

# THE VILLAGER

August 2025 Newsletter

Volume 23, Issue 8



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*The Village of*  
**ERIN MEADOWS**

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# Message from General Manager

Curtis Ferry

As we enter August, there is little doubt that this has been a classic, hot, Southern Ontario summer. The sun has been shining strong, the days have stretched long, and the air carries that unmistakable scent of barbecues, sunscreen, and freshly cut grass. Whether you thrive in the heat or quietly count down the days until cooler fall breezes return, this time of year is rich with memories. Many of us can recall backyard sprinklers, community pools echoing with laughter, and picnics savoured in the welcome shade of a large tree. Summer has a way of awakening all the senses—warm breezes, birdsong, the hum of cicadas, and the gentle rustle of leaves overhead.

Although the season is already halfway through, there's still plenty of summer to be enjoyed here at the Village. This month brings some especially exciting opportunities to gather and celebrate together. We're all looking forward to our **Summer Carnival on August 20th**, a colourful event full of games, treats, music, and laughter. It's a time to let your inner child shine and enjoy the joy that comes with shared experiences. Then, just a little later in the month, we'll be hosting our **Mini-Market on August 29th**—a perfect occasion to browse hand-made items, sample delicious goods, and support local creativity. These events are more than just a way to pass the time—they help us stay connected and build meaningful moments across our continuum.

As August rolls on and autumn begins to appear on the horizon, let's take advantage of every chance to be outdoors—whether it's a morning coffee in the courtyard, a gentle walk through the garden paths, or simply sitting with a friend under a shady tree. Let's listen for bees buzzing and birds chirping, and maybe even the distant laughter of children playing. These small pleasures are the essence of summer.

Let's make the most of this golden season—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 - Part 3

In the last two articles, I likened prayer to tools we can use to accomplish tasks. The first key tool is "Ask," but it needs to be used with a specific mindset. Instead of asking from a place of lack or need, we ask as if we already possess what we desire.

The second essential tool is "Belief." Simply asking isn't enough; we must genuinely believe we will receive what we ask for. Belief (optimism, positivity) is a universal principle which is necessary in a world of uncertainty. Another tool that we use inadvertently and unconsciously is doubt. Doubt limits what we can achieve.

This month, I will discuss another tool you can use to have your heart's desires delivered to your door, even if you are not religious.

"Son, you have money to go to college?" My mother had watched silently as I packed my suitcase.

"No, Mama," I replied as I placed my weight on the overstuffed suitcase so I could fasten the latches.

"So, how come you pack your suitcase?"

"Just faith, mama," I said calmly. My mother burst into tears and ran from the room.

I had graduated at the top of my high school class, but I didn't have the money to begin my tertiary education. One day, the idea of packing my suitcase as if I were off to college popped into my head. I did not know it then, but I had just used another tool to have what I wanted delivered to my door. I call this tool "act as if." My suitcase sat by the front door for two days, after which, I was off to college with five hundred dollars in my pocket!

A Bible narrative tells of three kings who found themselves and their armies arrayed for battle but had no water for the troops. The prophet instructed them to dig ditches. "You will see neither wind nor rain, yet this valley will be filled with water, and you, your cattle and your other animals will drink," the prophet assured them. So, with no rain clouds in the sky, they dug many ditches. The next morning, there was "water flowing from the direction of Edom! And the land was filled with water."

You may have heard of some town folks who gathered on a parched hillside to pray for rain. However, the only person who acted as if they already had rain was a little girl; she took her little pink umbrella.

When you pray or desire anything, find a way to "act as if" you already have what you want. Do you wish to improve your health? On a sunny day, get out of bed and take a walk as if you are strong and healthy. If you can't walk, have someone take you out. Whatever your desire, find a creative way to bring along an "umbrella" with you. The "act as if" tool subconsciously strengthens your faith and shifts you into a state of optimism, a universal principle that makes the things and conditions you hope for materialize in your life.

Alright, I know the tools "ask," "believe," and "act as if" look clumsy, but they work. I speak from experience. Better to use them than to worry and be afraid. When you see me, please tell me what has recently arrived at your door.

# at Schlegel



## *Athlete of the Month*

The PAL team would like to congratulate **Lynda Barre** as Athlete of the Month!

Lynda has been doing incredible work in her sessions with the PAL team. She breezes through sit to stands and continues to improve her standing each time. Part of the program included strength training for leg and grip strength, which she enjoys and completes with determination. Lynda also joins physio for regular walks, covering distances up to 100 meters!

Fantastic job Lynda!

From,

The PAL Team – Edward,  
Ammarah, Hameet, Chaya, and  
Muhammad

[Edward.macias@schlegelvillages.com](mailto:Edward.macias@schlegelvillages.com)



## *Hello Erin Meadows!* *Mindfulness, Meditation, and You*

Meditation is the intentional practice of focusing your attention and becoming aware of the present moment. It is a way for you to deeply relax and calm the mind. Meditation has been shown to increase gray matter in the hippocampus, which is the memory centre of your brain. This means that regular meditation may keep your memory sharper and even slow early signs of dementia. It is also known to lower stress, improve sleep, reduce anxiety and depression, as well as support a healthy heart. All you need is a quiet space and just a couple minutes of your time. Here are some simple ways for you to practice mindfulness:

### *Square Breathing*

Breathe in for 4 seconds, hold for 4, breathe out for 4, and hold again for 4. Repeat. Notice the sensation of air filling your chest.

### *Mindful Eating*

Focus on each bite of food. Notice the texture, taste, and how it feels as you chew slowly.

### *Body Scan*

Bring your awareness to different parts of your body from your toes, fingers, all the way to the top of your head. Pay attention to sensations you feel like temperature, pressure, or how your clothes feel.



**Ammarah Ahmed**  
*Student Kinesiologist*





Wishing you a  
**Happy Birthday!**

LTC

### *Derry*

Flavia Moniz     August 15

### *Sheridan*

Julie Nakata	August 5
Vida Walsh	August 10
Viola Rowan	August 23
Elsie Deturse	August 24
Bruce Sprigg	August 28

### *Trafalgar*

Suguna Udiaver	August 24
Erlinda Lopez	August 27
Katharina Kim	August 28

### *Howland*

Ralph Mitchell	August 21
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*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

<b>Ice Tea Social w/ Dave Murphy</b>	<b>Monday, August 4 2 PM</b>
<b>Afternoon Social w/ Vivianna</b>	<b>Sunday, August 10 2 PM</b>
<b>Summer Carnival</b>	<b>Wednesday August 20 11AM</b>
<b>Lunch at Snug Harbor</b>	<b>Thursday, August 21 11 AM—4 PM</b>
<b>Pub Night w/ Tristan Alexander</b>	<b>Friday, August 22 6:30 PM</b>
<b>Birthday Bash w Ashleigh</b>	<b>Tuesday, August 26 2 PM</b>
<b>Memorial Service</b>	<b>Thursday, August 28 3 PM</b>
<b>Mini Market</b>	<b>Friday, August 29 11:00AM</b>

**Residents Council Meeting Wednesday, August 13, 2 PM  
in the Community Centre**

**Family Council Meeting, Saturday, August 9, 10 AM**



# 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

**Saturday – Next Meeting: August 9, 2025 (only this month is 2nd Saturday)**

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:**

-  **August 9th:** Anup Sengupta (ADNC) & Nicola Campbell (NC) Pain and Palliative Care
-  **September 6th:** (House Keeping for FC) OR Malvina—DQI – Confirmed
-  **October 4th:** Terence Paul (AGM) and Lito Lagasca (DOC) - Huddles/Care Plan/Shift Reports/MHLTC—Inspection Report by Lito

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

#### **For questions, contact:**

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

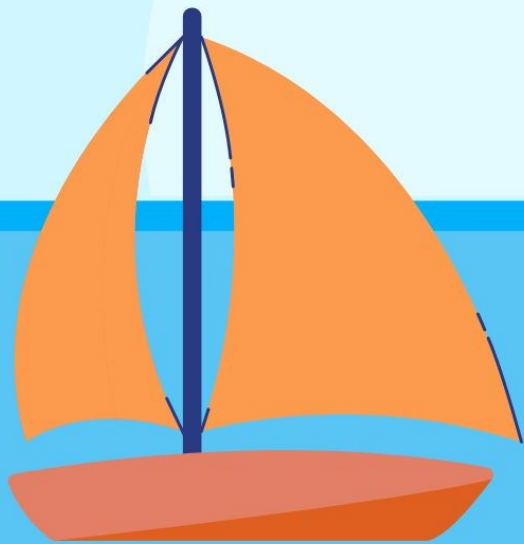
✉ Email: [Chi.awadh@schlegelvillages.com](mailto:Chi.awadh@schlegelvillages.com)

# LUNCH AT SNUG HARBOR

THURSDAY, AUGUST 21ST

11 AM - 4 PM

\$30



PLEASE SIGN UP WITH THE LONG-TERM  
CARE RECREATION DEPARTMENT



# P I C N I C



Our PERT team, alongside one of our valued Community Partners, had the pleasure of bringing our residents for a picnic at one of our beautiful local parks. The weather was perfect, the company was even better, and everyone had a wonderful time enjoying the fresh air, good food, and great conversations.





# Village Life

LTC





# Village Life

LTC





# Village Life

LTC



This year, we had the privilege of sending some team members to the Boat for Hope event — a recognition of their exceptional work at The Village and a meaningful way to give back to the Schlegel Village







*The Village of*  
**ERIN MEADOWS**

# Village EVENTS

## RETIREMENT

### Entertainment:

Civic Holiday Celebration with Vivianna  
Monday, August 4th  
2:30 pm, Main Street

Caribbean Afternoon Music  
Friday, August 15th  
2:30 pm, Main Street

Birthday Celebration with Bruce  
Friday, August 22nd  
2:30 pm, Main Street

### Vendors on Main Street @10:00am :

Mom's Time Out -Wednesday, Aug. 6  
Efy Jewelry & Clothing -Wednesday, Aug. 13  
Cathy's Jewelry & Scarves -Wednesday, Aug. 20  
Traditions Alive - Wednesday, August 27

### Outings:

St. Jacob's Market  
Tuesday, August 19th  
9:30 am

Mirvish Theatre Outing  
Friday, August 22nd  
11:00 am

**Posters with the grocery schedules for van  
drop-off and pick-up will be posted.**

### August Bulletin:

Men's Breakfast  
Tuesday, August 5th  
9:15 am, Ruby

Food Forum  
Thursday, August 7th  
10:00 am, Town Hall

Residents' Council Meeting  
Tuesday, August 12th  
10:30 am, Town Hall

Ladies Breakfast  
Tuesday, August 19th  
9:15 am, Ruby

Summer Carnival  
Wednesday, August 20th  
11:00 am, MS (LTC & RH, & Back Patio

Poker Night  
Monday, August 25th  
7:00 pm, Town Hall

New Residents Welcome  
Committee Meeting  
Tuesday, August 26th  
10:00 am, Library

Memorial Service  
Thursday, August 28th  
3:00 pm, Town Hall

Mini Market  
Friday, August 29th  
11:00 am, LTC and RH Main Street

# Happy Birthday

RH

Penny Austin	Quijie Zhou
Sharron Lindsay	Patricia Gerber
Carmen Pascoe	Sabrina Singh
Ilene Rudderham	Elaine Feuer
Maria De Souza	Arnold Fernandes
Phet Phonexay	Shirley Messmer
Robert Land	Joseph Noronha
Isabel Bunce	Marion Goegan
Renee Bonnema	Peter Sellar

**Birthday Celebration with Bruce  
Friday, August 22nd  
2:30 pm, Main Street**



# Village Events

RH



It's amazing to visit Jordan while staying right here in the village! Residents, families, and team members took part in the VR experience—and loved every moment.



# Village Life

RH



Blooms of Flower Presentation



Canada Day Celebration

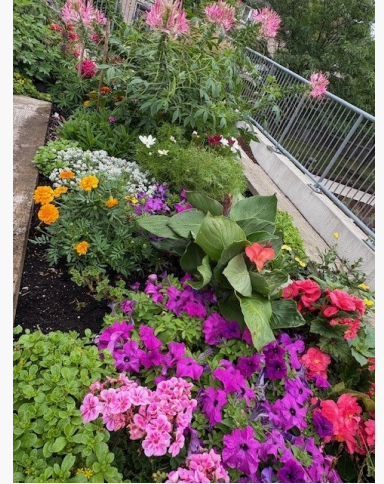




# Village Life

RH

Garden Club



Thank you to our dedicated Garden Club members—Clive D., Sally C., Mirella M., Armando M., Marlene S., Judy P., Karla F., Andree F., Marina F., and Mike S.—for your wonderful care of the vibrant flower garden on the back patio. Your efforts have truly made the space come alive! Everyone is welcome to visit the back patio and admire the beautiful flowers.

4th Floor Patio



Come and see the blooming beauty on the 4th floor patio! Special thanks to Armando and Mirella for their dedication and green thumbs.







## Message from Director of Wellness

Cynthia Maduka (RH)

### Taking Care of You (Even During an Outbreak!)

— *A little love note from your Director of Wellness*

We know things might feel a little “off” during an outbreak—fewer friendly faces in the hall, quieter days, and maybe a few extra safety steps to remember. But even during an outbreak, there are still so many ways to feel good, stay connected, and take care of yourself.

Here’s a little reminder: self-care doesn’t have to be fancy. It’s about the small, comforting things you do each day that bring a smile or a moment of peace.

#### □ Gentle Ways to Take Care of Yourself

##### **Slow down and savour the moment**

This is your time to enjoy the quiet. Make that cup of tea a little slower. Hum along to your favourite song. Sit by the window and watch the day roll by—sometimes the little moments are the most nourishing.

##### **Keep moving—just a little**

Even a few stretches while seated can do wonders for how you feel. If you’re up for it, try a gentle walk around your suite. Need some ideas? Just ask—we’ve got fun and easy movement cards we can drop off!

##### **Eat what you love, drink plenty of water**

Even if you’re not feeling super hungry, try to nibble on something nutritious. And keep sipping water throughout the day—it helps more than you think.

##### **Stay in touch**

We may be physically apart, but staying close in heart is still possible. Let us help you connect with family by phone or video—we’re happy to set it up for you (and we love being tech support!).

##### **Follow the basics, together**

Wearing your mask when staff come in, using hand sanitizer, and staying cozy in your suite—it’s all part of taking care of yourself *and* your neighbours. We appreciate you more than you know.

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### Feel-Good Things To Do in Your Room

If you’re looking for a little spark in your day, try one of these:

- Flip through a photo album and tell yourself the stories again
- Do a word search, crossword, or puzzle—we’ve got extras if you need!
- Write a letter or jot down a memory to share with family later
- Listen to your favourite oldies or calming music
- Water your plant or “chat” with it—hey, it might talk back!
- Colour, doodle, or just scribble—it all counts as creativity
- Light stretches to soft music (bonus points if you sing along)

Even though things are a bit different during outbreak, remember: you’re not alone. We’re still right here with you—cheering you on, checking in, and doing our very best to make each day safe and warm. Take care of yourself, and we’ll get through it—together.



# 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	Thakshila Hemachandra	8100/ 8001	thaksila.hemachandra@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	8005	nirmala.mery@schlegelvillages.com
Director of Recreation	Sami Kermani (LOA) Annabelle Cruz (Temp)	8007	sami.kermani@schlegelvillages.com annabelle.cruz@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 Iqra Raza (Temp.)	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 Community 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		8100	emretirementadmin@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
Director of Wellness	Cynthia Maduka	8116	cynthia.ogujiuba@schlegelvillages.com
Assistant Director of Wellness	Juvy Villegas	8118	juvy.villegas@schlegelvillages.com
Assistant Director of Wellness	Solace Attopey	8242	solace.attopley@schlegelvillages.com
Recreation Supervisor	Annabelle Cruz Norelle Cuevas (Temp)	8107	annabelle.cruz@schlegelvillages.com norelle.cuevas@schlegelvillages.com
Director of Hospitality	Evelyn Marquez (On Leave) Ruth Umadhay (Temp)	8112	evelyn.marquez@schlegelvillages.com ruth.umadhay@schlegelvillages.com
Ruby Executive Chef	Bea Leano Harpreet Sidhi	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	



# Gardening and Plants

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

## Word list:

BLOOMS

BULBS

CACTUS

COMPOST

DAISIES

FERNS

FLOWER

GARDEN

HARVEST

HERB

MULCH

PERENNIAL

PESTICIDE

POLLINATE

POTTING

PRUNING

ROOTS

SEEDS

SHADE

SOIL

SPROUT

STEMS

SUNLIGHT

THORNS

TULIPS

VINES

WATER

WEEDS





## *The Village of* **ERIN MEADOWS**

2930 Erin Centre Blvd., Mississauga  
(Winston Churchill at Erin Centre)



For more information call  
905 569 7155 ext. 8098 & 8099  
Christina, Ashleigh or Masud



## **The Village of Erin Meadows offers a full continuum of care:**

### **AILSA CRAIG – Independent Living**

- full kitchen with fridge, stove, dishwasher and microwave
- in suite washer and dryer
- weekly housekeeping with linen laundry wash/change
- meal plans and or care services can be added for an extra fee
- starting at \$5,360/month (second occupant add \$525)

### **BECKER – Retirement Apartments**

- kitchenette with full size fridge and microwave
- in suite washer and dryer
- lunch and dinner daily
- weekly housekeeping with linen laundry wash/change
- breakfast and or care services can be added for an extra fee
- starting at \$4,171/month (second occupant add \$1,000)

### **WILLIAMSBURG – Full Service Retirement**

- three meals daily
- medication administration
- daily bed making with garbage removal
- weekly housekeeping with linen laundry wash/change
- weekly assisted bath or shower
- care service and support can be added for an extra fee
- starting at \$5,355/month (second occupant add \$1,315)

### **EGERTON – Assisted Care**

- support with personal care/activities of daily living up to 8 points from resident health care assessment
- care beyond 8 points can be added for an extra fee
- three meals daily
- medication administration
- daily bed making with garbage removal
- weekly housekeeping with linen laundry wash/change
- weekly assisted bath or shower
- starting at \$6,640/month (second occupant add \$2,137)

### **EMMA'S – Memory Care**

- safe, secure neighbourhood designed to support residents living with dementia
- support with personal care/activities of daily living up to 8 points from resident health care assessment
- care beyond 8 points can be added for an extra fee
- three meals daily
- medication administration
- daily bed making with garbage removal
- weekly housekeeping with linen laundry wash/change
- starting at \$6,907/month (second occupant add \$2,280)

Visit us online at [schlegelvillages.com](http://schlegelvillages.com)



# Schlegel Villages – **CONNECTIONS**



**WILFRED  
SCHLEGEL**

**Monday, August 4**

*Day*

The **Civic Holiday in Canada** on the first Monday of August is intended to be more than just a welcome summer long weekend. Its purpose is to encourage a spirit of community and to inspire Canadians to reflect on how they can contribute to the well-being of those around them. This makes it a meaningful occasion for Schlegel Villages to celebrate Wilfred Schlegel Day—a tribute to the man whose values continue to shape the organization.

In 1953, Wilfred purchased the Schlegel family's first home dedicated to supporting older adults, setting in motion a legacy of care. His example inspired his son Ron and grandsons Rob, Brad, and Jamie to carry that commitment forward, strengthening their dedication to community through Schlegel Villages and their wider work in business and philanthropy.

This year as the Civic Holiday approaches, we encourage Villages take a moment to reflect on the many ways we see residents and team members supporting others and giving back to their community. There are knitting circles that continually use their skills to create warm booties and hats for newborns at local hospitals; we've seen residents raise funds for local shelters, food banks, and supportive housing organizations; others volunteer their time to support neighbours within the Village.

It is a beautiful gift we offer when we give of ourselves for the betterment of our community, and we're grateful for the many ways our Schlegel Villages family does this throughout the year.

# Schlegel Villages – CONNECTIONS



As the July sun shone over a hazy Toronto skyline, residents and team members from several Schlegel Villages set sail for the annual Boat 4 Hope fundraiser in support of the **Wilfred Schlegel Hope Fund**.

Led by the team at The Village of Riverside Glen, the event has raised over \$120,000 since launching in 2019. It's more than just a day on the water—it's a celebration of community spirit and a reminder of the impact of collective generosity in times of crisis.

May Lui, representing presenting sponsor SGP Group Purchasing, spoke about the deep sense of connection this cause inspires. She was especially moved by the story of Tami Gunn, a team member from Coleman Care Centre who received support last fall after an explosion destroyed her home and injured her partner.

"There are not many programs that support employees like this during emergencies," May said. "It's quite special—and to be part of it, we feel like family."



Created in 2018, the Hope Fund is supported through voluntary payroll donations matched by the Schlegel family. **To date, it has provided more than \$1.3 million in aid to over 400 team members facing unexpected hardships**—thanks to the generosity of team members, residents, families, and community partners who continue to support events like Boat 4 Hope.

**WILFRED SCHLEGEL**  
*Hope Fund*



LIVE QUARTERLY WEBINAR



# Care Partners Connection



*Tuesday, August 26*

6–7:30 p.m.

**REGISTER NOW**

*Do you know someone  
living with dementia?*

You're not alone! Join us as we share  
**tips to engage your loved one  
living with dementia.**

**Register to attend and submit questions**  
for expert panelists. Each webinar  
includes education, guest speakers,  
resources, and a Q&A panel.

**Future webinar**  
November 25



*Hosted by*

**Heather Luth**

Director of Dementia Services  
and Knowledge Integration

Schlegel Villages





**September 16–17**

**DoubleTree by Hilton**  
30 Fairway Road South, Kitchener

**Schlegel Villages and the  
Research Institute for  
Aging (RIA) are excited to  
be hosting our 10th annual  
Innovation Summit!**

Join us as we celebrate 10 years of innovation, improvement and research and help us envision the next decade!

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

**Sessions will include:**

- Highlights of innovations over the past decade
- Co-creating future research with the RIA
- 2025 Innovation Catalyst and Innovation Challenge presentations
- The evolution and future of technology and AI
- Envisioning the future using Appreciative Inquiry

**We look forward to  
seeing you there!**



# Stay hydrated!



## FACTS



With the weather finally getting warmer, proper hydration is of increased importance for everyone but especially our residents



Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration



Evidence tells us that our residents need to drink at least 6-8 cups or 1500-2000 ml of water per day



Water in beverages (e.g. milk, coffee or tea) and foods counts!

## TIPS



Drink water throughout the day



Eat foods with high water content such as fruit and vegetables



Drink together – when you consume water with others you are likely to drink more



Remind others to drink water regularly



Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking

## Sip Smart: Tips to Stay Hydrated

As we age, drinking enough fluids becomes increasingly important yet more difficult. Some people only drink water when they feel thirsty, but staying hydrated is essential for helping us digest food, control our body temperature, heal wounds, improve sleep quality, mood, and energy levels, and more.

Not drinking enough water can leave us feeling weak, tired, dizzy, constipated, confused, and even cranky.

Did you know that dehydration is estimated to affect half of long-term care (LTC) residents, as many do not consume the recommended 6 to 8 cups of fluid daily. This can happen for several reasons, such as limited access to fluids, ignoring dry mouth or other thirst signals, difficulty drinking due to challenges swallowing or holding a cup, and even drinking less to avoid going to the washroom.

### Tips to stay hydrated

Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA), shares some ways you can avoid dehydration and sip smarter:



Make it a habit. Try drinking water:

- When you wake up
- After brushing your teeth
- During and after activities
- With medications
- Between meals and snacks
- With friends!
- Choose beverages that you enjoy
- Eat foods with high fluid content, such as cucumbers, berries, tomatoes, and soups
- Carry a reusable water bottle or your favourite cup to drink from on the go
- Plan for washroom access

To learn more about Heather's research on improving hydration among residents, visit [the-ria.ca/resources/promote-hydration](https://the-ria.ca/resources/promote-hydration).