

Erin Mills Lodge

September 2024 Newsletter



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.



BEVERAGES

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



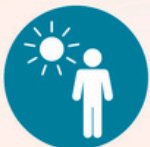
COPING MECHANISM

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



MEDICAL CONDITIONS

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



OCCUPATION

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



CLOTHING

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



MEDICATION

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



DISEASES

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

UPCOMING EVENTS

- | | |
|------------|-------------------------|
| Sept 1 | Flower Arranging |
| Sept 6 | Chinese Class w/ Pao |
| Sept 8 | High Tea Social |
| Sept 10&18 | Chair Yoga |
| Sept 24 | Birthday Party w/ David |
| Sept 25 | Chair yoga |
| Sept 26 | Resident's Council |
| Sept 27 | Beer tasting |
| Sept 30 | Art Class |



September Birthdays

A cluster of several pink balloons is positioned on the left side of the page, partially overlapping the text. The balloons are of various sizes and are arranged in a way that they appear to be floating or tied together.

Sept 4 Margaret H.

Sept 8 Jeannette B.

Sept 14 Maria F.

Sept 16 Melody D.

Sept 18 Ann Rice

Sept 29 Maurice G.

Wishing you a very happy birthday filled with love
and happiness!

Resident of the Month

Erindale Place



Many congratulations to Ms. Jeanette for being the resident of the month for Erindale Place. She has been here with us for a while now. Originally from Guyana, Ms. Jeanette has shared her valuable experience with us, having worked with the federal government handling police records with her impressive attention to details.

Beyond her professional life, she is an enthusiastic woman. Her love for music is well known and she can easily recognize any song by its music. She enjoys sharing stories about her past life, offering us a glimpse into her rich experiences and the vibrant culture that she carries with her.

She is also dedicated to her faith, regularly attending church services and finding comfort in reading the Bible. She loves trying new things and always approaches new things with excitement.

We are grateful for the positive energy you brings to our home!



Resident of the Month

Sheridan Way



Our heartiest congratulations to the resident of the month for September- Joyce B. Joyce is new to the village and it is wonderful to see how she has adapted to her new home. She has a very charming and positive personality. She has a unique way of getting along with everyone and willingly embrace change. She loves her workout routines and consistently takes part in group exercise. Whether participating in activities, sharing stories, or simply brightening our day with her infectious smile, Joyce, truly exemplifies the spirit of our neighbourhood. She has not only embraced new routines with remarkable ease but also made a significant effort to connect with fellow residents and staff alike. Its great to have you here with us and we hope to create some beautiful memories with you. Your presence is a valuable addition to our village!!



Resident of the Month

Hazel Lane



Congratulations to Marie Lyck, our lovely neighborhood member for being awarded as a resident of the month. Marie is a wonderful person who always brightens up any gathering with her great sense of humor and friendly nature. She has a special talent of making things fun and exciting, whether it's by joining in our recreation activities like flower arranging or bowling, or sharing a laugh with others in the dining room. She also has some unique habits that make her even more endearing, like her love for food and her dedication to always looking her best with a perfectly applied lipstick. Her enthusiasm for saying kind words to everyone and making jokes adds to her charm and makes people feel welcome. Marie is always ready to socialize and engage with others. Her vibrant personality and positive energy make her a true gem in our EML family. Once again, congratulations Marie on this well-deserved recognition. Your humor, friendliness, and unique qualities make you an exceptional person and a joy to be around!



Watermelon Day



High Tea Social



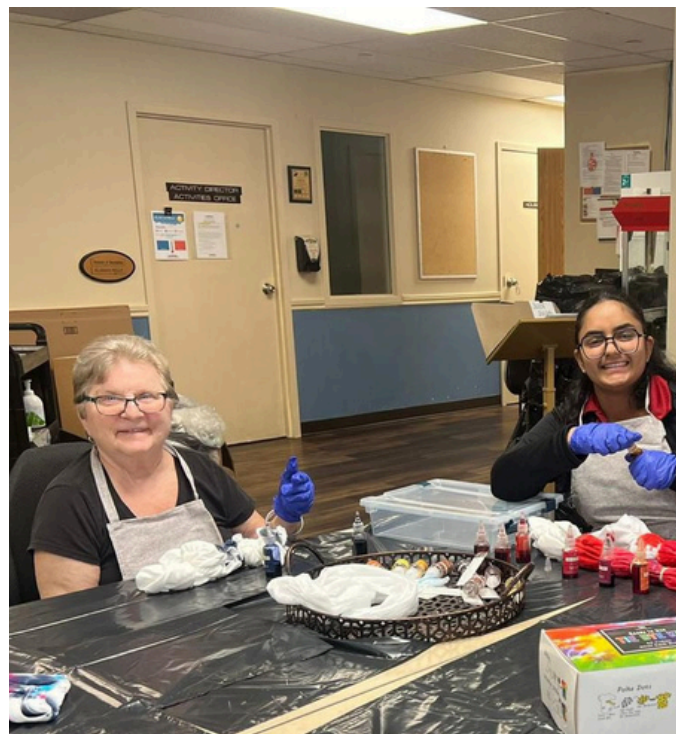
Entertainment



Chair Yoga



Tie -Dye Tuesday



Baking



Neighbourhood time



Schlegel Villages – CONNECTIONS

WELCOME STUDENTS

As the cool nights of August lead us into September, we are reminded of the hopeful days of the beginning of a new school year. It is a constant among generations that nearly everyone has experienced in life, the excitement and nervousness of new classes, teachers and classmates; within our Villages, those feelings are something we relate to, for we are part of so many students' lives.

We offer a warm welcome to all of the many students who will be part of our communities this fall. They come from

The students who come to learn and grow alongside our team members are an important part of Village Life, and we're always thankful that they choose us!

high schools as volunteers or on co-op placements, and from colleges and universities through hands-on placement opportunities in practically all aspects of Village Life. In several of our Villages, they are also part of our Living Classrooms, brought to us in partnership with different Ontario Colleges, like Mohawk, Conestoga or Sheridan. These future healthcare professionals all have the potential to help us transform the healthcare system, and we hope many will stay and grow with us.



Schlegel Villages – CONNECTIONS



National Day for Truth and Reconciliation

The First Nations, Inuit, and Métis peoples shared their knowledge and wisdom with the first settlers in Canada, guiding them through an unfamiliar land. Over time, this relationship deteriorated as greed and dogma drove the expansion westward, disregarding the deep-rooted wisdom of Indigenous peoples.

In the 19th and 20th centuries, this relationship reached its darkest point, with government- and church-sanctioned efforts to suppress and erase Indigenous cultures. On Sept. 30, we join millions across Canada in recognizing this painful history as we observe the National Day for Truth and Reconciliation. We wear orange in memory of Phyllis Jack Webstad,

whose orange shirt was taken away on her first day at residential school, symbolizing the broader injustices faced by First Nations children, families and communities.

At Schlegel Villages, our doors remain open as we come together in the spirit of learning and reflection, recognizing always have more to do. We honor diversity and encourage everyone to learn from the past, engage in meaningful conversations, and reflect on the strength and resilience of Indigenous peoples. Together, we remember, and together, we move forward toward a more equitable future for all.




ARTS & AGING
DAY CANADA



SEPTEMBER 24

A guide to embracing art as an older adult

Studies have shown that the arts can enhance a person's physical, mental, emotional, social and spiritual life. Participating in activities like gardening or being a part of a book club can bring people together, encourage personal growth, and create fond memories!

What counts as an arts-based activity?

There's no one answer when it comes to this question. Some people think the arts are limited to things like dancing and painting, but you can also be creative by doing things like baking or even fixing up a broken clock. Everyone has their own ways of being creative and there's no limit to how you can enjoy the arts and its benefits.

How can I start taking part in arts-based activities?

Many people are afraid that they aren't very artistic – they may have been told from an early age that they shouldn't dance because they have two left feet. It's important to let go of these thoughts and try something new, you might be surprised by how much fun you have!

Not feeling particularly creative one day but still want to do something arts-based? You can simply observe! Just attending a play, watching a performance or listening to your favorite song will be good for your mood and health.



There are lots of ways you can express your creativity! Here are just some ideas:

- Reading
- Painting
- Drawing or sketching
- Writing
- Playing an instrument or singing
- Acting
- Knitting
- Sewing or quilting
- Dancing

What is Arts and Aging Day Canada?

Arts and Aging Day Canada happens every year on September 24. From virtual events you can join from your home to admiring others' creations on social media, this day is all about expressing creativity and sharing the impact the arts have made on the lives of older adults.

Visit the Arts and Aging Day Canada web page to learn how you can participate: the-ria.ca/events/arts-and-aging-day

September Word Search

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

hot cocoa

september

football

vibrant

bonfire

change

autumn

leaves

smares

chilly

color

fair

Erin Mills Lodge- Leadership Contact List

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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
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