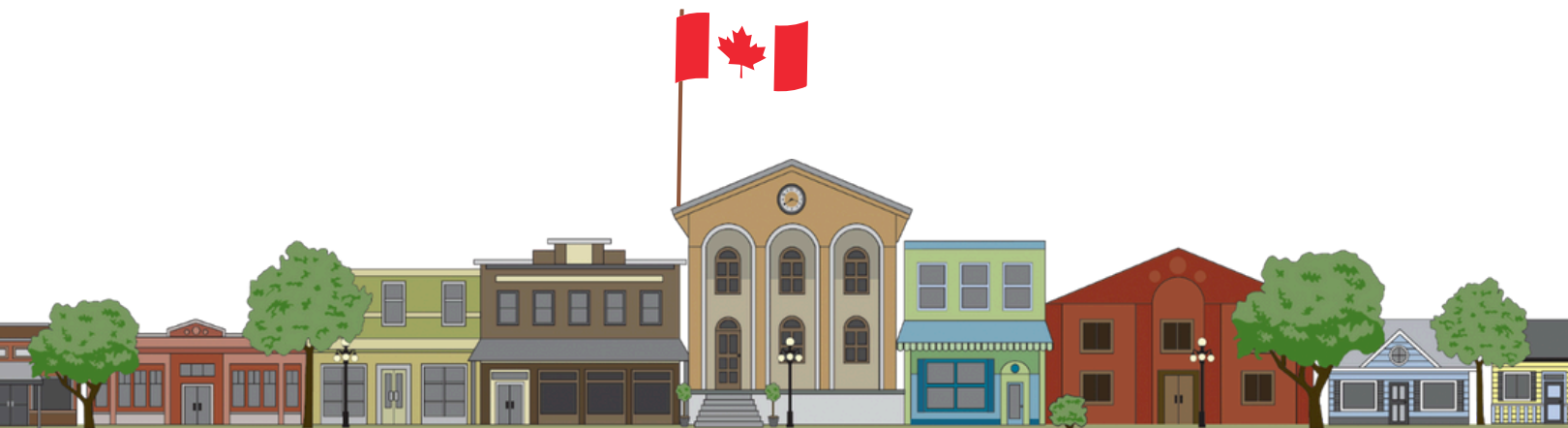


# Erin Mills Lodge



July 2024 Newsletter



# Signs and symptoms of heat illness



## *Heat exhaustion*

If you or someone you are with experience any of these symptoms, immediately move to a cool place and drink fluids; water is best. Alert a registered team member as soon as possible.



Skin rash



Headache



Muscle cramps



Rapid breathing and heartbeat



Dizziness or fainting



Extreme thirst



Nausea or vomiting



Dark urine and decreased urination



Heavy sweating

## *Heat stroke*



High body temperature



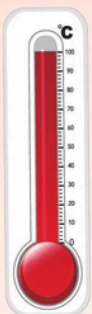
Dizziness or fainting



Confusion and lack of coordination



No sweating, but very hot, red skin



Heat stroke is a medical emergency – immediately report to a registered team member or call 911 if away from the Village. While waiting for help-cool the person right away by:

- Moving them to a cool place, if you can;
- Remove excess clothing (layers);
- Applying cold water to large areas of the skin; and
- Fanning the person as much as possible.



# Schlegel Villages – CONNECTIONS



## Happy Canada Day

As the summer rolls on and we reflect on a busy first six months of 2024, it's exciting to note that construction is well underway in four new communities: Ridgeview Court in Milton, Stouffer Mills in Stouffville; Millers Creek in Ajax; and Riverbank Terrace in Ottawa. We're also thrilled to be nearing completion of the next phase of expansion at The Village of Winston Park in Kitchener.

When we think of the sense of community we find across this great country on Canada Day every July 1, we can't help but recall how proud we are to be a Canadian company, proudly owned and operated

by a family that has been caring for older adults for more than 70 years! We continue to grow, bringing our philosophy of service to new communities, and for that we are extremely proud.

Looking ahead, we are a short time away from honouring the Schlegel family's community-building mission during **Wilfred Schlegel Day on August 5.**

This is a time for Village's to work together to give back to their community in any number of ways, and we look forward to the many initiatives we'll see on the Civic holiday in August.



# Schlegel Villages – CONNECTIONS



## SCHLEGEL OLYMPICS *Summer* 2024

The Schlegel Olympics is an exciting, organization-wide event that brings our east and west Villages together in the spirit of friendly competition.

As part of our Wisdom of the Elder Signature Program, the games help us recognize that regardless of someone's ability and the fact they reside in a long-term care or retirement setting, their competitive nature still vibrates within and their past experiences and wisdom are worth celebrating.

The games within each Village are a time of laughter, bonding, and relationship building as team members support competitors who are cheered on by their Village neighbours. We look forward to the events held within each Village and especially the events at Taunton Mills and Glendale Crossing that bring all of our people from across the province together.

*Let the games*  
**BEGIN!**

**Tuesday, July 30**

The Village of Glendale Crossing

**Thursday, August 1**

The Village of Taunton Mills

## EVENTS



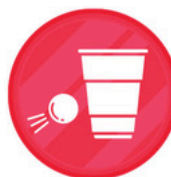
Slalom



Soccer



Parallel  
Bars



Olympic  
Shooting



Sprint





# July Birthdays



**Joza- July 1st**  
**Donna- July 2**  
**Grace- July 5**  
**Joao- July 5**  
**Roberto July 11**  
**James July 14**  
**Carol July 18**  
**Estell July 21**  
**Geetha- July 21**  
**John- July 24**  
**Anoop- July 27**

To all our June celebrants, wishing you a year filled with joy, laughter, and endless adventures.

# Resident of the Month

## Erindale Place



Meet Engracia , our resident of the month, originally from Philippines. She has been with us for a while now. She has a deep love for music, exercise, and spending time looking at the views outside or plants. Most of her days start with group exercises or stays in the hallway simply observing the view.

She is and active participant for our fun and fitness programs like balloon tennis and bowling. She is known for her quiet demeanor and prefers to keep to herself. She finds solace in attending church services or exploring different books. She also likes to attend arts and crafts program with a curiosity of what new crafts are being done. Despite her reserved nature, Engracia's presence add a unique charm to our Erindale Place neighborhood. We congratulate Engracia, for being our resident of the month, and we thank you for being a wonderful part of our EML family!



# Resident of the Month

## Sheridan Way



Congratulations to Margaret on being recognized as the resident of the month for Sheridan Way! Margaret joined our village just this month and as she steps into her new home, she brought with her a lifetime of memories and unique stories. She is very easy to talk to and loves sharing her wealth experiences with the team members and other residents. Margaret loves spending time with her new roommate and has formed a special bond with her in a very short time. She enjoys watching her favourite Tv shows, reading books, walking outdoors and 1:1 visit by team members. Her unwavering spirit of compassion and friendship touches everyone who is around her.

We are glad to have you, Margaret as a part of our family and look forward to creating some beautiful memories with you. Your ability to form deep connections and spread positivity creates a sense of unity and warmth that we all cherish.

# Resident of the Month

## Hazel Lane



We would like to congratulate this month's resident of the month, Joao from Hazel Lane. Joao was born and raised in Portugal before coming to Canada, and prides himself on his love of his culture and family. Although knowing little English, that has never stopped him from engaging and being an active part of our Hazel Lane community! Joao is an active participant and enjoys both group and independent activities. He enjoys our Arm Chair Travel programs, music, any active programs, and might I add is a great partner to play dominos with. Joao is an avid Team Portugal fan and with the Euro Cup well underway, he has enjoyed watching them play and rocking his jersey for all to see! Joao loves his family, and it is inspiring to see his dedication to his four kids, always wanting to check-in and see what they are up to. We appreciate Joao for always being a team player and, he can always be found with a smile on his face or cracking a joke. His zest for life is inspiring to all and, we can't wait to continue to watch him thrive on Hazel Lane!

Thank you, Joao, for being you!





# Schlegel Pride Day



Residents, students and team members celebrated Schlegel Pride day on June 8th marking our second annual parade at EML. Bob proudly lead the parade for the second year with support from all who love him here at the village. This day is incredibly special for Bob as he had never attended a pride celebration prior to living at EML. We are happy to continue welcoming and spreading the love to all who live work and visit our village.



## Euchre



We started a Euchre Group!  
If you 're interested in playing or learning, talk to the recreation team members and we will make sure to invite you to the next game.





# Multicultural Day







# Multicultural Day





# Multicultural Day



**Thank you to all the team members, residents and family members who volunteered their time to put on a fantastic day! You out did yourselves!**



# Strawberry Picking





# Village Life





# Upcoming Events in July

**July 1st-Canada Day Celebrations and entertainment with Erin Marie at 10:30, Crooked-Q**

**July 5 & 15- Armchair Travel to Greece and France (Olympic themed)**

**July 7- High Tea Social at 2:30, Crooked-Q**

**July 8, 17, 31- Chair Yoga with Shelia at 10:30, Crooked- Q**

**July 9 & 22 Art Class with Gynnis at 10:30, Activity room**

**July 10- Resident Council and Food Committee Meeting at 2:30 Crooked-Q**

**July 13- National French Fry Day 2:30 Taste testing!**

**July 21- National Ice Cream Day- 2:30 Ice Cream Social, Crooked-Q**

**July 22- Hands on Exotics at 2:30, Crooked-Q**

**July 24 -Self Care Day**

**July 26- Schlegel Olympics, Opening Ceremony at 2:30, Crooked-Q**

**July 29- Birthday Party and entertainment with Ryan Andrews at 2:30, Crooked-Q**

# Erin Mills Lodge- Leadership Contact List

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

**All email addresses are**  
**Firstname.Lastname@schlegelvillages.com**

