

THE VILLAGER

January 2025 Newsletter

Volume 23, Issue 1



January



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 Assistant General Manager

Terence Paul

As we step into January and embrace the start of a fresh year, The Village of Erin Meadows-LTC reflects on the milestones achieved in the past year and looks forward to the opportunities that lie ahead. The New Year is always a time for renewal, setting intentions, and celebrating the sense of community that binds us together.

Last year was a remarkable one for our village. We made significant strides in enhancing the care and comfort of our residents. One of our key accomplishments was increasing the PSW-to-resident ratio from 4 PSWs to 5 PSWs in LTC, ensuring more personalized and timely care for everyone. This improvement demonstrates our commitment to providing the highest standard of care and fostering a supportive environment for both residents and team members.

Additionally, we introduced six new ceiling lifts in LTC, making daily routines more accessible and safe for residents and care partners alike. These advancements underscore our dedication to continuously investing in our infrastructure and enhancing the quality of life for everyone in our care.

This January, as part of our 10th anniversary celebrations, we are launching an exciting initiative to gather stories from our residents about their hometowns. These stories will not only guide our plans to bring the Green Bench to more communities throughout the year but will also inspire our local Green Bench programs during Seniors Month. By sharing your experiences, memories, and wisdom, you help us celebrate the voices of our residents, strengthen connections within our community, and honour the legacy of our elders.

Let us welcome this New Year with gratitude for the progress we've made and enthusiasm for the adventures ahead. Here's to a year filled with growth, connection, and shared purpose at The Village of Erin Meadows!





Spiritual Care

Pricely Francis
Chaplain

Engage

Loud booms ejected flaming fireworks into the calm night sky with crackling, popping, whistles and screams, leaving behind the sweet, excited, intoxicating, powdery, smokey smell that tingled everyone's nostrils. Far above the city, the night sky came alive with bright orange, purple, red and blue firework stars, choreographing magnificent, intricate patterns that disappeared as quickly as they burst into existence.

Excitement ran through the smoky night air and hope, like firecrackers, exploded in everyone's heart; perhaps 2025 will be a better year.

There is one way to ensure that the New Year will shed its freshness, hope and optimism unto us: Engage. How do we engage the New Year? We must be deliberate and active participants, not mere hopeful spectators.

Of course, there are a million and one or two ways to engage, but you wouldn't want to exhaust the entire year reading this article. Would you? Here are three meaningful ways to engage 2025.

Set Goals for personal and (where team members are concerned) professional growth. Don't make grandiose goals. Make them simple, clear and meaningful. Minor improvements pile up after a while. Your goals will provide direction and motivation for you.

Build Positive Relationships. Set out to strengthen connections with family, friends, and other residents and team members. The experts say that strong relationships enhance emotional support and joy. And who doesn't need emotional stability in this crazy world? And a little joy to splash here and there would be like Christmas all year round.

Practice Gratitude and Mindfulness. Take time to appreciate the positives in life, and do this, mainly when your life seems out of whack. What you think about, you feel about. And what you feel will be your experience.

Mindfulness is a way of perceiving, thinking, and behaving. It is a manner of awareness, acceptance, and action. Awareness allows you to see things clearly, acceptance helps you accept things as they are, and action enables you to take appropriate actions.

The New Year comes with a lot of hope and expectations, but it delivers no assurances, guarantees or warranties. Therefore, we must engage it in a manner that will insulate us from its barbs.

Engagement is an advantageous way to live in 2025. It fosters community and combat loneliness. It enhances emotional and mental well-being and helps us to stay present and find joy in everyday moments.

Engagement brings to every day the excitement and the hope of New Year's Eve. So get out of your apartment, room, and shell and give it a shot.

at Schlegel

Athlete of the Month

The PAL team would like to congratulate Tammy To as Athlete of the Month!

Tammy's enthusiasm shines through every session, and she always exercises with a smile! Currently, Tammy actively participates in our ambulation, strength training, and NuStep programs. Her consistency with exercise has resulted in great success, moving up to level 3 on the NuStep and ambulating 50 metres! Tammy inspires us all to stay committed to an active and healthy lifestyle! Keep up the amazing work!

From,
The PAL Team – Edward, Alim,
Harnet, Chaya and Muhammad



Hello Erin Meadows!

Farewell and Welcome!

As the year comes to a close, my time here at Schlegel Villages comes to an end as I will be continuing my third year of studies at the University of Waterloo. Over the past 4 months, I've been incredibly grateful to share my passion for exercise and fitness with all of you. In return, I've had the privilege of building meaningful relationships with many residents and members of the community. I want to express gratitude for allowing me to be a part of your lives and I will truly miss seeing all of you every day and sharing smiles. While I'll miss our daily interactions, the memories and experiences we've shared will stay with me always! I wish you all good health and happiness, and don't forget to stay active! I'm excited to introduce you all to Emily, the new Kinesiology Student who will be starting in January!

Alim Noordin

Kinesiology Student

Hello everyone! My name is Emily, and I will be taking on the role of Kinesiology Student in the new year. I am currently a 4th-year Kinesiology student at the University of Waterloo, and this will be my fourth and final co-op term. My previous term was spent at another Schlegel Village, the Village of Tansley Woods. I had such a rewarding and insightful experience as the Student Kinesiologist that I knew I had to return for another term! I truly cherished the relationships I built with both the staff and residents, and I am excited to build new friendships with everyone at the Village of Erin Meadows!

Emily Vi

Kinesiology Student

Our Shoe Box Project

By Margaret Santos

On Tuesday December 17th, 2024, we including (myself resident from Trafalgar, Charlene team member from Dundas, Judiann Jackson team member from Dundas, and Annabelle Ada-Cruz team leader from RH) all piled into the Schlegel Villages van to drop off the shoe boxes filled with body wash and/or soap, deodorant, hair brushes and/or combs, hair elastics and/or scrunchies, toothbrushes, and toothpaste to the Embrave Agency to End Violence: an anti-violence organization providing shelter, counselling and advocacy supports for women, Two-Spirit, gender-queer, trans and non-binary folks and their children experiencing any form of violence in the Region of Peel and beyond. They provide supports and services to survivors with or without children.

We understand that survivors' experiences of violence are compounded by intersecting forms of racism and oppression. Embrave is a low barrier organization that is committed to ending gender-based violence by acknowledging and addressing the multitude of barriers facing folks who have experienced violence and by providing crisis intervention and a range of supports and services. Embrave's definition of gender-based violence includes intimate partner violence, sexual assault, sexual harassment, cyber violence; physical, emotional and financial violence; stalking; structural and systemic violence, such as racism, colonialism, classism, transphobia, homophobia, islamophobia, nationalism and ableism.

Charlene, Judiann, and Annabelle were very inquisitive about Embrave agency and all the different types of services that were offered there and what the women from the actual shelter may need. In all seriousness, they do need all the things listed above but they need other things too, such as clothes and shoes for women, children, and babies; they need diapers, feminine products, and toys for the children.

I have a close personal connection to this particular agency, I actually stayed there when it was Interim Place. They said to me that WOW! you have just taken this full circle we gave back to you about 23 years ago when you needed it the most, and now you're giving back to us. Do you know what? We collected 24 boxes full of stuff to give to these women; although we collected 45 boxes full of stuff when I did this back in 2014 or 2015 but things weren't as expensive then as they are now.

I want to thank everyone who helped Charlene and myself to bring together our dream of helping a non-profit agency called Embrave. I also want to thank the residents from Trafalgar who helped to put these boxes together including Lorraine Coffin, Debbie Jackson, and Gursherin. Judiann said that she wouldn't mind working there, part time because it's so rewarding and so fulfilling to be working in such an environment where you are making a difference in the lives of women every day. But I reminded them that you guys make a huge and impactful difference in our lives every day. I can safely say that we all found the whole experience extremely humbling. Thank you to everyone who gave up their time to make our contribution this year, a successful one.





Wishing you a
Happy Birthday!

LTC

Dundas

Carol J December 14

Sheridan

Maria B January 1
Ma Li c January 2
Elaine C January 25

Derry

Gerry S January 5
Emilie L January 19
Tin Yin L January 29

Howland

Mike M January 7
Joanne A January 15
Octavio M January 25
Aleida D January 27

Trafalgar

Shahsultan D January

Birthday Bash
Thursday, January 28
2 PM Main Street

LTC Events @ a Glance

Sunday Social with Rosita	Sunday, January 5, 2 PM
Golden Oldies	Saturday, January 11 2 PM
Entertainment	Tuesday, January 14 2 PM
Celebrating African Culture	Friday, January 17 2 PM
Lunch at Mandarin	Thursday, January 23 10:30-3:30
Pub Night with James Regan	Friday, January 24 6:30 PM
Classical Guitar Concert	Sunday, January 26 2:30– Town Hall
Birthday Bash	Tuesday, January 28 2 PM

Residents Council Meeting Wednesday, January 8, 2 PM
in the Community Centre

Family Council Meeting, Saturday, January 11, 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 (2nd 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

Decorating Christmas Tree



Village Life

LTC



For LTC Residents
Lunch at



Thursday, January 23
11:00 - 3:30pm
\$30.00 per resident

Please sign up with
the Recreation Team.
Limited Space

Village EVENTS

RETIREMENT HOME

Entertainment:

New Year Celebration

Wednesday, January 1st - 2:30 pm

Golden Oldies

Saturday, January 11th - 3:30 pm
Main Street

Afternoon Music

Friday, January 17th - 2:30 pm
Main Street

Classical Guitar Concert

Sunday, January 26th - 2:30 pm
Town Hall

Music Night

Wednesday, January 29th - 5:30 pm
The Ruby

Birthday Celebration

Friday, January 31st - 2:30 pm
Main Street

Outings:

Mohawk Casino Outing

Thursday, January 9th, 11:00 AM

Restaurant outing

Friday, January , 6:30 pm

January Bulletin:

Men's Breakfast

Thursday, January 2nd - 9:15 am
The Ruby

Food Forum

Wednesday, January 8th - 10:00 am
Town Hall

Ladies Breakfast

Thursday, January 9th - 9:15 am
The Ruby

Young at Heart Painting

Friday, January 10th - 2:30 pm
School House

Residents' Council Meeting

Tuesday, January 14th - 10:30 am
Town Hall

Poker Night

Monday, January 27th - 7:00 pm
Town Hall

Vendors on Main Street:

Gemstones Botanica, January 15th, Wednesday

Traditions Alive, January 25th, Saturday

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

Happy Birthday

Lydia Olson	Betty Morrison
Adamantia Frattolin	Norma Curtis
Roop Lalbeharry	Anjali Sharma
Marilyn Willis	George Shepherd
Maria Scavello	Emma Wendland
Joanna Angelis	Evelyn Brindle
Shirley French	Paula Outridge
Betty Heffernan	Setsuko Mukai
Sky Mills	Chander Narang
Pat Billingham	Marina Finch
Modesto Cardarelli	Keith McLeish
Ross Halbert	

Birthday Celebration
Friday, January 31st, 2:30 pm
Main Street

Village Life

RH

Christmas Carols with Clive, Pat and Darren

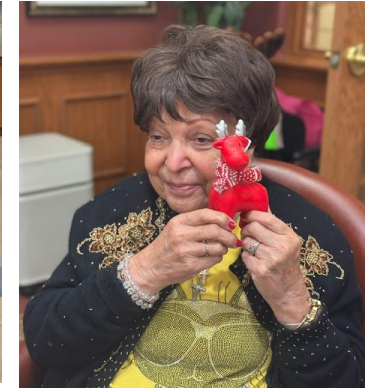
A warm and heartfelt thank you to the Dunstan family—Clive, Pat, and Darren—for generously sharing their incredible talents with us. We are also grateful to the other residents, Duncan and Frank, for their beautiful contributions through song. A special thanks goes to our wonderful team member, Armi, who joined them in this musical moment. Your collective spirit, enthusiasm, and participation brought so much joy and made the event truly memorable. We deeply appreciate each of you for making this such a special occasion.



Village Life

RH

Christmas fun with residents and families at the Village

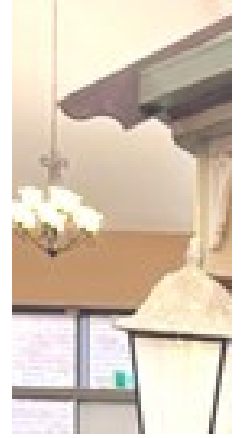


Village Life

RH

Team Members Christmas Presentation

A sincere and heartfelt thank you to all the team members who devoted their time and effort to making this presentation a memorable experience for the residents. Your hard work and dedication reflect the core values we hold dear in the village. The talent you displayed truly brightened the residents' day and filled them with happiness. Kudos to each and every one of you for making this possible—your contributions are deeply appreciated!





Neighbourhood Corner

Hayley McHugh
Neighbourhood Coordinator-WB

What is the “Spot the Dot” Board?

Schlegel Villages prides itself on growth and a thriving village for residents, families, and team members. One of Schlegel Village’s signature programs is “Connect the Dots”, where team members take part in the unique customer experience training program developed to provide team members with the service skills and knowledge required to provide all customers with meaningful experiences in each Village. Each month, a group of team members take part in this program so that they can learn and continue providing a great customer experience. The team learns this through our five dots which are: Know Me, Be Present, Walk in my Shoes, Earn Trust, and Follow Through.



Our Customer Credo, **CONNECT the dots**, represents our beliefs, as an organization, that help guide our actions and behaviours in delivering an extraordinary experience for our customers.

The Spot the Dot board is a great way for residents and families to recognize the great work that the team members do every day; as well as for team members to recognize each other!

The admin desk has round sticky notes that team members, families, and residents can use to write down a recognition of a team member, who they think is doing a great job or going above and beyond.



Who are you going to recognize today?



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 & Leah Ong Joanne Balancio	8045	paolo.sison@schlegelvillages.com leah.ong@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	



Winter Word Search



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

BLIZZARD

BOOTS

COAT

COCOA

COLD

DECEMBER

EARMUFFS

FEBRUARY

FIREPLACE

FROSTY

HAT

ICE

ICICLES

JANUARY

MARCH

MITTENS

PLOW

SCARF

SHOVEL

SKIING

SLEDDING

SNOW

SWEATER

WINTER





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



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

www.earandhearingclinic.com





#ElderWisdom 10th Anniversary

Resident submission

Village residents!

Share your story, your connection to your hometown, and the places you've always dreamed of visiting, with us!

From these submissions, we'll select a few special locations where residents and the Green Bench will travel in 2025.

While we won't be able to visit all the locations submitted, we greatly appreciate every story shared. Some may be featured in our anniversary celebrations throughout the year.



SUBMIT



DEADLINE

Submit by **Friday, January 10, 2025**

QUESTIONS?

Contact **Ted Hudson** at 519-496-5984
or ted.hudson@schlegelvillages.com

Schlegel Villages – CONNECTIONS

GRAND SLAM OF CURLING

Schlegel Villages' Day

Thursday, January 16

11:30 a.m. | Sleeman Centre, Guelph

Through the long Canadian winter, two sports bring energy to small towns and communities across the nation; hockey, of course, is the great Canadian game, but alongside the hockey arena nearly every small town in the country boasts a curling rink.

Curling has always been a way to draw communities together and this year **Schlegel Villages is proud to be a key sponsor** of the WFG Masters Grand Slam of Curling event in Guelph from **January 14–19**, which will bring the global curling community together with some of the world's top athletes.



January 16 will be Schlegel Villages' Day at the bonspiel. We expect to have more than 500 people connected to our Villages at the Sleeman Centre that day, showcasing our love of competition and the way our communities are connected, despite the distances that separate our 18 Villages.

Interested in attending?

Reach out to the director of recreation or general manager at your Village.

We hope to see you there!



#ElderWisdom
10th Anniversary

Resident submission

Share your story, your connection to your hometown, and the places you've always dreamed of visiting, with us!



Deadline for submission is **Friday, January 10, 2025**

Schlegel Villages – CONNECTIONS



Alzheimer's Awareness Month



January marks a month of awareness around Alzheimer's disease and other forms of dementia in our Villages.

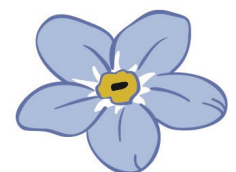
People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease and how to offer meaningful support.

LIMT, our signature dementia program, is coming to life within our Villages. ME forms, sharing our resident's life stories, are the first step in the Supportive Approaches to Care pillar of the program. This is ME top 10 frames are being installed to help us develop personal relationships with residents during care interactions.

The Meaningful and Active Engagement pillar is enhanced with new resources for Neighbourhood Time, a program that will be introduced across our Villages in 2025, where anyone in the neighbourhood can be involved in engaging residents!

GATHER support groups foster connections among residents, encouraging mutual support, and linking care partners with others who share similar experiences.

There are many LIMT successes to build on in 2025!



Words of Wisdom offer Dementia Support

When facing a dementia diagnosis, big questions start to surface: *What happens next? How do I plan for the future? How will this change my relationships?* For care partners, the experience can be just as overwhelming.

The new Words of Wisdom resources are here to help throughout the dementia journey.

The idea for the resources started with a special event series, “People Living with Dementia Share Their Wisdom.” People from across Canada came together to share their experiences with dementia — from their diagnosis, to planning for the future, to handling stigma. Their heartfelt stories were full of wisdom, and it became clear that they should be shared with more people. The resulting collection of eight resources offer support for both people living with dementia and the people who support them.

For people living with dementia, the guides focus on topics like:

- Tips for handling common misunderstandings about dementia.
- What to expect after getting a diagnosis and where to find support.
- How to plan for future care and support as needs change.
- Simple ways to stay active and take care of mental, emotional, and physical health.



The “People Living With Dementia Share Their Wisdom” panel discussions were spearheaded by dementia advocate Myrna Norman.

For care partners, the guides cover:

- What it means to be a care partner and how to take care of yourself too.
- How to advocate for a loved one through the diagnosis process.
- Tips for care partners to stay healthy and manage stress.
- How to prepare for important care decisions.

Each guide is filled with simple steps people can take right away, like ideas for talking about future care, making a daily routine, and finding support in their community. Through the real quotes and reflections from people living with dementia and care partners, these voices show that while dementia can bring challenges, it is still possible to live well, find joy, and feel connected to others.

Whether you are a person living with dementia or supporting one, these guides are here to empower, inform, and inspire you. Find them at the-ria.ca/resources/words-of-wisdom