

Erin Mills Lodge

February Newsletter



February Birthday's

Ruby- 2nd

Adelina- 3rd

Slava- 3rd

Rollie- 9th

Marjorie- 14th

Mary. A- 16th

Ben- 23rd

Doris- 24th

Lillian- 28th



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.

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.



February Events

Feb 2 at 2:30 Arm Chair Travel to China

Feb 4 at 2:30 High Tea Social- Crooked-Q

Feb 5 & 19 at 10:30, Chair Yoga- Crooked-Q

Feb 13& 26 at 10:30, Art Class- Activity Room

Feb 14 at 2:30, Valentine's Day Party &

Entertainment by Jordo- Crooked-Q

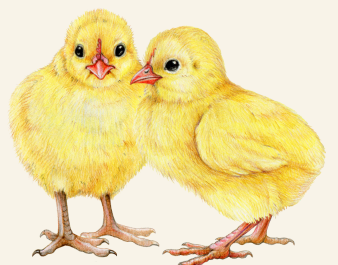
Feb 15 at 2:30 Hands on Exotics- Crooked- Q

Feb 26 at 2:30 Arm Chair Travel to Jamaica

Feb 28 at 2:30, Birthday Party- Crooked- Q

Our chick eggs and incubator will arrive the week of Feb 19. We will keep everyone updated upon their arrival!

We will have a number of displays & food throughout the month to celebrate Black History month!



Resident of the Month Sheridan Way



Many congratulations to Lourdes as she is our resident of the month for Sheridan way. Lourdes shows a great deal of involvement and participation in the programs that are being conducted in the village. She enjoys both the group programs as well as 1:1 visit. She takes part in self-directed activities while in her room. Lourdes is very independent and keeps herself busy even when there are no programs going on. Lourdes enjoys crosswords, listening to music, and reading magazines in her room. She also accepts invitations to almost all the group programs and remains engaged the whole day. Some of her favorite group activities are tea social, BINGO, JAVA music, and movies.

She has been with us for quite some time now we cherish her presence.

Thank you, Lourdes, for always being so generous and bringing a smile to everyone around you.

Resident of the Month Hazel Lane



Our beloved resident Marie brightens our neighbourhood with her fashionable personality. She always loves to socialize and brings happiness to everyone. She is an enthusiastic participant in balloon tennis and bowling, demonstrating her love of fun and fitness and showcasing her competitive spirit on the lanes. She loves to attend the exercise classes and spreads positivity to all. Beyond her passion for exercise, Marie is a Bingo enthusiast! She loves spending some time with her family, painting and colouring. Marie's diverse interests and warm spirit make her a cherished member of our neighbourhood. Even if you are having a bad day, spending few minutes with Marie can turn your whole mood around, bringing happiness to all.

Thank you, Marie, for always being there and spreading happiness around!

Resident of the Month ESN



Ellie, has been a resident with us on ESN for a while now and is an absolute joy to have on our neighborhood! Ellie's infectious smile, laugh and wisdom is inspiring to us all. Ellie was born in Toronto and lived there most of her life. Her family has always been an important to her. Her daughters visit her often and she loves to talk about her family and memories. Ellie is also a big animal lover, She loves cats and dogs and has owned many of her own including Blue and Mara and enjoys having our bird and other animals come and visit. Although Ellie may not attend programs in person, we offer all of our programs to her on a 1:1 basis, and enjoy seeing her thrive through our musical moments, brains and banter programs and Church Service followed by some hymns. Speaking of music, Ellie was involved in her choir during her younger years and enjoys to listen and sing various songs, she's able to recognize different harmonies. Ellie is a wonderful story teller! It's always so interesting hearing them and getting to know the wonderful person she is. Ellie loves to stay informed with what is going on in the Village and in the world around her, she enjoys watching TV shows such as; Deal or No Deal and stand-up comedies to name a few. Regardless of the type of day you're having, spending just a few moments with Ellie, will leave you with an endless smile and possibly even a laugh! We appreciate Ellie for always bringing positivity to our days and reminding us to enjoy the little things in life. Thank you, Ellie, for being you!



Resident of the Month Erindale Place



We are thrilled to share the Resident of the Month of Erindale Place, Joan has been with us for a while now. She finds solace and joy in the melodies that resonate with her. Such as enjoying a peaceful moment with her favorite tunes or listening stories about the music that holds a special place in her heart, Joan's connection to music brings a unique richness to our home. Whether it's a classic tune from her era or a lively contemporary beat, Joan's eyes light up with delight whenever music fills the air. Apart from music, she loves coloring, visiting with dogs, entertainment and bowling. Joan shares comfort through her presence and interaction that fills us with joy and love. Her laughter and energy make our days better.

Thank you, Joan, for being you!



Skill Share Program



On January 30th, 2024 we introduced our new intergenerational program called 'Skill Share'.

Children and parents who are part of a local homeschooling group, our residents and a family members, will have the opportunity to learn from each other.

We started our first session with the kids reading poetry with residents, followed by bookmark making, complete with a homemade tassel. This was a great opportunity for the kids to build their confidence in reading aloud which can be scary. An impromptu ball toss happened as well. The kids were absolute naturals. One little one even asking if she could adopt James as a grandparent.

There were lots of smiles, conversations, creative ideas and colours being shared. Friendships have already started to form. The kids can't wait to come back! It was a wonderful afternoon.

We did start out with a smaller group of residents for the first session as we didn't want to overwhelm anyone. But we are already planning on expanding the program!

See photos on the next page



Skill Share





Air Hockey Tournament



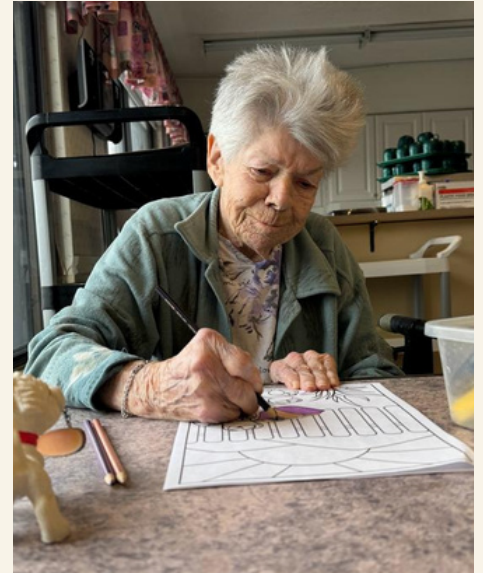
Fitness in the Crooked-Q



Village Life



Village Life



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 to stay up-to-date on the latest news, events, and helpful resources.

Family Council Next Meeting

Saturday March 2, 2024

10:30 am

in the Crooked-Q- Lower Level

**Madeline Sperry- Food Service
Manager has been invited to attend.**

**For information or questions please
contact our Council Chair Person:
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