

THE VILLAGER

April 2025 Newsletter

Volume 23, Issue 4

Hello
Spring



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

Terence Paul

Dear LTC Family,

Spring has arrived, bringing with it a sense of renewal and growth. The warmth of the sun, the vibrant blossoms, and the fresh greenery remind us that change is a natural and beautiful part of life. Just as nature flourishes in this season, we too are embracing positive changes within our community.

In LTC, we are committed to continuous improvement, ensuring our residents experience the highest quality of care and comfort. This spring, we are excited to share some recent updates and upcoming enhancements that will contribute to a safer, more comfortable, and vibrant living environment.

Recent and Upcoming Improvements in LTC

New Tables and Chairs for Main Street

Fresh, modern furniture has been carefully selected and ordered to enhance our Main Street. Soon, residents will enjoy a more comfortable and inviting space for socializing, and connecting with one another.

New Shower Chairs and Weighing Scales

We are pleased to announce the arrival of 4 new shower chairs and 4 state-of-the-art weighing scales, now in circulation throughout the village. These additions provide enhanced safety and comfort during bathing and ensure accurate health monitoring for our residents.

New High-Low Beds

On January 23, we received 36 new high-low beds, replacing all manual crank beds in our LTC neighborhoods. These adjustable beds offer greater comfort, improved accessibility, and increased safety for residents and our team members.

As we embrace the beauty of spring, these enhancements mark a new chapter of growth and renewal for our LTC community. Our dedicated team is implementing these changes with the utmost care, ensuring minimal disruption to residents' daily routines. We are confident that these upgrades will make a significant positive impact on our residents' quality of life.

Thank you for your continued support and patience as we work together to nurture a community where everyone feels safe, comfortable, and valued. Just as spring brings new beginnings, we are committed to fostering growth and flourishing together.



Spiritual Care

Pricely Francis
Spiritual Lead

Miracles and Meals: The Rich Traditions of Passover and the Seder Meal

Once upon a time, in ancient Egypt, the Hebrew people were enslaved, enduring harsh treatment and oppression under Pharaoh's rule. They cried out to God for deliverance, and in response, He chose Moses to lead them to freedom. God performed miraculous signs to demonstrate His power, but Pharaoh's heart remained hardened.

As the final act of deliverance drew near, God instructed Moses to prepare the Israelites for an incredible event known as the Passover. Each family was to choose a perfect lamb, free from blemish, and sacrifice it. They were to take the lamb's blood and paint it on the doorposts of their homes. This would serve as a sign to God to "pass over" their households during the final plague, the death of the firstborn, which would strike Egypt.

On that fateful night, as darkness covered the land, the Israelites followed God's instructions with faith. They feasted on the roasted lamb with unleavened bread and bitter herbs, symbolizing their suffering and the urgency of their escape, for they would soon flee Egypt.

The morning after the "pass over" night, the Israelites rejoiced, for their homes had been spared death. Recognizing the mighty hand of God, Pharaoh finally relented and freed the Hebrew people from bondage.

The Passover became a lasting symbol of liberation and faith. Each year, the Jewish people remember this miraculous event, celebrating their deliverance and the covenant between God and His chosen people. The lamb that was sacrificed now symbolizes not only the deliverance from Egypt but also foreshadows redemption, embodying hope and the promise of a new beginning.

The Seder meal is a central ritual of the Jewish Passover, celebrated on the first two nights of the holiday. It is a rich, ceremonial dinner that recounts the story of the Exodus, when the Israelites were freed from slavery in Egypt. The Seder plate holds symbolic foods, each with its own significance. The bitter herbs represent the bitterness of slavery, while charoset symbolizes the mortar used by the Israelites when they were forced to build in Egypt.

During the meal, participants read from the Haggadah, a text that guides the Seder and narrates the Passover story, encouraging discussions about Jewish history, faith, and tradition. The act of dipping parsley in salt water, reciting blessings, and retelling the story fosters a communal atmosphere of remembrance and gratitude, ensuring that the lessons of freedom and liberation resonate through generations. Through the Seder, families come together not only to remember their past but also to celebrate their identity and heritage.

On Wednesday, April 16 at 2:30 PM, come and experience "The Passover Story" in the Town Hall and relish samples of the Seder meal.

at Schlegel

Athlete of the Month

The PAL team would like to congratulate **Robert Varin** as Athlete of the Month! Robert is very hardworking and always gives his all when exercising. He is currently active on our ambulation program walking 2 times a week, on top of his weights and ROM programs! Although Robert was more recently added to our ambulation program, we have already seen big improvements, going from walking 60m to at least 90m per walk! We are happy to reward Robert for all his efforts this month. Keep it up!

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



Hello Erin Meadows!

Stress Awareness Month

April marks National Stress Awareness Month. Take time this month to discover stress management tools, and to reflect on how stress can impact our everyday lives. Stress can affect your body, thoughts, feelings, and behaviour. Stress that is left unchecked can contribute to many health problems, including: high blood pressure, heart disease, obesity, and diabetes. Being able to recognize common symptoms of stress can help you manage them.

Here are some physical, emotional, and mental signs and symptoms that may indicate you are stressed out:

- Aches and pains
- Exhaustion or trouble sleeping
- Headaches, dizziness, or shaking
- Muscle tension or jaw clenching
- Stomach or digestive problems
- Anxiety or irritability
- Sadness

Now, let's look at some ways to manage stress:

- Get active – join the group classes the PAL team runs
- Laugh more – laughing can help lighten your mental load
- Meditate – focus your attention and quiet all the jumbled thoughts that may be crowding your mind
- Connect with others – reach out to family and friends
- Keep a journal – write down your thoughts and feelings

Emily Vi

Student Kinesiologist

NEIGHBOURS HELPING NEIGHBOURS: ERIN MEADOWS AND THE POWER OF GIVING BACK

Posted March 20th, 2025
By Kristian Partington

Community has always been important to John Henderson. For 30 years, he served others as a career, risking his life as a Toronto firefighter. When you speak with him today, he's nonchalant, humble even; others may see heroism when they think of firefighters but for John it was simply his job.

Complications from a serious heart attack led to his retirement, yet he continues to serve others as part of the community within The Village of Erin Meadows. Alongside his fellow residents in long-term care at The Village, the latest contribution was a significant donation to the local Food Bank.

He says that while he and his neighbours may live in long-term care because they require support, they maintain their keen understanding of the needs of others. They realize that times are difficult for some families



Erin Meadows team members Sami Kermani and Terence Paul stand alongside Stacey Kelly with the Village's \$1,000 donation.

struggling to make ends meet in a complex world where the cost of living seems to continually rise, and they wanted to help.

As the president of the resident's council, he was a key part of the discussion within the community, and the Food Bank seemed like the best option.

"We had a bit of money in our account, and everybody seemed to think that a thousand bucks would be a good, half-decent donation and everybody was in

agreement with it," John says. With the Village team's support, the council connected with Stacey Kelly, the Community Partnerships Coordinator with Food Banks Mississauga.

"I was really happy when the email came across my desk," Stacy says. "The fact that there is a council of residents from each neighbourhood that come together and vote on where the donation goes and how it can support people in their community was humbling."

She says her grandmother lived in a long-term care setting and she can recall many an occasion visiting her grandmother's home to attend workshops or fundraising events, and she was touched to see the residents of Erin Meadows choosing to share their hard-earned funds with neighbours in need.

"Just because you are now in a different season of life doesn't mean your commitment to your community . . . should change," Stacy says.

John points out there are common misconceptions about long-term care homes and he highlights the fact that many residents are very capable of contributing to the community, even if they need some support with daily activities.

With the \$1,000 donation to the Food Bank, John and his neighbours at The Village of Erin Meadows illustrate this point beautifully.

To share your story, please contact Kristian at PWITINGSTUDIOS@GMAIL.COM, or call 705-772-5182.

LONG TERM CARE FAMILY COUNCIL

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

SAVE THE DATES

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

Saturday, April 5, 2025

Meeting, connection

Tour of Laundry Facility & Process

Presentation: Recreation – To be rescheduled

Saturday, May 3, 2025

Meeting, connection

Presentation: Behaviour & Personal Expression

Saturday, June 7, 2025

Meeting, connection

Presentation: Kinesiology

Speakers are invited by the Family Council*

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

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

For questions, contact: Chi Awadh, Resident Support Coordinator
905-569-7155 ext. 7129, Chi.awadh@schlegelvillages.com



Wishing you a
Happy Birthday! LTC

Meadowvale

Elizabeth H April 30

Yash B April 30

Sheridan

Francine L April 5

Trafalgar

Lorrain C April 2

Marcello April 7

Gursharn S April 7

Robert(Scott) P April 13

Hilda L April 28

Dundas

Irma B April 3

Carol Ann C April 7

Howland

Antoinette T April 1

Mubashar S April 1

Derry

Francesco C April 27

Birthday Bash
Tuesday, April 29
2 PM Main Street

LTC Events @ a Glance

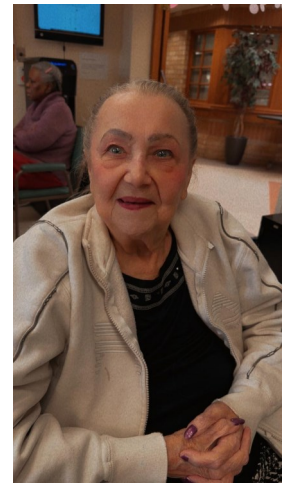
Entertainment with Kelly Davis	Tuesday, April 8 2 PM
Wings over the Rain Forest	Friday, April 11 2 PM, in Meadowvale
Passover Story	Tuesday, April 14 2 PM– Town Hall
Easter Sunday Social	Sunday, Sunday, April 20 2 PM
Trip To Classic Bowl, Bowling Alley	Thursday, April 24 1-4 PM
Pub Night with Filipa	Friday, April 25 6:30 PM
Birthday Bash	Tuesday, April 29 2 PM
Glorious Singers	Saturday, April 26 2 PM

**Residents Council Meeting Wednesday, April 9, 2 PM
in the Community Centre**

**Family Council Meeting, Saturday, April 5 , 10 AM
in the Council Chamber**

International Women's Day

LTC



Village Life

LTC

A gathering for Iftar during Ramadan, where Muslim residents, team members, and family members come together to break their fast and pray.



Sheridan

New Concert Series Starting May 1st

The Village of Erin Meadows LTC is excited to partner with the Schlegel-UW Research Institute for Aging(RIA) and Sheridan College to present a new concert series. Together with Concerts in Care Ontario, Dr. Kate Dupuis, Schlegel Innovation Leader in Arts and Aging, will be offering 4 weeks of concerts to 4 of our long-term care neighbourhoods. This is the final phase of a larger project with Concerts in Care that began in 2023 and has already offered concert series to multiple Villages across the province.

Research Components

The research team intends to observe the concerts to assess the impact of the performances on the residents, visitors, and team members in the Village. The researchers will be paying attention to a few things like the level of engagement of attendees (are they awake/alert/attentive), how they respond to the music (do they sing/hum/move their bodies), whether they engage in conversation with others, etc. Anyone can choose to opt-out of the observations and still attend the concerts. Team members and family/friend care partners who complete a short survey about their experiences of attending the concerts can receive a \$10 gift card. Participants who complete an interview (20-30 minutes) can receive a \$25 gift card. This project has received approval from the Sheridan College ethics board.

Questions about this project?

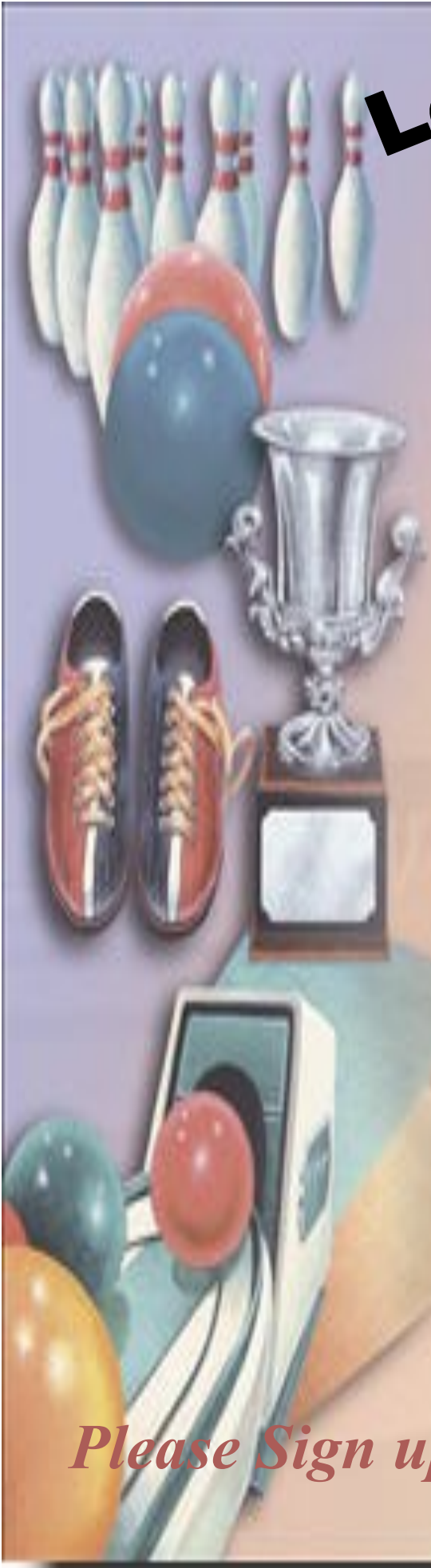
Please free to reach out to Kate at kate.dupuis@sheridancollege.ca or 905-845-9430 x 4229.

If you **do not want** to be observed/**do not** want the resident in your care to be observed, please let Kate and the Erin Meadows Recreation Team know.

March is Nutrition Month

The Village of Erin Meadows LTC celebrated Nutrition Month on March 20th with a vibrant event organized by the Dietary and Recreation departments, in line with this year's "Nourish to Flourish" theme. Residents were invited to participate in engaging activities, including "Let's Plant Together," "Build Your Own Salad Bowl," and "Build Your Own Yogurt and Granola Parfait." In addition to these hands-on experiences, team members had the opportunity to sample the salads and parfaits, while also receiving valuable healthy eating tips from the Registered Dietitian. The event was a fun and educational way to promote better nutrition and wellness within the community.



A collection of bowling-related items is displayed on the left side of the poster. At the top are ten bowling pins, some white with red rings and others solid white. Below the pins are two bowling balls, one red and one blue. Further down are a pair of red bowling shoes with yellow laces. In the center is a silver trophy cup on a wooden base. At the bottom are two more bowling balls, one red and one blue, next to a white bowling bag.

Let's Go Bowling

Long Term Care only

Join the Gang!

**At Classic Bowl
Mississauga**

**Thursday,
April 24**

1pm-4pm

\$15.00 per resident

Please Sign up in the Recreation Office



Village

EVENTS

RETIREMENT HOME

Entertainment:

Afternoon Music with Hawks Nest Trio

Friday, April 11th - 2:30 pm
Main Street

Music Night with JP

Wednesday, April 30th - 5:30 pm
The Ruby

Birthday Celebration with Viviana

Friday, April 25th - 2:30 pm
Main Street

Outings:

Oakville Place

Thursday, April 10th, 11:00 am

Centennial Park

(Emma's & Egerton Residents)
Tuesday, April 22nd, 11:00 am

Restaurant outing

Thursday, April 23rd, 11:00 am

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

Vendors on Main Street:

Flowers, Fair & Gift, April 2nd, Wednesday
The Clothing Chick, April 5th, Saturday
Cathy's Jewelry & Scarves, April 9th, Wednesday
T and B Naturals, April 16th, Wednesday

April Bulletin:

Men's Breakfast

Tuesday, April 1st - 9:15 am
The Ruby

Food Forum

Wednesday, April 9th - 10:00 am
Town Hall

Residents' Council Meeting

Tuesday, April 8th - 10:30 am
Town Hall

Ladies Breakfast

Tuesday, April 15th - 9:15 am
The Ruby

New Residents Welcome Committee Meeting

Tuesday, April 15th - 10:00 am
School House

Paint Social

Friday, April 18th - 2:30 pm
Town Hall

Federal Election

Monday, April 28th - 9:00 am
Town Hall

Poker Night with Desi

Monday, April 28th - 7:00 pm
Town Hall

Vendors on Main Street:

Fifth Avenue, April 19th, Saturday
Nelly's Comfort Shoes, April 23rd, Wednesday
Traditions Alive, April 30th, Wednesday

Happy
Birthday

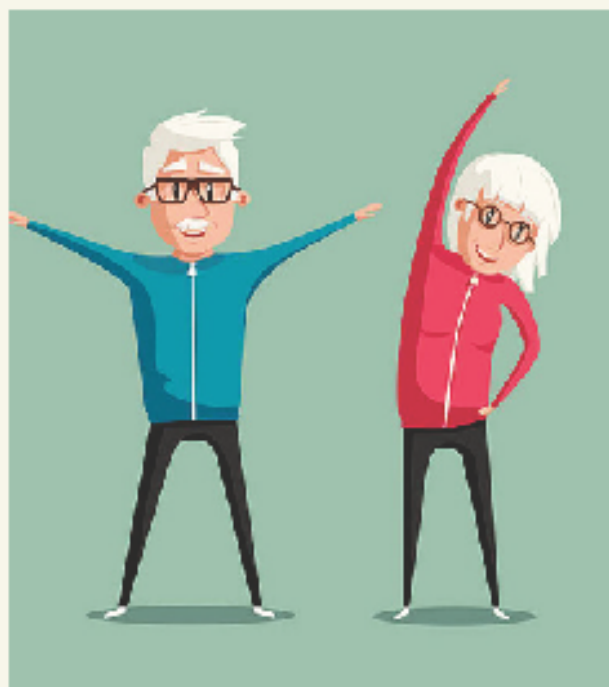
Gerald Gregory	Alexander Morisson
Francis Misquitta	Lila Fowler
Bernice White	Kyung Youn
Gabriel Schuyler	Sau Moi Szeto
Rod Crooks	Margaret Whytock
Vincent Lo	Francisco Ataide
John MacDonald	Margaret Ciric
John Potter	John Harney
Enid Swaby	Yumi Inagaki
Toni Daniels	Emilia Vao
Aline Luker	Rosalie Leswick

Birthday Celebration with Viviana
Friday, April 25th, 2:30 pm
Main Street

NEWSLETTER-RETIREMENT

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BENEFITS OF EXERCISE CLASS

Participating in group exercise class offers many different benefits. These classes provide a structured way to maintain muscle strength, improve balance and flexibility, reduce fall risk, promote cardiovascular health, and foster social interaction. Exercise can also enhance mental health and mood. Physical activity boosts the production of endorphins, which are natural mood elevators. These are vital in maintaining good health and quality of life.



FALL PREVENTION

Fall prevention involves taking steps to reduce the risk of falling, such as exercising and making modifications in our homes and daily activities. Overall, fall prevention protects both physical and mental health, promoting a safer, more active lifestyle.

Exercising is important in fall prevention as it helps you to maintain balance and flexibility as well as build muscle and bone strength. Incorporating strength, balance, flexibility, and endurance exercises into a regular routine is key to lowering the risk of falls.



Making modifications to common activities is also important to fall prevention. When walking, consider using an assistive device such as a walker or cane if balance is a concern. Avoid rushing and walk at a steady pace while taking breaks if needed. Wear proper footwear which means wearing shoes with non-slip soles and good support to prevent slipping. For environmental modifications, clear obstacles from the floor that could cause tripping. Ensure adequate lighting in rooms to avoid tripping over unseen objects. Also, hold on to bars and railings if you need extra support. For example, holding onto the railings when going up or down a set of stairs.

NEWSLETTER-RETIREMENT

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DAILY FITNESS CLASS

Consider joining us in our fitness classes held in Town Hall. Check the PAL calendar to see what days and times the exercise classes take place. There are a variety of fitness classes that take place targeting many different benefits. These classes focus on increasing safety, mobility, flexibility, and muscle strength. Last month there was even a dance class taught by one of the volunteer students.

APRIL 2025 Program for Active Living: Retirement						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	11:15am - 12:30pm Senior Yoga Group	11:15am - 12:30pm Senior Yoga Group	11:15am - 12:30pm Senior Yoga Group	11:15am - 12:30pm Senior Yoga Group	11:15am - 12:30pm Senior Yoga Group	11:15am - 12:30pm Senior Yoga Group
1:15pm - 2:30pm Senior Tai Chi Class (T1)	1:15pm - 2:30pm Senior Tai Chi Class (T2)	1:15pm - 2:30pm Senior Tai Chi Class (T3)	1:15pm - 2:30pm Senior Tai Chi Class (T4)	1:15pm - 2:30pm Senior Tai Chi Class (T5)	1:15pm - 2:30pm Senior Tai Chi Class (T6)	1:15pm - 2:30pm Senior Tai Chi Class (T7)
2:45pm - 4:00pm Senior Tai Chi Class (T8)	2:45pm - 4:00pm Senior Tai Chi Class (T9)	2:45pm - 4:00pm Senior Tai Chi Class (T10)	2:45pm - 4:00pm Senior Tai Chi Class (T11)	2:45pm - 4:00pm Senior Tai Chi Class (T12)	2:45pm - 4:00pm Senior Tai Chi Class (T13)	2:45pm - 4:00pm Senior Tai Chi Class (T14)
4:15pm - 5:30pm Senior Tai Chi Class (T15)	4:15pm - 5:30pm Senior Tai Chi Class (T16)	4:15pm - 5:30pm Senior Tai Chi Class (T17)	4:15pm - 5:30pm Senior Tai Chi Class (T18)	4:15pm - 5:30pm Senior Tai Chi Class (T19)	4:15pm - 5:30pm Senior Tai Chi Class (T20)	4:15pm - 5:30pm Senior Tai Chi Class (T21)
5:45pm - 7:00pm Senior Tai Chi Class (T22)	5:45pm - 7:00pm Senior Tai Chi Class (T23)	5:45pm - 7:00pm Senior Tai Chi Class (T24)	5:45pm - 7:00pm Senior Tai Chi Class (T25)	5:45pm - 7:00pm Senior Tai Chi Class (T26)	5:45pm - 7:00pm Senior Tai Chi Class (T27)	5:45pm - 7:00pm Senior Tai Chi Class (T28)
7:15pm - 8:30pm Senior Tai Chi Class (T29)	7:15pm - 8:30pm Senior Tai Chi Class (T30)	7:15pm - 8:30pm Senior Tai Chi Class (T31)	7:15pm - 8:30pm Senior Tai Chi Class (T32)	7:15pm - 8:30pm Senior Tai Chi Class (T33)	7:15pm - 8:30pm Senior Tai Chi Class (T34)	7:15pm - 8:30pm Senior Tai Chi Class (T35)

MODIFICATIONS TO THE FITNESS CENTRE

Along with the regular exercise equipment, there have been recent improvements made to the downstairs fitness center. There have been windows added to the doors to ensure better safety for residents wanting to use the fitness center.



Village Life

RH

St. Patrick's Celebration with
Finnigan School of Irish Dance



St. Patrick's Celebration with
Frank and Mike



HAPPY
*St. Patrick's
Day*



Infection Prevention and Control - IPAC

IPAC – Infection Prevention and Control is a program at Schlegel Villages and led by the Wellness team to prevent the spread of infections amongst residents, team members, visitors and others in the village, and transmission from the community into the village. The village utilizes a number of methods to provide training and education for our team members, residents, volunteers and caregivers. These may include huddle topics, training education modules, posters and in-person educations.

As we embrace spring this year, we would like to provide you some updates in the village. Recently, we have had outbreaks related to Respiratory and Gastroenteritis cases. We would like to re-iterate the infection prevention guidelines as per Peel Public Health. During respiratory outbreaks, it is recommended to wear a mask, proper hand hygiene and following isolation guidelines when sick. As well as, when a gastroenteritis outbreak is declared, it is a must to report to the lead nurse as soon as you have symptoms of vomiting or diarrhea and stay in the room to isolate as it is highly contagious to transmit the virus to others. Please see attached information from Public Ontario and Health Canada for review. In addition, as a reminder if you use your own humidifier in your suite that it is imperative to have them cleaned and change filters to stop spores from growing.

With escalating measles activity in the province in recent weeks and with increases across the globe we would like to share the following information across the village.

- Vaccinations are the most effective way to prevent measles, those not immune are at increased risk of being infected, especially when travelling and
- To be immune you must be fully vaccinated or have proof of immunity (blood test)
- Symptoms include;
 1. Fever, cough, runny nose, red watery eye;
 2. Small white spots (Koplik) may appear inside the mouth and throat 2-3 days after symptoms begin
 3. Rash developing on face, that spreads down the body, arms and legs, the rash is not itchy and appears as small flat red spots.

We encourage residents and team members to be aware of their immunization status and obtain proof of immunization through access to their immunization records.

If residents or team members have symptoms of measles or have been in contact with someone who has measles, they should immediately self-isolate and contact the nurse or contact the Wellness team right away.

If you have any questions, feel free to contact our Nursing team.



Solace Attopey (Wellness Coordinator)
solace.attopley@schlegelvillages.com



Juvy Villegas (Asst. Wellness Coordinator)
juvy.villegas@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 Care 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
Assistant Food Services Manager		8012	
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	Judiann Jackson	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, Donna Dalupan	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		8242	
Recreation Supervisor	Annabelle Cruz, Norelle Cuevas	8107	annabelle.cruz@schlegelvillages.com
Director of Hospitality	Evelyn Marquez	8112	evelyn.marquez@schlegelvillages.com
Ruby Executive Chef	Bea Leano	8126/ 8127	bea.leano@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	

The story of Passover

WEDNESDAY APRIL 16

2:30 PM

TOWN HALL



*Happy
Passover*



Welcome to Spring!

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

hotcrossbuns

jellybeans

daffodils

ducklings

easteregg

hyacinth

chocolate

basket

bonnet

spring

rabbit

chicks

lambs

bunny

iris

eggs

RHOURS:

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

DINE-IN:
Wednesday 4-8PM
Thursday-Saturday
12-8PM

APRIL EVENTS

April 1 (Tuesday)
Men's Breakfast

April 15 (Tuesday)
Ladies Breakfast

April 20 (Sunday)
Easter Brunch

April 27 (Sunday)
Sunday Brunch

April 30 (Wednesday)
Music Night

The Ruby
SCHLEGEL VILLAGES' HIDDEN GEM

**Join us on the
12th floor**

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



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

National Volunteer Week

April 27–May 3

Our Villages thrive because of the relationships that bloom in all of our neighbourhoods among all Villagers – our residents, team members, community partners, and, of course, our wonderful volunteers. At the end of April, we'll make extra time to pay a special tribute to the countless people who give their time, energy and love to the people who call our Villages home.

Volunteers Make Waves is the theme this year, and we think of the steady, ongoing force the waves of volunteers have in the lives of our residents and team members. That impact ripples over the course of time, and for the third year in a row, Villages across the province will offer the **Barb Schlegel Volunteer Award** in memory of the kind-hearted matriarch of the Schlegel Villages family, who always gave of herself in service of others.



We look forward to sharing a snapshot of the recipients at the end of that special week and invite you to visit our website featuring our 2024 recipients; be sure to take a moment to thank all of the volunteers who make our Villages such wonderful places to live and visit.

We  our
volunteers

#NVW2025

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Schlegel Villages – CONNECTIONS



— APRIL IS — **PARKINSON'S** **DISEASE AWARENESS** — MONTH —

Across Canada, it's estimated that more than **110,000 people** are living with Parkinson's disease.

Within our Villages, we know and have known many who always inspire us with their tenacity and perseverance in the face of the challenges the disease can present.

A key aspect that rings true is the fact that the experiences of someone living with Parkinson's are as unique as the individual; there is no single path of progression of symptoms and no certainty in predicting the pace. What is common, however, is the fact that people living with the disease and their loved ones deserve every opportunity to make the most of every moment, and we're proud to support in any way we can.

April is marked across the country as Parkinson's Awareness Month, and we urge everyone to take some time to learn more about the many ways people living with the disease and their loved ones are affected.

Sharon Hunwick, a resident living at Erin Mills Lodge who was diagnosed with Parkinson's disease at the age of 43, shared her fascinating insights on the Stories from the Green Bench podcast.

This April, we join Canadians across the country in pursuit of more knowledge and research to help slow and hopefully eliminate the progression of this disease.

For more information and resources visit Parkinson Canada at parkinson.ca

Advance Care Planning Can Bring Peace to People Who are Dying

For many people, the thought of dying brings up feelings of fear and uncertainty, which may prevent them from finding peace as they face the end of life.

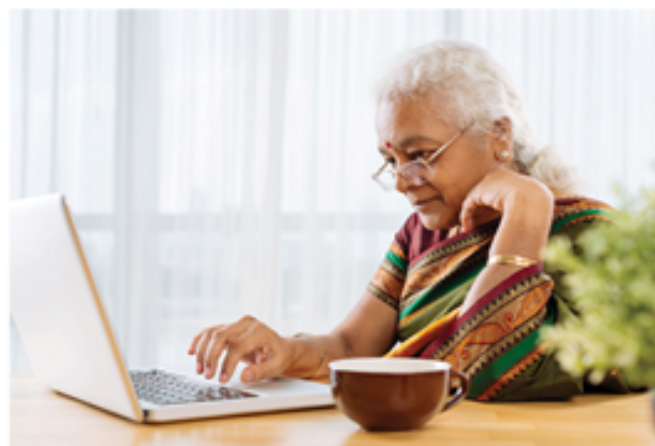
Nearly one in five older Canadians may not experience peace with dying, according to a recent data analysis of the Canadian Longitudinal Study on Aging at McMaster University. The analysis, published earlier this year, highlights the importance of end-of-life care and suggests advance care planning may help people feel more at peace before they die.

As people go through their end-of-life journey, their health and symptoms will change, and it is the responsibility of their healthcare team, family, friends, and care partners to ensure their end-of-life wishes are understood and honoured.

Heather Keller, Schlegel Research Chair in Nutrition and Aging, and her colleagues Dr. Allan Garland and Dr. George Heckman share important and helpful advice to empower you to make informed healthcare decisions ensuring your voice is heard and respected.

What is Advance Care Planning?

Advance care planning is about documenting your wishes and instructions for your present and future health should you be unable to speak for yourself. We understand these conversations can be difficult, but with



the right information and support, advance care planning can help you find peace at the end of your life. Below are some tips to help you make informed healthcare decisions.

Choose a substitute decision-maker

A substitute decision maker is a person or persons who will inform the care team about your wishes if you are unable to do so yourself. The substitute decision-maker must understand and represent your wishes for medical care and be able to provide consent for treatments.

Speak to your healthcare team and ask questions

Here are a few questions you may want to ask your healthcare provider:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- What will happen if I decide not to have the treatment and/or procedure?

For additional resources about Advance Care Planning, visit the-ria.ca/resources/babel/.