

THE VILLAGER

March 2024 Newsletter

Volume 22, Issue 3



Hello March!



The Village of
ERIN MEADOWS

Message from Sr. General Manager

Anneliese Krueger

Five years ago in February we welcomed our very first residents to our retirement addition! It's hard to believe just how quickly time flies! We marked this special occasion with a fun celebration in the Town Square. Wishing all of our retirement residents and team members a very happy anniversary!

This month also marks the kick-off for our Foster Authentic Relationships aspiration:

At our Villages, authentic relationships begin by knowing and connecting with each other. They flourish when we honour and respect the unique personalities and life stories of everyone in the Village.

“Know me, respect me.”

As part of the kick-off, we're challenging you to share a photo or video of authentic relationships in action on social media (with permission from anyone included) using the hashtags #FosterAuthenticRelationships, #ErinMeadows and #SchlegelVillages. Be sure to participate in other fun events happening throughout the month! Watch out for the posters!

Looking back to February, we saw love in bloom at The Village of Erin Meadows (#FosterAuthenticRelationships)! The journey of love our residents have embarked on often spans decades. These long-term relationships, whether friendship, family or marriage, stand as a testament to enduring affection, mutual respect, and a deep understanding that only comes with time. Many of these relationships have weathered the storms of life, from raising families to navigating careers to facing health challenges together.

Who better to turn to for wisdom on love? Foster love by communicating openly and with kindness, forgiving quickly, and appreciating the small, everyday moments that make life rich.

In a society that often glorifies youth and newness, the enduring love of our elders offers a heart-warming reminder of the beauty and resilience of long-term relationships. In reflection on Valentine's Day, let's take a moment to honour and learn from those who have shown us that true love doesn't just endure; it grows and flourishes throughout life.



Spiritual Care Programs

Pricely Francis
Chaplain

Sacrifices Make the World Go Round

The brown hen stood resolutely between her nine golden-brown babies and the black Cobra that slithered noiselessly toward her. The babies must have sensed danger because their helpless, thrill and loud distress peeps pierced the air a hundred times a minute. But their mother stood, alert, resolved, wings spread wide and touching the dried leaves scattered across the black earth.

The Cobra raised its head, and in a flash, it struck out. But the hen, wings spread and furiously flapping, jumped away from the vertebrate's snapping jaws. As she sprang away from the serpent's lightning strike, she let out a cry that was a cross between guttural clucks and screams.

The hen was no match for the cold-blooded, marbled-eyes monster, but she had strategy and tactics: She had sprung clear away from her peeping chicks, and the Cobra had turned to further engage her, forgetting that what he really wanted was a few chicks for dinner. Her chicks now huddled in a corner, safe for the moment from their reptile predator. The hen, spreading wings at her side, arched her neck and made as if to attack, but when the snake struck out again, she bounded away on flapping wings, clucking and screaming as loudly as before.

The snake arched its neck in frustration as the hen advanced again, but at the last moment, it decided a chicken dinner was too much trouble, and it slinked away defeated – and hungry.

On the religious calendar, Christians have come to the season of sacrifice. Lent begins on February 14, the day of love, which is emblematic of why Jesus died for humans.

A sacrifice always has value, like someone's life. Jesus gave his life for sinners, and the hen was willing to give her life for her babies. Sacrifices make the world go round. Mind you, a sacrifice could cost the one who makes it dearly, but it brings bountiful benefits to other people. My pastor and church made financial sacrifices to get me through high school. A lady I never met sent me 200 pounds, which helped me complete my studies and get my ministerial degree. As a pastor, I sacrificed my time and money to help the youth in my churches, and many years later, they became nurses, teachers, entrepreneurs and pastors who served their country, churches, and communities.

In February, we celebrate Black history. There have been many White and Black leaders who sacrificed their strength, time, resources and lives to gain protection, dignity, rights and freedom for Black people who were brutalized by others for centuries.

You've also made sacrifices as parents, friends, citizens and warriors who defended your country and our way of life. Think of how much worse our world and our country, Canada, would be if no one made sacrifices. As we enter the Easter season, be grateful for the sacrifices others made for you. And you should also feel good about the sacrifices you made.

Like you, I promise to keep making sacrifices for humanity's advancement, but in the process, I must confess, I'd be too chicken to face down a Cobra.

at Schlegel

ATHLETE OF THE MONTH

The PAL team would like to congratulate Sumintra Baljit as Athlete of the Month! Sumintra is a very hard-working and loving lady, who is currently active in our ambulation program, walks 2-3x a week. As soon as she gets up off her couch, it's almost like she can walk forever! Sumintra will always listen to cues on where to go and how long to walk, no matter the distance. In fact, rather than giving herself breaks, she will ask if the Kin student is feeling tired during her walks! While she is up, she is very outgoing, and loves to say hello to fellow residents and staff, who give her lots of support.

We are very happy to reward Sumintra for her hard work this month. Keep on moving!

From,

The PAL Team – Afshin, Shiv,
Sujata, Chaya and Muhammad



Your Brain on Exercise

Its more than just your muscles!

At our village, you might notice that there are plenty of exercise programs hosted each day by our staff for all of you. You might think the reason for this is to get you folks bigger and stronger, but believe it or not, its also for improving your brain health! How could doing exercise possibly improve the functionality of our brain? Well... doing exercise actually sends signals to many different regions of the brain that both change and improve it's structure, and helps the body's regular functioning! Here are a couple of benefits exercise has on the brain's functioning...

Improved learning: performing exercise sends signals to parts of the brain that can speed up the creation of braincells , which can improve our ability to learn new things!

Improved cognitive thinking: when we do exercise, our body's blood flow increases. As a result, a larger amount of oxygen goes to the brain, and our creativity, problem solving, and decision making skills are greatly enhanced!



Better Sleep: People who regularly exercise fall into restorative state during sleep in order to build the muscles into stronger ones during sleep. As a result, sleep comes out to be deeper and relaxing, and also more refreshing when you wake up. Not to mention, it's also a lot easier to fall asleep as well, since exercise tires you! The people who work the hardest sleep the hardest!

Reduced anxiety and stress: Exercise releases certain "neurotransmitters", which are chemicals responsible for producing our emotions. These neurotransmitters reduce stress and anxiety, and improve focus !

Protection against disease: Regular exercise reduces brain inflammation, which preserves existing brain cells. More healthy brain cells allows individuals to be at less of a risk of brain diseases!

Improved Memory: Exercise releases certain proteins that stimulate the growth of brain cells and other proteins that are responsible for protecting your brain cells! With having a higher number of these proteins, a better performance in memory-based tasks are brought about. Make sure to get a workout in before you do a crossword!

Valentines in the Village



Trip to the Mandarin





Black History Month





Wishing you a
Happy Birthday!

Derry

Alexandra C	March 12
Jane T	March 28

Sheridan

Mile V	March 15
Sofia C	March 25
Phyllis W	Mar 28

Dundas

Raymond L	March 9
Pamela C	March 15
Eleanor M	March 29
Amedeo C	March 30

Meadowvale

Giuseppe G.	March 2
Souad A	March 21
Ali A	March 31

Howland

Ernie H	March 02
Nina V	March 13
Frank T	March 20

Trafalgar

Tamara Y	March 20
Ljubica P	March 22
Aurelian D	March 29
Jitka O	March 30



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.

Dream of Spring
Trip to
Centennial Greenhouse
For LTC Residents
Thursday, March 28
1-4:30
Please Sign Up in the Recreation Office
Limited Space





Long Term Care

FAMILY COUNCIL

You are Invited to Join.

Meetings are held on the 1st Saturday of each month @ 10am in the Council Chambers on Main Street.

We gather for peer support, education and to improve the experience of all residents, team members and families in Long Term Care

Please Email chi.awadh@schlegelvillages.com for any question!



Together We Care! It takes a Village to Care!



The Village of
ERIN MEADOWS

Village **EVENTS**

LONG TERM CARE

St. Patrick's Day
with Bruce
Sunday, March 17
2 PM, Main Street

Welcome Spring
with Emilio
Tuesday, March 19
2 PM, Main Street

Pub Night
With John Amato
Friday, March 22
6:30 PM,
Main Street

Classical Guitar
Concert
Sunday, March 24
2:30 PM Town Hall

Celebrating Easter

Sunday, March 31
2 PM, Main Street

Dream of Spring
Trip to
Centennial
Greenhouse
Sign up required



Volunteer Central

Samadhi Puwakdandawa
Volunteer & Student Coordinator

Spring is almost upon us and that means it's time to celebrate our wonderful volunteers. Volunteer appreciation week is approaching us on April 21st to April 27th, 2024. This gives us a chance to appreciate the amazing work our volunteers do.

This is also the second year we are accepting nominations for the Barb Schlegel Volunteer Award. As you might already know, Barb Schlegel Volunteer Award was introduced in 2023 in honor of Barb Schlegel, who, like our volunteers was full of kindness and dedication. We celebrate both her and our volunteers through this award.

If you know a volunteer who should be nominated this year, please make sure to grab a ballot from the Village Offices in both Long-Term Home Care and Retirement Home and enter your ballot into the ballot box! We will be accepting nomination from March 1st to March 15th, 2024!

Thank you!

"Volunteers do not necessarily have the time; they have the heart." – Elizabeth Andrew.



Schlegel Villages'
Volunteers



RH

Neale Goodale	Fernande Vandette
Faud Hadzic	Antonio da Si Grilo
Mary Jane Miller	Allan Bauldry
Gordon Keith Geddes	Ester Stoch
Patricia Eccles	John Stevenson
Doreen Hayward	Sally Carter
Cecile Mina	Josephine Shimizu
Shirley Vincent	Denise Harris
Lise Molinaro	Joan Spencer
Franziska Schweiger	Lawrence Stacey
Joseph Cordeiro	Armando Mio
Anne Jardine	Frances Beniuk
Joseph Messmer	Sandra Flint
Patricia Salisbury	

**Birthday Party with Jessica
 March 6th, Wednesday
 2:30 pm, Main Street**





The Village of
ERIN MEADOWS

Village EVENTS

RETIREMENT

Entertainment:

Birthday Party with Jessica
Wednesday, March 6th
2:30 pm, Main Street

Golden Oldies
Saturday, March 9th
3:30 pm, Main Street

St. Patrick's Sing-along with Frank & Mike
Friday, March 15th
2:30 pm, Social Club

Finnegan School of Irish Dance
Sunday, March 17th
2:30 pm, Main Street

Spring Fling with The Sparklettes
Friday, March 22nd
2:30 pm, Main Street

Outings:

Superstore (Argentia)
Thursday, March 7th, 9:30 am

Oakville Place Mall
Thursday, March 21st, 1:00 pm

Swiss Chalet
Wednesday, March 27th, 11:30am

Vendors on Main Street:

Red Touch Studio
Wednesday, March 13th

Factory Shoe
Wednesday, March 20

I-Fashion Boutique
Wednesday, March 27th

Traditions Alive
Saturday, March 23rd

March Bulletin:

Food Forum
Wednesday, March 6th
10:00am, Town Hall

Rogers Q & A Session
Wednesday, March 6th
11:00 am, Town Hall

Men's Breakfast
Friday, March 8th
9:15 am, The Ruby

Casino Event
Friday, March 8th
3:00 pm, Hobby Shop

Residents' Council Meeting
(Election Day)
Tuesday, March 12th
10:30 am, The Ruby

Ladies Breakfast
Thursday, March 14th
9:15 pm, The Ruby

Science & Documentary with Curtis
Wednesday, March 20th
7:30 pm, Town Hall

New Residents Welcome Committee Meeting
Tuesday, March 26th
10:00 am, School House

All About Me
Wednesday, March 27th
2:30 pm, Town Hall

Young at Heart Painting
Friday, March 29th
2:30 pm, Hobby Shop

Village Life

RH

RH 5th YEAR ANNIVERSARY



Village Life

RH



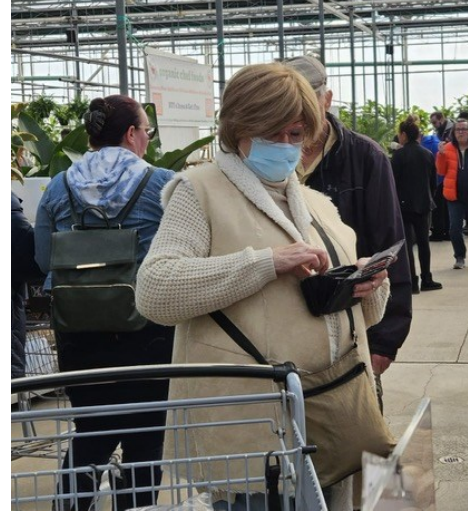
Valentine in the Village

Village Life

RH



Terra Winter Market Outing



Baking with Brenda and Mary



Why are puzzles so Therapeutic?

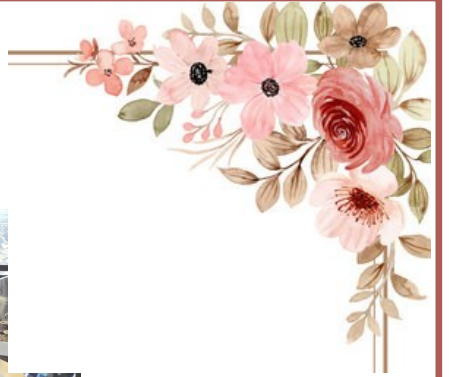
It can provide a calming pastime that needs focus and concentration, which can assist to lessen stress and anxiety.

Meet our puzzle expert-Shawn



Village Life

RH



All About Me

RH

“All About Me” is a resident run program where they are encouraged to share one of their life experiences.

Presenter : Clive Dunstan



Erin Meadows Long Term Care Directory

Telephone # 905-569-7155			Fax # 905-569-8617
Title	Name	Ext.	Email Address
Interim General Manager	Curtis Ferry	8108	curtis.ferry@schlegelvillages.com
Interim Assistant General Manager	Terence Paul	8003	terence.paul@schlegelvillages.com
Administrative Coordinator (LTC/RH)	Flo Abiog	8002	flo.abiog@schlegelvillages.com
Administrative Assistant	Nicole McGaughey	8100/ 8001	nicole.mcgaughey@schlegelvillages.com
Scheduling Coordinator	Ashima Ashima	8100/ 8001	ashima.ashima@schlegelvillages.com
Village Office Coordinator (LTC/RH)	Arisa Niyamuddin		arissa.niyamuddin@schlegelvillages.com
Director of Nursing	Lito Lagasca	8010	lito.lagasca@schlegelvillages.com
Director of Quality Improvement	Joanne Balancio		joanne.balancio@schlegelvillages.com
Assistant Director of Nursing	Anup Sengupta	8055	anup.sengupta@schlegelvillages.com
Assistant Director of Nursing	Norita Fernandez	8032	norita.fernandez@schlegelvillages.com
Assistant Director of Nursing –Infection Control Lead	Jaspreet Kaur Mahal	8034	jaspreet.kaurmahal@schlegelVillages.com
Neighbourhood Coordinator Dundas/ Trafalgar	Ramandeep Kaur	8041	ramandeep.kaur@schlegelvillages.com
Neighbourhood Coordinator Derry/ Howland	Randi Black (Maternity Leave) Okena Lew Ann Swaby (LOA)	8051	randi.black@schlegelvillages.com okena,lew@schlegelvillages.com ann.swaby@schlegelvillages.com
Neighbourhood Coordinator Sheridan/Meadowvale	Nicola Campbell	8018	nicola.campbell@schlegelvillages.com
Village PERT Team	Nirmala Mery	7127	nirmala.mery@schlegelvillages.com
Director of Recreation	Sami Kermani	8007	sami.kermani@schlegelvillages.com
Food Services Manager	Brigitte Swaby	8012	brigitte.swaby@schlegelvillages.com
Assist. Food Services Manager	Nimal Piyarathna	8012	nimal.piyarathna@schlegelvillages.com
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 & Leah Ong	8045	paolo.sison@schlegelvillages.com leah.ong@schlegelvillages.com
Dietician	Sofia Shahzad	8012	sofia.shahzad@schlegelvillages.com
PAL Registered Kinesiologist	Afshin Manji	8009	afshin.manji@schlegelvillages.com
Physio	Muhammad Shoukat	8056	erin.physio@schlegelvillages.com
Volunteer and Student Placement Coordinator	Samadhi Puwakdandawa	8134	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 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 (Interim)	Curtis Ferry	8108	curtis.ferry@schlegelvillages.com
Assistant General Manager	Simi Kaur	8106	simi.kaur@schlegelvillages.com
Administrative Assistant	Riya Jacob	8100	riya.jacob@schlegelvillages.com
Neighbourhood Coordinator Emma's & Egerton	Michelle Saunders	8122	michelle.saunders@schlegelvillages.com
Neighbourhood Coordinator Becker & Ailsa Craig	Kamal Preet Kaur	8113	kamalpreet.kaur@schlegelvillages.com
Neighbourhood Coordinator-Williamsburg	Hayley McHugh	8094	hayley.mchugh@Schlegelvillages.com
Wellness Coordinator (Maternity Leave)	Cynthia Ogujiuba		cynthia.ogujiuba@schlegelvillages.com
Wellness Coordinator	Solace Attopley	8116	solace.attopley@schlegelvillages.com
Assistant Wellness Coordinator	Juvy Villegas	8118	juvy.villegas@schlegelvillages.com
Assistant Wellness Coordinator	Nimra Benett	8242	nimra.benett@schlegelvillages.com
Recreation Supervisor	Annabelle Cruz	8107	annabelle.cruz@schlegelvillages.com
Director of Hospitality	Evelyn Marquez	8112	evelyn.marquez@schlegelvillages.com
Ruby Executive Chef	Nimal Piyarathna Richard Estrella	8126/ 8127	nimal.piyarathna@schlegelvillages.com richard.estrella@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) Coordinator	Malvina Goral	8101	malvina.goral@schlegelvillages.com
Village Experience Coordinator	Dilpreet Deol	8097	dilpreet.deol@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	



St. Patrick's Day Word Search



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



CLOVER
COINS
CORNERED BEEF
TRADITION
GREEN

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK





Barb Schlegel
Volunteer Award



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

March 1–15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.

**Thank you
for your
nomination!**



QUALITY ALTERATIONS & REPAIRS

EVERY THURSDAY AT 2:30PM

Salon-Dr's office



Do you have garments that need to be altered?

We have connected with Irina, who will bring the service to YOU by providing quality alterations, garment repairs & dry cleaning services, right here at The Village of Erin Meadows!

Irina will be present every Thursday at 2:30pm to provide on-site measuring, pick up and delivery of finished garments. All payments must be made in cash directly to Irina.





**At The Smile Room,
we put our business where your mouth is!**

SERVICES

- Custom Teeth Cleaning - including scaling and polishing by a Registered Dental Hygienist
- Fluoride treatment
- Desensitization
- Silver Diamine (SDF) anti-cavity treatment
- Interim Stabilization Therapy (IST)
- Denture Service
- Basic Dental Services

SAFETY

- All procedures are performed with the safety of the client as our number one priority
- Use of appropriate PPE as indicated by our regulatory bodies
- We will sanitize our work area before and after every client

CONVENIENCE

- Our mobile dental clinic comes directly to you
- We set up in a designated space in your building, you won't have to arrange for transportation or worry about time wasted getting to your appointment and back
- Book your appointment and have your treatment completed - it just doesn't get any easier

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WWW.THESMILEROOM.CA

INFO@THESMILEROOM.CA



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



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- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at Erin Meadows, please call

1-800-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ · DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Bringing culture to the table

The food we eat is often tied to our culture or where we come from. If our meals don't match the smells and tastes we know and love, we might not eat or drink enough. This can affect quality of life and overall health. As the population of older adults grows and becomes more diverse, it's important for long-term care homes to offer a variety of foods that everyone can enjoy.

That's why Safura Syed, registered dietician and University of Waterloo PhD student, is leading a study focused on culturally inclusive food in long-term care homes.

"Not serving food that aligns with an older adults' cultural background can make them feel left out," explains Syed, a member of Heather Keller's Nutrition and Aging Lab. **"Food is important because it's part of who we are and where we come from."**

In her study, Syed is researching the challenges and supports food service managers and dietitians face in creating diverse menus.

Syed is also talking to residents and their families about how being served food from their culture affects their sense of belonging and makes them feel more at home. She's



using what she learns to help figure out the best way for LTC homes to include foods from all cultures in their meals.

Syed has found that personalized menus, acknowledging various holidays and religious days, and giving residents a chance to share their input, all help meet residents' cultural preferences.

"Eating food that tastes like home can make people eat better and stay healthier," says Syed. "By making sure everyone has food they enjoy and are familiar with, we can help everyone feel better and respected."

Subscribe to updates from the RIA at www.the-ria.ca/enews to find out how you can help researchers like Syed and to stay up-to-date on the latest news, events, and helpful resources.