



Erin Mills Lodge

October 2024 Newsletter



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



October Birthdays

Marie L.- Oct 11

Annigje V.- Oct 16

Charmaine H.- Oct 17

Magdalena C.- Oct 23

Arthur D.- Oct 27

Irmgard N.- Oct 30

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



UPCOMING EVENTS

Oct 28th

Art Class 10:30 Activity Room
Concerts in Care 1:45 and 2:30
On the Neighbourhood

Oct 30th

Chair Yoga @ 10:30

Oct 31st

Halloween Party, Entertainment with
Ryan Andrews 2:30

Resident of the Month

Erindale Place



We are excited to honor Ms. Daphne as our Resident of the Month! With her big smile and infectious laughter, she brightens up our neighbourhood every day. She is always full of joy, spreading happiness wherever she goes.

Her sense of humor is truly one of a kind. She has a talent for making everyone laugh, whether she's sharing a funny story or cracking a clever joke at mealtimes.

Her laughter is so contagious that you can't help but join in!

But it's not just her humor that we love—Daphne has a deep passion for music. During our entertainment programs, you can find her dancing with enthusiasm, encouraging everyone to get up and join in the fun. Her warm and welcoming nature makes her a beloved member of our neighbourhood. She takes the time to connect with others, always offering a kind word or a cheerful greeting.

We're so grateful to have Ms. Daphne with us. Her positive spirit and love for life remind us all to enjoy each moment. Thank you, Daphne, for being such a shining light in our home!

Resident of the Month

Sheridan Way



We would like to sincerely congratulate Pao Chen on being named October's resident of the month. Having lived in our neighborhood for four years, Pao Chen personifies the spirit of our neighborhood with her unfailing kindness and dedication to helping others. She always greets everyone with a warm smile and her thoughtful gestures, like giving crochet gifts and checking in on others create a warm and caring atmosphere. Whether it's creating her own neighborhood programs (like a crochet class or Chinese class) or engaging in village life, Pao Chen never fails to take the initiative to stay connected. She also enjoys participating in various programs such as baking, crafts, BINGO, entertainment, group exercises, and many other activities.

Her kindness makes everyone around her feel valued and heard. She is quick to make friends and her efforts enhance the quality of life for residents and also inspire them to participate in the programs taking place in the neighbourhood. We are grateful to have you here with us, Pao-Chen and wish you good health and happiness. Thank you for always spreading a positive charm everywhere you go!!

Resident of the Month

Hazel Lane



We are thrilled to honor Edward Serblowski as our Resident of the month! He brings a warm and friendly spirit to our neighborhood, always greeting residents and staff members with a smile. Although he prefers to spend majority of his time in his room, his presence is felt and appreciated by all. Recently, Edwards has been making wonderful efforts to connect more with his fellow residents by engaging more actively and attending social events. His positive attitude and willingness to engage are inspiring, reminding us all of the importance of community. This month we celebrate his commitment to foster a friendly environment and for being such a valued member of our community. His smile brightens our day, and we look forwards to seeing him more often. Congratulations Edward! Thanks you for all that you do to make our neighborhood a better place. We appreciate you and are excited to continue building a stronger commuinity together!





Pumpkin Picking





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CHRISTMAS MARKET

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Saturday, December 7
10 a.m.–3 p.m.

Calling all vendors!

We are looking for talented vendors to join us in creating a festive and memorable holiday shopping experience!

To register, please call **Alanah Kelly** at
905-823-7273 x 261 or email
alanah.kelly@schlegelvillages.com



2132 Dundas Street West, Mississauga

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.

Erin Mills Lodge- Leadership Contact List

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Narpinder Johal, Assistant Director of Care	EXT 215
Gurpreet Kaur, Assistant Director of Care	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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