on the importance of a healthy lifestyle to promote good heart health.

We're proud that we have the Michael T. Sharratt Program for Active Living (PAL) in our Villages as a core signature program, and encourage all residents to take advantage of the experience we have in our PAL teams to help everyone stay active and healthy.





**At The Smile Room,  
we put our business where your mouth is!**

#### **SERVICES**

- Custom Teeth Cleaning - including scaling and polishing by a Registered Dental Hygienist
- Fluoride treatment
- Desensitization
- Silver Diamine (SDF) anti-cavity treatment
- Interim Stabilization Therapy (IST)
- Denture Service
- Basic Dental Services

#### **SAFETY**

- All procedures are performed with the safety of the client as our number one priority
- Use of appropriate PPE as indicated by our regulatory bodies
- We will sanitize our work area before and after every client

#### **CONVENIENCE**

- Our mobile dental clinic comes directly to you
- We set up in a designated space in your building, you won't have to arrange for transportation or worry about time wasted getting to your appointment and back
- Book your appointment and have your treatment completed - it just doesn't get any easier

**1.888.274.9569**

**WWW.THESMILEROOM.CA**

**INFO@THESMILEROOM.CA**





## The Village of ERIN MEADOWS

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



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



## 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 \$4,700/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 \$3,600/month (2nd occupant add \$865)

### **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 \$4,500/month (2nd occupant add \$1125)

### **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 \$5,500/month (2nd occupant add \$1840)

### **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 \$5,710/month (2nd occupant add \$1945)

Visit us online at [schlegelvillages.com](http://schlegelvillages.com)

## Living safely with new in-home health monitoring technology

Imagine a future where your home could monitor your health and daily activities without cameras or needing to wear a device. There was a time this idea only existed in science fiction, but researchers at the University of Waterloo and the RIA have developed a new system that can do just that.

The team of researchers, led by George Shaker, PhD, adjunct associate professor, University of Waterloo created a state-of-the-art facility at the RIA that allows researchers to test technology solutions designed to help older adults take control over their health and well-being.

The Monitoring, Intervention, and Response for Aging Demo Apartment (MIRADA) is a space where researchers can study and demonstrate advanced monitoring systems to help address the unique challenges faced by aging populations.

The research team recently showcased an in-home monitoring system that uses radar sensors and artificial intelligence to detect a person's location and movements within a home without the use of cameras or other devices. The sensor emits low-power radio waves – less than those emitted by a WiFi internet system – that reflect off a person's body. This data can identify specific activities like walking, sleeping, eating, and even falling.

According to Shaker, this technology has exciting potential for health care. "Continuously monitoring



health and activities at home could mean declining health is noticed earlier," he explained.

Quick fall detection in any living space can save lives. The technology can also monitor bathroom visit frequency and duration, which provides insight into hydration and medical conditions, such as urinary tract infections.

Beyond falls and bathroom monitoring, walking information can be monitored. Walking changes often occur before health decline, and with this system, walking is measured daily rather than once in a while during clinic visits. Doctors can use the system to track small changes, triggering a closer look when needed.

This system offers an exciting glimpse into how wireless sensing and artificial intelligence could support healthier living. While further research is still required, the future looks bright for technologies that enhance care options without invading privacy.

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