

THE VILLAGER

October 2024 Newsletter

Volume 22 Issue 10



hello
FALL



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 General Manager

Curtis Ferry

What a beautiful month October can be. The colours of the leaves in this part of the world are nothing short of astonishing and the local harvest brings us pumpkin spice, apple pie, and countless other treats to enjoy!

Canadian Thanksgiving is a favourite of mine as it always brings families together with little more than the idea of sharing our gratitude for life, and each other. It is refreshing to continue this tradition amongst the other annual holidays that have such a focus on material possessions and gifts – not that there is anything wrong with gifts, but it is good for the soul to have this time of joy and thanks amongst those we love.

Finally, we end the month with two of the most fun holidays I can think of: Diwali and Halloween. Diwali, as the celebration light over darkness and Halloween as its antithesis; warding off spirits in the night! Of course, in modern days we celebrate Diwali as the festival of lights, and Halloween with its customary trick-or-treating and dressing up as your favourite character.

What was your favourite Halloween costume when you were a kid? What will you be this year when the sun sets on October 31?

While reminiscing about our favourite childhood memories, let us not forget to live in the moment and enjoy all the beauty that a Canadian autumn bring us before the long, cold winter.

Oh, and one last thing... GO LEAFS GO!

Residents Council Meeting

LTC

Wednesday, October 9

2:00 PM

LTC Community Centre

Celebrating Thanksgiving

Monday, October 14

2 PM,

LTC Main Street

at Schlegel

Athlete of the Month

The PAL team would like to congratulate Rose Balsai as Athlete of the Month! Rose is currently active on our ambulation program walking 2 times a week! Rose is a determined individual who is always eager to exercise. Rose makes strong efforts to walk daily, and with the PAL team, she is currently walking 180 metres with no breaks! Rose continues to be an inspiration for all of us at the village, and we are proud of her commitment to maintaining an active lifestyle. We are happy to reward Rose for all her hardwork and determination!



Hello Erin Meadows!

Co-op Student Intro

Hello everyone! My name is Alim, and I am the new Kinesiology Co-op Student here at the Village of Erin Meadows. So far, my time here has been excellent! I'm enjoying the opportunity to get to know everyone and engage in physical activity. The welcoming environment and the chance to meet with so many amazing people have made the experience truly rewarding. I'm excited to continue growing and contributing in the months ahead! I recently completed my second year at the University of Waterloo, where I'm studying Kinesiology—the science of human movement. After graduation, I plan to pursue a career in physiotherapy, applying what I've learned to help others improve their mobility and overall well-being. Throughout my life I've been passionate about sports and staying active. My journey began at the age of 5 when I started playing soccer, not realizing then how deeply it would influence my future. My love for physical activity grew from there, and I played competitive soccer for the next 12 years. Along the way, I also developed a love for basketball, volleyball, and other sports. To this day, I keep fitness at the core of my routine by lifting weights and going on long-distance runs, always striving to stay in shape and feel my best. I'm excited to share my passion for movement and fitness, while also learning from all of you! You'll often find me in the fitness center on Main Street or walking around with weights—don't hesitate to stop by and say hello. I'm always happy to chat, offer tips, or just connect!



Spiritual Care

Pricely Francis
Chaplain

Blooming In Your Endless Dunes – Part 2

In part 1 of **Blooming in Your Endless Dunes** we embarked on a journey to uncover the glimmers of hope and encouragement in difficult and hopeless situations, using the story of the prophet Elijah in a desert place in the Old Testament as an example.

We peeled back the blanket of darkness to find flickers of hope in how we can thrive in a barren expanse, adapt to our arid landscapes, and cultivate strong supportive networks. In part 2, we continue our quest to find shining threads of hope woven into life's scorching sun of adversities.

1) **Find Beauty in Your Barrenness:** The desert often awakens in a symphony of colours, transforming the arid landscape into a breathtaking canvas of vibrant blossoms. Delicate wildflowers, each with its unique hue and sweet scent, burst forth from the parched earth, painting the sandy expanses with gold, purple, and crimson splashes. In this fleeting season of abundance, the desert comes alive, reminding us that even in the harshest of environments, beauty can emerge from resilience, and life can flourish against all odds. Seek beauty in your life during difficult times; every experience has value. In your moments of loss, find a reason to celebrate.

2) **Practice Patience and Endurance:** Many plants enter a dormant state during dry seasons to minimize metabolic activity and reduce water loss. In dormancy, photosynthesis slows or stops altogether. Many desert plants, like cacti, store water, allowing them to retain moisture during dry spells.

Desert plants time their growth cycles to coincide with seasonal rains, when they quickly resume metabolic activity, sprouting leaves, flowers, and fruits to take advantage of the water. Such plants and seeds often remain dormant for years, patiently waiting for favourable times. We can also survive parched times by being patient, calm, steadfast, resilient, persistent and composed.

3) **Find Food for Fortitude:** In the Elijah story, an angel fed him bread baked on hot coals and water to drink. On the strength of that food, he "traveled forty days and forty nights until he reached Horeb, the mountain of God." This beaten, scared, desperate man found food for fortitude.

Have you ever had an unusual imposition in your desperate moments? And it felt like a divine intervention? Or perhaps it was the kind support and help of a friend. Sometimes, even strangers come to the rescue. Then again, rescue may come in the form of a fresh insight or new revelation. That is food for fortitude. Whenever you are cast down in your desert place, believe and expect bread and water will come when you need it most. On such fuel, you will find the courage to continue on your pilgrimage to "the mountain of God" – a place of peace, respite, opulence, an oasis.

"Bloom where you are planted," they say. But only those people who have been chucked down in the middle of the desert know how challenging that Manifesto is. Challenging, yes, but not impossible. Do not lose hope if your landscape is parched and covered with a million sand dunes. Adapt and bloom your beauty for all to see.



Wishing you a
Happy Birthday! LTC

Howland

Rita E October 20
Motiram D October 26
Louisette B October 29

Dundas

John H October 3
Daisy A October 23
Ana T October 27
Robert V October 31

Trafalgar

Margaret S October 03
Milan V October 10
Iva R October 31

Meadowvale

Sumintra B October 04
Rose B October 10
Stefania D October 12
Joseph N October 21

Sheridan

Doreen B October 09
Sumintra B October 04

Derry

Erika S October 01
Diana S October 29
Louisett B October 29

Pub Night

Friday, October 25,
7 PM
LTC Main Street

Halloween Celebration

1930s Show
Thursday, October 31
2 PM
LTC Main Street



Colour Trip for LTC

**Join us for a ride and see the uniqueness of
the colours around us in this season.**

**Wednesday, October 16
1 PM—4PM**

**Please sign up with the recreation team
or Sami in the recreation office, ext 8007
Space is limited.**



Volunteer Central

Norelle Cuevas
Student and Volunteer Coordinator

Here at Erin Meadows, our volunteers are an integral part of our Village. In the next coming months, as our volunteer program continues to grow, stay tuned for updates on what's happening and new programs we'll be starting. Here is just a glimpse of what's to come:

EM Gardeners – group of volunteers, residents and team members who have a passion for nature and horticulture. The EM Gardeners are working on a sensory garden for our residents including vegetables, herbs and pollinated flowers.

Crochet Corner – for those that love to crochet! Creating different crochet projects with our residents.

Please feel free to reach out to me at Erin.Volunteers@SchlegelVillages.com for any volunteer inquiries or questions.

FAMILY COUNCIL MEETINGS (LTC)

Council Chambers - Main Street, 10am

Saturday, October 5, 2024

Topic: Ministry of Health Inspection and Reports
Speaker Lito Lagasca, Director of Nursing Care

Saturday, November 2, 2024

Nirmala Mery, BSO Lead
Behaviour & Personal Expression of Residents



Happy Birthday

Masako Kaibara	Louise Sinclair
Barbara Crabtree	Jill Barret
Barbara Campbell	Mirella Mio
Dianne Hilditch	Sophia Lohn
Barbara Bingham	Al Tower
Joyce Gallant	Kong Oh
Eulah Bent	Natalie De Sousa
Carol Crooks	Michael Farrell
George Morris	Velma Crozier
Selina Donnelly	Manubhai Patel
Earl Pearson	Theresa Wadden

**Birthday Celebration with The Notables
Friday, October 18th, 2:30 p.m.
Main Street**

Village Life

RH

Labour Day
Celebration



Village Life

RH

Celebrating Grandparents Day
in the Village



HAPPY
GRANDPARENTS
DAY



The Village of
ERIN MEADOWS

Village EVENTS

RETIREMENT

Entertainment:

Octoberfest Celebration with the Wander Duo

Friday, October 4th, 2:30 p.m.
Main Street

Thanksgiving Celebration with Jessica

Monday, October 14th, 2:30 p.m.
Main Street

Birthday Party with The Notables

Friday, October 18th, 2:30 pm
Main Street

Diwali Celebration

Wednesday, October 23rd, 2:15 p.m.
Main Street

Music Night

Monday, October 30th, 6:00 pm
The Ruby

Vendors on Main Street:

Flower, Flair & Gift

Wednesday, October 2nd, 10:00 a.m.

Cozy Corner

Wednesday, October 9th, 10:00 a.m.

Star of Modern Jewelry

Saturday, October 16th, , 10:00 a.m.

Fifth Avenue & Avon

Saturday, October 19th, 10:00 a.m.

Traditions Alive

Wednesday, October 23rd, 10:00 a.m.

Nelly's Comfort Shoes

Wednesday, October 30th, 10:00 a.m.

October Bulletin:

Food Forum

Wednesday, October 2nd, 10:00 a.m.
Town Hall

Men's Breakfast

Thursday, October 3rd, 9:15 a.m.
The Ruby

Residents' Council Meeting

Tuesday, October 8th, 10:30 am
Town Hall

Ladies Breakfast

Thursday, October 10th, 9:15 a.m.
The Ruby

Young at Heart Painting

Friday, October 11th, 2:30 p.m.
Hobby Shop

New Residents Welcome Committee Meeting

Tuesday, October 15th, 10:00 a.m.
School House

Afternoon Poker with Desi

Friday, October 25th, 2:00 p.m.
Town Hall

Outings:

Pearl Oakville Chinese Cuisine

Thursday, October 17th, 11:00 a.m.

Colour Trip

Thursday, October 24th, 11:00 a.m.

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

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		8100/ 8001	
Scheduling Coordinator	Colby Farrell	8100/ 8001	Colby.farrell@schlegelvillages.com
Village Office Coordinator (LTC/RH)	Ashima Ashima		ashima.ashima@schlegelvillages.com
Director of Nursing	Lito Lagasca	8010	lito.lagasca@schlegelvillages.com
Director of Quality Improvement	Malvina Goral		malvina.goral@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) Ruth Umadhay Ann Swaby (LOA)	8051	randi.black@schlegelvillages.com ruth.umadhay@schlegelvillages.com ann.swaby@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	Brigitte Swaby	8012	brigitte.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 Louise McGinn	8045	paolo.sison@schlegelvillages.com leah.ong@schlegelvillages.com louise.mcginn@schlegelvillages.com
Dietician	Sofia Shahzad	8012	sofia.shahzad@schlegelvillages.com
PAL Registered Kinesiologist	Edward Macias	8009	edward.macias@schlegelvillages.com
Physio	Muhammad Shoukat	8056	erin.physio@schlegelvillages.com
Volunteer and Student Placement Coordinator	Norelle Cuevas	8278	erin.volunteers@schlegelvillages.com
Chaplain	Pricely Francis	8008	pricely.francis@schlegelvillages.com
Residents Support Coordinator	Chi Awadh	7129	chi.awadh@schlegelvillages.com
Trafalgar / Charge Nurse 8047 / 505	Dundas 8031		Derry 8033
Meadowvale 8017	Sheridan 8044		Howland 8050

Erin Meadows Retirement Community 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	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	Arissa Niyamuddin	8113	arissa.niyamuddin@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 Attopey	8116	solace.attopey@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	Sarina Khoshbakhtian	8101	sarina.khoshbakhtian@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	

Thanksgiving Word Search

T B D C T P F T A B W G L C Y
R H S B G Q H P N R B N H S X
Z B A E P A C N R Q N T W T P
T Y P N N V U E M G P F R R G
T Y A K K V J W J O S K E F B
D Y F D J S L L A B T O O F Q
V U T J S Y G S M B U I F M J
L L M C E R N I A L F O E A U
Y R I K F S U U V E F C Y F W
P X R G J A T H Q I I P Y Z U
C U G W L U M H T I N D I A N
T O L X M F M I S O G G F T F
I I I N N O I I L S Z N W D T
N E P K R M I E Y Y T S A E F
K M C C J U V E P X N L Y M B

AUTUMN
FAMILY
FEAST
FOOTBALL

GOBBLE
INDIAN
PILGRIM
STUFFING

THANKFUL
THANKSGIVING
THURSDAY
TURKEY





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:

AILSA CRAIG – 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 \$5,166/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 \$3,991/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 \$5,165/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 \$6,325/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 \$6,580/month (2nd occupant add \$2,172)

Visit us online at schlegelvillages.com



**At The Smile Room,
we put our business where your mouth is!**

SERVICES

- Custom Teeth Cleaning - including scaling and polishing by a Registered Dental Hygienist
- Fluoride treatment
- Desensitization
- Silver Diamine (SDF) anti-cavity treatment
- Interim Stabilization Therapy (IST)
- Denture Service
- Basic Dental Services

SAFETY

- All procedures are performed with the safety of the client as our number one priority
- Use of appropriate PPE as indicated by our regulatory bodies
- We will sanitize our work area before and after every client

CONVENIENCE

- Our mobile dental clinic comes directly to you
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- Book your appointment and have your treatment completed - it just doesn't get any easier

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JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

It is our pleasure to offer full Audiology services to all Schlegel Village residents.

These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

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

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

1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com

Schlegel Villages – CONNECTIONS



THERE'S
always
SOMETHING TO BE
thankful
FOR

With the colours of Autumn marking another change of season, we reflect on the spirit of gratitude we have within Schlegel Villages. We are grateful so many people choose to make their home with us and we know that without the dedication, compassion and commitment of our amazing team members, we couldn't offer the care our residents deserve. We are thankful for all they do every day.

We are also grateful that this year we have seen fast progress in the construction of four new long-term care Villages, which when complete will allow us to expand upon our mission to offer our social model of living and our concept of Village Life to more of our neighbours. Across Ontario, there is a great need for new long-term care capacity, and Schlegel Villages is proud to be part of the solution.

Schlegel Villages – CONNECTIONS

ACTIVE AGING — WEEK —

The **Michael T. Sharratt Program for Active Living (PAL)** is one of the three Signature Programs that distinguishes Schlegel Villages among care providers, and during **Active Aging Week** from **September 30 to October 6**, we are reminded how fortunate we are to have such a program.

Our kinesiologists and exercise therapists work with partners and other team members to create individualized approaches to physical well-being for the residents we serve, and we encourage everyone to take advantage of the opportunities they offer. We see the impact of their efforts in many ways, and take this opportunity to share our gratitude for all of our PAL team members.



Schlegel Olympics, Summer 2024

Understanding Insomnia and How to Treat It

As we age, we often sleep less and experience poorer quality sleep. Many older adults struggle with insomnia, meaning they have trouble falling asleep, staying asleep, or waking up too early. Chronic insomnia, which lasts for more than three months, can significantly impact our health and quality of life because sleep is essential for our bodies and minds to recover.

Dr. Sophiya Benjamin, Schlegel Chair in Mental Health and Aging, studies these sleep changes and offers advice on managing insomnia.

- **Go to bed only when you're sleepy**, and if you're awake in bed for more than 20 minutes, get up and do something quiet like reading or listening to soft music until you feel sleepy again. Try to wake up at the same time every day to keep a regular sleep schedule.
- **Spend less time in bed if you can't sleep.** If you're lying in bed but not sleeping, try spending less time in bed. For example, if you're usually in bed for 9 hours but only sleep for 5.5 hours, try reducing your time in bed to 6 hours. This method works by increasing your body's sleep drive. You can slowly increase your time in bed as your sleep improves.
- **Relax before bed.** Try deep breathing, tensing and then relaxing your muscles, or



mindfulness exercises to help calm your mind and body. Remind yourself that it's okay to have a bad night's sleep once in a while. Your body will catch up, and being relaxed about it can actually help you sleep better.

- **Keep naps short.** If you need to nap, try to keep it under 20 minutes and avoid napping after 3 p.m.
- **Watch what you drink.** Avoid coffee or other caffeinated drinks after noon.
- **Talk to your pharmacist or doctor** to see if your medications might be affecting your sleep.

Understanding and accepting these natural changes in sleep as we age can help us take steps to improve our sleep quality. For more resources, visit mysleepwell.ca or consult with your doctor.

For more helpful content to enhance your life, subscribe to updates from the RIA at www.the-ria.ca/enews.