

Erin Mills Lodge

April 2025 Newsletter



April Birthday's

Jeannine- April 8th

Maria. D- April 11th

Richard- April 13th

Robert- April 15th

Krystina- April 22nd

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





— 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

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

Multicultural Day

Sign Up Sheets on

Alanah's Door



Date of Event:
Wednesday May 28 , 2025

FROM 11-3 LOWER LEVEL

Resident of the Month

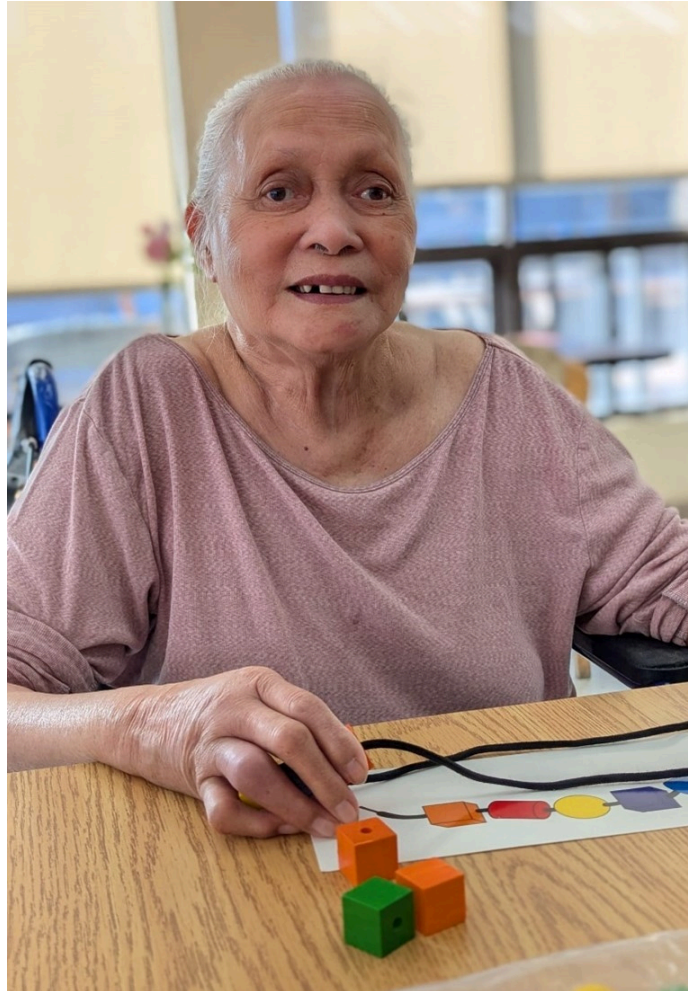
Hazel Lane



This month, we're excited to highlight Jeannette as our Resident of the Month from Hazel Lane. Though she's only been with us for a short time, she's already made a lasting impression with her warmth and positive energy. A former school teacher, she loves to chat and always brings humor to those around her. We recently discovered her passion for playing the piano, adding another fun side to her personality. Jeannette has become a regular in our group exercise classes, never missing a session, and her determination to stay active is truly inspiring. She never stops herself from trying out new things. She's also made some wonderful friends on her neighbourhood and continues to brighten everyone's day. And let's not forget her lunchtime "lectures" in the dining room, where she keeps the staff entertained with her insightful words of wisdom – all delivered with a healthy dose of humor! We're lucky to have Jeannette as part of our community, and she's more than deserving of being our Resident of the Month!

Resident of the Month

Sheridan Way



We are delighted to recognize Lourdes as our Resident of the Month! Lourdes is a bright and joyful presence in our village, always bringing warmth and positivity wherever she goes.

She is an enthusiastic participant in every program, whether it's arts and crafts, painting, coloring, entertainment, movie afternoons, board games, or any other activity. Her passion for engaging with others and her love for creativity make every event even more enjoyable. Lourdes' beautiful smile and cheerful spirit uplift everyone around her. She spreads kindness and joy, making our village feel like home. We are so lucky to have her as part of our family! Thank you, Lourdes, for your energy, enthusiasm, and the happiness you bring to all of us!!

Resident of the Month

Erindale Place



Congratulations to our Resident of the Month for Erindale Place, Mr. Allan. He has been with us from a while now. Known for his infectious positivity, Mr. Allan always greets everyone with a smile and a warm “hello”, making our village feel even more home. A true puzzle enthusiast, he is constantly tackling new challenges and inspiring others with his problem-solving skills. Whether it is a jigsaw puzzle or a brain teaser, Mr. Allan always embraces it with determination and joy. Beyond puzzles, Mr. Allan is passionate about staying active and regularly participates in our exercise programs. He also loves unwinding with a good book, especially when it is a thrilling James Patterson novel. His enthusiasm for both entertainment and reading creates a vibrant, engaging atmosphere for all of us. Thank you, Mr. Allan, for bringing so much energy and kindness to our home. We are lucky to have you!

March Photos



March Photos



March Photos



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)



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.

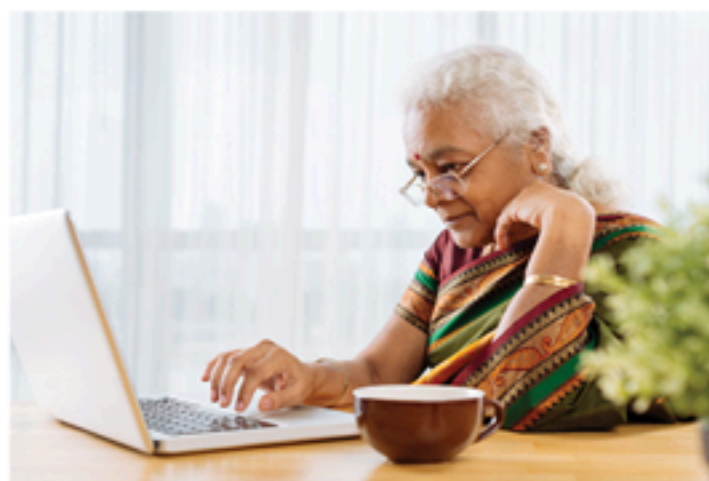
Nearly one in five older Canadians may not experience peace with dying, according to a recent data analysis of the Canadian Longitudinal Study on Aging at McMaster University. The analysis, published earlier this year, highlights the importance of end-of-life care and suggests advance care planning may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

Erin Mills Lodge- Leadership Contact List

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