

THE VILLAGER

July 2024 Newsletter

Volume 21 Issue 7



1 JULY
HAPPY
CANADA
day



SCHLEGEL VILLAGES

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.



Message from Senior General Manager



Anneliese Krueger

Celebrating Canada Day: Honoring Our Elders and Their Legacy

As we celebrate Canada Day, it is a time to reflect on what this day means to us. For many of our residents, Canada Day is not just a celebration of our nation's birthday but a poignant reminder of their own lives' rich history and contributions. Their experiences and sacrifices have helped shape the diverse and free country we enjoy today.

Canada Day is a moment to honour the wisdom and contributions of our elders. Many of our residents have lived through significant periods of change and development in Canada. They have seen our country grow from its early days into a nation known for its diversity, inclusivity, and freedoms. They have stories of resilience during times of hardship, tales of joy during times of prosperity, and lessons learned through decades of personal and national growth.

Our seniors have contributed in countless ways. Some served in the military, defending the freedoms and values we hold dear. Others contributed to our society through their professions, community service, and by raising families who continue to contribute to our nation's tapestry. Their hard work and dedication have laid the foundation for the freedoms and opportunities we often take for granted.

In a country as diverse as Canada, we owe much of our current harmony to the generations before us. They have navigated the complexities of a growing multicultural society, fostering an environment where diversity is celebrated and inclusivity is the norm. Our elders have witnessed and participated in advancing our Canadian identity, helping to create a society that values every individual.

As we celebrate Canada Day, we should carry the sentiments of gratitude and respect for our elders throughout the year. Their stories and experiences are invaluable lessons that remind us of the importance of unity, resilience, and compassion. Engaging with our residents, listening to their stories, and appreciating their perspectives helps us understand our past and guides us in shaping a better future. Happy Canada Day to all, and a heartfelt thank you to our elders for their enduring legacy!





Spiritual Care

Pricely Francis
Chaplain



The Power of Acceptance

IF YOU ARE LIKE ME, (I hope you are not) when you experience a devastating loss, you are sad, depressed, angry, feel defeated, numb, detached, grumpy, wallow in denial and have negative thoughts running through your mind on a distressing loop.

There are many reasons to grieve in the context in which we live and work. Some of us have or are grieving the illness or death of someone we love, the loss of health, selling the family home, moving into a retirement or long-term care setting or having to surrender that glorious symbol of freedom – the driver's license.

Others may have cause to grieve for different reasons such as a divorce, a miscarriage, financial instability or the loss of a cherished dream.

Whatever the cause of our grief, we must, at some point, accept our unpleasant realities. Acceptance proffers power, freedom, and relief, and it has positive effects on our well-being. It brings relief from negative emotions that feel like a hefty anvil weighing us down. Acceptance has many benefits, but let us look at three prominent ones.

Acceptance provides a **renewed appreciation for life**. No matter the degree of our loss, it is beautiful to be alive and be enveloped in the warm love and admiration of the people and family members who remain with us. And there are always favourable circumstances we can relish no matter what went wrong in our lives. According to experts, acceptance reminds us not to take our existence for granted and encourages us to live more fully and intentionally.

Fear, stress, and anxiety melt away when we embrace acceptance and are at peace with our losses and hurts. What is done is done. While we cannot unring the bell, we can determine the tone and timber of future peals. If we find stress, anger, sadness, anxiety, and feelings of failure unpleasant, embrace acceptance, which allows us to focus on vivacious living and our gains rather than on loss.

Acceptance helps us **clarify priorities**. It helps us evaluate and adjust personal goals, cutting the ground from under trivialities. We can invest more in meaningful pursuits and relationships when we accept loss.

Psychologists say humans naturally move towards pleasure and away from pain. However, sometimes, we delight in misery and consequently prolong our grieving. But if we treasure good feelings, we must move into the realm of acceptance.

According to grief counsellors, there are some quick fixes to gaining acceptance: Seek support, acknowledge your pain, practice self-compassion, reduce isolation, connect with trusted individuals who can provide emotional support, practice Stress management, journal, and create a new purpose in life.

Recently, I came across a quote: "It is the nature of a great mind to be calm and undisturbed." I have never thought of my mind as "great," but I do treasure a mind that is calm and undisturbed. That is worth more than a ton of gold bars to me, so I seek to move into a stance of acceptance as soon as possible. May you do the same.

at Schlegel

Athlete of the Month

The PAL team would like to congratulate Lorraine Coffin as Athlete of the Month! Lorraine always has a lovely smile on her face and is always eager to exercise! She is currently active on our strengthening program exercising 2-3x a week! Lorraine has gradually worked her way up to our heaviest weights and continues to excel at her program, completing 2 sets every time now! We are happy to reward Lorraine for all her hard work and determination. Keep it up!

From,

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



Hello Erin Meadows!

Welcoming the Summer Sun

Hello Erin Meadows! As the weather gets warmer and the sun is shining bright, it is no surprise that more of you will be spending time outside enjoying the beautiful weather. While it is great to get outdoors, it is important to do so safely! UV rays from the sun can be dangerous when you are not protected so it is important to prepare for the sun first, so you can enjoy being outdoors without any trouble! It takes just 15 minutes for the sun's rays to damage your skin – here are a few tips to stay safe when you are outside in the sun ...



Stay Hydrated – Make sure to drink lots of fluids throughout the day! Sip on some water frequently, and don't just wait until you are thirsty.



Wear a Hat – By wearing a hat, you create a physical barrier that blocks a significant amount of UV rays from reaching the skin on your face. A hat can create shade and reduce direct exposure, shielding you from harmful UV rays.



Wear Sunscreen – A sunburn is the most common consequence of sun exposure. Wearing sunscreen is the easiest way to avoid dangerous UV rays and minimize the risk of sunburn! Remember to reapply every 2 hours.





Wishing you a
Happy Birthday! LTC

Derry

Daniel B July 2

Egils P July 11

Frida P July 29

Sheridan

Bebi L July 17

Robert F July 22

Madilen P July 7

Meadowvale

Cicily R July 26

Laura P July 28

Howland

Louis S July 4

Tien Dang N July 18

Isabel M July 27

Trafalgar

Leila H July 2

Birthday Bash
Tuesday, July 30th, 2 PM
on the LTC Main Street



The Village of
ERIN MEADOWS

Village **EVENTS**

LONG TERM CARE

**Celebrating
Canada Day**
Monday, July 1st
2 PM, Main Street

Lemonade Social
With Prince Cave
Friday, July 12
2 PM, Front Patio

Entertainment
with James Regan
Tuesday, July 16
2 PM Main Street

**Ride in Streetsville
and Ice Cream @
Murphy's**
Thursday, July 25
1:30-4
Sign up required

Birthday Bash
With Martin Francesco
2 PM Main Street

Pub Night
With Bruce Tournay
Friday, July 26
6:30 Main Street



**Ride in Streetsville
& Have Ice Cream at
Murphy's
For LTC**

pay for your ice cream
Thursday, July 25
1:30– 4:00

**Please Sign up at the
Recreation Office
Limited Space**



Family Council Corner

(LTC)

Meet other LTC family members the first Saturday of the month
Learn about available programs, how residents are assessed and
Care Plans are created for your loved-one

Upcoming Speakers:

10 A.M. Council Chamber, Main Street

Saturday, June 1, 2024

Sofia Shazad, Registered Dietician

Saturday, July 6, 2024

Muhammad Shoukat, Physiotherapist

Speakers are invited by the *LTC Family Council* based on family members' interests. All are welcome to join the meeting following and bring questions or share experiences.

RSVP for refreshment purposes: Chi Awadh, Resident Support Coordinator

905-569-7155 ext. 7129, or chi.awadh@schlegelvillages.com



Village Life

LTC



Eid Celebration

We celebrated Eid al-Adha, on June 18. With the special thanks to Mr. Jinnah Ali for initiating the celebration and sponsoring the food; I would like to share Anneliese Krueger's speech with you:

Ladies and Gentlemen,

As-salamu alaykum, peace be upon you all. Today, we gather to celebrate Eid. It is a time of joy, gratitude, and togetherness, and I am honored to share this special occasion with you.

Our long-term care home aspires to honor diversity in village life. We are a community where everyone is included and respected in their spirituality, cultural diversity, and individual uniqueness. This commitment is beautifully encapsulated in our motto: "Embraced, just as I am."

Eid is a perfect reflection of our values. It is a time when families and friends come together, sharing meals, exchanging gifts, and extending their hands in friendship and support to one another. It is a time to honor the diversity within our community, recognizing the beauty and richness that each person brings to our village life.

In our village, we celebrate and support the life purpose of every individual. We understand that each person has a unique story and journey, and we are here to embrace that with open hearts. This Eid, let us take a moment to appreciate the diverse tapestry of our community. Let us celebrate the different cultures, traditions, and beliefs that make our village vibrant and strong.

To our Muslim residents, families and team members, Eid Mubarak! May this day bring you peace, happiness, and many blessings. To everyone else, thank you for joining in this celebration, for showing support, and for contributing to the spirit of acceptance and inclusion that defines our home.

Let us continue to honor and uplift one another, today and always. Thank you, and Eid Mubarak.





Wisdom of the Elder



Celebrating Seniors' Month by sharing the wisdom of our seniors on the Green Bench

Tuesday, June 10 in the South Common Public Library

We are grateful that Gerry S. (RH) and Michael T. (LTC), two of our residents, took part in our Green Bench program.

"Stories are the BRIDGES between GENERATIONS"

Share and learn from the living legacies of our communities on the green bench during our local library visits.

June 2024 dates and locations at elderwisdom.ca





Residents' Council Corner

(RH)

The Retirement Home Regulatory Authority (RHRA) is responsible for approximately 780 licensed Retirement homes in Ontario, Erin Meadows is one such home.

All homes are inspected at least once every three years. The inspection report for our home is located outside the front office on Main St., if you are interested in reading it.

You can learn more about the role of the RHRA by going to their website. We also have brochures available, if you prefer.

Marion Goegan
Representative for RHRA.





Village Life

(RH)

Painting Class



Chucks Restaurant Outing



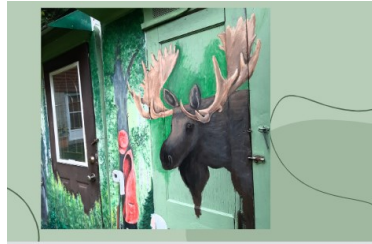
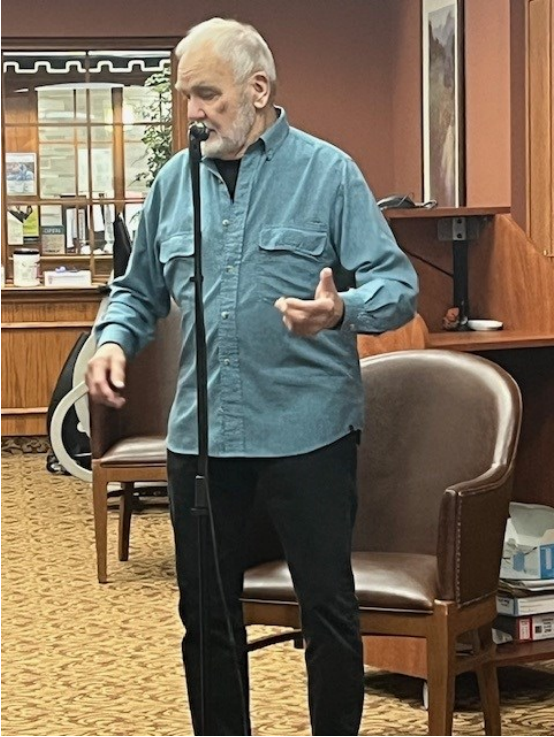


All About Me

(RH)

“All About Me” is a resident run program where they are encouraged to share one of their life experiences.

June Presenter : Klaus Wendland



Happy
Birthday

Des White	Sheila Aldworth
Nabiha Al Sammerae	Nalini Kapoor
Jean Michaels	Carmen Dodaro
Cynthia Seunaire	Violet Harney
Jai Narang	Graham Keyser
Margaret Quinn	John Intini
Philipp Lorenz	Betty Toppin
Pamela Berry	Ross Skippon
Gayle Johnson	Pushpaben Patel
Laura Lynne Searle	Margaret Rowe
Mary Frattini	Patrick Noonan
Gwen Elstone	Clive Dunstan
Georgette Rivest	Isabella Cushieri
Duncan Towe	John McReynolds
Annie Elizab Gilman	

Birthday Celebration with Filipa
Friday, 2:30 pm
Main Street



The Village of
ERIN MEADOWS

Village EVENTS

RETIREMENT

Entertainment:

Canada Day Celebration
With Andre Anthony
July 1st, Monday
2:30 pm, Outside Patio

Birthday Celebration with Filipa
July 19th, Friday
2:30 pm, Main Street

Summer Bazaar Music with Vivianna
July 27th, Saturday
2:30 pm, Outside Patio

Music Night
July 31st, Wednesday
6:00 pm, The Ruby

Outings:

Ripley's Aquarium
July 18th, Thursday, 10:00 am

Flamboro Casino
July 25th, Thursday, 10:00 am

Posters with the grocery schedules
for van drop-off and pick-up will be posted.

Vendor on Main Street:

Traditions Alive,
June 26h, Wednesday, 11:00 am

July Bulletin:

Food Forum
July 3rd, Wednesday
10:00 am, Town Hall

Men's Breakfast
July 4th, Thursday
9:15 am, The Ruby

Residents' Council Meeting
July 9th, Tuesday
10:30 am, Town Hall

Ladies Afternoon Tea Social
July 10th, Wednesday
3:00 pm, The Ruby

Café Paris
July 11th, Thursday
2:30 pm, Café

Young at Heart Painting
July 12th, Friday
2:30 pm, Hobby Shop

New Residents Welcome Committee Meeting
July 16th, Tuesday
10:00 am, School House

Poker with Desi
July 26th, Friday
2:00 pm, Hobby Shop

Summer Bazaar
July 27th, Saturday
11:00 am, Outside Patio

All About Me
July 31st, Wednesday
2:30 pm, Town Hall

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.kaur1@schlegelvillages.com
Neighbourhood Coordinator Derry/ Howland	Randi Black (Maternity Leave) Ann Swaby (LOA) Chi Awadh (Acting NC)	8051	randi.black@schlegelvillages.com ann.swaby@schlegelvillages.com chi.awadh@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	Dhvani Raval	8012	dhvani.raval@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 Manji	8009	afshin.manji@schlegelvillages.com
Physio	Muhammad Shoukat	8056	erin.physio@schlegelvillages.com
Volunteer and Student Placement Coordinator	Norelle Cuevas	8134	erin.volunteers@schlegelvillages.com
Chaplain	Pricely Francis	8008	pricely.francis@schlegelvillages.com
Residents Support Coordinator	Judiann Jackson	7129	erinmeadows.residentsupport@schlegelvillages.com
Trafalgar / Charge Nurse 8047 / 505	Dundas 8031		Derry 8033
Meadowvale 8017	Sheridan 8044		Howland 8050

Erin Meadows Retirement Living 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 Attopley	8116	solace.attopley@schlegelvillages.com
Assistant Wellness Coordinator	Juvy Villegas	8118	juvy.villegas@schlegelvillages.com
Assistant Wellness Coordinator	Nimra Benett	8242	nimra.benett@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 Richard Estrella	8126/ 8127	nimal.piyarathna@schlegelvillages.com richard.estrella@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	Daman Kaur	8097	daman.kaur@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	

HAPPY CANADA DAY

1ST JULY

Solve the following puzzle by finding all the hidden words!



FLAG

PICNIC

OTTAWA

RED

BEAVER

WHITE

FIREWORKS

CANADA

MAPLE

JULY

PROVINCE

PARTY

CELEBRATE

HOCKEY

GOOSE

PARADE



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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



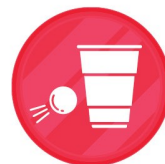
Slalom



Soccer



Parallel
Bars



Olympic
Shooting



Sprint





Help us give hope!

Join us for a beautiful
afternoon of golf
while raising funds
for the Wilfred
Schlegel Hope Fund.

**THURSDAY
SEPTEMBER 26**

12:15 p.m. – registration and lunch
1 p.m. shotgun start

Victoria Park East Golf Club
1096 Victoria Road South, Puslinch

Foursomes for sale

\$600 per foursome or \$150 per player.
• Includes lunch, dinner
and 18 holes of scramble golf.

To buy your tickets visit
schlegelvillages.com/GolfForeHope
or scan the QR code



All profits raised go
to the Wilfred Schlegel
Hope Fund.

#iGiveHope

WILFRED SCHLEGEL
Hope Fund


SCHLEGEL VILLAGES

Warm weather facts



WHO IS AT RISK

Anyone can get heat stroke, but infants and the elderly are at higher risk as their bodies may not be able to regulate temperature effectively.



COPING MECHANISM

Your ability to cope with extreme heat depends on the strength of your central nervous system.



OCCUPATION

People with occupations that require physical labour in hot environments are susceptible to heat strokes.



MEDICATION

Diuretics, sedatives, tranquilizers, and heart and blood pressure medications affect your body's ability to regulate temperatures.



BEVERAGES

Caffeine (stimulant) and alcohol increase the risk of warm weather-related illness.



MEDICAL CONDITIONS

Sleep disorders, and problems with the heart, lungs, liver, kidneys, thyroid, or blood vessels increase the risk.



CLOTHING

Wearing heavy and tight clothing can increase the risk. Opt for light-colored, loose-fitting clothing made of natural fibers (cotton/silk/linen).



DISEASES

Certain diseases increase risk; cystic fibrosis, for example, affects the ability to sweat.



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- wax removal,
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Our services are located at your Retirement Village, and appointments are required.

For more information or to book an **appointment please call**

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retirement@earandhearingclinic.com

www.earandhearingclinic.com



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, Masud & Ashleigh



The Village of Erin Meadows offers a full continuum of care:

AILSACRAIG – 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 \$5,165/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 \$3,990/month (2nd occupant add \$950)

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 \$5,100/month (2nd occupant add \$1,250)

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 \$6,320/month (2nd occupant add \$2,035)

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 \$6,600/month (2nd occupant add \$2,172)

Visit us online at schlegelvillages.com



Four foods for healthy aging

Most older adults are not consuming enough important nutrients to stay healthy. The best way to get the nutrients our bodies need is through food – that’s why it’s important to choose foods rich in protein, fibre, vitamins and minerals.

Heather Keller, Schlegel Research Chair in Nutrition and Aging, leads the Nutrition in Disguise project, which creates healthy recipes by adding nutrient-dense ingredients to popular recipes, such as lentils in brownies. Below are some of Keller’s favourite nutrient-dense foods to add to recipes or enjoy on their own.

Almonds

Add them sliced to salads, granola, trail mix, or as a topping for desserts, yogurt or cereal. They are a great source of vitamin E – a powerful antioxidant that is also important for the health of your brain and eyes. Other vitamin E-dense foods: sunflower seeds, peanut butter and avocado.

Dark chocolate

Need an excuse to have dark chocolate in your life? Dark chocolate (at least 70%) is packed with magnesium and iron. Magnesium is important for your muscles, and keeps your heart and immune system strong. Iron helps maintain

many important functions of the body, including energy and focus.

Wheat Germ

There are countless ways to add wheat germ to your diet – in yogurt, oatmeal, meatballs or meatloaf, smoothies, muffins, granola or toppings for parfaits. Wheat germ is a great source of omega-3, which has been shown to help prevent heart disease and stroke, and may prevent some cancers and other conditions. Wheat germ is also loaded with fibre and vitamin E.

Flax seeds

Similar to wheat germ, these seeds can easily be added to baked goods such as muffins, breads or loaves; or as a topping on yogurt, salads or cereal. Flax seeds contain a lot of fibre – a nutrient crucial for our digestive health and regular bowel movements. It also helps us feel fuller for longer, and can improve cholesterol and blood sugar levels. Omega-3 is also found in flax seeds.

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