

Erin Mills Lodge

October 2025 Newsletter



October Birthday's

Marie. L-Oct 11th

Ann. V -Oct 16th

Charmaine- Oct 17th

Magnola- Oct 23rd

Irmgard- Oct 30th

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



Schlegel Villages – CONNECTIONS



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.

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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.



Resident of the Month

Sheridan Way



We are proud to recognize Viscilsa aka Magnola as our Resident of the Month! Viscilsa has truly made a lasting impact on our community with her warm heart, reliability, and constant positive energy. No matter the activity or event, Viscilsa always brings a calm presence and a smile that brightens the day of everyone around her. Her participation in our programs is always enthusiastic, and she approaches each one with an open mind and a gracious attitude. Whether it's enjoying a fun game of Bingo, participating in group exercise, or simply sharing a conversation, Viscilsa's presence is always a welcome addition. She is a model of consistency and reliability, showing up with a positive attitude and contributing to the success of our programs. Viscilsa is a true friend to all, and her ability to connect with people—whether it's chatting with neighbors or offering a listening ear—has made her a beloved figure in our village. Her kindness, generosity, and genuine nature are a constant reminder of the power of human connection. Congratulations, Viscilsa! Thank you for being such a valued and cherished member of our community. We're so lucky to have you with us!

Resident of the Month

Hazel Lane



We are excited to introduce this month's Resident of the Month from Hazel Lane, Dr. Kalicharan Misra, who has quickly become a beloved member of our community. Although he's only recently joined us, it's clear that he's already an integral part of the vibrant energy that defines our village.

Dr. Misra has a personality that lights up every social event or gathering he enters. Known for his infectious sense of humor, he's always ready with a lighthearted joke or playful tease (always in good spirits, of course). His positive attitude and warm, welcoming nature make him a favorite among residents, and his ability to make others smile is a gift that we all cherish.

Outside of his sharp wit, Dr. Misra is a man of many talents. A former plastic surgeon, he's earned the affectionate title of "Doctor" from all of us as a sign of respect for his impressive background. When he's not making us laugh, you can find him dancing, singing, or taking part in our fun activities like trivia, where his quick wit shines through.

Thank you, Dr. Kalicharan Misra, for bringing so much joy to our village!

Resident of the Month

Erindale Place

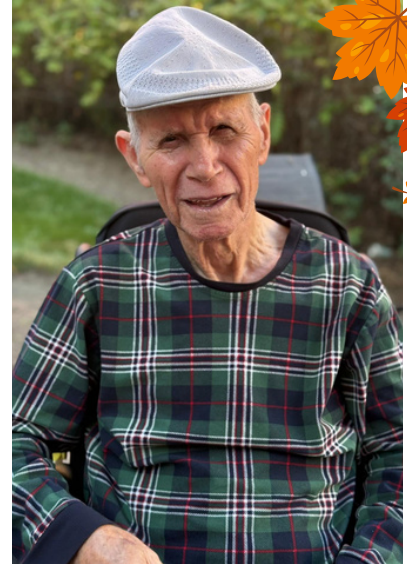


We are thrilled to announce Diane as our Resident of the Month!

Diane's positive spirit, enthusiasm, and warm smile make her a joy to be around. She consistently participates in nearly every activity offered and rarely says no to a program. Whether it's arts and crafts, social events, or group activities, Diane is always eager to join in and contribute her cheerful energy. One of her favorite places to spend time is in the courtyard, where she enjoys gardening and fresh air. Diane also has a competitive streak—she's a regular at Bingo, and she often walks away a winner! She also loves to watch movies and take relaxing strolls around the home in her wheelchair. Her kind demeanor, willingness to engage, and genuine love for the community truly make her stand out. Diane's commitment to staying active and connected inspires those around her.

Congratulations, Diane! Your positivity and participation brighten every day. We are so proud to honor you as our Resident of the Month!

September Photos



Days spent knitting, cooking and spending time with friends outdoors.

September Photos



Exercise classes and
Chair Yoga

September Photos



Pizza Day, High Tea
and Chinese classes.

RESIDENT COUNCIL & FOOD COMMITTEE MEETING

**Thursday October 30, 2025
2:30 pm**

in the Crooked-Q

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.

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Leadership Extensions and E-mails

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Team Experience Coordinator	Angela Koung Angela.Koung@SchlegelVillages.com	238	