

# THE VILLAGER

February 2025 Newsletter

Volume 23, Issue 2



*Hello February*



*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

## Embracing the Spirit of Winter and Celebrating Togetherness

It seems we're being treated to a classic Canadian winter this year! While the cold isn't everyone's favorite, seeing the snow blanket the world outside fills my heart with warmth and nostalgia—bringing back memories of tobogganing, pond hockey, and other beloved Canadian winter traditions. I'm sure many of us hold fond memories of enjoying the unique joys each season brings with friends and family.

As February approaches, we have two special holidays to look forward to: Valentine's Day and Family Day. Both are beautiful opportunities to celebrate love and cherish the people who mean the most to us. It's the perfect time to reflect on what we're grateful for and share our appreciation with those closest to our hearts.

In the spirit of gratitude and recognition, I'm excited to announce the kickoff of our ballot process for the annual **Team Success Awards**. These awards honor the incredible team members who go above and beyond to make our Village a special place. Residents, family members, and staff are invited to nominate team members who exemplify our core values. This year's five award categories are:

**Know Me:** This team member demonstrates the meaning of true connection and takes the time to know each person's unique life story.

**Walk In My Shoes:** This team member practices true empathy through connection.

**Be Present:** In every interaction, this team member gives others their full attention and understand what it means to be present in that moment.

**Earn Trust:** This team member creates a sense of safety and comfort by delivering on our promises and taking that responsibility seriously.

**Follow Through:** This team member follow through all the way, earning a deep sense of gratitude, respect and loyalty.

Keep an eye out for posters and ballots around the Village with more details about these awards and how you can participate. Let's come together to celebrate the exceptional team members who make a difference every day!



# Success Awards



## Finding Clarity: A Journey from Blindness to Brilliance (with a Little Help from Your Figurative Glasses)

There was this one time I got lost in Boston, Massachusetts – and let me tell you, it was no picnic! I was attending a conference and, in a classic case of “forgetting the essentials,” I left my glasses at home. Now, navigating a new city at night without your trusty specs is like trying to bake a cake without the flour: messy and likely to leave you feeling a little out of sorts.

“There is none so blind as he who does not know he is blind.” Yes, that was me! I didn’t realize I had a vision problem until I moved to Canada. I kept missing my turns and was driving in circles like a cat on a hot tin roof—jumping around but never quite landing where I need to! Often, I had to make U-turns five kilometers down the road, only to pass by the same exit again!

Then came the revelation: I got my eyes tested and received my first pair of glasses. Wow! I was bowled over by all the details I’d been unknowingly missing – like seeing the street signs clearly!

And now, here I was in Boston, wandering through busy streets for a solid hour due to one little oversight! Isn’t life like that? We often overlook our own shortcomings and the truths that hide just beyond our awareness. Our perspectives can be as myopic as my driving that night, shaped and limited by our experiences, beliefs, and biases. We’re out here making wrong turns in our relationships and, stubbornly refusing to accept feedback, even if it’s being lovingly bestowed by those who adore us.

So, what’s the solution to this “lost in translation” moment? Well, my friends, it’s all about getting some “test glasses” – and I don’t mean the ones you need to read the instruction on your medicine bottle!

**1. Self-Reflection:** Think of self-reflection as your trusty GPS. Regularly setting aside time for contemplation can help uncover areas of life we might be overlooking, like the sock that’s been mysteriously missing for weeks! You can engage in journaling, present-moment awareness, or even a good, honest look in the mirror. And let’s not forget about seeking feedback. Some people might even have insights worth listening to – who knew?!

**2. Broader Perspective:** Remember, there’s always a perspective that transcends our senses. Engage in conversations with diverse individuals. You might just step outside your comfort zone and confront your assumptions—like believing that everyone else is totally clueless while you’re simply a lighthouse of wisdom! (Spoiler alert: we all have our blind spots!)

**3. Embrace Vulnerability:** Release your grip on perfection. Seriously, embrace your failures as if they were your fawning grandparents. After all, we learn so much more from our blunders than our wins. In the end, it’s those “oops” moments that often lead to the most growth.

The truth is, we all possess blind spots that can hinder our journey toward clarity and personal growth. By practicing self-reflection, engaging in meaningful conversations, and opening ourselves up to vulnerability, we can start to see our lives with renewed eyesight.

I can’t guarantee you’ll never get lost again in the city (heaven knows GPS isn’t always reliable), but I promise that every time you stumble in your relationships or personal life, you’ll gain a clearer perspective of where you might have gone off course. There is none so perceptive as those who acknowledge their own blindness! Now, let’s all put on our metaphorical glasses and navigate this beautiful, unpredictable life together—with a smile and maybe a little laughter along the way!

# at Schlegel

## *Athlete of the Month*

The PAL team would like to congratulate **Richard Vinette** as Athlete of the Month! Whether it is the ambulation program, Nu-Step, a group fitness class, or his 1:1 exercise program, Richard always participates. He is currently active on the Nu-Step program, biking two times a week! Richard's hard work and determination led him to go up a load on the bike, going from load 2 to load 3 now. We are so proud of Richard's efforts and are inspired by his drive. Keep it up, Richard!

From,

The PAL Team – Edward, Emily, Harneet, Chaya and Muhammad



## *Hello Erin Meadows!*

### *Alzheimer's Awareness Month and Brain Health*

The month of January is recognized as Alzheimer's Awareness Month. Almost half a million people in Canada live with dementia, impacting not only themselves, but their loved ones and caregivers as well. It is important to raise awareness about the disease and remove the stigma surrounding it. Try to find out more about Alzheimer's and dementia and listen to real stories from people living with the disease.

One way to reduce the risk factors for dementia is to improve your brain health. Maintaining a healthy brain allows you to think, act, and live well, and is crucial for overall well-being and quality of life.

Let's look at some ways to improve our brain health:

1. **Get active** – Reduce sedentary time and move more. Go join the many group activities the PAL team runs!
2. **Stay social** – Make sure to keep in touch with friends and family.
3. **Challenge your thinking** – Take on mental leisure activities you enjoy, and try something new!
4. **Get a good night's sleep** – Try to sleep at least 6-8 hours every night.

**Emily Vi**

*Student Kinesiologist*



Wishing you a  
**Happy Birthday!**

LTC

*Meadowvale*

Maria T February 22

*Trafalgar*

Sheila B February 3  
Carmela D February 17

*Derry*

Laurencia G February 2  
Samson M February 8  
Bibi M February 22  
Ann S February 26

*Sheridan*

Narinder P February 1  
Ellen L February 12  
Inderjit G February 14  
Leslie C February 15  
Margaret N February 21  
Bozenna W February 25

*Howland*

Sommaphan M February 6  
Maroun B February 9  
Caterina M February 13

**Birthday Bash**  
**Tuesday, February 25**  
**2 PM Main Street**

# LTC Events @ a Glance

<b>Celebrating Black History Month</b>	<b>Sunday, February 9, 2 PM</b>
<b>Celebrating Valentine's Day</b>	<b>Friday, February 14, 2 PM</b>
<b>Family Day with You</b>	<b>Monday, February 17, 2 PM</b>
<b>Birthday Bash with Filipa</b>	<b>Tuesday, February 25 2 PM</b>
<b>Lunch @ Mandarin ( rescheduled from January 23)</b>	<b>Wednesday, February 26</b>
<b>Pub Night with Emilio Zarris</b>	<b>Friday, February 28 6:30 PM</b>
<b>Memorial Service</b>	<b>Thursday, February 27, 3 PM in Town Hall</b>

Residents Council Meeting Wednesday, February 12, 2 PM  
in the Community Centre

Family Council Meeting, Saturday, February 1, 10 AM  
in the Council Chamber



## **FAMILY COUNCIL**

All family members are welcome to meet other family members for connection, mutual support, education, problem-solving to enhance the quality of life for our Long Term Care loved-ones.

First Saturday of each Month  
10 am in the Council Chamber, Main Street

Speakers are invited by the Family Council\*

**Saturday, January 11, 2025 (2<sup>nd</sup> Sat.)**

Review of 2024, Planning for 2025

**Saturday, February 1, 2025**

Speaker TBD


**Saturday, March 1, 2025**

Speaker TBD

\*Family Council – an organized, self-led, self-determining group of family and friends of LTC residents.

RSVP: not necessary, but we would love to know that you are coming.

For questions: contact,  
Chi Awadh, Resident Support Coordinator (RSC)  
905-569-7155 ext. 7129, [Chi.awadh@schlegelvillages.com](mailto:Chi.awadh@schlegelvillages.com)





# Village

# EVENTS

RETIREMENT HOME

## Entertainment:

**Family Day Celebration**  
Monday, February 17th - 2:30 pm

**Birthday Celebration**  
Friday, February 21st - 2:30 pm  
Main Street

**Music Night**  
Wednesday, February 26th - 5:30 pm  
The Ruby

**Black History Month Celebration**  
Friday, February 28th - 10:30 am  
Main Street

## Outings:

**Restaurant outing**  
Thursday, February 27th , 10:30 am

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

## Vendors on Main Street:

**Cathy's Scarves & Jewelry**, February 5th, Wednesday  
**Nelly's Comfort Shoes**, February 8th, Saturday  
**Express Fashions**, February 12th, Wednesday  
**Fifth Avenue**, February 15th, Saturday  
**Afy Shoes**, February 19th, Wednesday  
**Traditions Alive**, February 26th, Wednesday

## February Bulletin:

**Fraud and Scam Prevention**  
Monday, February 3rd - 10:00 am

**Food Forum**  
Wednesday, February 5th- 10:00 am  
Town Hall

**Men's Breakfast**  
Thursday, February 6th - 9:15 am  
The Ruby

**Young at Heart Painting**  
Friday, February 7th - 2:30 pm  
School House

**Residents' Council Meeting**  
Tuesday, February 11th - 10:30 am  
Town Hall

**Ladies Breakfast**  
Thursday, February 13th - 9:15 am  
The Ruby

**Dance the Day Away**  
Thursday, February 13th - 11:00 am  
Town Hall

**Valentine's Day Celebration  
(Wine & Cheese Afternoon)**  
Friday, February 14th - 2:30 pm  
Main Street

**New Residents Welcome  
Committee Meeting**  
Tuesday, February 18th - 10:00 am  
School House

**Understanding AI**  
Thursday, February 20th - 10:30 am  
Town Hall

**Memorial Service**  
Thursday, February 27th - 3:00 pm  
Town Hall



# Happy Birthday

Giovanni Risi	Muhammed Ansari
Cicely Noronha	Judith Patterson
Barbara Young	Tedi Wilhelm
Jinnah Ali	Ana Lobo
Ken Dwight	Phyllis Blair
Melvin De Souza	Marilyn Bauldry
Phyllis Buchanan	Horst Wilk
Marlene Scott	Ruth Fenner
Brian Patrick	

**Birthday Celebration**  
**Friday, February 21st, 2:30 pm**  
**Main Street**

# Village Life

RH



**Orchard Family  
Restaurant Outing**



**Curling Event  
Sleeman Centre**





# Neighbourhood Corner

Michelle Saunders  
Neighbourhood Coordinator-EM & EG

## Caring for our resident living with dementia through meaningful and active engagement

Our Emma's neighbourhood is home to 28 residents living with dementia. On Emma's, we live by Schlegel's signature program for Dementia care; "Living In My Today". With this program, our team members are educated to see dementia differently. Rather than seeing dementia as the clinical definition of symptoms such as short-term memory loss or cognitive impairment, we see dementia as a shift or change in the way a person perceives the world around them. All this to say, we 'live in their today' as a means to build better connections with our residents and try to understand their needs when they often cannot verbalize them independently. Some would call this resident centered care. But what happens when we shift that even further to "relationship centered care"? Instead of focusing on the care or assistance that each resident needs as a primary focus, what if we focused on building a relationship with each resident so that when we provide care or assistance throughout the day, the residents feel more trust, connection and joy? This is our ultimate goal!

If we think about the relationships we have with our friends, we often think about the consistent experiences we have with them, our feeling of knowing that these people in our lives will be there when we need advice, support, a shoulder to cry on or to share good news! On Emma's we actively work on building these relationships with our residents in every department. Our Med Certs, PCA's, Housekeepers, and Food Service Aides engage daily with our residents, intentionally, in an activity that is meaningful to that resident. For some, this is going to our café on main street to talk or get a change of scenery, and for others its karaoke or doing a puzzle together. Whatever the engagement is, it is meaningful in that moment to our residents. This is something we have been doing on the Emma's neighbourhood for a couple of months and we have seen its impact in the decreased amount of care refusals and personal expressions. To take it one step further we will be implementing daily set up of Emma's with cues and independent programs for our residents as well so they can work on a puzzle that is intentionally left out for them, pick up a book to either read or look at pictures, or perhaps pick up a colouring page. If you'd like to learn more about this program, or perhaps you'd like to engage with a loved one, please feel free to ask us about Meaningful and Active

Engagement!



# Erin Meadows Long Term Care Directory

Telephone # 905-569-7155			Fax # 905-569-8617
Title	Name	Ext.	Email Address
General Manager	Curtis Ferry	8108	curtis.ferry@schlegelvillages.com
Assistant General Manager	Terence Paul	8003	terence.paul@schlegelvillages.com
Administrative Coordinator ( LTC/RH )	Flo Abiog	8002	flo.abiog@schlegelvillages.com
Administrative Assistant	Thakshila Hemachandra	8100/ 8001	thaksila.hemachandra@schlegelvillages.com
Scheduling Coordinator	Iqra Raza	8100/ 8001	iqra.raza@schlegelvillages.com
Village Office Coordinator (LTC/RH)	Beza Teklu		beza.teklu@schlegelvillages.com
Director of Nursing	Lito Lagasca	8010	lito.lagasca@schlegelvillages.com
Director of Nursing (Apprentice)(Temporary)	Jaspreet Kaur Mahal		jaspreet.kaurmahal@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 (Temporary)	Nish Malot	8034	nish.malot@schlegelvillages.com
Neighbourhood Coordinator Dundas/ Trafalgar	Ramandeep Kaur	8041	ramandeep.kaur1@schlegelvillages.com
Neighbourhood Coordinator Derry/ Howland	Ruth Umadhay Ann Swaby (LOA)	8051	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 & Joanne Balancio	8045	paolo.sison@schlegelvillages.com joanne.balancio@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	Richard Estrella	8126/ 8127	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	

# Valentine word search

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

FEBRUARY

LOVE

VALENTINE

HEART

CUPID

CHOCOLATE

KISS

FLOWER

HUGS





## 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](http://schlegelvillages.com)



# Ear & Hearing Clinic

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](mailto:retirement@earandhearingclinic.com)**

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)





# The Ruby

SCHLEGEL VILLAGES' HIDDEN GEM



## Dining options

### Dine at The Ruby

Break bread with us.

Enjoy a delicious meal with a breathtaking view in our comfortably elegant dining room.

OR

### Take-out meals

Get it while it's hot.

Pick up a freshly cooked meal and enjoy it in your room or out in the courtyard.

**Wednesday** – 4–6:30 p.m.

**Thursday–Saturday** – Noon–2 p.m. | 4–6:30 p.m.

### Ruby on the run

Grab and eat now.

Enjoy freshly baked goodies and sweet treats.

**Every Wednesday on Main Street**  
**11:30 a.m.–2 p.m.**

### Catering

Celebrate special moments.

The Ruby is the perfect spot to host any special event or occasion.

**905-569-7155 x 8127**  
[richard.estrella@schlegelvillages.com](mailto:richard.estrella@schlegelvillages.com)

Reservations are recommended but walk-ins are welcome! **905-569-7155 x 8127**

**Join us on the  
12th floor!**

# Residents' Council Annual General Meeting and **Election**



**Date:** Tuesday, March 11, 2025  
**Time:** 10:30 AM  
**Location:** Town Hall  
**Light refreshments will be provided.**

The **NOMINATION** process is scheduled to occur from Wednesday, February 12 until Wednesday, March 5, 2025, at 6:00 PM.



## Guest meal pricing

**Tickets are available for purchase at the Village Office.**

While we request 24 hours' notice for guest meals, when possible, we will make every effort to accommodate last-minute requests.

	Retirement	Long-term Care
<b>Breakfast</b>	\$10.50	\$10.50
<b>Lunch</b>	\$16.80	\$13.65
<b>Dinner</b>	\$19.95	\$16.80





# Success Awards

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioned from our Success Awards to the newly designed **CONNECT the Dots Success Awards**.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

## Credo values – award categories



### **Know Me means to...**

- Understand and anticipate my needs
- Support my WELL-BEING
- EXCEED my expectations
- Make me feel SPECIAL



### **Earn Trust means to...**

- Demonstrate YOU care
- Take Responsibility for those we serve
- Create a sense of SAFETY AND COMFORT
- DELIVER on your/our promises



### **Be Present means to...**

- Be PATIENT and practice LISTENING
- Let ME guide the conversation
- ASK me my expectations and needs
- Focus on Me in the moment



### **Follow Through means to...**

- Show me my concerns are IMPORTANT
- Confirm that I am VALUED as a customer
- Let me know I will be TAKEN CARE OF
- Create MEMORABLE MOMENTS



### **Walk in My Shoes means to...**

- Hear what I HEAR
- See what I SEE
- Feel what I FEEL
- CONNECT with me

**Nomination ballot and Ballot box available in the Front desk.**

**Ballot Due : Thursday, March 13th, 2025**

Look for additional information posted around the Village and remember to nominate a deserving team member who continuously demonstrates the values of the credo!

# Schlegel Villages – CONNECTIONS

## Aspiration LAUNCH

Nearly 15 years ago, Schlegel Villages began a focused effort to transform and reshape the way care and support is offered for the residents who make their home in the Villages. This deliberate shift away from an “institutional model of care” towards what we define as a “social model of living” has always been guided by **eight aspirations**, developed collaboratively with the early pioneers of our change journey.

### The aspirations are to:

- Create Opportunities for Meaningful and Shared Activities;
- Foster Authentic Relationships;
- Promote Resident Empowerment;
- Honour Cultural Diversity;
- Connect Research and Innovation to Village Life;
- Offer Flexible Dining;
- Promote Cross-Functional Teams;
- Offer Flexible Living.

Throughout the Villages, we see these aspirations come to life in countless ways, but through 2025, as an organization we have chosen to



focus on one aspiration in particular:

### **Create Opportunities for Meaningful and Shared Activities.**

Later in February, expect to see team members throughout the Villages wearing their special aspiration t-shirts, and we encourage everyone to consider what this aspiration means to each one of us.

What activities are meaningful to you and how can our team members, residents, family members and partners consciously embrace the moments that can help spread that meaning so we can learn from each other and create lasting impact and memories? Life within our Villages is best defined by the relationships we enjoy within, and when we share what’s meaningful to us, our relationships grow stronger and more defined.

# Schlegel Villages – CONNECTIONS

SCHLEGEL VILLAGES ACKNOWLEDGES

# BLACK HISTORY MONTH

Honouring our vast cultural diversity within the Villages is an aspiration that guides us every day, and the celebration of Black History Month in February is another opportunity to reflect on the importance that diversity represents.

We encourage our team members and residents across the Villages to take advantage of the educational opportunities shared throughout the month, and we'd love to hear what more we can do to honour the inspirational legacy of the black community in our Villages and in the wider Canadian context.

We recognize that true equity is a goal we must all work together to achieve, and within our Villages we have residents and team members who represent the black community with distinction in all they do.

We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.



## How to have a healthy heart

February is Heart Month, a time to raise awareness about the importance of heart health.

Heart disease is a leading cause of death in Canada. While family history can play a role, other factors can harm your heart health.

Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, shared simple ways to keep your heart healthy and strong, as well as warning signs to look out for.

### What's the most important thing you want older adults to know about their heart health?

Heart health and overall health go hand in hand. Include physical activity and good nutrition every day to keep your heart healthy. A strong heart will help you heal after an injury or illness.

### What activities are best for improving heart health?

Walking at least 30 minutes every day. Be sure to include stair climbing, uphill, or faster walking at least 5 days per week. Challenge yourself to do more than you did last week, and if possible, avoid long periods of sitting, immobility, or bed rest.

### What warning signs should older adults and care partners look for?

Fatigue or shortness of breath when walking at a speed that used to be comfortable could be a sign of heart trouble. Some problems with heart health,

such as high blood pressure, are not obvious, so it is important to check in with your doctor or nurse practitioner regularly.

### What does your research seek to understand when it comes to heart health?

My research focuses on the arteries, which move blood through the body and also help with memory and thinking. Everyone's arteries get stiffer as they age, but not everyone's arteries get stiffer at the same rate. Exercise and good nutrition help keep arteries "younger."

Taking care of your heart is one of the best investments you can make in your health.

### Try adding these five foods to support heart health:

1. Almonds
2. Dark chocolate
3. Wheat germ
4. Flax seeds
5. Lentils and beans

For more information about aging well visit [the-ria.ca](http://the-ria.ca).