

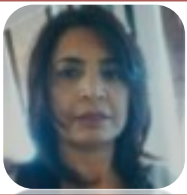
THE VILLAGER

June 2025 Newsletter

Volume 22 Issue 6



The Village of
ERIN MEADOWS



Message from Assistant General Manager

Simi Kaur

Living Our Moments Together - Celebrating the Past, Cherishing the Present, and Looking Ahead

At our home, each season is a beautiful reminder of the connections we nurture, the joy we create, and the shared moments that bring us closer. The past few weeks have been filled with celebration, appreciation, and love. As we reflect on all that's happened, we also look forward to the special memories yet to come.

We recently turned back the clock to the electric spirit of the 1980s for our Team Member Appreciation Party on May 10th. Our incredible Long-Term Care and Retirement Home Team fully embraced the decade's flair, with bold neon outfits and retro hairstyles lighting up the room. It was a lively and joyous gathering, not just a time for fun and laughter, but a moment to recognize the compassion, creativity, and dedication that our team brings to life every day.

We also took this opportunity to honour those who truly live out our core values by honouring our Success Award winners.

- **Know Me:** Marife Devera (RPN – LTC)
- **Be Present:** Sherry Xue (Med- Cert – RH)
- **Walk in My Shoes:** Jasmeen Kaur (Recreation- LTC)
- **Earn Trust:** Manjit Kaur Sidhu (RN- LTC)
- **Follow Through:** Maricel Velasco (RPN- RH)

These individuals represent the heart of our home, and we extend a warm thank-you to all the residents, families, and team members who took time to cast their votes. Your appreciation and participation help us build a stronger, more connected community.

From celebrating our team, we moved on to a touching tribute to the extraordinary women who shape our lives. Mother's Day was marked with an elegant High Tea, where sweet treats, warm conversations, and laughter created a cozy atmosphere that honored the love and strength of mothers across generations. It was a day full of heartfelt moments, made all the more special by the people who gathered to share it.

Now, with June on the horizon, our focus turns to the fathers, grandfathers, and father figures who offer quiet strength and unwavering love to their families and to our home. Their stories, wisdom, and guidance continue to inspire us. This Father's Day, we're excited to host a classic Car Show on **Saturday, June 14th from 11:00 AM to 3:00 PM**, bringing together vintage vehicles, cherished memories, and great conversation. For those hoping to find a thoughtful gift during their visit, we're pleased to offer beautiful planters and greeting cards in the General Store—something special for every dad.

Beyond our celebrations, life in the home continues to grow and evolve in ways that enhance comfort and convenience. We're delighted to announce that our Pharmacy has officially reopened and is ready to serve the needs of our Residents. Additionally, snacks and over the counter items and articles will soon be available, offering our residents even more variety and enjoyment in their daily routines.

Through it all, we are reminded that it's the people, our residents, families, and team members, who make this place truly feel like home. Your support, warmth, and presence infuse every moment with meaning. From past joys to future plans, thank you for being part of the journey. Let's continue to make beautiful memories, together.



Spiritual Care

Pricely Francis
Spiritual Lead

Prayer Tools: How to Have Your Heart's Desires Delivered to Your Door Even if You Are Not Religious

That is a long title for a short article. Just writing it makes me tired, and it's just 7:56 in the morning. Okay, let me catch a breather. Here goes.

Tools are essential for accomplishing tasks. They amplify our strength, efficiency, speed, improve accuracy and quality and are sometimes needed for specialized jobs.

Huh? Someone just asked, 'What do tools have to do with prayer?' Well, I like to make concepts practical and applicable. Therefore, I will discuss the concept of answered prayer in a practical, objective manner. Feels like we are on a construction site? Crab your hard hats!

The first tool you can use to have your heart's desires delivered to your door is a request. "Ask, and you will receive." However, there is a trick that most people are unaware of as it relates to asking. We find it hiding in plain sight in a verse in one of the Gospels. "Whatever you ask for in prayer, believe that you have received it, and it will be yours."

Did you spot the trick? It's right there: ". . . **believe that you have received it.** . . ." This tool for effective praying has a specialized application that will pop out and improve the odds if you know where to find the button.

Usually, when we ask for something, we do so out of an awareness of a need or lack we have. However, when we pray, we should not do so out of a sense of want or deprivation. We should ask as if **we already have what we do not have.**

Confused? Let me put it another way. When we ask, we should embody what we want, not chase after it; we should embrace our desires, not wish we had them; we should possess what we ask for, not pine for it; we should think of what we want as the truth, not a fabrication; we should feel what we want as familiar, not fantastical and beyond reach.

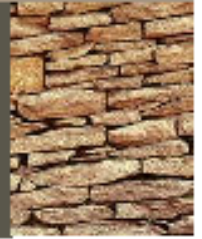
I am running out of space, so there will have to be a part 2, perhaps a part 3, and, who knows, a part 4 to this article. The title may not be as long as I feared.

Anyway, an Old Testament verse of scripture illustrates embodying, embracing, possessing and seeing what we ask for as reality. "The Lord is my shepherd; I shall not want." Get it? Ask as if you have nothing lacking in your life. Ask as if what you desire is already at your door. Talk about Heaven Prime! Better than Amazon!

Have you ever had to use a tool you've never handled before? Things can get a bit clumsy with it until a friend shows you how to use it, and then you feel silly. It was so obvious! Well, the tool "Ask" can be like a new tool we have not yet mastered. When we use it, we ask out of a sense of lack, need, desperation, scarcity, deprivation, deficiency, an attitude of "I don't have this yet," "Oh, poor is me!" Why? We did not know the prayer tool "Ask" had a specialized application called **"I've already received it."**

Here is one more clarifying verse from the holy writ: "Before they call, I will answer; while they are still speaking, I will hear." See? When you ask, your desire is already sitting outside your door.

at Schlegel



Athlete of the Month

The PAL team would like to congratulate **Gursharn Sekhon** as Athlete of the Month!

Gursharn is an active participant in the PAL program and physiotherapy. She enthusiastically uses the NuStep for 20 minute sessions, and consistently achieves over 1000 steps each time. Gursharn is also a frequent attendee of group classes such as fun fitness, strength training, and football club.

From,
The PAL Team – Edward,
Ammarah, Harneet, Vipul, and
Muhammad

Hello Erin Meadows!

National Safety Month

The month of June is recognized as *National Safety Month*. Safety is more than just avoiding accidents; it's about taking steps each day to protect your health and well-being. Here are some tips to help you stay safe:

- Using your brakes
 - o Always put the brakes on your walker or wheelchair when you are standing up or sitting down. This prevents you from slipping and keeps you steady.
- Tidying up
 - o A clean space is a safe space. Keep the floor clear of clutter that could cause a trip or fall
- Wearing proper footwear
 - o Wear shoes that fit your feet properly and have a non-slip sole.

The first week of June is also *National Kinesiology Week*. Kinesiology is the science of human movement and exercise. Staying active is one of the best ways to maintain your health while also being proactive about your safety. Here are some easy ways to stay moving safely:

- Try doing heel/toe raises while you're watching TV
- Stretch out your arms before heading to sleep.

Let us all do our best to be active as the warm summer months approach us. Happy June!

Ammarah Ahmed
Student Kinesiologist





Wishing you a
Happy Birthday! LTC

Dundas

Shanli Lin	June 03
Charlie D	June 18
Antoinette T	June 18

Sheridan

Sheila S	June 04
Elsa K	June 27
Jean T	June 29

Meadowvale

Vera S	June 02
Christine G	June 17
Nina R	June 20
Andrew Q	June 20
John B	June 27

Howland

Alicia J	June 02
Shanli L	June 03
Joseph L	June 10
Marija	June 25
Lesley M	June 27
Mayzoune D	June 28

Trafalgar

Elizabeth R	June 07
Donna C	June 10

Derry

Andreas G	June 26
Susana L	June 29



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.

Village Life (LTC)



Plant Sale!

Village Life (LTC)

Concerts in Care


BRINGING LIVE MUSIC TO SENIORS IN CARE



A collection of Father's Day gift items including a striped tie, a brown bow tie, a blue heart, a wristwatch, a small gift box, a pair of glasses, a pair of red shoes, and a mustache, all arranged on a light blue background.

Celebrating Father's Day

**Saturday, June 14th
11 AM, Main Parking Lot**

A decorative border of green leaves and branches framing the text on the right and bottom sides of the page.

Trip to Terra Greenhouse Tuesday, June 3 1-4 PM

**Join us on a trip to Terra as we shop for our
greenhouse using the funds raised from our
plant sale!**


Please sign up with the recreation team


Family Council Update (LTC)


The Village of Erin Meadows Community Connection – Monthly Long-Term Care Family Council Announcement

Dear Families and Friends,

We are excited to invite you to join us for our **Monthly Family Council Meeting**, held every **1st Saturday of the month** here at The Village of Erin Meadows.

 **Location:** Council Chamber Room, Main Floor

 **Time:** 10:00 AM

 **Every 1st Saturday of the Month – Next Meeting: June 7, 2025**

These monthly meetings are a wonderful opportunity to come together—not just as caregivers and staff, but as one extended family—united in our shared goal of enhancing the quality of life for our loved ones.

Everyone is Welcome!

Whether you are a resident, spouse, child, sibling, grandchild, or friend—your presence is valued. Family members are always welcome to attend and participate as volunteers during these gatherings. Your insights, stories, and support make a real difference.

What to Expect Each Month:

- ✓ A space to connect and support one another
- ✓ Celebrating quality improvement successes
- ✓ Open discussions on areas of focus and new ideas
- ✓ Collaborative problem-solving between families and staff
- ✓ A stronger, more vibrant Village of Erin Meadows community

Special Guest Speakers:


 **June – PAL Coordinator: Edward Macias**


Gain insight into person-centered care and Fitness programs in Village

 **July: Malvina Goral DQI & Nory Fernando Continence/Wound Care and Restraint**

An informative session on holistic health, prevention, and comfort strategies.

For questions, contact:

Chi Awadh, Resident Support Coordinator  905-569-7155 ext. 7129

 Email: Chi.awadh@schlegelvillages.com



Volunteer Central

Norelle Cuevas
Volunteer & Student Coordinator



Schlegel Villages'
Volunteers

Thank You to Our Incredible Volunteers!

On May 4th, we had the pleasure of hosting our Volunteer Appreciation Party to celebrate YOU, our volunteers. It was a joyful and memorable event filled with laughter, great food, music and heartfelt moments of gratitude.

From everyone at The Village of Erin Meadows, we want to thank you again for your kindness, your commitment and for making a difference in our community. We couldn't do it without you!



LTC Events @ a Glance

Elder Wisdom The Story of Green Bench	Monday, June 2 2 PM
Trip to Terra's Greenhouse	Tuesday, June 3 1-3
Sunday Social with David Steven	Sunday, June 8 2 PM
Celebrating Eid al-Adha	Monday, June 9 2 PM
Wings Over The Rainforest (Howland Neighborhood)	Wednesday, June 11 2 PM
Father's Day Car Show	Saturday, June 14 11-3 PM
Father's Day Social with Jeff Giles	Sunday, June 15 2 PM
Entertainment with Matt & Heather	Tuesday, June 17 2 PM
Glorious Singers	Saturday, June 21 2 PM
Birthday Bash with Tristan Alexander	Tuesday, June 24 2 PM
Pub Night with Filipa & Teria	Friday, June 27 2 PM

**Residents Council Meeting Wednesday, June 11, 2 PM
in the Community Centre**

**Family Council Meeting, Saturday, June 7, 10 AM
in the Council Chamber**

Caregivers Week

This past month, we had the pleasure of celebrating **Caregivers Week** and showing appreciation for the incredible compassion, dedication, and hard work of our amazing team members.

To recognize everything they do, we treated our caregivers to a week full of appreciation and fun! One of the highlights was a **Leadership Team Car Wash**, where members of our leadership team rolled up their sleeves to wash cars as a small token of thanks. To all our team members: **thank you** for the heart, patience, and care you bring to our community.





The Village of
ERIN MEADOWS

Village EVENTS

RETIREMENT

Entertainment:

Afternoon Music with Tristan
June 22nd, Sunday
2:30 pm, Main Street

Birthday Celebration with Shannon
June 27th, Friday
2:30 pm, Main Street

Outings:

French Club Restaurant Outing
June 6th Friday, 11:00 am

Erin Mills Town Centre
June 20th, Friday, 10:30 am

Taps Public House Outing
June 26th, Thursday, 10:30 am

Vendors on Main Street @10:00am :

Village Traditions -Wednesday June 4th
JBS Clothing - Saturday June 7th
Mobile Seniors - Wednesday, June 11th
Afy Shoes - Wednesday, June 18th
Bellas Boutique - Saturday, June 21st
Traditions Alive -Wednesday, June 25th
Comfort Shoes - Saturday, June 28th

June Bulletin:

Elder Wisdom 10th year Anniversary
Virtual Celebration
June 2nd, Monday
2:00 pm, Town Hall

Men's Breakfast
June 3rd, Tuesday
9:15 am, The Ruby

Food Forum
June 5th, Thursday
10:00 am, Town Hall

Eid al-Adha Celebration
June 9th, Monday
2:00 pm, Town Hall

Residents' Council Meeting
June 12th, Thursday
10:30 am, Town Hall

Father's Day Celebration - Car Show
June 14th, Saturday
11:00 - 3:00 pm
Front Parking Lot

Ladies Breakfast
June 17th, Tuesday
9:15 am, The Ruby

New Residents Welcome
Committee Meeting
June 24th, Tuesday
10:00 am, Library

Poker with Desi
June 30th, Monday
7:00 pm, Town Hall



Happy
Birthday

Mary Louise Chuter	David Thomson
Bill Rennie	Jean Perry
Evelina Soares	Andree Faist
Amira Hanna	David Brindle
Earl Gallant	Laila Wierzba
Vernon Secker	Harold Glick
Myra Misquitta	Ingrid Petty
Lois Pawlak	Phyllis Hughes
Don Hewson	Catherine Warner
Beatriz Grilo	Azm Hoque

Birthday Celebration with Shannon
Friday June 27th
2:30 pm, Main Street



THE VILLAGE OF ERIN MEADOWS RETIREMENT

Month of June

Feel the Beat this June!

As the sunshine rolls in, we're turning up the energy with a special 30-minute **Seated Zumba** class on **June 10, 2025, at 11 AM** in the **Town Hall**.

Whether you're a Zumba regular or giving it a try for the first time, this is the perfect way to celebrate the season with music, movement, and community.

Mark your calendar! we can't wait to dance with you!



Joyful June, Let's Move!

New to The Village of Erin Meadows or looking to get more active?

Join us this June for fun and engaging 30-minute classes through the Program for Active Living (PAL Program)! Our friendly, welcoming environment is perfect for all fitness levels.

This month's classes include:

- **Flexibility and Stretching** – Improve your range of motion with gentle, repetitive movements designed to increase mobility and ease tension.
- **Seated Yoga and Mindfulness** – Relax and recharge through calming breathwork and soothing seated poses that nurture both body and mind.
- **Upper Body with Weights** – Build strength in your arms and core with guided dumbbell exercises suitable for all abilities.

No matter your experience or mobility, everyone is welcome! Whether your goal is to build strength, improve balance, or simply enjoy moving with others, PAL program offers something for you.

📅 Check out the PAL June Calendar for all class times and locations.

🎉 Don't miss our Special Event: **Balloon Badminton** on June 7th and 21st at 3 PM. Great way to get active and socialize!

– Sarina (Retirement PAL Coordinator)



Neighbourhood Corner

Arissa Niyamuddin - Becker & Ailsa Craig NC (RH)

Navigating Your Care Journey at Erin Meadows

As we age, our care needs evolve, and the decision to transition from independent living to assisted living can be a difficult yet necessary step. Here at Erin Meadows, we want our residents to be able to age in place, allowing themselves to stay as independent as possible for as long as possible. We offer a wide range of services to accommodate these ever-changing needs and whether you require some assistance with daily activities or more hands-on care, we are here to provide support, comfort, and security.

The first step is the most challenging – recognizing the need for assistance. If you notice changes in your or your loved one's health, such as a decline in cognition or mobility, it's important to act early and seek the appropriate assistance. A good first step is to contact your Neighbourhood Coordinator – your main point of contact within Erin Meadows.

Once the need for extra support is recognized, your Neighbourhood Coordinator will work with you to set up a care conference. The care conference process involves a meeting between the resident, their loved ones (if applicable), and the Neighbourhood Coordinator. During this meeting, the coordinator will ask questions about your health, mobility, cognitive abilities, and any difficulties you're experiencing with daily activities. This information will help your coordinator determine what type of care is needed and a score will be calculated to help us determine what additional service level you need, we call these "Living Choices". During this stage, you and your loved ones can ask questions about the available services, explore options for different levels of care, and discuss the financial aspects. It is also a good time to discuss whether a different neighbourhood may be better suited to your specific needs. If so, we will add you to our internal list for when a suite in that neighbourhood becomes available.

Depending on the outcome of the assessment, your Neighbourhood Coordinator may recommend you to explore external support organizations for specialized care. These could include: Ontario Health at Home (OHaH), Alzheimer's Society, a Geriatrician, etc. These external resources are meant to provide additional support when needed, helping to ensure that all aspects of your health and well-being are covered.

Your Neighbourhood Coordinator will help you set up your care plan, specifically tailored to your needs and preferences. These can include specific services such as assistance with personal care (dressing, grooming, bathing, continence care, etc.), medication administration, meal support or dietary adjustments, mobility assistance and many more. Once the care plan is in place, the coordinator will schedule the appropriate services and ensure that staff are there to assist you with your specific needs. This process ensures that you receive the support you need while maintaining your independence as much as possible.

Health and care needs can change over time, and it's important to reassess your care plan periodically to ensure it remains aligned with your needs. Our leadership team will work with you to evaluate your care every six months, or more frequently if required. Changes in health, mobility, or cognition can often lead to a need for adjustments in care. Whether you need more support or if certain services are no longer necessary, we will be there to help you navigate these changes.

Receiving the right care in a retirement home is an essential part of ensuring comfort, safety, and quality of life as you age. By following these steps, you can ensure that your needs are met at every stage of the process. Remember that your Leadership Team is available to answer questions, guide you through the process, and provide continuous support. By staying proactive and engaged in your care journey, you can continue to enjoy your time at the Erin Meadows with the peace of mind that you are receiving the best possible support.

Village Life (RH)

Mother's Day Wine & Cheese



Village Life (RH)

Whiskey Tasting



Ribbon Cutting Ceremony Partnership with MediSystem Pharmacy



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		8100/ 8001	
Scheduling Coordinator	Iqra Raza	8100/ 8001	iqra.raza@schlegelvillages.com
Village Office Coordinator (LTC/RH)	Beza Teklu Okena Lew		beza.teklu@schlegelvillages.com okena,lew@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	Brigette Swaby	8012	brigette.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	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 Living 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	Thakshila Hemachandra	8100	thaksila.hemachandra@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	Cynthia Maduka	8116	cynthia.ogujiuba@schlegelvillages.com
Assistant Wellness Coordinator	Juvy Villegas (On Leave) Sachpreet Kaur(Temp)	8118	juvy.villegas@schlegelvillages.com sachpreet,kaur@schlegelvillages.com
Assistant Wellness Coordinator	Solace Attopey	8242	solace.attopley@schlegelvillages.com
Recreation Supervisor	Annabelle Cruz	8107	annabelle.cruz@schlegelvillages.com
Director of Hospitality	Evelyn Marquez (On Leave) Mariana Iacob (Temp)	8112	evelyn.marquez@schlegelvillages.com mariana.iacob@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	

Father's Day Word Search

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



CARD
CARING
CELEBRATE
CHILDREN
DAD
FAMILY

FATHER
GIFT
HOLIDAY
JUNE
LOVING
PARENT



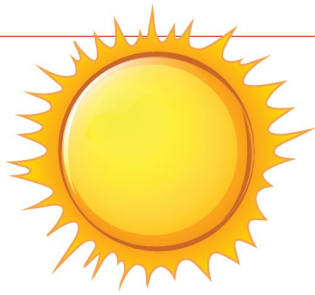
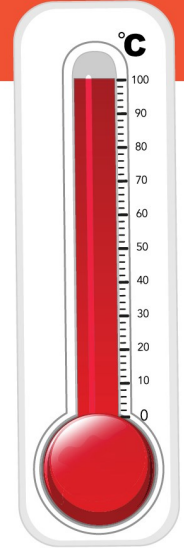
Heat-related illness

Prevention and management

As warmer weather approaches, we want to provide a safe and comfortable environment for all residents.

Heat-related illnesses are a group of serious and escalating medical conditions which include heat rash, heat cramps, heat exhaustion and heat stroke, and can have a significant impact on the health of our residents.

Our heat related illness prevention and management plan will be implemented annually, beginning May 1st to September 30th, as well as any other time when the temperature is forecasted externally, or reaches internally 26 degrees.



Hot weather tips

The signs and symptoms of heat related illness can occur quite quickly with little to no warning. Residents are assessed for heat risk annually and strategies developed. The following tips are general in nature.



Staying cool

- With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather.
- Keep cool cloths handy to apply to the face, neck, and arms.
- Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.



Clothing

- Wear loose, lightweight, light-coloured clothing.
- A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.



Skin protection

- Stay out of direct sunlight by using shade trees, covered awnings or patio umbrellas.
- Sunscreen should always be applied, even in the shade. Remember to reapply as needed.



Nourishment

- Frequent, smaller meals may be more easily tolerated during hot weather.
- Avoid dehydration by consuming fluids before, during and after meals, as appropriate.
- Hydrate with water and other cooling choices such as Popsicles and watermelon between meals.
- Alcohol may cause dehydration and should be avoided.



Physical activity

- Keep outdoor physical activity to a minimum and take frequent rest periods.
- Attempt to stay indoors during the warmest part of the day.



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

Schlegel Villages – CONNECTIONS



Join the CELEBRATION

We are honouring ten years of **#ElderWisdom**, a program dedicated to challenging the stigma and ageism that older adults often face in our society.

For the past 10 years, we have celebrated **Senior's Month** each June with our **#ElderWisdom** campaign, and for our 10th Anniversary, we're excited by the events we have coming up.

A key component of the campaign is always the **Green Bench movement**, where residents from Schlegel Villages sit on a signature green bench in public spaces to share their life experiences and insights with the community. This initiative fosters meaningful conversations between older and younger generations, helping to challenge stereotypes about aging and we're excited about each of the events the Villages are hosting this month.

This year, however, we are expanding the impact by incorporating a new, exciting element to our campaign: **the Green Bench travels**. Selected residents will have the opportunity later this summer to return to places of personal significance—whether it be their hometowns or dream destinations, such as Newfoundland, Ottawa, and London, England.

We intend to document these adventures through storytelling in our Village Voice and through a documentary we hope to showcase at film festivals and within the senior's care sector.

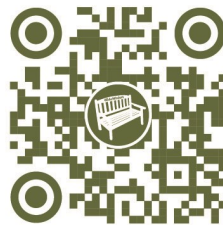
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Schlegel Villages – CONNECTIONS

Many years ago, Ron Schlegel challenged our teams to find meaningful ways to showcase the amazing wealth of knowledge older adults harbour, suggesting that **“the greatest untapped resource in Canada, if not the world, is the collective wisdom of our elders.”**

#ElderWisdom is dedicated to challenging the stigma and ageism that older adults often face in our society. It reminds us of the wealth of wisdom that seniors offer and helps restore them to a place of reverence and respect. We're grateful for everyone who helps make these events such a success!

To learn more about the program, find a local event and/or take the #ElderWisdom pledge, **scan the QR code** or visit **elderwisdom.ca**



SPREAD LOVE
NOT HATE

PRIDE MONTH

We stand with our 2SLGBTQIA+
team and family.

Meet Aaron Jones, RIA's Newest Researcher

Earlier this year, the Schlegel-UW Research Institute for Aging (RIA) welcomed Aaron Jones to their world-class research team, as the Schlegel Chair in Clinical Epidemiology and Aging. Let's get to know the newest member of the RIA's researcher team.

Question: Tells us about you and your work?

Answer: I am a health services researcher and biostatistician with expertise in the use of health administrative data and data science methodologies. My research focuses on the health service use of older adults with ongoing care needs, with the aim of discovering how to better organize, manage, and deliver the care older adults need in their preferred location. This could mean improving care in the emergency department to better support people with higher needs, making sure older adults with trouble reaching a family doctor can access effective primary care, and striving for more efficient and clear communication among health care professionals.

Question: What inspired you to pursue research in the field of aging?

Answer: I didn't start out with a specific interest in aging. Originally, I was more drawn to the science of statistics but moved away from the theoretical to the practical because I wanted to have a real-world impact. I was working in health analytics for the government of Ontario when I realized that our health care system was not designed or set up to best meet the



needs of older adults, particularly those with greater care needs such as people living with dementia. This realization inspired me to pursue a career in health research to address this gap.

Question: What is the primary focus of your current research?

Answer: My primary focus is investigating ways we can better organize, manage, and care for older adults. Currently, my two main focus areas are:

1. Geriatric care in the emergency department. I'm exploring the availability and effectiveness of geriatric-trained nurses to improve patient experiences and outcomes in the emergency department.
2. Primary care for older adults with functional impairment. I'm looking at various models of primary care for older adults who have difficulty visiting a doctor or medical office, including home visits and virtual visits.

To read more about Aaron Jones and his work, visit the-ria.ca.