

Erin Mills Lodge

June 2025 Newsletter



June Birthday's



Joan - June 1st

Allan- June 6th

Elaine- 11 June th

John. P- June 13th

Lina- June 29th

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

Warm weather facts



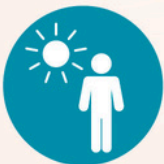
WHO IS AT RISK

Anyone can get heat stroke, but infants and the elderly are at higher risk as their bodies may not be able to regulate temperature effectively.



COPING MECHANISM

Your ability to cope with extreme heat depends on the strength of your central nervous system.



OCCUPATION

People with occupations that require physical labour in hot environments are susceptible to heat strokes.



MEDICATION

Diuretics, sedatives, tranquilizers, and heart and blood pressure medications affect your body's ability to regulate temperatures.



BEVERAGES

Caffeine (stimulant) and alcohol increase the risk of warm weather-related illness.



MEDICAL CONDITIONS

Sleep disorders, and problems with the heart, lungs, liver, kidneys, thyroid, or blood vessels increase the risk.



CLOTHING

Wearing heavy and tight clothing can increase the risk. Opt for light-colored, loose-fitting clothing made of natural fibers (cotton/silk/linen).

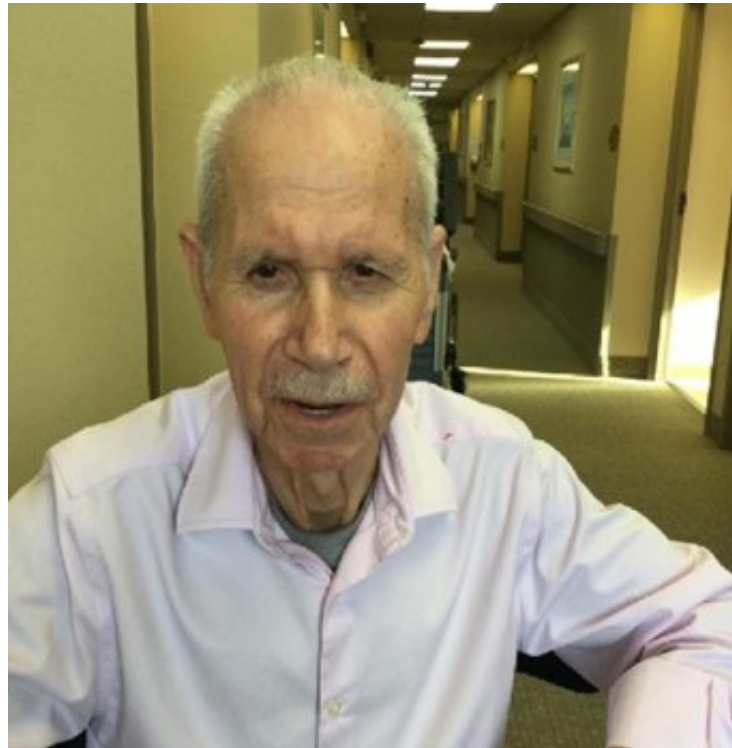


DISEASES

Certain diseases increase risk; cystic fibrosis, for example, affects the ability to sweat.

Resident of the Month

Hazel Lane



Congratulations to our august Resident of the Month for Hazel Lane, Mr. Spiridon Lilakos, who joined our neighborhood just a few months ago. Spiridon is a man of diverse interests, from bowling and music to coloring and exercise. He thrives in the sunshine and never tires of sharing tales from his Greek heritage, adding warmth to our neighborhood. Spiridon's knack for curating old photos and recounting stories from his past captivates everyone. We congratulate him on being a vibrant addition to our community and appreciate the unique charm he brings. Cheers to Mr. Spiridon Lilakos!

Resident of the Month

Sheridan Way



We are thrilled to recognize Zahid as our Resident of the Month! Zahid brings energy, enthusiasm, and a bright spirit to every program he attends. Whether it's Bingo, Group Exercise, or Hangman, he's always ready to join in with a smile and a positive attitude. His favorite activity is Word Connect, and it's no surprise - Zahid is incredibly skilled and never misses a session. His consistency and love for word games make him a true standout in our village.

Zahid is not only active in our programs but also in building connections. He enjoys chatting with fellow residents and team members, spreading joy wherever he goes. His cheerful nature, sense of humor, and genuine care for others create a warm and welcoming environment. Zahid's laughter is contagious, and his presence lifts the spirits of everyone around him. Congratulations, Zahid! Thank you for being such a fun and valued part of our village!

Resident of the Month

Erindale Place



We are excited to shine the spotlight on Maria as our Resident of the Month! Although Maria is one of our newest residents, she has quickly become a bright and joyful presence in our home. Her warm smile and positive attitude make her a friend to all.

Maria has been enthusiastically participating in group activities, especially our exercise classes, where she brings great energy and encouragement. She also shares her creative talents through flower arranging, thoughtfully creating beautiful centerpieces that brighten up the dining tables for all residents to enjoy.

In her quiet time, Maria enjoys knitting, a relaxing hobby that reflects her patience and creativity.

Thank you, Maria, for being a wonderful part of our neighbourhood.
We're so glad to have you with us!

May Photos

On Victoria Day Residents and Family members attended our High Tea Social



Multicultural Day



Multicultural Day



Hats and Blankets for the NIC-U

Next Pick-up date is June 30, 2025

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)





This year for Pursuit of Passions, Schlegel Villages is making a cookbook filled resident recipes and the stories that go along with them. After our internal competition on July 23rd, four resident recipes from each village will be entered in for the cookbook. The categories are Drinks, Appetizers, Mains and Desserts. If you have a recipe and a story you would like to enter please speak to the recreation team.

Families and friends, we may need a hand to get copies of recipes as well as a picture of your loved one cooking if you have one. Alanah and the Recreation team will be in contact with family members. Our village event is July 23rd, some recipes have already been entered into the competition.

The cookbook will be available for purchase at our Christmas Market later this year.



TIMELESS RECIPES,
endless stories
PURSUIT OF PASSIONS 2025

**JOIN US FOR A
CELEBRATION
OF FOOD, CULTURE,
AND COMMUNITY!**

Our residents will share
their treasured recipes and
the stories behind them —
from family traditions to
cultural favorites.

Wednesday, July 23

2-4 PM

Lower Level



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.

Erin Mills Lodge- Leadership Contact List

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Alanah Kelly, Director of Recreation/ Volunteer Services	EXT 261
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