

THE VILLAGER

July 2025 Newsletter

Volume 22 Issue 7



1 JULY
HAPPY
CANADA
day



The Village of
ERIN MEADOWS



Message from Assistant General Manager

Terence Paul (LTC)



Welcome Summer 2025!

Dear Residents and Families,

We are excited to welcome the first days of summer here at the Village! The warm weather brings sunshine, outdoor fun, and a wonderful opportunity to enjoy the season together. As the temperatures rise, we'd like to remind everyone how important it is to stay cool and well-hydrated. Our team will be keeping a close eye on the weather to ensure everyone remains safe and comfortable during the hotter days.

To help protect your skin from the sun, we've made sunscreen available at the main entrance to LTC as well as at the back patio entrance. Please feel free to use it when heading outdoors.

This year, we also have some exciting updates happening in our Long-Term Care home that we'd love to share with you.

First, we're working on a new initiative called FLEX Scheduling. As part of this project, we're planning to introduce 12-hour shifts for some of our care team members. This change is designed to bring more consistency to our staffing, help reduce turnover, and improve engagement across our teams. Most importantly, it will mean more familiar faces for our residents and stronger relationships, which leads to better overall care.

Another project we're excited about is Med-Admin Support. With this program, certified PSWs will begin assisting RPNs with medication administration. This will allow our RPNs to spend more time focusing on resident health needs, monitoring conditions more closely, and giving even more attention to individual care. While we're still working through the logistics and training, we're confident this program will roll out before the end of the year.

We'll continue to keep you updated as both of these projects move forward. We believe these changes will have a positive impact on the quality of care and the daily experience for our residents and staff.

Wishing you all a safe, sunny, and joyful start to the summer season!





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 - Part 2

Last month, we compared effective prayer to using tools, emphasizing practical approaches to achieving your desires. The first essential tool is simply asking, but with a mindset shift of not lack or need but of desires already realized, embodying a sense of ownership and belief. We also encouraged the supplicant to adopt a confident, belief-filled attitude when requesting what they desire. As promised, here are some further insights on How to Have Your Heart's Desires Delivered to Your Door.

The second tool we need to draw from our spiritual toolbox is belief. I have found that this tool is a little – no, way more complex than the "ask" tool. It is possible to ask but not believe you will have your healing or a tangled web life affair resolved to your satisfaction.

Another name for this complex tool is faith, but faith simply means to believe. If you are not as religious as I am, we can use words such as positivity and optimism. Optimism (or faith) is a principle in the universe, more prevalent than gravity—remember that the Apollo astronauts could not feel gravity on their way to the moon, but never lost faith that they would get there. Was it not Helen Keller who said, "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."?

Did I mention that I'm a control enthusiast? (I don't like the word "freak"). I love to dot every "i" (unless it is upper case) and cross every "t." But the only constants in life are unpredictability and uncertainty. These two troublesome bugs are why we need faith, belief, or optimism when we ask for a blessing or miracle to be delivered to our door.

Faith or optimism gives me control (which I cling to). A New Testament verse illustrates this fact. "Now faith is confidence in what we hope for and assurance about what we do not see" (Hebrews 11:1). Do you like to be confident and be assured? Me too. Another version of this verse uses the words "sure" and "certain." And as a control fre... I mean enthusiast, I love to be sure and certain about things.

There is another tool in your box. For some strange reason, every box comes with this tool, and everyone is an expert at using it. It is called doubt. Thomas Hardy said, "Pessimism is playing the sure game. You cannot lose at it. . . . It is the only view of life in which you can never be disappointed." We have to try really hard not to touch that tool because it is, as Franklin D. Roosevelt said in sage-like tones: "The only limit to our realization of tomorrow will be our doubts of today."

The tool "ask" works well with the tool "belief." When we ask, we do so with the mindset that we already have what we asked for (I shall not want). That is belief, faith or optimism. So, what do you want delivered to your door? Try asking and believing and see what happens.

Next time I'll sneak you a hack you can employ to help you get what you desire.

at Schlegel



Athlete of the Month

The PAL team would like to congratulate Aleida “Luke” De Maat as Athlete of the Month! A few weeks ago, Luke has added walking into her fitness program and started with just a few steps. Since then, she has made incredible progress and confidently walks up to 90 meters! We find her determination and consistent participation with the team to be inspiring. Congratulations Luke! We are very proud of the progress you have made.

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

Edward.macias@schlegelvillages.com



Hello Erin Meadows!

Self Care in the Summer

Summer has officially begun, and with it comes long sunny days. Sunlight is linked to a multitude of health benefits that are particularly important for older adults. Here are some of the ways you are (helping your health) just by soaking up the sun

1. Increases your vitamin D production
 - Sunlight enables your body to make vitamin D which supports bone health, regulates blood sugar, and keeps your brain healthy
2. Fine tune your immune system
 - Vitamin D production and UV light in moderation can help your body fight off infections like influenza and tuberculosis
3. Improves your sleep quality
 - Exposure to sunlight in the morning increases melatonin, which helps you sleep once the sun sets
4. Boosts your mood
 - Spending time in the sun triggers production of the mood-lifting hormone serotonin. It makes us feel calm, focused, and happy, all of which combat mood disorders

Enjoy the sun in a safe way by wearing sunscreen, avoiding peak hours (11am-3pm), and wearing light, loose clothing.

Happy summer Erin Meadows!



Ammarah Ahmed
Student Kinesiologist



Wishing you a
Happy Birthday! LTC

Derry

Egils P July 11
Frida P July 29

Sheridan

Dalia L Jul 8
Madilen P July 7
Bebi L July 17
Robert F July 22

Meadowvale

Darrell Swazey July 6
Tien Dang N July 18
Cecily R July 26
Laura P July 28

Howland

Louis S July 4

Trafalgar

Copeland W July 5
Carmen D July 16

Dundas

Laila H July 2
Marianna W July 15



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.

LTC Events @ a Glance

Canada Day Celebration with Prince	Tuesday, July 1 2 PM
Melody of Divine Love	Sunday, July 13 2 PM
Neighborhood Ride & Lunch at McDonalds	Tuesday, July 15 11-3 PM
Children's Choir	Saturday, July 19 10 AM
Wings Over The Rainforest (Derry Neighborhood)	Wednesday, July 23 2 PM
Pub Night with Emilio	Friday, July 25 6:30 PM
Birthday Bash with James Regan	Tuesday, July 29 2 PM

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

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



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: July 5, 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:

-  **July 5th: Malvina Goral DQI & Nory Fernando *Continence/Wound Care and Restraint***
-  **August 2nd: Anup Sengupta (ADNC) and Nicola Campbel (NC) *Pain and Palliative Care***
-  **September 6, (NO SPEAKER-House Keeping for FC) OR MALVINA -DQI (To be Confirmed)**

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

Neighbourhood Ride & Lunch at McDonalds (LTC)

Thursday, July 17th
11 AM—3 PM

Please sign up with the
Recreation Department





Village Life

LTC





Village Life

LTC

FIELD TRIP



HELPING HANDS



Father's Day Car Show

We were delighted to celebrate Father's Day with a special classic car show at The Village! The day was full of energy and joy, featuring a striking collection of vintage cars, tasty food, sweet treats, and fun bike rides. It was wonderful to see residents, families, and team members come together to create lasting memories. A sincere thank you to our incredible volunteers for making this day possible with their enthusiasm and support.





Elder Wisdom



Honouring 10 Years of Elder Wisdom

Residents from both Retirement and Long-Term Care brought the Green Bench to John Fraser Secondary School, inviting students to sit, connect, and engage in meaningful conversations. Together, we are bridging generations and celebrating the voices, experiences, and wisdom of our elders.



Village Life

(RH)





The Village of
ERIN MEADOWS

Village EVENTS

RETIREMENT

Entertainment:

Afternoon Music
Friday, July 18th
2:30 pm, Main Street

Birthday Celebration with
The Notables
Friday, July 25th
2:30 pm, Main Street

Vendors on Main Street @10:00am :

Factory Shoe on Wheel -
Wednesday, July 2nd
Mary Kay, Sandra Crochet, & Maria's
Jewelry - Wednesday, July 5th
Adrian's Fashion - Wednesday, July 9th
Glidz4 Girls - Wednesday, July 16th
Mom's Time Out - Saturday, July 19th
Tradition Alive - Wednesday, July 23rd

Outing Schedule

In light of the current outbreak in the Village, bus and van outings are currently on hold. We'll share updates on a poster as soon as they're available.

July Bulletin:

Food Forum
Thursday, July 3rd
10:00 am, Town Hall

Men's Breakfast
Tuesday, July 8th
9:15 am, Ruby

Residents' Council Meeting
Tuesday, July 8th
10:30 am, Town Hall

Ladies Breakfast
Tuesday, July 15th
9:15 am, Ruby

Pursuit of Passion:
A Taste of Home with Mirella & Armando
Tuesday, July 15th
10:30 am, Hobby Shop

Blooms of Flower Presentation
by Lianne Harris
Thursday, July 24th
10:30 am, Town Hall

Poker Night
Monday, July 28th
7:00 pm, Town Hall

New Residents Welcome
Committee Meeting
Tuesday, July 29th
10:00 am, Library



The Village of Erin Meadows Retirement

July 2025



Are you new to the Village of Erin Meadows, or just hoping to become more active? Join us for fun and engaging 30-minute classes through the Program for Active Living (PAL Program)!

PAL Program

- Your journey to wellness, strength, and independence starts here.
- Program for Active Living (PAL) is our wellness program, designed just for you, because we believe age is just a number, and movement is medicine!

What is new this month?

We are hosting **Seated Volleyball** on **July 5th at 11 am**. It is a game that will get you moving, laughing, and working as a team. With every bounce, you'll boost coordination, sharpen reflexes, and enjoy a fun dose of healthy competition. No experience needed, just bring your game face!

LIFEMARK SENIORS WELLNESS PROGRAM

- MOVEMENT MATTERS
- FALLS PREVENTION
- PUMP IT UP
- SEATED DANCE

MONDAYS AND THURSDAYS

1:00- 3:00 PM

Location: Fitness Center

PAL CLASSES

- UPPER BODY STRENGTH - WITH WEIGHTS
- THERABAND EXERCISES
- SEATED&STANDING LEG EXERCISES
- FLEXIBILITY & STRETCHING
- BALANCE AND STABILITY
- YOGA AND MINDFULNESS

REFER TO PAL CALENDER FOR MORE INFORMATION

Sarina- Retirement PAL Coordinator

Happy Birthday

Yamada Haruo	Sheila Aldworth
Des White	Nalini Kapoor
Janet Kipkie	Violet Harney
Jean Michaels	John Intini
Margaret Quinn	Ross Skippon
Laura Searle	Betty Topping
Gayle Johnson	Jeanette Singh
Pam Berry	Marg Rowe
Gwen Elstone	Sylvia Lynch
Mary Frattini	Clive Dunstan
Duncan Towe	John McReynolds
Betty Gilman	

Birthday Celebration with
The Notables
Friday, July 25th
2:30 pm, Main Street

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	Iqra Raza	8100/ 8001	iqra.raza@schlegelvillages.com
Scheduling Coordinator	Shania Maranan	8100/ 8001	shania.maranan@schlegelvillages.com
Village Office Coordinator (LTC/RH)	Okena Lew		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	Sherry Xue (Temp) Ann Swaby (LOA)	8051	sherry.xue@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	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	Arisa 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)	8118	juvy.villegas@schlegelvillages.com
	Sachpreet Kaur (Temp)		sachpreet.kaur@schlegelvillages.com
Assistant Wellness Coordinator	Solace Attopley	8242	solace.attopley@schlegelvillages.com
Recreation Supervisor	Annabelle Cruz	8107	annabelle.cruz@schlegelvillages.com
Director of Hospitality	Evelyn Marquez (On Leave)	8112	evelyn.marquez@schlegelvillages.com
	Ruth Umadhay (Temp)		ruth.umadhay@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) Coord.	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	

Canada Day Word Search



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

PARLIAMENT
CANADA DAY
NEW BRUNSWICK
FIREWORKS
CARNIVALS

HOLIDAY
UNITED
JULY
COLONIES
CELEBRATE

BRITAIN
QUEBEC
ACT
ONTARIO
FIRST

FAIRS
NOVA SCOTIA
PARADES
PICNICS
BRITISH

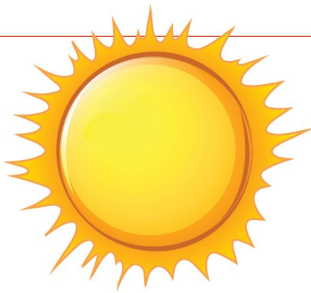
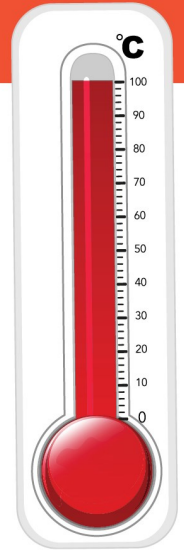
Heat-related illness

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.



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

Schlegel Villages – **CONNECTIONS**



Schlegel family's pride in **CANADA**

"The beauty and vastness of the country and its countless different landscapes is a great point of pride," says Brad Schlegel, reflecting on the celebration of Canada Day this year. "Mirroring that it is the beauty of our people, with our multitude of cultures, and the bounty of their generosity and kindness."

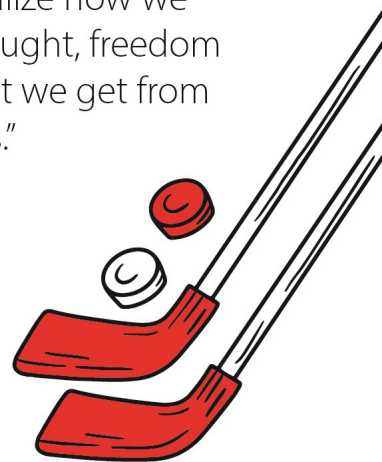
This year has been one of great reflection for many Canadians, for there have been new challenges borne out of changing perspectives among our global neighbours. There has been a rise in Canadian patriotism as a result, and across our Villages we see it in full force as our residents and team members celebrate the ties that bind us together across our nation on July 1.

As Jamie Schlegel considers this, he echoes much of what his brother says, with an added flare for a stalwart Canadian Passion. "I'm proud of the vast and rugged natural beauty of our land," Jamie says, "the humility and kindness of our people and the fact we dominate the game that really counts – hockey!"

For their father, Ron, who founded Schlegel Villages and in doing so, furthered his father's passion for community building, Canada finds its strength in its diversity. He notes he was born in a tiny Hamlet west of Kitchener, Punkeydoodles Corners, and as a boy moved to the village of Ailsa Craig. Influences came from Germany and Scotland respectively in these areas, and these blend together to make Canada strong. "In my opinion, Canada is the best country in the world," Ron says, reflecting on the diversity of language and geography that helps define the nation.

His oldest son, Rob, while travelling in Europe, expands on that reflection. "I am proud to be Canadian as we travel around the world and realize how we enjoy our freedom of thought, freedom of speech and the respect we get from people in other countries."

**Happy
Canada
Day!**



Schlegel Villages – CONNECTIONS



Throughout Senior's Month in June, we saw many great events to celebrate **#Elderwisdom** across the province, and we thank everyone who participated and helped remind our communities how much our oldest generations have to teach us. We are looking forward to the month of July as our Wisdom of the Elder signature program continues with our **Pursuit of Passions** tradition.

In years past, Villages have showcased the artistic talents of residents through art shows, large and small, but we've also found that a celebration of cuisine and the culinary passions of residents is always well received.

Throughout July, we know there are many events planned; some Villages are hosting cook-offs to showcase favourite recipes

where fellow residents and team members will have opportunities to vote on their favourites. In others, space is being created for residents and team members to cook together and break bread in the neighbourhoods with their neighbours.

Throughout the **"Timeless Recipes, Endless Stories"** events, the memories shared and the explanation of the meaning behind the recipes will be the greatest points of pride.

No matter how your Village and neighbourhood is focusing on the passion we all share for good food and company, we hope everyone can take a bit of time to share some of their culture and personal history through conversations about the foods we love.

Boosting Brain Health: Small Habits, Big Impact

Brain Health Day (July 22) is a reminder that how we care for our brains today can shape how we live tomorrow.

Our brains change over time, but the choices we make every day can help keep them strong.

How we live, move, eat and connect with others can shape our brain health. Even small lifestyle changes can help support memory, thinking skills and overall brain function.

The Brain-Body Connection

Our brains and bodies are deeply connected. Lifestyle behaviours such as regular physical activity and a balanced diet not only support general health, they also have a positive effect on memory and thinking abilities.

What can you do?

- Take a brisk walk most days of the week
- Eat more vegetables, fish, and whole grains
- Limit processed foods and added sugars
- Stay hydrated

Exercise Your Mind, Too

Keeping the brain active is just as important as staying physically active. There's growing evidence that challenging your brain helps keep your thinking sharp.



Try these brain-boosting activities:

- Do a daily crossword or Sudoku puzzle
- Play matching games
- Use both hands equally for tasks like brushing your teeth or making breakfast
- Try a new form of movement like yoga, tai chi, or dancing – bonus if it involves remembering sequences
- Memorize short lists of items in your home, then test yourself after a short break
- Read aloud to yourself or others
- Use a journal to track emotions and memory progress
- Socialize regularly – join a game night, walking group, or volunteer activity

Take One Small Step Today

Whether it's going for a walk, trying a crossword puzzle, or adding more leafy greens to your plate, each step matters. The RIA offers tools, resources, and research-based programs to help older adults live their best lives—and that includes supporting better brain health.

Want more? Check out the Memory Workout By Us For Us Guide (the-ria.ca/bufu).