

THE VILLAGER

October 2025 Newsletter

Volume 23, Issue 9



HELLO
October



The Village of
ERIN MEADOWS



Message from Assistant General Manager

Terence Paul
(LTC)

Dear Families and Residents,

October is a meaningful and exciting month at Erin Meadows, filled with awareness, reflection, and innovation. We're proud to share some important updates and initiatives that reflect our continued commitment to exceptional care.

Alzheimer's and Dementia Awareness Month

October marks Alzheimer's and Dementia Awareness Month, a time to honor and support those living with cognitive impairments and their families. At Erin Meadows, we are deeply committed to providing compassionate, person-centered care that respects the dignity and individuality of every resident.

This year, we are proud to share that, through our fundraising efforts, we raised \$1,000 for the Alzheimer Society. Thank you to everyone who contributed to this meaningful cause.

Annual Operational Planning

This month, our leadership team will take part in our annual Operational Planning session. It is a valuable opportunity for leaders to step away from daily routines, reflect on our progress, and focus on long-term goals for both Erin Meadows and our broader organization. These planning efforts ensure we stay aligned with our mission while continuing to evolve and strengthen the care we provide.

Exciting New Initiatives in Long-Term Care

We are thrilled to launch two new initiatives that will enhance care delivery and support our team members:

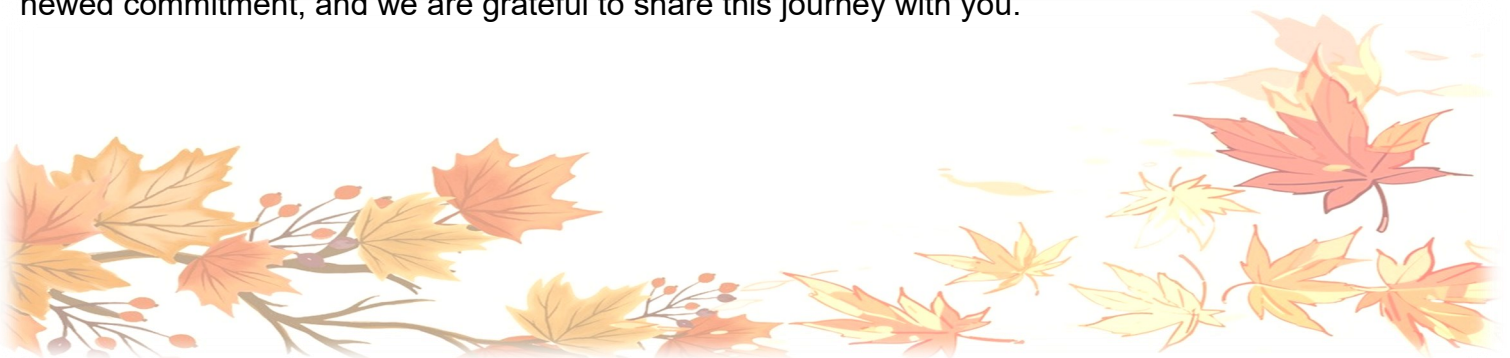
1. PSW Medication Administration Program:

Beginning October 6th, certified PSWs will begin administering select medications to residents. This program, developed with extensive training and oversight, will ensure safe, timely, and efficient medication support while also easing the workload of our nursing staff. It's an important step in empowering our PSWs and enhancing resident care.

2. Flexible 12-Hour Scheduling for PSWs:

Also starting October 6th, we are introducing a 12-hour scheduling option for PSWs. This model promotes work-life balance, provides greater consistency in staffing, and helps reduce turnover. Most importantly, it creates more full-time opportunities, which will strengthen the continuity of care and deepen the connections between residents and team members.

We thank you for your ongoing trust and support. October is truly a month of growth, reflection, and renewed commitment, and we are grateful to share this journey with you.





Spiritual Care

Pricely Francis
Spiritual Lead

It's Never Too Late for a Shower of Joy and Simple Pleasures

Last month, we explored the concept that aging can lead to a positive and transformative state known as gerotranscendence, where individuals develop greater peace, gratitude, and wisdom by reevaluating their past experiences and embracing change. This process enables healing, personal growth, and a sense of well-being, transforming pain and adversity into purposeful and meaningful life narratives.

Another fruit of gerotranscendence in the lives of older people is the ability to find greater value and pleasure in the small, everyday aspects of life. I suppose time gives older people a panoramic perspective that the youth do not have, and they should be a bit more emotionally mature than the youngsters – we hope. Unlike the younger ones who are forging ahead, motivated by external achievements, future goals, or transient pleasures, seniors have developed a deeper sense of gratitude and contentment, and have learned to accept impermanence and let go of superficial pursuits.

After raising families, travelling the world, launching successful businesses, surviving conflicts, and climbing mountains, it must be natural to appreciate the simple joys, such as a stroll in nature, relationships, quiet moments, a warm cup of coffee, and a soothing classical piece. Indeed, it is time for gerotranscendence.

What if, as an Octogenarian, you're still in a state of unrest – unable to let go and be still? You can begin by cultivating mindfulness and gratitude. Mindfulness is the ability to be fully present and aware of the current moment without judgment. It involves gently directing your awareness to the present, which can help manage difficult emotions and reduce self-criticism and stress.

Gratitude practice is as simple as keeping a journal of all the wonderful things that happen to you or writing thank-you notes. Gratitude can boost happiness and enhance emotional well-being. It shifts focus from negative to positive experiences, fostering resilience during challenging times.

Old age is a stage to slow down and pay attention to your surroundings, daily routines, and small moments of joy—such as a warm cup of tea, a conversation with a family member or friend. Small, consistent efforts can gradually help you rediscover pleasure in everyday life.

Embracing gerotranscendence as we age invites us to reconnect with the simple, yet profound, joys of life. Ultimately, it is through these gentle practices that we can transform aging into a graceful journey of self-discovery, fulfillment, and enduring happiness. So, go ahead, let down your hair – if you have any left – and relish life.

at Schlegel

Athlete of the Month

The PAL team would like to congratulate **Laurencia Grant** as athlete of the month! Laurencia joined the PAL program two years ago and has been a firecracker from the start. She has shown dedication by consistently working hard on her weights and balance exercises, steadily increasing her time with each session. It's clear she brings an athlete mindset to the program. Great work Laurencia, keep it up!

From,
The PAL Team – Edward, Lilian,
Harneet, Chaya, and Muhammad
Edward.macias@schlegelvillages.com



World Mental Health Day

October 10th 2025

The Month of October represents World Mental Health Day, marked annually on the 10th of October. Poor mental health is not inevitable, and this day is important for us to shine a spotlight on mental well-being, and consider how we can help everyone have better mental health. Here are some mental health activities to try below!:

1. Brain-teasing puzzles
 - Solve logical puzzles, riddles or Sudoku to enhance critical thinking and memory
2. Arts and crafts
 - Participating in group sessions with materials to create art, promoting mindfulness and self-expression
3. Meditation
 - Quiet, lightly guided time for mindfulness practise
4. Group Fitness sessions
 - Triggers the release of endorphins (the chemicals that make us feel good!) which reduces pain, stress, and boosts our mood!
5. Stretching
 - Helps to relieve tension and support both physical and mental health

Lilian Tran

Student Kinesiologist





Wishing you a
Happy Birthday!

LTC

Derry

Erika S.	Oct 01
Louissett B.	Oct 29
Diana S.	Oct 29

Trafalgar

Hamida Al-B.	Oct 26
Margaret S.	Oct 03

Meadowvale

Sumintra B.	Oct 04
Stefania DM	Oct 12
George M.	Oct 13

Sheridan

Doreen B.	Oct 09
James D.	Oct 15
Waple B.	Oct 30
Lynda B.	Oct 20
Vasu M.	Oct 24

Dundas

Gilbert H.	Oct 03
Joe P.	Oct 06
Ana T.	Oct 27
Iva R.	Oct 31
Robert V.	Oct 31

Howland

Rita E.	Oct 20
Damyantiben M.	Oct 26



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

Oktoberfest Celebration	Wednesday, October 1st 2:30 pm, RH Main Street
Afternoon Social with Martin	Tuesday, October 7th Main Street
Thanksgiving Celebration with Matt and Heather	Monday, October 13th Main Street
Colour Trip	Wednesday, October 15th 1:00 pm - 4:00 pm
Diwali Celebration	Wednesday, October 22nd 2:30 pm, RH Main Street
Friday, Pub Night with Deidrey	Friday, October 24th 6:30 pm, Main Street
Indigo Chimes	Saturday, October 25th 2:00 pm, Main Street
Birthday Bash With Vivianna	Tuesday, October 28th 2:00 pm, Main Street
Haunted Carnival	Friday, October 31st 11:00 am, LTC & RH Main Street

**Family Council Meeting: Saturday, October 4th, 10:00 AM
in Council Chambers**

**Residents' Council Meeting: Wednesday, October 8th, 2:00 PM
in the Community Centre**

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: October 4, 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:

 **October 4th:** Terence Paul (AGM) and Navdeep Kaur Grewal (DOC) - Huddles/Care Plan/Shift reports MHLTC—Inspection Report by Navdeep Kaur Grewal (an informative session on holistic health, prevention and comfort strategies)

 **November 1st:** Alex Encabo (DES) - Emergency Procedures

 **December 6th:** Sami Kermani (DRS) - Activities and Meaningful Engagement

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



Residents' Council

Chi Awadh
Resident Support Coordinator

Residents' Council Week Celebration: Sept 15 – Sept 19, 2025

Last week, our home proudly celebrated Residents' Council week, a special time dedicated to recognizing the vital role that Residents' Councils play in long-term care communities across the province.

The Residents' Council is more than just a meeting – it is the collective voice of the people who live here. It provides a forum where residents can share ideas, raise concerns, and make recommendations that help shape the programs, services, and overall quality of life in the home. Their input ensures that residents remain at the heart of decision-making.

Throughout the week, we highlighted the value of the Council by sharing information and resources with residents, families, and team members. Posters and displays reminded us that the Council's voice is not only heard but also respected and valued. Team members and residents came together to celebrate achievements made possible by Council recommendations, from enhancements in activities programming to improvements in daily living services.

The contributions of the Residents' Council also extend beyond our home. By voicing ideas and sharing experiences members influence broader conversations in the long-term care sector and raise awareness in the wider community about the importance of resident's engagement and advocacy. In an addition, our Council has been actively supporting the local community through initiatives such as contributing to the Mississauga Food Bank and making other donations that help those in need.





Colour Trip

for LTC

Join us for a ride and see the uniqueness of the colours around us in this season.

Wednesday, October 15
1 PM—4PM

**Please sign up with the recreation team
or Sami in the recreation office, ext 8007
Space is limited.**

Village Life

LTC



Village Life

LTC

PET THERAPY



Alzheimer's Society Fundraiser

LTC & RH



The Alzheimer Society is undertaking a major renovation project at their Brunel Day Program Centre. This renovation is a vital step in building their capacity to meet the growing needs of our community. To support this important initiative, The Village of Erin Meadows organized and participated in a variety of fundraising activities. We would like to extend our heartfelt thanks to everyone who took part and generously contributed. Thanks to your support, we successfully raised \$1,000 to help fund this project!



Village Life

LTC & RH



Village Life

RH

DISCO
PARTY



DISCO
HAPPY
HOUR



Village Life

RH

Outings



Il Fornello Restaurant



Please Come Before I'm Gone

By: J. Allan Bauldry



If I could have one wish today,
I'd wish that you were here.
We'd talk about the good times gone by
And the things we held so dear.
Oh, how I long to *hear* you speak.
Please come before I'm gone.

My sight is slowly fading.
My will to live has gone.
The days are dark and dreary.
My face is pale and wan.
Oh, how I long to see your face.
Please come before I'm gone.

My voice once strong and steady
Is now so faint and weak.
My hands that ache and are so thin,
Would like to *touch* your cheek.
Oh, how I long to hold you close.
Please come before I'm gone.

As I lie upon my bed each day,
My thoughts 'oft turn to you.
With memories of sweet-scented things
Like the many flowers you grew.
Oh, how I long to *smell* those roses.
Please come before I'm gone.

My throat is parched, my lips are dry,
That once touched yours with love.
As the days pass, oh so slowly,
It's you I'm thinking of.
Oh, how I long to *taste* your kisses.
Please come before I'm gone.

Don't wait 'til I cannot *hear* you.
Don't wait 'til my eyes cannot see.
Don't wait 'til my hands are cold and white
And folded here upon me.
Don't wait 'til I cannot *smell* that scent,
Or *taste* the kisses I adore.
Please come and see me before I'm gone,
And I will wish no more.



Program of Active Living

October 2025

Are you new to the village, or just looking to become more active? Join us on your journey to wellness, strength and independence with Program of Active Living (PAL).

LifeMark Seniors Wellness Program

- Movement Matters
- Falls Prevention
- Pump It Up
- Seated Dance

Mondays and Thursdays
from 1pm-4pm

*Active Aging Week
is October 6-12!*

**How will you stay
active this
month?**

PAL Classes

- Upper Body Strength with Weights
- Full Body Strength with TheraBands
- Flexibility & Stretching
- Yoga & Mindfulness
- Balance & Core
- Lower Body Strength

The background of the entire page is a soft-focus image of autumn leaves in shades of orange, yellow, and red. In the upper center, the words "Happy Birthday" are written in a large, black, cursive script. To the right of the word "Happy", there are three small, five-pointed stars of increasing size. The overall aesthetic is warm and celebratory.

Happy Birthday

RH

Masako Kaibara	Zoltan Barzso
Barb Bingham	Earl Pearson
Marlene Gallant	Louise Elv Sinclair
Eulah Bent	Jill Barrett
Stephen Lawson	Mirello Mio
Joseph Dorion	Al Tower
Frank Sercl	Kong Oh
Ruben Marin	Michael Farrell
Carol Crooks	Marjorie Teodori
Bruce Petty	Theresa Wadden
Mary Joan Spence	

**Birthday Celebration with Emilio
Friday, October 24th
2:30 pm, Main Street**



Village EVENTS

RETIREMENT

Entertainment:

Oktoberfest Celebration with The Sparklettes
Wednesday, October 1st
2:30 PM, Main Street

Thanksgiving Celebration with Hawk's Nest Trio
Monday, October 13th
2:30 PM, Main Street

Birthday Celebration with Emilio
Friday, September 24th
2:30 PM, Main Street

Vendors on Main Street @10:00am :

Flower, Fair & Gifts— Wednesday, October 1st
Mom's Time Out— Saturday, October 4th
Gift Giving Bliss—Saturday, October 11th
Afy Shoes—Wednesday, October 15th
Traditions Alive—Wednesday, October 22nd
Glitz 4 Girls—Saturday, October 25th
Cozy Corner—Wednesday, October 29th

Outings:

Restaurant Outing:
Red Lobster - Thursday, October 2, 11:30 AM

Bus Outing:
Colour Trip to McMichael Canadian Art Collection
Thursday, October 16, 10:30 AM

Oakville Centre for The Performing Arts
Sinatra 110th All The Best
Sunday, October 19, 12:30 PM

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

October Bulletin:

Men's Breakfast
Tuesday, October 7th
9:15 AM, The Ruby

Food Forum
Thursday, October 9th
10:00 AM, Town Hall

Young at Heart Painting
Friday, October 10th
2:30 pm, Town Hall

Residents' Council Meeting
Tuesday, October 14th
10:30 AM, Town Hall

Ladies Breakfast
Tuesday, October 21st
9:15 AM, The Ruby

Poker Night
Monday, October 27th
7:00 PM, Hobby Shop



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	Navdeep Kaur Grewal	8010	navdeep.kaugrewal@schlegelvillages.com
Asst. Director of Nursing IPAC Lead	Nish Malot	8034	nish.malot@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
Neighbourhood Coordinator Dundas/ Trafalgar	Ramandeep Kaur	8041	ramandeep.kaur1@schlegelvillages.com
Neighbourhood Coordinator Derry/ Howland	Hayley McHugh (Temp) Ann Swaby (LOA)	8051	hayley.mchugh@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	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 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	Arissa Niyamuddin	8113	arissa.niyamuddin@schlegelvillages.com
Neighbourhood Coordinator-Williamsburg	Ruth Umadhay	8094	ruth.umadhay@schlegelvillages.com
Director of Wellness	Solace Attopley (Temp)	8116	solace.attopley@schlegelvillages.com
Assistant Director of Wellness	Juvy Villegas	8118	juvy.villegas@schlegelvillages.com
Assistant Director of Wellness	Sachpreet Kaur	8242	sachpreet.kaur@schlegelvillages.com
Recreation Supervisor	Annabelle Cruz	8107	annabelle.cruz@schlegelvillages.com
Director of Hospitality	Evelyn Marquez	8112	evelyn.marquez@schlegelvillages.com
Ruby Executive Chef	Bea Leano Harpreet Sodhi	8126/ 8127	bea.leano@schlegelvillages.com harpreet.sodhi@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 Svcs.	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.	Maddy Eagles	8101	madeleine.eagles@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	



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, 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 \$5,165/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 \$3,990/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 \$5,100/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 \$6,320/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 \$6,600/month (2nd occupant add \$2,172)

Visit us online at schlegelvillages.com

FUN FALL WORD SEARCH

Find each of the fall words hidden below.

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

WORDS TO FIND:

pumpkin	harvest
yellow	apples
scarecrow	hayride
autumn	red
leaves	Thanksgiving
sunflower	football
acorns	orange
corn	





there's always SOMETHING TO BE *thankful* FOR

As we move into October, we are filled with the spirit of gratitude that naturally emerges as the leaves turn colour and the autumn days grow cooler. At Schlegel Villages, we always have so much to be thankful for, and 2025 is no exception.

Day-to-day life in our Villages is filled with countless moments where team members and residents connect in meaningful ways. Each is worthy of gratitude, though they often pass without a second thought – this is simply Village life unfolding.

There are also moments and events that shine a brighter spotlight on the mission that drives us forward. These require planning, effort, commitment and dedication from residents, team members, volunteers, families and friends.

Our celebrations of the **Wisdom of the Elder Signature Program** this year were shining examples.

Continued on page 2.

Schlegel Villages – CONNECTIONS

In 2025, we marked the **10th Anniversary of our Green Bench #ElderWisdom campaign** with events in every city where our Villages are found. Hundreds of people had the opportunity to sit upon the Green Bench and be reminded of all that our Elders have to offer.

Beyond our own communities, the bench travelled to Elmira, to our nation's capital, to the edge of Canada on the coast of Newfoundland, and even overseas to England. With a documentary crew capturing each adventure, we look forward to sharing the final product with all of our Village communities.

As we look toward Thanksgiving this October, we are grateful for everyone who helps bring our passion for the Wisdom of the Elder to life. We know how much our oldest generations have to offer, and through our collective efforts, we are proud to share this wisdom with the world.

WISDOM *of the*
ELDER



Doug Robinson and Bob Harrison in Brighton Beach, England.



Tom Farr visiting his childhood home in Elmira, Ontario.



Healthy Aging: Why Nutrition Matters as We Age

Malnutrition might not be the first thing you think of when you think about aging—but it's more common than you realize. A [recent study showed that one-third of Canadians aged 55 or older are nutritionally at risk](#), potentially leading to more hospital stays, emergency visits, and physician consultations.

Changes in our appetite, medications, or health conditions can all impact how and what we eat.

"As you age, your body changes, and so do the nutrients your body needs to stay healthy," said Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA). "Eating nutrient-dense meals can help you stay healthy and independent."

Below are five nutrient-dense foods you can add to recipes or enjoy on their own.

Almonds

Add them to salads, granola, trail mix, yogurt, cereal, or as a topping for desserts. They're a great source of vitamin E – a powerful antioxidant that is also important for the health of your brain and eyes.

Dark chocolate

Dark chocolate (at least 70 per cent) is loaded with magnesium and iron. Magnesium is important for your muscles, keeps your heart beating daily, and strengthens



your immune system. Iron helps preserve many essential functions in the body.

Wheat Germ

Add wheat germ to your diet—yogurt, oatmeal, meatballs or meatloaf, smoothies, muffins, granola, or parfait toppings. Wheat germ is an excellent source of omega-3, an essential nutrient for immune function, and bone, muscle, and heart health.

Flax seeds

Flax seeds can easily be added to baked goods such as muffins, breads, loaves, or topped on yogurt, salads, or cereal. They contain a lot of fibre, a nutrient crucial for digestion and regular bowel movements.

Lentils and beans

Add lentils and beans to salads, rice dishes, chili, and tacos, or puree them to make a dip. They are rich in protein, fibre, and iron. Protein is important for maintaining muscles, brain health, and much more.

For additional resources, visit the-ria.ca/nid.

To receive updates from the RIA, subscribe to our newsletter at the-ria.ca/subscribe.