

THE VILLAGER

March 2025 Newsletter

Volume 23, Issue 3



Our Mission is to provide holistic health care in a home environment located within an intentional neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.



Message from Assistant General Manager

Simi Kaur

From Snow Shovels to Staying Strong: Navigating the Season Together

With the recent snowfall, many of us have been reminded just how much work winter can be. As we watched the snow pile up outside, memories of bundling up, grabbing our shovels, and braving the cold to clear our driveways flooded in. It wasn't always easy, but we got through it—one scoop at a time. And while we might hope for fewer days of shoveling in the future, winter always finds new ways to challenge us, especially when it comes to our health.

As the season changes, so do the hurdles we face. Like many communities, we're currently seeing an increase in respiratory and stomach-related illnesses. Cooler temperatures, more time indoors, can be frustrating. They are a reminder that, just as we've conquered many winters before, we will overcome this one together.

Winter also has a unique way of bringing people closer—literally. The cold weather encourages us to gather in shared spaces to enjoy meals, conversations, and activities. This sense of community is what makes our home so special; however, it also means that germs can spread more easily. The dry winter air may weaken our natural defenses, allowing a single illness to travel quickly from person to person. That's why it's essential to take small but meaningful steps to protect ourselves and each other. Simple habits like frequent handwashing, covering coughs and sneezes, staying well-hydrated, and taking time to rest when feeling under the weather can make a big difference.

Our dedicated team is working hard to keep our residents safe through extra cleaning, regular check-ins, and ongoing care for everyone's well-being. Beyond physical health, winter is also a time to nurture our hearts and minds. Whether it's curling up with a good book, enjoying a warm cup of tea with friends, or savoring the little joys that brighten our days, this season offers a chance to connect on a deeper level.

As we look ahead, there's even more to be excited about. With spring just around the corner, we can anticipate longer days, warmer weather, and the beautiful renewal of nature. This time of year, also aligns with the celebration of International Women's Day, a moment to honor the incredible strength, resilience, and contributions of the women in our community. Today, we celebrate the inspiring leadership, compassion, and unwavering commitment of women who help shape our shared journey. Their achievements enrich our lives and remind us that together, we can create a more inclusive, caring, and empowered community.

We sincerely appreciate the patience and support of our residents and families. Your cooperation and understanding help us create a safe and welcoming environment for all.

Let's stay warm, stay healthy, and look forward to a season filled with renewal, celebration, and, yes—fewer days of shoveling!



The Delightful Dilemma - The Unexpected Benefits of Fasting

I was never one for fasting. I savour my meals with delight, perhaps greedy, relish. My belly and I have a wonderfully indulgent relationship! So, can you imagine my consternation when, as a child, I discovered my Church was into regular fasting and caloric restriction!

I can count on one hand how many times I have fasted (and perhaps have some fingers left over).

But then, one day, I came across a book on the marvels of fasting (or food deprivation, if I had the last word). I must admit, I was impressed.

1. Weight Loss
2. Improves insulin sensitivity, which helps to control blood sugar levels
3. Cellular repair
4. Heart health - improves cholesterol levels and blood pressure
5. Reduces inflammation
6. Engenders mental clarity and enhances focus
7. Longevity – (research suggests fasting may promote lifespan extension and reduce the risk of age-related diseases)
8. Enhanced metabolism, as in fat burning (and who doesn't want to burn some fat?)
9. Increases human growth hormone levels (HGH), which plays a role in fat loss and muscle gain
10. Spiritual benefits.

Spiritual benefits include mindfulness, self-discipline, and spiritual reflection. I guess my Church was more concerned about this benefit and regarded all the others as incidental.

If you are excited about the blessing and boon of fasting, you may want to join the Muslims as they celebrate Ramadan. Just so you know, Ramadan is the ninth month of the Muslim calendar and the holy month of fasting. It is observed by Muslims worldwide as a month of fasting, prayer, reflection, and community. For the next 30 days (starting February 28), Muslims will refrain from eating or drinking anything from sunrise to sunset.

We have a few Muslim residents and team members, and we will mark this sacred month of reflection with them. This season of prayer, compassion, and self-discipline ends on March 29. Our Erin Meadows family will culminate the period with Eid al-Fitr (the Festival of Breaking the Fast) on March 31 at 2:00 PM in the Town Hall.

For the Eid celebration, it is traditional to wear new clothes, recite a short prayer called a takbeer on the way to the mosque, eat something sweet like a date, and spend time with friends and family, sharing meals and exchanging gifts.

I guess by now you know what my favourite Muslim religious festival is. You're right on the money: The Festival of Breaking the Fast. I hope to see you there but don't ask me if I fasted for 30 days, or I'll have to tell you the truth.

Allah on this day make my fasts the fasts of those who fast sincerely and my standing up in prayer of those who stand up in prayer. Awaken me from the sleep of the heedless and forgive me my sins. O God of the worlds forgive me, O one who forgives the sinners.

at Schlegel



Athlete of the Month

The PAL team would like to congratulate **Octavio Moniz** as Athlete of the Month! Octavio is incredibly hardworking and is always working towards a goal. He is currently active on our ambulation program walking 2 times a week, on top of his weights program! Thanks to Octavio's determination, we have seen him go from walking 60m to doubling the distance and walking 120m! We are happy to reward Octavio for all his efforts and determination this month. Keep it up!

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



Hello Erin Meadows!

World Sleep Day March 14

March 14th is recognized as World Sleep Day. A day to remind everyone the importance of sleep for our mental health and well-being. Now, why exactly is getting those 8-10 hours of good quality sleep so important? Well, there are many reasons why, here are just a few of them:

1. Your heart does not work as hard during sleep as it does when you are awake, promoting a healthy heart.
2. Adequate sleep can enhance your fine motor skills, reaction time, muscular power, and endurance.
3. When you sleep, your immune system works harder; thus, lack of sleep makes you more likely to get colds.
4. Lack of sleep or good quality sleep can lead to problems focusing on tasks and thinking clearly.

While getting a good night's sleep is a lot harder than it sounds, here are some ways you can promote quality sleep for longer:

1. Follow a regular sleep schedule – go to sleep and get up at the same time each day
2. Keep napping to a minimum – especially in the evening
3. Regularly participate in physical activities – take part in the many fitness classes the PAL team runs!
4. Avoid screens right before bed – shutdown all devices at least 60 minutes before bedtime

Emily Vi

Student Kinesiologist



Wishing you a
Happy Birthday!

LTC

Meadowvale

Giuseppe G March 2

Souad A March 21

Ali A March 31

Sheridan

Phyllis V March 28

Trafalgar

Ljubica P March 22

Cecylia D March 30

Dundas

Raymond L March 9

Pamela C March 15

Mile V March 15

Peter P March 23

Eleanor Mc March 29

Amedeo C March 30

Howland

Harry H March 2

Nina V March 13

Frank T March 20

Derry

Jane T March 28

Birthday Bash
Tuesday, March 25
2 PM Main Street

LTC Events @ a Glance

Wings Over the Rain Forest	Friday, March 7 2 PM
Golden Oldies	Saturday, March 8 2 PM
Magic Show	Tuesday, March 11 2 PM
Irish Show	Sunday, March 16 2 PM
Entertainment with Deidrey	Tuesday, March 18 2 PM
Birthday Bash	Tuesday, March 25 2 PM
Trip To Centennial Greenhouse	Wednesday, March 26 1-4 PM
Pub Night with Vivianna	Friday, March 28 6:30 PM

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

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



FAMILY COUNCIL LTC

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

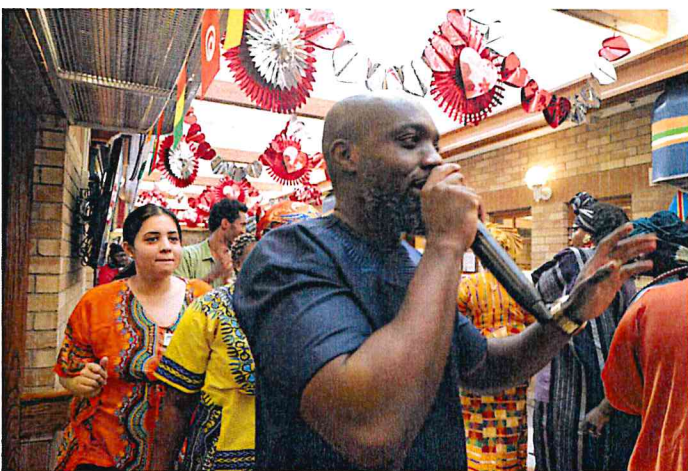


Village Life

LTC



African Day





March is Nutrition Month!

As a dietitian, I know how powerful the right nutrition can be. This March, I'm excited to share how food can nourish more than just our bodies—it nourishes our minds, our emotions, and our overall well-being. Let's nourish our bodies to flourish, together!

Sofia Shahzad, RD

Why is 'eating well' important?

Eating well is crucial for everyone as it helps the body get the right balance of nutrition to function optimally. This article focuses on identifying and treating undernutrition.

Symptoms to look out for?

If someone you know is at risk of losing weight or becoming underweight, look out for these signs:

- BMI less than 20
- Unplanned weight loss
- Poor appetite or trouble finishing meals
- Eating less food or drink than usual
- Difficulty keeping warm
- Poor concentration or irritability
- Loss of interest in food
- Social withdrawal
- Pressure ulcers or poor wound healing

Who is at risk?

Risk of losing weight increases with age. Various factors can contribute to weight loss:

- **Social factors:** Isolation, loneliness, work and financial pressure, lack of cooking skills, difficulty shopping or preparing food, and lack of knowledge about food and nutrition.
- **Psychological factors:** Confusion, anxiety, depression, and bereavement.
- **Physical factors:** Poor appetite, illness, recent hospital stay, swallowing problems, memory loss, poorly fitting dentures, sickness, nausea, diarrhea, loss of taste and smell, and dementia.

Tips for eating more

Losing weight is not a natural part of the ageing process. If your loved one is losing weight, the following eating guidelines may apply to them:

- Offer small, frequent meals and snacks, instead of 3 large meals
- Offer snacks around their favourite TV programmes
- **High calorie/protein snack ideas** include thick and creamy yoghurts, cake, cheese and crackers buffet foods full and fat dairy products
- Avoid 'diet' or 'low fat' products
- Include nourishing drinks, e.g. whole milk, milky coffee, milkshakes, hot chocolate, malted drinks e.g. Ovaltine, Horlicks
- **Fortify food** – add extra calories without increasing the food portion. Examples include adding cream to soups and casseroles, or adding butter and cheese to mashed potato

Village



EVENTS

RETIREMENT HOME

Entertainment:

Golden Oldies

Saturday, March 8th - 3:30 pm
Main Street

Finnigan School of Irish Dance

Friday, March 14th - 2:30 pm
Main Street

St. Patrick's Celebration with Frank and Mike

Monday, March 17th - 2:30 pm
Social Club

Music Night with Ashley

Wednesday, March 19th - 5:30 pm
The Ruby

Birthday Celebration with Emilio

Friday, March 28th - 2:30 pm
Main Street

Classical Guitar Performance

Sunday, March 30th - 2:30 pm
Town Hall

Outings:

Restaurant outing

Thursday, March 27th , 11:00 am

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

March Bulletin:

Men's Breakfast

Tuesday, March 4th - 9:15 am
The Ruby

Food Forum

Wednesday, March 5th - 10:00 am
Town Hall

Whiskey Tasting

Friday, March 7th - 4:00 pm
Social Club

Residents' Council Election

Tuesday, March 11th - 10:30 am
Town Hall

Ladies Breakfast

Tuesday, March 18th - 9:15 am
The Ruby

New Residents Welcome Committee Meeting

Tuesday, March 18th - 10:00 am
School House

Paint Social

Friday, March 21st - 2:30 pm
Town Hall

Poker with Desi

Monday, March 24th - 7:00 pm
Town Hall

Vendors on Main Street:

Traditions Alive, March 15th, Saturday

Adrian's Fashion, March 19th, Wednesday


Stars of Modern Jewelry, March 26th, Wednesday

Happy Birthday

Neale Goodale	Fern Vandette
Keith Geddes	Antonio Grilo
Jane Miller	Wendy Day
Cecile Mina	Allan Baudlry
Patricia Eccles	Ester Stoch
Shirley Vincent	John Stevenson
Lise Molinaro	Sally Carter
Francis Schweiger	Denise Harris
Joseph Cordeiro	Josephine Shimizu
Suzanne Bregman	Joan Spencer
Joseph Messmer	Margaret O'Halloran
Clara Oh	Armando Mio
Pat Salisbury	Frances Beniuk
Betty Steyn	Sandra Flint
Gavin Herman	Pauline Town

Birthday Celebration with Emilio
Friday, March 28th, 2:30 pm
Main Street

THE VILLAGE OF ERIN MEADOWS NEWSLETTER



Program for Active Living

Are you a new resident wondering about physical activity and exercise classes in the village?

Our weekly fitness program offers a variety of classes designed to promote overall health and well-being.

Whether you're looking to build strength, improve flexibility, or enhance mobility, we provide accessible options for all fitness levels.

The classes are tailored to support different needs, from beginners to those with mobility challenges, and include gentle movements to improve balance, flexibility, and strength.

By incorporating breathing techniques and restorative exercises, the program helps reduce stress and enhance mindfulness.

Joining the program is a great step toward maintaining a healthier, more active lifestyle.



Movement Matters - Lifemark Classes

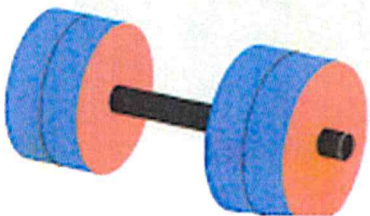
Lifemark Wellness also offers programs, held downstairs in the fitness center, which are designed to improve balance, strength, and overall well-being. These programs are ideal for participants looking to enhance mobility and prevent falls.

The Falls Prevention Program takes a comprehensive approach, combining education with targeted exercises to improve balance, flexibility, and strength, helping to reduce fall risks and improve home safety.

For those seeking a higher-intensity workout, the Pump It Up class incorporates exercise bands, dumbbells, and bodyweight movements to boost muscle strength and endurance.

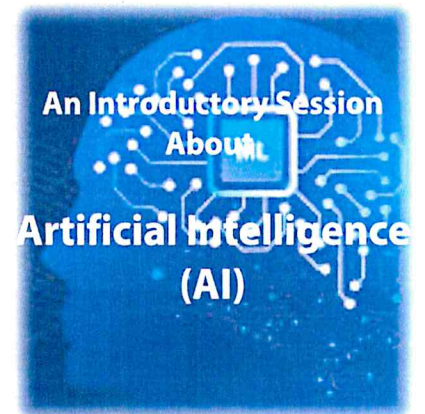
Additionally, Seated Dance offers a fun, low-impact way to enhance range of motion and functional movement, making it perfect for anyone looking to stay active while having fun.

These programs provide a supportive environment to enhance physical health and reduce fall risk.



Village Life

RH



Village Life

RH



As they enjoyed breakfast, the lovely ladies shared their memories of their first love.

What a wonderful day to celebrate Valentine's Day!



Palliative care is a specialized approach focused on improving the quality of life for individuals facing end-of-life by providing comfort, dignity, and support for both residents, their families and friends. People should leave this world with the comfort of loved ones and pass with comfort, and dignity. At Schlegel Village, we recognize and honor all stages of life, ensuring that residents receive compassionate care tailored to their unique needs. Our Palliative Committee is dedicated to enhancing end-of-life experiences through thoughtful initiatives, offering support not only to residents but also to their loved ones. This includes our Comfort Cart, which is available to all residents who are near end-of-life. Recently replenished, we have two carts which we call **Comfort Carts**. One is on the second floor supporting Emma's Memory Care and Egerton Assisted Living. The second one is on our Williamsburg Neighborhood to support the tower. The Comfort Cart contains items such as : hand cream, assort teas, coffee, music, snacks and reading material. It also contains activities for younger children that may be involved in the process. Our goal is to create a peaceful and supportive environment during this delicate time

A resident who is actively palliative may receive a visit by a team member who volunteers their time to provide support to the family.

If you are a team member passionate about providing care for our residents at every stage of their life and would like to join the committee, please reach out to :



Nimra Benett (AWC)
nimra.benett@schlegelvillages.com



Christina Beamish (DLO)
christina.beamish@schlegelvillages.com



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
Asst. Director of Nursing IPAC Lead	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
Director of Nursing Apprentice (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
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.attopley@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	

R HOURS:

Ruby-on-the-Run:
Wednesday 11:30AM-2PM

DINE-IN:

Wednesday 4-8PM
Thursday-Saturday
12-8PM

MARCH EVENTS

March 4 (Tuesday)
Men's Breakfast

March 18 (Tuesday)
Ladies Breakfast

March 26 (Wednesday)
Music Night

March 30 (Sunday)
Sunday Brunch

**Join us on the
12th floor**

**Call for a reservation:
905-569-7155
x 8127**

The Ruby
SCHLEGEL VILLAGES' HIDDEN GEM

St Patrick's Day

word search

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



BEER
CORNED BEEF
GOLD
GREEN
HARP

HOLY TRINITY
IRELAND
IRISH
LEPRECHAUN
LUCKY

MARCH
PARADES
PATRON SAINT
RAINBOW
SHAMROCK





**LOOK GOOD
FEEL BETTER®**

Supporting those facing cancer with the appearance-related impact of cancer and its treatment.

Look Good Feel Better is a non-profit that has been supporting those facing cancer for over 32 years. Look Good Feel Better offers free workshops that give individuals the tools and techniques to feel confident and empowered. Our program provides proven health benefits to those facing all cancers, by increasing well-being, confidence, and positive self-image.

At the Look Good Feel Better workshops, people with cancer can learn how to manage the appearance-related impact of the disease and its treatment.

Look Good Feel Better offers their **Skincare, Cosmetics and Hair Alternatives Workshop** on the first Wednesday of each month, at the Village of Erin Meadows. This workshop covers skincare, suncare, cosmetics, make-up application, hair loss and wigs, and is **designed for those going through cancer and treatment.**

Offering a unique sense of community, you'll be part of a small group, with different



cancer diagnoses and going through different treatments, who come together to learn and share. Led by our expert volunteers, you'll walk through a series of signature steps designed to help you feel like yourself again.

Each participant receives a kit of donated skincare and cosmetic products to use during the workshop, and to take home. The workshop is interactive, and we welcome your participation and questions! The workshop runs for two hours, is non-medical, and provides a great opportunity for connection – we know how important it is to feel like yourself again, while going through cancer.

Pre-Registration is a must, and space is limited each month.

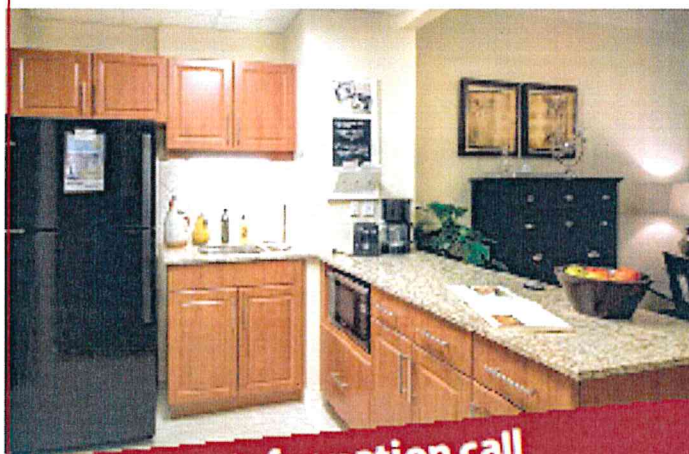
If you, or someone you know, could benefit from this workshop, please register with Look Good Feel Better by calling: 1-800-914-5665, or through their website: <https://lgfb.ca/en>

Look Good Feel Better is grateful to the Village of Erin Meadows' residents and staff for welcoming us into your home. Thanks to you, we are supporting individuals facing cancer.



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





Barb Schlegel
Volunteer Award



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

March 1-15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you
for your
nomination!**

Medication Management Made Simple

Managing medications can be difficult as we age. Keeping track of prescriptions, understanding dosages, and ensuring safe use all require careful attention. Tejal Patel, pharmacist and Schlegel Specialist in Medication Management and Aging, shares expert advice to help you simplify the process and improve your medication safety.

Keeping Track of Medications

Maintaining an updated list of all medications is essential. This should include:

- Prescription drugs
- Over-the-counter medications
- Vitamins and supplements (e.g., ginseng, ginkgo)
- Any natural health products

Update this list whenever there is a change, such as a new medication, stopping a medication, or changing the dosage. Keep track of any side effects and discuss them with your doctor.

Getting the Right Support

If you have difficulties with medication use, talk to your pharmacist. They can help with:

- Opening bottles or blister packs
- Swallowing pills
- Reading medication labels



- Understanding instructions
- Organizing your pills

Pharmacists offer solutions, such as easy-open packaging or other ways of taking a medication.

Key Questions to Ask About a New Medication

1. Does this interact with any medications or supplements I take?
2. What side effects should I watch for?
3. When will I start to feel its effects?
4. What time of day should I take it, and should it be taken with food?
5. How should I stop taking it safely?
6. How often will I need a refill?
7. What happens if I miss a dose?
8. Are there any activities (e.g., driving) I should avoid while taking this medication?

By staying informed and seeking the right support, keeping track of medications can become an easier part of daily life.

Subscribe to updates from the RIA at the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.