



Erin Mills Lodge



March 2025 Newsletter



March Birthday's



Georgina- March 9
Hong-Hak -March 13
Engracia- March 22
Marion. M- March 22
Geraldine- March 28

**Birthday wishes to everyone
celebrating a birthday in
March We hope you have a
wonderful day! From your
EML family and friends.**



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!**


SCHLEGEL VILLAGES

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.

Resident of the Month

Hazel Lane



This month, we're excited to recognize Charmaine Hacker as a Resident of the Month from Hazel Lane who, while often immersed in her own leisure pursuits, is a delightful presence in our community. Her passion for coloring is well-known on the neighbourhood, and it's truly remarkable to see the vibrant life she breathes into each of her pictures. Her art speaks volumes, and it's no wonder that her creativity is admired by all. Although she enjoys her solo moments, she's never hesitant to join in on group activities when the opportunity arises, always contributing her warmth and friendliness. One of her endearing companions is "Footsy," a little turtle toy that never leaves her side, especially during her coloring sessions—it's clear that she has a special bond with it. A deeply spiritual person, her unwavering faith in God shines through in her regular attendance at communion and church services. Above all, her engaging conversations and genuine kindness make her an exceptional member of our community. We're grateful to have her with us!

Resident of the Month

Sheridan Way



We are excited to announce Donna Smith as our Resident of the Month for February! She is an incredibly humble and down-to-earth person who brings joy to everyone around her. Donna loves participating in all the activities offered at the village, from exercise classes and crafts to movie nights and word connect games. She has a generous spirit and always takes the time to engage in conversations with both team members and fellow residents. Her friendly and approachable nature creates a warm, welcoming atmosphere wherever she goes. Donna truly enjoys every moment at the village, and her positive attitude and enthusiasm are contagious. We are lucky to have such a wonderful and vibrant member in our village, and we're grateful for all the love and energy she brings. Congratulations, Donna, on being our well-deserved Resident of the Month!

Resident of the Month

Erindale Place

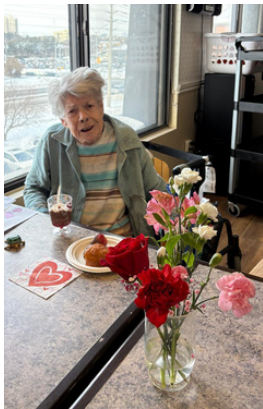


Many congratulations to Girlie for being the resident of the month for February. She is always bringing joy and positivity to those around her.

She enthusiastically participates in all activities, whether it is a game, craft session, or any group programs. Girlie is a friendly face to everyone she meets- greeting both staff and the fellow residents with a smile and a kind word. She is always quick to brighten someone's day and ensures that no one feels alone. In her leisure time, Girlie enjoys keeping herself engaged with visits from her much loved grandkids, and word searches, a pastime that not only keeps her mind sharp but also allows her to relax and unwind. Her dedication to staying active, truly sets an example for all of us. Thank you, Girlie, for being you!



February Photos



We celebrated Valentines Day with music, and shared all the love we have for our friends the beautiful team members who work with us and family.



February Photos



Neighbourhood Time



Balloon Tennis and Bocce Ball

Aspiration Kick-Off Event

On Tuesday February 25th we hosted our Aspiration Kick-Off event. This years aspiration is "Create Opportunities for Meaningful and Shared Activities". Team members, residents and a few family members and students took the pledge. What will you do to create a meaning and shared moment?



Create Opportunities For Meaningful And Shared Activities

Embrace new experiences
Diane C

Share your thoughts on the paper t-shirts. They will be displayed in the Village.

How do you live life to the fullest?

What meaningful moment will you commit to in 2025?

**RESIDENT COUNCIL
&
FOOD COMMITTEE
MEETING**

Thursday March 27, 2025

2:30 pm

in the Crooked-Q



Book Donations Needed

Our book club is looking for the following genres of books.

Detective, Science Fiction, Crime detective, Murder Mystery, Spy, History- UK, Biography, Romance and Thriller.

**New or Gently used books can be dropped off in the
Activity Room**

We thank you for your donations.

Hats and Blankets for the NIC-U

We partnered with The Rosa Family Foundation to make and donate baby hats and blankets to a local NIC-U for Premie babies. They will be picked up monthly from EML. If you would like to make and donate yarn, blankets or hats, please drop off donations to the labeled bin outside Alanah's Office located in the Activity Room.

Blanket sizes: Lap or half lap
Hat Sizes below

Age	Head Circumference	Hat Height
Premie (1-2 lbs)	9" (23 cm)	3.5" (9 cm)
Premie (3-4 lbs)	11" (28 cm)	4" (10 cm)
Premie (4-5 lbs)	12" (30 cm)	4.5" (11 cm)
Premie (5.5-6 lbs)	13" (33 cm)	5" (13 cm)
Newborn	14" (36 cm)	6" (15 cm)



Erin Mills Lodge- Leadership Contact List

Navdeep Kaur Grewal General Manager	EXT 293
Elaine Eerkes, Director of Care	EXT 248
Pam Croucher, Assistant Director of Care/ IPAC	EXT 223
Narpinder Johal, Assistant Director of Care	EXT 215
Gurpreet Kaur, Assistant Director of Care	EXT 220
Ferdie Gonzales, Neighbourhood Coordinator	EXT 234
Alanah Kelly, Director of Recreation/ Volunteer Services	EXT 261
Madelaine Sperry, Food Service Manager	EXT 222
Richmond Ng, Environmental Services Manager	EXT 229
Kavita Rani, Neighbourhood Coordinator & Scheduling Coordinator	EXT 244
Angad Sidhu, Admin Coordinator emlltc.admin@schlegelvillages.com	EXT 262
Angela Koung- Student Coordinator	EXT 238

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