

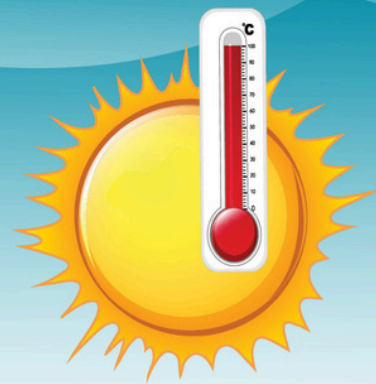
Erin Mills Lodge



August 2024 Newsletter



Stay hydrated!



FACTS



With the weather finally getting warmer, proper hydration is of increased importance for everyone but especially our residents



Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration



Evidence tells us that our residents need to drink at least 6-8 cups or 1500-2000 ml of water per day



Water in beverages (e.g. milk, coffee or tea) and foods counts!

TIPS



Drink water throughout the day



Eat foods with high water content such as fruit and vegetables



Drink together – when you consume water with others you are likely to drink more



Remind others to drink water regularly



Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking

Schlegel Villages – CONNECTIONS

Once all the quilt squares are **collected by October 31st**, our team will connect them into a beautiful collective quilt. We will collaborate with skilled quilters to finish the quilt, which will then be proudly displayed at Schlegel Villages.

Each quilt square and accompanying story will be turned into a digital display for our SVTVs and social media platforms. Additionally, our online digital quilt will allow you to click on an image to see the story behind it, preserving these precious memories in a digital format for all to see.

Join us in this touching tribute to our beloved grandparents. For more information on how to participate, please visit our website or contact your local Village.

Let's celebrate their legacy by creating a quilt filled with love, stories, and creativity!



WILFRED SCHLEGEL Day

Monday, August 5

Wilfred Schlegel Day marks a month of giving back to the community through a variety of initiatives, no matter how large or small.

Every year on the first Monday of August, Schlegel Villages honours Wilfred Schlegel for the way he inspired his son and grandsons to strive every day towards the betterment of their community and for how his legacy inspires us all.

Schlegel Villages – CONNECTIONS



September 8

Grandparents Day

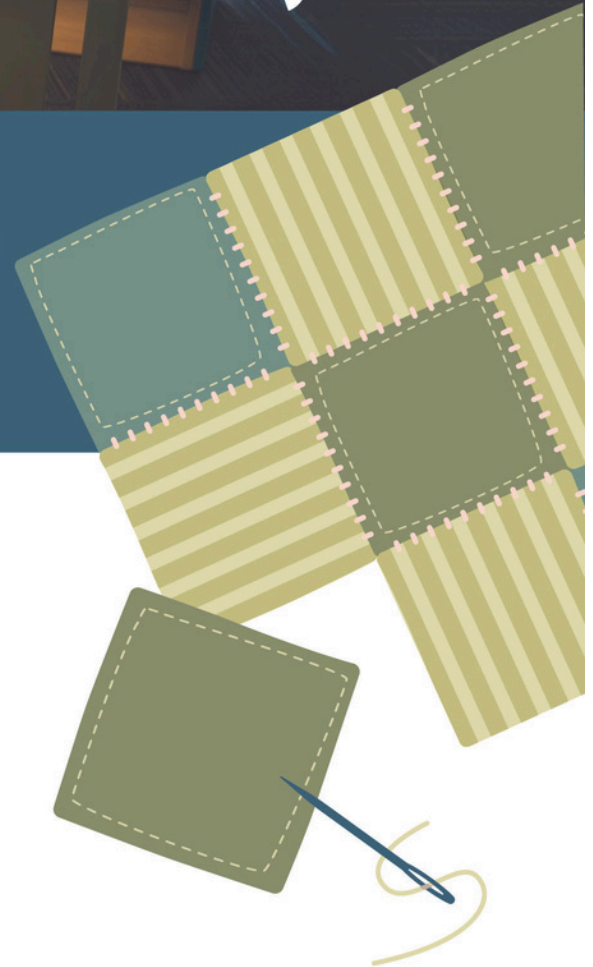
The **GRANDEST** **GRANDPARENT** *Legacy quilt project*

This year, Schlegel Villages is excited to celebrate Grandparents Day in a unique and heartfelt way! We invite all grandchildren to participate in our **Grandest Grandparent Legacy Quilt Project** by creating a personalized quilt square that showcases why their grandparent is the grandest.

Starting **August 15th**, we will provide 6x6 square materials at all our Villages and online for order. Grandchildren are encouraged to decorate their squares, leaving a 1/4 inch border on each side, and then send them back or drop them off at a Village. Along with their creative quilt square, participants should also submit a written piece explaining why their grandparent holds a special place in their hearts.

To make this project even more special, some of our Villages will host Grandparents Day programs on the second Sunday of September, where grandchildren and grandparents can come together to work on their quilt squares. This is a wonderful opportunity to bond, share stories, and create lasting memories.

Continued on next page



August Birthdays



Nirmala - August 8

Ann B - August 12

Magnola - August 18

Marion T - August 24

Lourdes - August 25

Joy - August 25

Irene - August 31

Winifred - August 31

Yvette - August 31



Upcoming Events

Icecream & Karoake - August 2

Chair Yoga - August 3rd

Flower Arranging - August 4

Spa Afternoon - August 7

Entertainment with Jack Garson - August 10

Entertainment with David T - August 12

Chair Yoga - August 13

Art Class - August 13

Chair Yoga - August 21

High Tea Social - August 24

Art Class - August 26

Tie Dye Tuesday - August 27

Birthday Party with Ryan Andrews - August 28

80's Disco Party (CQ) - August 30

Resident of the Month

Erindale Place



Our heartiest congratulations to the resident of the month for August- Mr. James Clarke. He has been with us from a while now. He has a very charming and friendly personality. His unwavering spirit and zest for life are truly inspiring. He has a remarkable ability to brighten the day of anyone he encounters, staff, and fellow residents alike. Whether it's engaging in lively conversations during group activities, sharing stories of his life experiences from Jamaica to all the way Canada, or offering a comforting presence to the other residents, James embodies the true essence of our family. As our resident of the month, James has not only exemplified kindness and compassion but has also been a source of strength and support to his fellow residents. His participation in various activities like group exercises, bowling, bingo, church services, stepping out programs, to gardening, has brought joy to our EML family. His dedication and cheerful personality have left an indelible mark on all of us. Your friendship and happiness make our family a vibrant place. We celebrate you, Mr. James Clarke, as our resident of the month for August, and we thank you for being a wonderful part of our family. Congratulations!

Resident of the Month

Sheridan Way



Congratulations to Nirmala for being awarded Resident of the month. Nirmala has been new to our facility and gets along well with everyone. Her dedication and kindness shine through in everything that you do. She makes an effort to stay active throughout the day by taking part in a variety of village events. She participates in several kinds of group activities, including group exercises, word games, trivia, BINGO, and entertainment. She likes to read books, watch TV, and be busy when she's in her room. Her nature is incredibly kind, and during the past few weeks, she has forged important relationships with both the team member and the residents. Her willingness to serve others and her upbeat demeanor have had a profound effect on everyone around her. We are grateful for your continuous efforts and feel proud to honor you.

You're awesome! We are thrilled to have you her with us and look forward to making some beautiful memories with you!

Resident of the Month

Hazel Lane



Congratulations to this month's Hazel Lane resident of the month: Marjorie! Marjorie has been a resident with us on Hazel Lane for a few years now and is a great addition to our neighborhood. Her vibrant smile, wittiness and kind heart are just a few of the many qualities that make Marjorie stand out. It has been a pleasure getting to know Marjorie, and every day you learn something new. Marjorie enjoys reading and learning about new topics and ways that she can help our village life. For instance, Marjorie has been vocal on what foods we need to benefit our health. She enjoys both independent and small group activities and, enjoys conversing with other residents and team members. In addition, Marjorie goes on various outings throughout the week and enjoys the time outside. We appreciate Marjorie's authenticity, wisdom for various topics and reminding us to seize the moment. Thank you, Marjorie, for being you!

Keeping your mind active

Keeping your brain active is like giving it a workout, helping you to think, concentrate, and feel better about yourself. Studies have shown that by doing simple daily exercises, we can learn new strategies and stretch our mental abilities. Inspired by the “By Us For Us Guide: Memory Workout”, this article shares enjoyable activities to help you keep your mind active, slow down memory decline, and improve overall well-being.

Simple Exercises to Boost Memory

Crosswords and Word Searches: These are great for improving vocabulary. You can set a 20-minute timer and see how many words you can find, rather than focusing on completing the puzzle.

Rubik’s Cube: They don’t have to be solved; the act of trying helps keep your mind active.

Jigsaw Puzzles: Start with puzzles that have fewer, larger pieces. As you get better, move on to more complex puzzles.

Musical Instruments: Even if you are only able to use one finger, it will still get you thinking and help with coordination.

Math Games: Games like Yahtzee or dominoes help keep your math skills sharp. You can also practice making change to improve your practical math abilities.



Memorization Activities: Try reading an article several times, or making a list of 10 items, and then see how much you remember.

Tips for Successful Brain Workouts

- Create a routine and try to set aside an hour each day, three to five times a week, for these activities.
- Pick activities you find fun and interesting to make it easier to stick with the routine.
- Begin with easier tasks and gradually increase the difficulty as you improve.
- Focus on what you can do and celebrate small achievements. You might do better tomorrow. You might have done better yesterday. What matters is that you are doing the best you can in the moment.

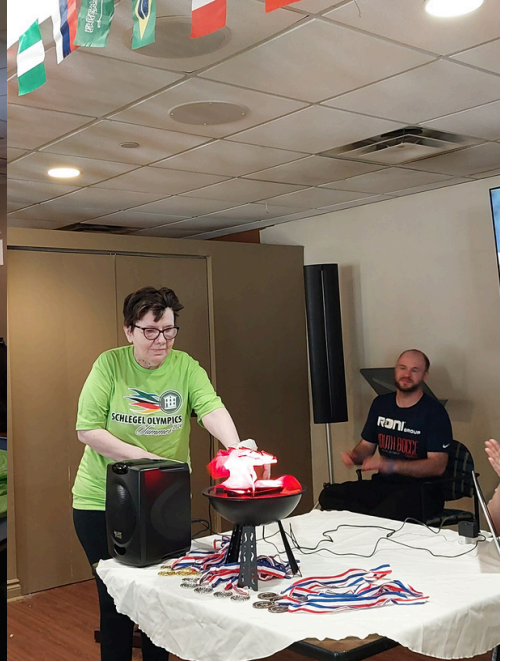
Keeping your brain active is a lifelong journey. So, pick up a puzzle, grab a deck of cards, or try a new game today – your brain will thank you for it!

For more tips and information, refer to the “By Us For Us Guide: Memory Workout”:
the-ria.ca/bufu.

Canada Day:



Olympics:



Hands On Exotics



Flower Arranging



Village Life



Erin Mills Lodge- Leadership Contact List

Donna Dalupan, General Manager	EXT 293
Elaine Eerkes, Director of Care	EXT 248
Pam Croucher, Assistant Director of Care/ IPAC	EXT 223
Narpinder Johal, Assistant Director of Care- ESN	EXT 215
Gurpreet Kaur, ADES	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

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