



The Villager

October 2026 Newsletter



Welcome
October

Welcome, October! A month of cozy sweaters,
warm beverages, and the beauty of change.





Message From

Assistant GM LTC - Terence Paul



As the vibrant colors of summer begin to fade and the crisp air of autumn settles in, we welcome the arrival of fall, a season that reminds us of the beauty of change. Fall brings cooler temperatures, colourful landscapes, and opportunities to gather with family and friends while reflecting on all that we are grateful for. Here at Erin Meadows, this season also brings exciting updates and continued improvements for our residents, families, and team members

We are pleased to welcome two new physicians to our Long-Term Care community. Dr. Tashya Parikh will be joining the Sheridan Neighbourhood, while Dr. Mariam Yousuf will be supporting residents in the Derry Neighbourhood. We are excited to have them join our care team and look forward to the knowledge, compassion, and expertise they will bring to our residents and families.

We would also like to extend our heartfelt gratitude and warmest wishes to Dr. Kundapur and Dr. Tziougras as they begin their well-deserved retirement. Throughout their years of dedicated service, they have provided exceptional care, compassion, and leadership to our residents and families, leaving a lasting impact on the Erin Meadows community. Their commitment to enhancing the lives of those they served has been truly appreciated and will not be forgotten. On behalf of all residents, families, and team members, we thank them for their many contributions and wish them a happy, healthy, and fulfilling retirement filled with new adventures and cherished moments.

Continuous improvement remains a key priority for Erin Meadows. As part of our commitment to enhancing resident comfort and quality of care, we are pleased to share that we are in the process of purchasing 22 new mattresses for our LTC residents. This investment reflects our ongoing dedication to improving the living experience of our residents and ensuring they receive the highest level of comfort and support.

We would also like to recognize the outstanding turnout at our recent Conversation Café. It was wonderful to see residents, families, and team members come together to share ideas, ask questions, and engage in meaningful discussions about our community. Events such as these help strengthen relationships and foster collaboration as we continue to make Erin Meadows the best place possible to live and work.

A special thank you goes to our Family Council for their continued partnership and advocacy. Their commitment to representing the voices of residents and families plays an invaluable role in helping us identify opportunities for improvement and ensuring we continue to provide exceptional care and services.

As we embrace the fall season, we are reminded that change brings new opportunities, fresh perspectives, and continued growth. Thank you to our residents, families, physicians,



SPIRITUAL CARE

Long Term Care
Retirement



Pricely Francis
Spiritual Care Provider

Contact

(905) 569-7155
Ext. 8008

pricely.francis@
schlegelvillages.com

Gratitude: The Quantum Key to Manifesting Abundance Before the Gift

"I will answer them before they even call to me. While they are still talking about their needs, I will go ahead and answer their prayers!" (Isaiah 65:24).

In classical Newtonian physics, there is Cause and Effect. You receive the gift (cause), and then you feel grateful (effect). However, the prophet says gratitude causes the gift. How is that possible?

In the quantum reality, a photon passes through a beam splitter. The choice of whether to measure it as a wave or a particle can be made after the photon has already passed through the slit. *The measurement in the present seemingly dictates how the photon behaved in the past!* In quantum terms, *future choices can inform past states.*



Isaiah establishes gratitude as a "measurement" which *causes the answer to be given before the request*. The divine promise is that the answer is already given, and gratitude acts as the observer effect. By expressing gratitude in the present for what is not yet physically seen, you collapse the wave of divine potential into a lived experience. Hence, Isaiah's declaration: I will answer them before they even call to me.

Linear time constrains humans but not God. To an eternal Creator, your call and the answer exist simultaneously. *Gratitude before the gift aligns your consciousness with the timeless realm where the prayer is already resolved.* Think about an echo. You shout and then hear an echo. But in the quantum theatre of grace, the echo arrives first! Wouldn't it be something if Amazon Prime worked in reverse? The package is delivered before you think about placing the order!

Thanksgiving reminds us not to pray from a posture of desperation and lack, waiting for a delayed shipment. Isaiah 65:24 reveals that the shipment departed before the order was submitted. Gratitude acknowledges receipt of the order.

"A grateful heart
is a magnet for
miracles."



Check Out These Programmes

Oct. 3: Prayer and Praise | 10:30 AM | LTC. Main Street

Oct 11: Thanksgiving Service | 10:30 AM, Ret. | 3:30 PM, LTC. Library

Wednesdays: Fireside Philosophers | 10 AM, Ret. Library

Java Music Club | 6:30 PM, LTC. Library

Sundays: Worship Service | 10:30 AM | Ret. Town Hall | 3:30 PM | LTC. Library

Fridays: Bible Study | 10:00 AM | Ret. Library

JOIN US FOR OUR

Fall Prevention PRESENTATION

Practical tips, simple strategies and expert advice to help you stay safe, active and independent.



OCTOBER 8TH
11:00 AM



**Understand
the risk factors**
and how to reduce them



Make your home
safer and more accessible



Build strength,
balance and confidence



Stay active
and live independently

*Small changes
can make a big difference.*



October Birthdays LTC



Derry

Aisha NE October 28
Louisette B October 29

Dundas

Robert N October 1
Gilbert H October 3
Sandra A October 24
Ana T October 27
Iva R October 31

Meadowale

Jane Yook CH October 1
Sumintra B October 4
George M October 13

Howland

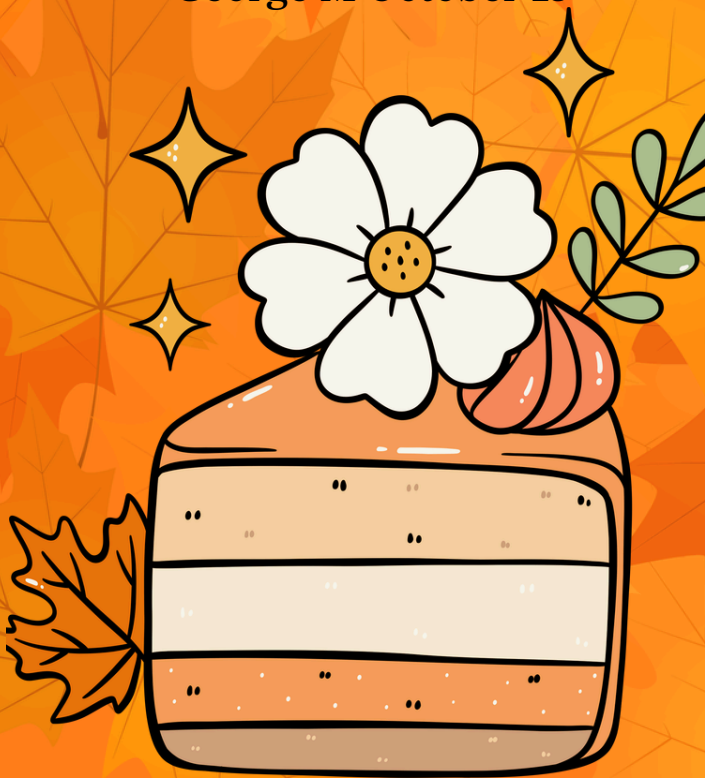
Clarence A October 14
Margaret E October 20

Trafalgar

Margaret S October 3
Hamida AB October 26

Sheridan

Catherine October 1
Doreen B October 9
Lynda B October 20
Vasu M October 24
Rasamalar K October 29



Village Events LTC

Concert with Kharen

**October 9th Friday
Main Street**

**Thanksgiving Entertainment
with Martin**

**October 12th Monday
Main Street**

Resident' Council Meeting

**October 14th Wednesday
Main Street**

Election Day

October 26th Monday

Birthday Bash

**October 27th Tuesday
Main Street**

Halloween Pub Night

**October 30th Friday
Main Street**

Village Life LTC



Village Life LTC



The Village of Erin Meadows was pleased to welcome Martin Reid, Ward 9 Councillor, and Sheref Sabawy, MPP, for a visit to our Village.

During their visit, they toured the Village, spent time talking with residents, and joined our residents for a tea social. It was a wonderful opportunity to connect, hear from our residents, and showcase the vibrant community at Erin Meadows.



PAL PROGRAM

AT SCHEGEL VILLAGES

Athlete of the Month

The PAL team would like to congratulate **Tammy To** as the **September Athlete of the Month**.

Tammy is always estatic to exercise, carries a great attitude and is always grateful for the oppourtunity to exercise. Keep up the amazing work Tammy!



Active Aging Week

October 5th - 9th is known as active aging week! During active aging week, we acknowledge and combat some of the negative stereotypes aging has in and for older adult populations. We also take this time to promote healthy and actively living in older adult communities



Aging ≠ Decline

Many people associate aging with decline, but keeping active and eating well can show quite the opposite in most older adult populations!



Walking is Fun!

A great way to keep active without breaking a sweat is some light walking!



Team Member Spotlight

"My name is Jalen and I will be the new PAL student! I'm excited to get know everyone and I'm ready to help contribute to the Erin Meadows Community!" - Jalen, PAL Student

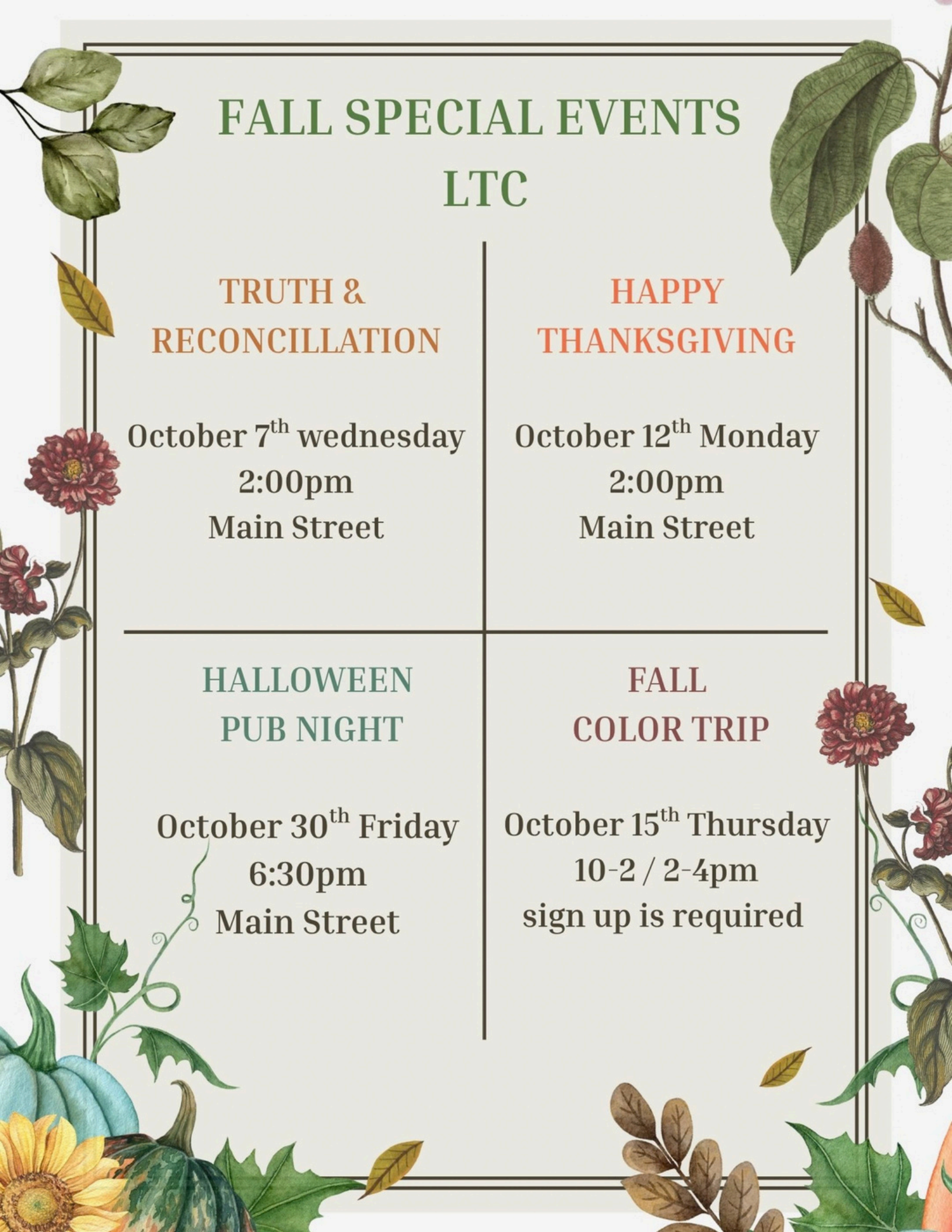


THANK YOU!

Thank you all for supporting and being part of the Erin Meadows community.

Discover the Village that cares!

• <https://schlegelvillages.com>



FALL SPECIAL EVENTS

LTC

TRUTH & RECONCILLATION

October 7th wednesday
2:00pm
Main Street

HAPPY THANKSGIVING

October 12th Monday
2:00pm
Main Street

HALLOWEEN PUB NIGHT

October 30th Friday
6:30pm
Main Street

FALL COLOR TRIP

October 15th Thursday
10-2 / 2-4pm
sign up is required



Fall Color Trip



October 15th,

Thursday

10-12PM & 2-4 PM

SIGN UP IS REQUIRED



Village Life RH



Village Life RH

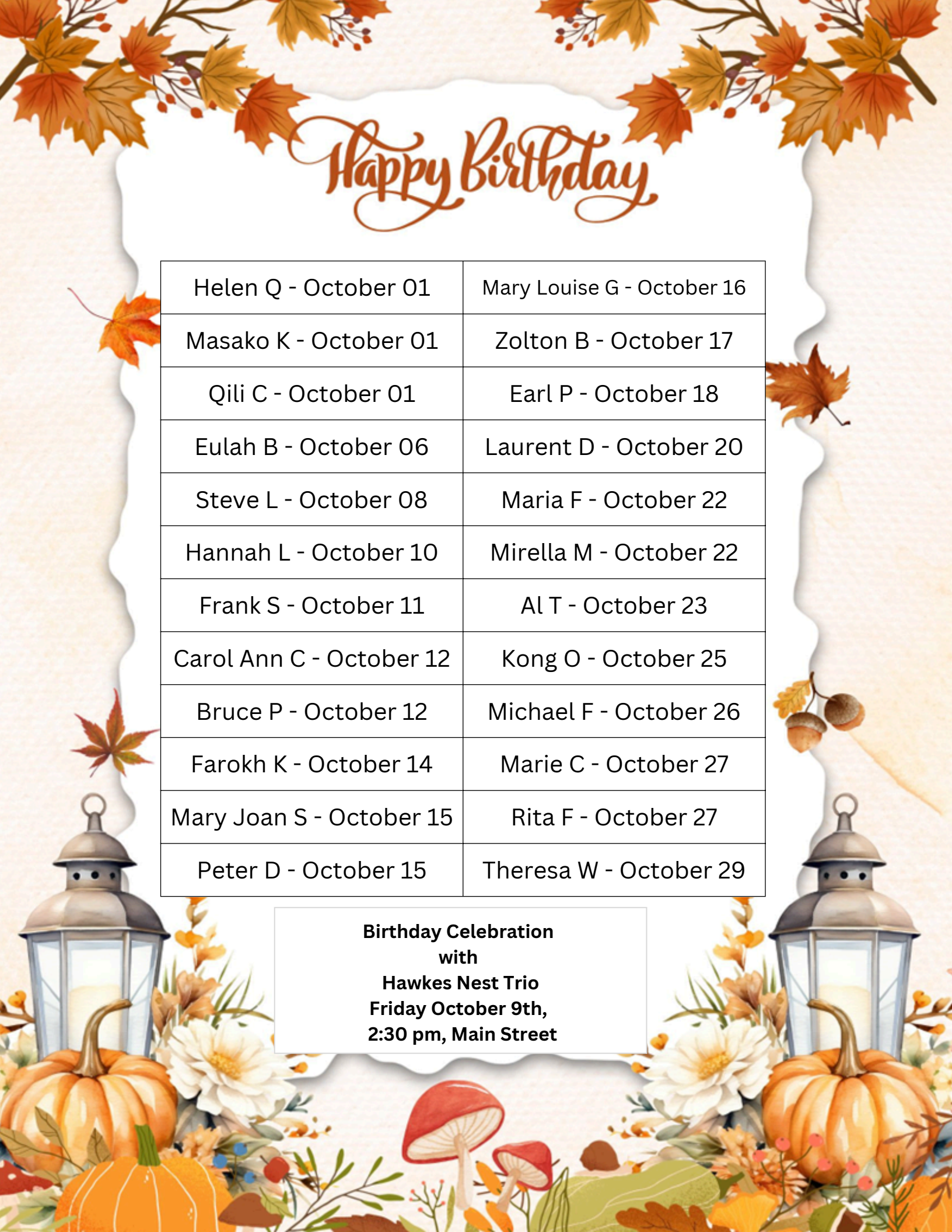


Elvis is in the Building



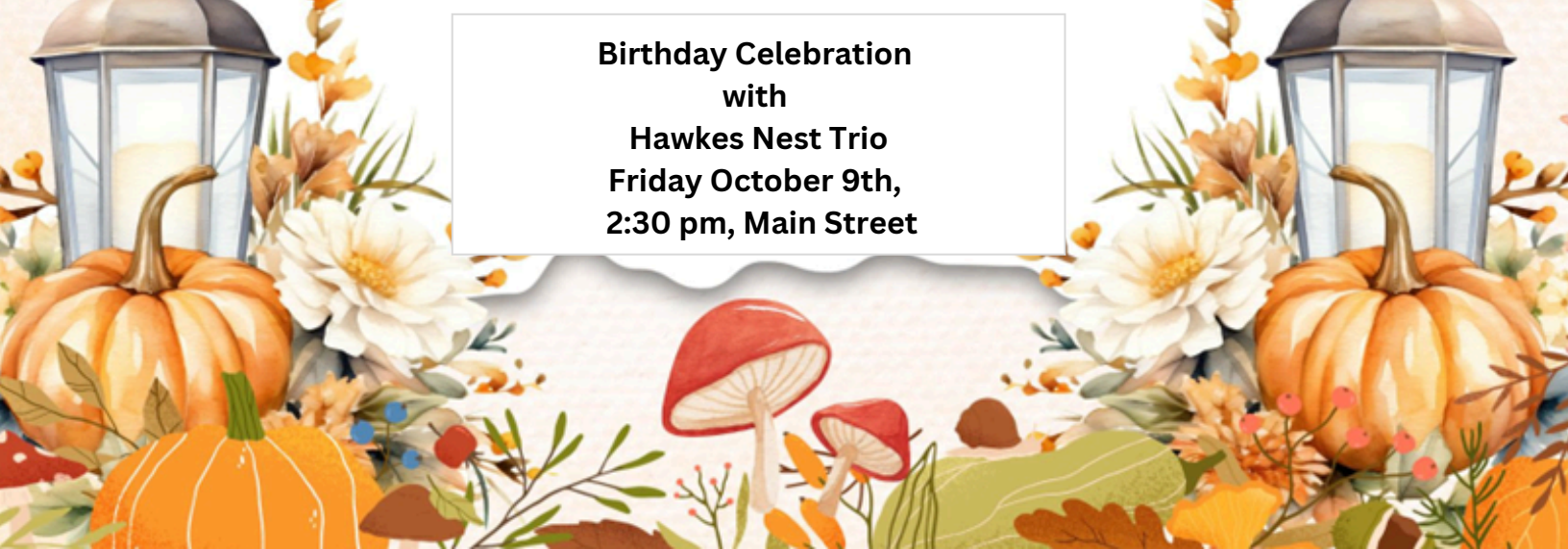
Village Life RH





Happy Birthday

Helen Q - October 01	Mary Louise G - October 16
Masako K - October 01	Zolton B - October 17
Qili C - October 01	Earl P - October 18
Eulah B - October 06	Laurent D - October 20
Steve L - October 08	Maria F - October 22
Hannah L - October 10	Mirella M - October 22
Frank S - October 11	Al T - October 23
Carol Ann C - October 12	Kong O - October 25
Bruce P - October 12	Michael F - October 26
Farokh K - October 14	Marie C - October 27
Mary Joan S - October 15	Rita F - October 27
Peter D - October 15	Theresa W - October 29



**Birthday Celebration
with
Hawkes Nest Trio
Friday October 9th,
2:30 pm, Main Street**



The Village of ERIN MEADOWS

Village EVENTS

Entertainment

Oktoberfest Celebration with Wandering Duo
Saturday October 3rd
2:30pm, Main Street

Birthday Celebration with Hawks Nest Trio
Friday October 9th
2:30 pm Main Street

Afternoon Music with Andy Campos
Sunday October 18th
2:30pm, Main Street

Outings

Red Lobster
Thursday October 1st, 11:30am

Fall Colors Trip
Wednesday October 14th, 1:30pm

Van Trips

October 8th, 21st and 23rd

Vendors

Manahil Bracelets - Monday October 5th
Traditions Alive - Wednesday October 7th
Nelly's Comfort Shoes - October 14th
Savour - Saturday Oct 17th
Avon - Monday October 19th
Cathy's Scarves - Wednesday October 21st

October Bulletin

Men's Breakfast
Tuesday October 6th
9:15am, The Ruby

Food Forum
Thursday October 8th
10:00am, Town Hall

Thanksgiving Social
Sunday October 11th
2:30pm, Hobby Shop

Resident Council Meeting
Tuesday October 13th
10:30am, Town Hall

Young at Heart Painting
Tuesday October 16th
2:30pm, Town Hall

Ladies Breakfast
Tuesday October 20th
9:15am, The Ruby

New Resident Welcome Meeting
Tuesday October 27th
10:00am, School House

Poker with Desi
Thursday October 29th
7:00 & 8:00pm
Town Hall

Spooky Halloween Social
Friday October 30
2:30pm, Hobby Shop



Waiting for That Call

by Allan Bauldry

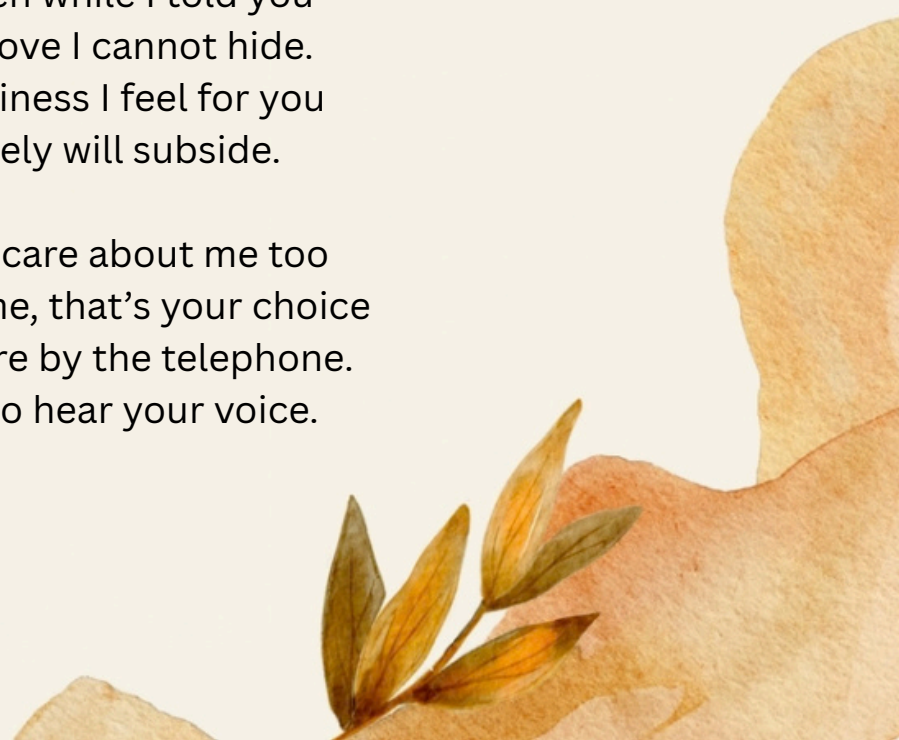
If I could take your hands in mine.
This moment, hold you tight.
I'd look into those eyes of yours
And wish with all my might.

That you would never leave me.
Always be here by my side.
You mean so very much to me.
You've filled my days with pride.

But now you suddenly went away
And left me here alone.
I wish you knew how much I miss you.
And wish you'd telephone.

And listen while I told you
'bout a love I cannot hide.
the loneliness I feel for you
Not likely will subside.

So if you care about me too
You'll call me, that's your choice
I'll wait here by the telephone.
Hoping to hear your voice.



Garden Club



Garden Club Members

Marina, Armando, Judy, Clive ,
Marlene, Andree, Barb, and Carla

Growing Together

A heartfelt thank you to all the wonderful members of our Garden Club for the time, care and love you have put into creating such a beautiful garden.

Your hard work has brought colour and life to our community, but even more importantly, it has brought people together. Your dedication, teamwork, and enthusiasm have created a space where friendships can grow and everyone can enjoy the beauty of nature.

Thank you for sharing your talents, your smiles, and your love of gardening with us.

You planted the seeds, but you grew so much more- a beautiful garden, lasting memories, and a stronger sense of community.





Thanksgiving

WORD SEARCH

cranberries

stuffing

family

rolls

thankful

friends

autumn

corn

potatoes

pilgrims

dinner

gravy

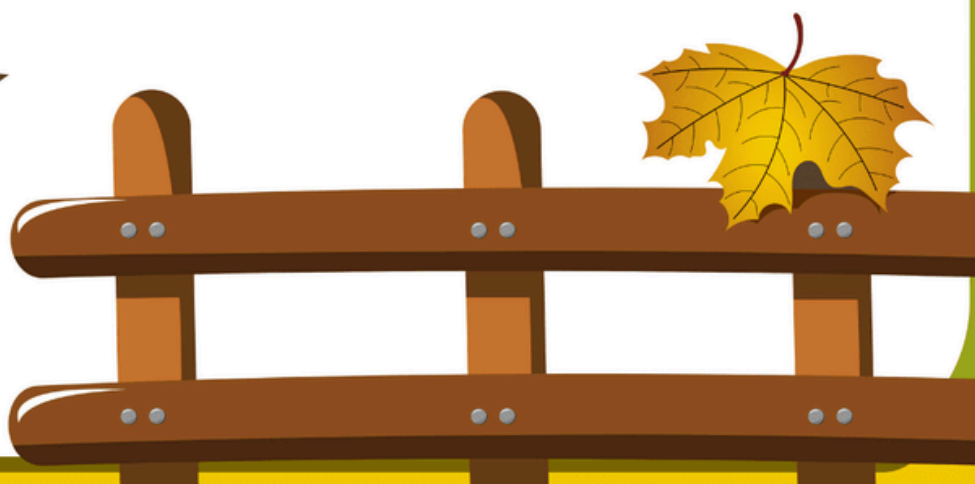
November

turkey

dessert

pie

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



Resident Council Corner

“BITS & BOBS”

FROM YOUR RESIDENTS’ COUNCIL.....

WHAT’S CODE ORANGE?

Many residents didn’t know what a Code Orange meant when it was called this past month. Code Orange is a warning of impending severe and/or dangerous weather, such as a tornado, hurricane, severe winds, etc. The best response is to stay in your suite and away from any windows, In case of any window breakage in your suite, you can go into the nearest stairwell. Also, residents do not want the list of alarm codes removed from their suite doors. They want Code Orange added to the current list.

Residents’ Community Board

Schlegel support office in Kitchener is making us a Residents’ Community Board. It is to be installed on the wall located on Main Street beside the big Calender. Small note papers and pencils will be available at the board, and residents can post messages on the board. Notices must be dated, and will be displayed for up to two weeks. Notices can include many subjects-ex: something for sale; something wanted; something to give away, looking for participants for a new game, etc, .You cannot post private information about anyone other than yourself.

DINING:

Rey Cabaluna gave an excellent presentation at the last General Meeting, outlining **Project Rainbow**. This is an ambitious program to improve the quality and visual presentation of food in the dining room, and a new staff appreciation program. Many new strategies will be introduced over the next 2-3 months, and we should all see a significant improvement in our dining experience – better food, better presentation, better service. Rey stressed to us that resident feedback is so important to making improvements. Please leave your opinions in the box by the Receptionist’s Desk.



SHOP CANADIAN

A reminder that we should be supporting our country by buying Canadian products as much as possible. There are several different apps you can download onto a smartphone to help you identify Canadian products in the stores. Try “Shop Canadian App” which will give you the ability to scan the barcode on different products in the store to learn their origin.

Happiness is an inside job!

Erin Meadows Long Term Care Directory

Telephone # 905-569-7155			Fax # 905-288-2800
Title	Name	Ext.	Email Address
General Manager	Curtis Ferry	8108	curtis.ferry@schlegelvillages.com
Assistant General Manager	Terence Paul	8103	terence.paul@schlegelvillages.com
Administrative Coordinator (LTC/RH)	Flo Abiog	8002	flo.abiog@schlegelvillages.com
Administrative Assistant		8100	
Scheduling Coordinator	Iqra Raza	8001	Iqra.raza@schlegelvillages.com
Director of Nursing	Zankhana Patel	8010	Zankhana.patel@schlegelvillages.com
Assistant Director of Nursing IPAC Lead	Jaspreet Kaur Sidhu	8034	jaspreet.kaursidhu@schlegelvillages.com
Director of Quality Improvement	Malvina Goral		Malvina.goral@schlegelvillages.com
Assistant Director of Nursing	Anup Sengupta	8055	anup.sengupta@schlegelvillages.com
Assitant Director of Nursing	Norita Fernandez	8032	norita.fernandez@schlegelvillages.com
Neighbourhood Coordinator - Derry/Howland	Ruth Umadhay	8051	ruth.umadhay@schlegelvillages.com
Neighbourhood Coordinator Dundas/Trafalgar	Ramandeep Kaur	8041	ramandeep.kaur1@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 Service Manager	Monica Mehta	8012	Moncia,mehta@schlegelvillages.com
Assistant Food Manager	Harmanpreet Kaur	8012	harmanpreet.kaur@schelegelvillages.com
Director of Enviromental Services	Alex Encabo	8014	alex.encabo@schlegelvillages.com
Assistant Director of Environmental Services		8223	

Erin Meadows Long Term Care Directory

Telephone# 905-569-7155			Fax # 905-288-2800
Title	Name	Ext.	Email Address
RAI Coordinator	Joanne Balanico & Manpreet Kaur Maan	8045	Joanne.balanico@schlegelvillages.com manpreet.kaurmaan@schlegelvillages.com
Dietician	Sofia Shahzad	8012	sofia.shahzad@schlegelvillages.com
PAL Registered Kinesiologist	Marissa Iacchetta	8009	marissa.iacchetta@schlegelvillages.com
Physio	Muhammad Shoukat	8056	erin.physio@schlegelvillages.com
Volunteer and Student Placement Coordinator	Nadine Cornish	8278	erin.volunteers@schlegelvillages.com
Chaplin	Pricely Francis	8088	pricely.francis@schlegelvillages.com
Residents Support Coordinator	Chi Awadh	7129	chi.awadh@schlegelvillages.com
Trafalgar/Charge Nurse		8047	
Dundas Charge Nurse		8031	
Derry Charge Nurse		8033	
Meadowvale Charge Nurse		8017	
Sheridan Charge Nurse		8044	
Howland Charge Nurse		8050	

Erin Meadows Retirement Directory

Telephone # 905-569-7155			Fax # 905-288-2800
Title	Name	Ext.	Email Address
General Manager	Curtis Ferry	8108	curtis.ferry@schlegelvillages.com
Assistant General Manager	Simi Kaur	8106	simi.kaur@schlegelvillages.com
AdministrativeAssistant		8100	emretirementadmin@schlegelvillages.com
Neighborhood Coordinator Williamsburg	Archana Sharma (LOA)	8094	archana.sharma@schlegelvillages.com
Neighborhood Coordinator Emma's & Egerton, Williamsburg	Michelle Saunders	8122	michelle.saunders@schlegelvillages.com
Neighborhood Coordinator Becker & Ailsa Craig	Arissa Niyamuddin	8113	arissa.niyamuddin@schlegelvillages.com
Director of Wellness	Solace Attopey	8116	solace.attopley@schlegelvillages.com
Assistant Director of Wellness	Juvy Villega	8118	juvy.villega@schlegelvillages.com
Assistant Director of Wellness	Mary Rose Orola	8242	maryrose.orola@schlegelvillages.com
Recreation Supervisor	Mary Baldwin	8107	mary.baldwin@schlegelvillages.com
Director of Hospitality (Acting)	Rey Aguilar Cabaluna	8112	Reynante.AguilarCabaluna@schlegelvillages.com
Ruby Executive Chef	Bea Leano	8126	bea.leano@schlegelvillages.com
Ruby Executive Chef	Harpreet Sodhi	8127	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
Director of Lifestyle Options	Mia Mejzinoll	8129	mia.mejzinoll@schlegelvillages.com
Director of Lifestyle Opitions	Masud Moiz	8015	masud.moiz@schlegelvillages.com
Coord. Village Experience	JT Liu	8097	JT.liu@schlegelvillages.com
Program for ActiveLiving(PAL)	Mahik Malik	8101	mahik.malik@schelegelvillages.com
Director of PAL	Ben Mariano	8099	benjamin.mariano@schlegelvillages.com

Erin Meadows Retirement Directory

Telephone # 905-569-7155			Fax # 905-288-2800
Title	Name	Ext.	Email Address
LeadNurse 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 Resturant		8126	
Pharmacy & General Store		8128	
Hair Salon		8130	



Schlegel Villages – CONNECTIONS



REMEMBERING RON

— *Our father, our founder, our friend.* —

With October upon us, our minds shift to the season of gratitude and the spirit of Thanksgiving. We're especially touched as we reflect on the passing of Ron Schlegel, the man who inspired the Villages we call home today.

When news hit that Ron had passed, the outpouring of support from across the Villages was keenly felt by the entire Schlegel family, and the memories being shared across the Villages have been wonderful to hear. Team members spoke of how he loved to sit with everyone at Team Member appreciation events, and he always wanted to take photos with everyone. Others reflect on the days when he and his lovely wife, Barb, would travel from Village to Village after church on Sundays. Barb would be making new friends with residents, while Ron would be asking team members about their passions outside of the Village, or what they felt could be done to improve life within. Perhaps the biggest wave of gratitude rises when one considers the values that drive Schlegel Villages forward in all we do.

Hard-working and Hands-On was how Ron lived every day, from his time in his youth working on the farms outside of Ailsa Craig, to his many entrepreneurial ventures later in life.

There is no better example of **Genuine and Humble** than the way Ron carried himself in all he did. No matter if he was speaking with the Governor General of Canada or the cashier at his local Sobeys, he genuinely cared for others, and the conversation was never about him.

The **Caring Relationships** at the heart of Village Life are a testament to the vision Ron had for the Villages, and the outpouring of love we've heard after his passing shows how much he was cared for.

Persistence and Passion are at the root of any success, and one cannot find success in life without overcoming great challenges and staying true to one's passion. Ron's true passion was community building.

The last of the Schlegel Villages values is **Creative and Innovative**, and when we consider the world-renowned Research Institute for Aging that Ron and his family founded, and the Village model we thrive in, there are few better words to describe him.

This October, we lean into gratitude, and we are thankful to carry Ron's values forward, always in the pursuit of building strong, inclusive communities for all.

Mental Health Matters at Every Age: Recognizing the Signs This World Mental Health Day

While conversations around mental health and wellness have grown significantly in recent years, older adults are often [left out of the conversation](#). Generational stigma and the belief that profound sadness, hopelessness, loneliness, or fatigue are “a normal part of aging” often prevent people from seeking the support they need and deserve. Coexisting medical conditions can further complicate this, making mental health issues harder to detect, treat and manage.

This October 10, [World Mental Health Day](#) offers an opportunity to challenge those assumptions, raise awareness and break the silence. The reality is, depression is not a natural part of aging. Yet, according to the [Canadian Coalition for Seniors Mental Health](#), up to 20 per cent of older adults experience symptoms of depression, with that number doubling for people in hospitals or long-term care (LTC) homes. As we age, [several risk factors can impact our mental health](#), such as losing a loved one or friend, cognitive challenges, or a life-changing diagnosis.

Recognizing the Symptoms

We all have bad days and times when we feel down. But clinical depression is a serious, persistent condition where you may feel sad all the time and lack interest in activities that used to bring joy. Symptoms can range from mild to severe. For care partners, family members, and older adults, recognizing the signs is the first step in providing support.



Watch for these common symptoms:

- Significant sleep issues, such as sleeping too much or struggling with insomnia.
- Noticeable changes in eating habits, including a sudden loss of appetite or excessive eating.
- Lingering, intense feelings of guilt or worthlessness.
- Finding absolutely no joy in activities, hobbies, or routines you once loved.
- A noticeable decline in personal hygiene and daily self-care.
- Trouble concentrating, focusing, or finishing simple, everyday tasks.

Taking Action and Finding Support

Starting a conversation about mental health can feel scary, especially if you feel ashamed to open up or ask questions. Normalizing conversations around mental health will shift societal perceptions and reduce stigma, ensuring older adults feel more comfortable addressing their concerns without fear or judgment.

By checking in on our family, friends, and neighbours, we can reduce the social isolation and loneliness that can fuel depression and impact mental health. Check out the [social isolation community conversation guide](#) for helpful tips on supporting those around you.

For more detailed guidance, explore the Schlegel-UW Research Institute for Aging's (RIA) expert insights on [demystifying depression in older adults](#).