

Erin Mills Lodge

May 2024 Newsletter



May Birthdays

May 1- Diana F.

May 1- Batool S.

May 4- Pao Chen Y.

May 5- Milan D.

May 10- Girlie B.

May 13- Diane K.

May 13- Maria K.

May 14- Anneli M.

May 16- James H.

May 18- Leokadia P.

May 21- Florence V.

May 26- Arthur A.



Mother's Day High Tea Social

Please Join us

Sunday May 12, 2024

at 2:30 pm

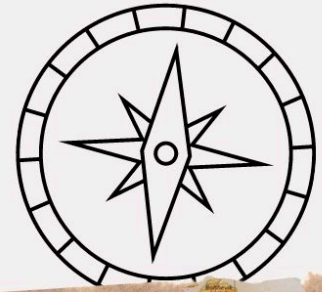
In the Crooked-Q



Multicultural Day

TUESDAY MAY 21 2024

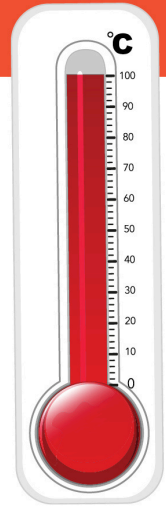
FROM 10-3 LOWER LEVEL



**ENJOY LEARNING ABOUT
CULTURAL FOOD, CLOTHING,
DANCE, MUSIC, ACCESSORIES,
ARTIFACTS, HENNA, ORNAMENTS
AND PHOTOS**

Grab your passport
on the day

Heat-related illness

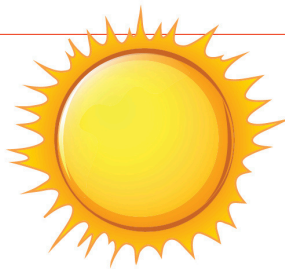


Prevention and management

As warmer weather approaches, we want to provide a safe and comfortable environment for all residents.

Heat-related illnesses are a group of serious and escalating medical conditions which include heat rash, heat cramps, heat exhaustion and heat stroke, and can have a significant impact on the health of our residents.

Our heat related illness prevention and management plan will be implemented annually, beginning May 1st to September 30th, as well as any other time when the temperature is forecasted externally, or reaches internally 26 degrees.



Hot weather tips

The signs and symptoms of heat related illness can occur quite quickly with little to no warning. Residents are assessed for heat risk annually and strategies developed. The following tips are general in nature.



Staying cool

- With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather.
- Keep cool cloths handy to apply to the face, neck, and arms.
- Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.



Clothing

- Wear loose, lightweight, light-coloured clothing.
- A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.



Skin protection

- Stay out of direct sunlight by using shade trees, covered awnings or patio umbrellas.
- Sunscreen should always be applied, even in the shade. Remember to reapply as needed.



Nourishment

- Frequent, smaller meals may be more easily tolerated during hot weather.
- Avoid dehydration by consuming fluids before, during and after meals, as appropriate.
- Hydrate with water and other cooling choices such as Popsicles and watermelon between meals.
- Alcohol may cause dehydration and should be avoided.



Physical activity

- Keep outdoor physical activity to a minimum and take frequent rest periods.
- Attempt to stay indoors during the warmest part of the day.

Village Life



Romeo, our blue, black and yellow budgie, has a new friend! Our New Budgie (yellow) joined

our

EML family on April 24th.

He needs a name!

Submit your suggestions by May 6th. In the Activity Room.



Resident of the Month

Erindale Place



We are thrilled to announce Mr. Allan Cole as our Resident of the Month for Erindale Place! He has been a ray of sunshine in our neighborhood since he joined us. With his contagious enthusiasm and vibrant personality, he has quickly become a beloved member of our neighborhood.

Allan's love for food, exercise programs, and entertainment has brought joy and excitement to our EML family. Whether he is participating in the exercise class with unmatched energy or attending an entertainment session, his zest for life is truly inspiring.

One of the most remarkable qualities is his ability to make friends effortlessly. In just a short period of time, he has formed meaningful connections with fellow residents, staff members, and visitors alike. His warmth and kindness create an inclusive atmosphere where everyone feels welcomed and valued.

Congratulations Allan, on being the Resident of the Month and thank you for enriching our neighborhood with your cool personality and boundless charisma. We are grateful to have you as a part of our EML family.



Resident of the Month

Sheridan Way



We are thrilled to announce Brazelina Miranda as this month's resident of the month. Lina has long been a member of our family and have created very meaningful relations with the residents and team members over the course of time. She enjoys telling everyone about her experiences and is eager to meet new people. She takes the time to greet everyone and has a very kind temperament for her fellow residents. Everyone is aware of her passion for birds and animals. She makes sure the birds in our AR are clean and fed nearly every day when she visits them. She participates fully in every program that is offered throughout the day. She enjoys arts and crafts, dancing, music, BINGO, manicures, walks outside, and more.

Thank you, Lina, for creating such beautiful memories with us and we hope to make may more in the years to come. Keep shining and smiling!!



Resident of the Month

Hazel Lane

We are joyful to announce our Resident of the Month for Hazel Lane; Irene Aguiar. She carries the most enthusiastic personality, engages with everyone on the neighborhood. She involved in most recreation activities independently and loves sharing her life stories and family photos through her personal albums which she always carries with her. Irene loves greeting staff members with warm hugs in the morning and creates a very lovely environment through her interaction with residents. She likes attending various activities such as; arm chair travel, painting, group exercise, java music club, journaling, bowling and many more throughout the day to keep her active. She recently shared her interest for crocheting with team members. She exemplifies a spirit of kindness and generosity, always encouraging fellow residents to engage in our community programs. With a genuine passion for activities such as BINGO and exploring new literary works, she embodies a love for learning. She brings the joy with her cherished baby doll, spreading warmth and smiles throughout our residents. We extend our heartfelt appreciation to Irene for their contagious positivity and unwavering enthusiasm for enhancing the lives of those around her. Congratulations! Irene, you have a vibrant personality that cheers up the village.



Resident of the Month

ESN



Congratulations to this month's ESN resident of the month: Ben! Ben has been a resident with us for a while now and is a great addition to have on our ESN neighborhood. Ben's vibrant smile, dancing moves and selfless personality are just a few of the amazing traits that make Ben shine with us here on ESN. Ben is an active participant on our neighborhood, joining different activities throughout the day. Ben is a creative soul and enjoys our music programs as he is able to show off his endless dance moves, or swing along to the music. He also enjoys playing our big piano downstairs and it is always such a treat to see his smile come to life through the music he plays. He enjoys our active programs both on and off our neighborhood, always willing to try new activities. Ben enjoys conversing with the other residents on our neighborhood and has made many meaningful connections in the Village. Ben is also a great story-teller so be sure to visit him for a story or two! Regardless of the type of day you are having, spending just a few moments with Ben leaves you with an endless smile, and possibly even a laugh! We appreciate Ben's zest for life and smile each and every day- Thank you Ben for being you!



Schlegel Villages – CONNECTIONS



Our Exceptional Customer Experience Training Program that equips our team members with an understanding and service skills to create meaningful and memorable moments with those we serve.

SPOT the dot!

A fun way to keep our credo alive day to day in our Villages! Recognize team members with a “Dot” for the amazing and impactful work they do every day.

We are launching Spot the dot during Caregivers’ Week, May 12–18.

How it works

- Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- Take the matching sticker, find the team member and present it to them.

Let’s fill up the board with messages of gratitude for our team members and show them we recognize how hard they work to bring our mission and vision to life.



Connect the dots – credo values



Draw on what you know about me to make things personally meaningful. Make me feel special, recognize what makes me unique.



Please give me your undivided attention. Practice patience, listen empathetically and with an open mind. Show respect, genuine interest and sincerity.



Ask questions to gain a deeper understanding, acknowledge and empathize with my experience and feelings. See through my eyes, feel what I feel, connect with me.



Be clear, genuine, and transparent in all communications. Take responsibility and confirm a shared understanding of action plans and commitments. Deliver on our promises.



Pay close attention to detail, going the extra mile. Show me how I will be taken care of and follow up throughout the process.

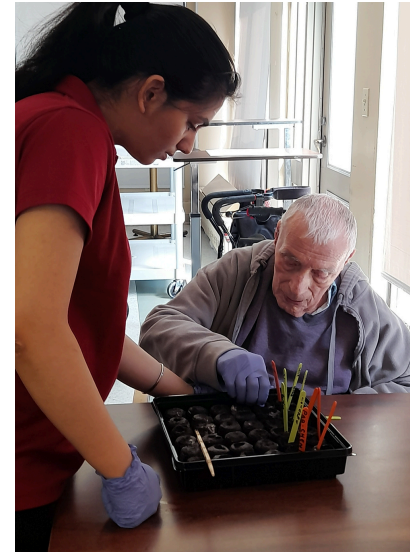
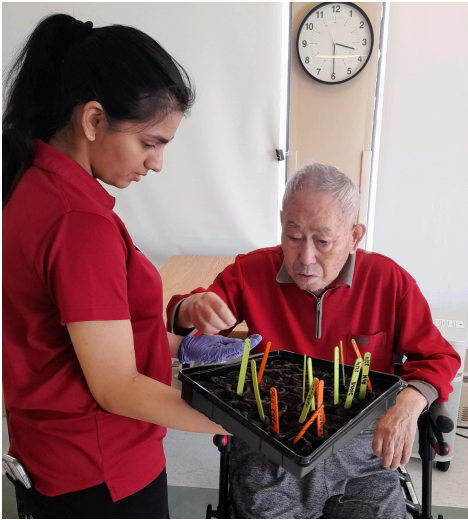


Bowling





Planting



Exercise



Late-life depression

Depression is not a natural part of aging, yet it affects up to 40 per cent of older adults. Recognizing and managing depression is important for improving quality of life.

What is depression?

Clinical depression, or major depression, is not just about feeling sad. It's a serious condition where one may feel sad all the time and lack interest in activities that used to bring joy. Changes in sleep patterns or appetite, low energy, difficulty focusing, not maintaining personal hygiene, and feelings of guilt or worthlessness are other signs of depression.

Risk factors for developing depression

There are some risk factors that increase the risk of depression as one ages:

- The loss of a friend or loved one
- Loneliness, which may happen more frequently as one ages
- Ongoing medical problems
- Struggles with thinking, focusing and memory
- Long-term hospital stays or diagnoses like strokes or Parkinson's disease

Common myths

Common misconceptions about depression can prevent older adults from seeking help. Some of them include:



"It's a normal part of aging." Depression is *not* an inevitable part of aging and should be treated with the same concern as any health problem.

"There are no effective treatments." There *are* many effective treatments for depression, including medications, therapy, and lifestyle adjustments.

"It's just grief" or "I'm just tired." While grief and fatigue are common, persistent symptoms shouldn't be ignored.

Seeking help

If you or someone you know might be experiencing depression, the first step is to talk to your family doctor. They can assess your symptoms, provide a diagnosis, and come up with a treatment plan specific to your needs. This may include therapy, medication, and/or lifestyle changes.

With the right support and treatments, a fulfilling life is not out of reach.

Watch the full "Demystifying Depression in Older Adults" video [here](#) featuring Schlegel Chair in Mental Health and Aging, Sophiya Bejamin.

Erin Mills Lodge- Leadership Contact List

Donna Dalupan, General Manager	EXT 293
Kawaljeet Kaur, Director of Care	EXT 248
Pam Croucher, Assistant Director of Care/ IPAC	EXT 223
Narpinder Johal, Assistant Director of Care- ESN	EXT 215
Elaine Eerkes, MDS/RIA	EXT 220
Ferdie Gonzales, Neighbourhood Coordinator	EXT 234
Alanah Kelly, Director of Recreation/ Volunteer Services	EXT 261
Madelaine Sperry, Food Service Manager	EXT 222
Jefferdie Fiesta, Director of Quality & Innovation	EXT 264
Richmond Ng, Environmental Services Manager	EXT 229
Margaret Francis, Admin Assistant/ Student Placement Coordinator	EXT 224
Angad Sidhu, Admin Coordinator	EXT 262
Kavita Rani- Scheduling Coordinator emlltc.admin@schlegelvillages.com	EXT 238

All email addresses are
Firstname.Lastname@schlegelvillages.com

