

Erin Mills Lodge

March 2024 Newsletter



March Birthdays

March 1- Ai Tran

March 7- Kenneth R.

March 13- Chong-Hak S.

March 16- George F.

March 17- Douglas C.

March 17- Misako T.

March 22- Engracia A.

March 22- Marion M.

March 26- Donald S.

March 30- Angela C.



Spiritual

In a few weeks we will have some exciting news to share regarding our Spiritual Care programming.

Stay tuned for the announcement.

Upcoming Village Events

Note- Group Exercise Classes with Sonia, will be held 3 times a week (Tuesdays, Thursdays, and Friday) in the Crooked Q.

Chair Yoga at 10:30am in Crooked Q- March 4 & 19

Bowling in Crooked Q at 2:30pm - March 5

Arm- Chair Travel at 2:30pm - March 6 & 22

Hands on Exotics at 2:30pm in Crooked Q - March 7

High Tea Social at 2:30pm in Crooked Q - March 9

Roman Catholic Communion at 2:30pm in Crooked Q - March 10

Art Class w/ Glynnis at 10:30am in Activity Room- March 12 & 25

Communion at 2:30 in Crooked Q- March 14

St. Patty's Party at 2:30pm in Crooked Q - March 17

BINGO at 2:30pm in Crooked Q- March 18

Casino Night at 6:30pm in Crooked Q- March 21

Birthday Social at 2:30pm in Crooked Q- March 27

Food Committee & Resident's Council Meeting at 2:30pm in Crooked Q- March 28

Easter Social at 2:30pm in Crooked Q- March 31

Resident of the Month

Erindale Place



We are excited to share the Resident of the Month for Erindale Place- Robert Dohney. He has been with us from a while now. He is a person who cherishes solitude, yet he possesses a remarkable ability to connect with others with his stories. He has been a delightful addition to our social programs, especially those including wine or beer, where he has shared many fascinating tales from his past.

Robert's stories not only entertain but also inspire us. They are a testament to his rich life experiences and the wisdom he has gained along the way. Whether recounting a funny anecdote or sharing a poignant memory, he has a way of making us feel as though we were right there with him.

Recently, Robert has embarked on an exciting new journey by starting to write his own story. He is enthusiastic about this project and has already captivated us with the early chapters. We eagerly wait the continuation of his story and are certain that it will nothing short of remarkable.

We congratulate Mr. Robert for being the Resident of the Month and, thank you for reminding us of the joy of both solitude and shared experiences.

Resident of the Month

Sheridan Way



We would like to extend warm congratulations to Zahid on being named Sheridan Way's resident of the month. After nearly a year of living with us, Zahid has become an essential member of our family.

He makes sure to greet every member of staff as well as other residents. He participates in a variety of programs to keep himself engaged throughout the day. He enjoys watching travelogues, solving brainteasers, and BINGO among other games. He enjoys doing word searches and watching news on TV when he is by himself in his room.

He also gives everyone an update on the day's weather report and current events.

I appreciate how upbeat you are all the time, Tom, and how you make everyone around smile. We are glad to have you with us on the neighborhood and wish you the best of health.

Resident of the Month

Hazel Lane



We are thrilled to announce Janine Williams as our Resident of the Month at Hazel Lane. She stands out as an exemplary participant, consistently demonstrating active engagement in all programs. Janine's sparkling interest is evident in her enthusiastic involvement in various activities and her lively demeanor during programs. Notably, she showcases her creativity and dedication in activities such as Painting, Karaoke, BINGO, Bowling, Flower Arranging, Balloon Tennis and group exercises. Janine's warm and approachable nature adds to the positive ambiance, as she generously shares her smiles with both fellow residents and staff. Her preference for spending time with others, listening to music, and participating in coloring activities highlights her genuine enjoyment of shared experiences. Janine's active participation in conversations reflects her sincere desire to build connections within the Village, and her overall positive spirit truly embodies the essence of an exemplary resident.

Congratulations, Janine. Thank you for sharing warm hugs and bright smiles with us.

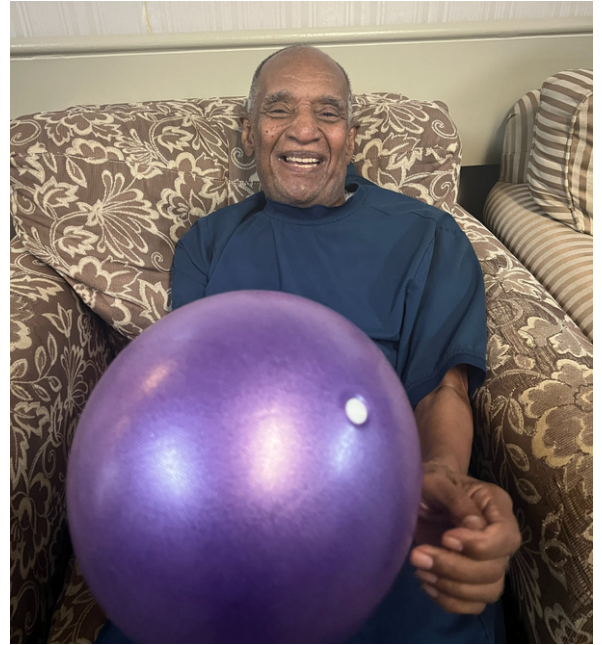
Resident of the Month

ESN



Congratulations to this month's resident of the month for ESN: James Harrison! James has been a resident with us for a few months now and is a great addition to have on our neighborhood, adding his vibrant smile and positivity to ESN and the village life as a whole. James was born in Toronto among his six brothers and sisters. He has a very caring personality, and is always looking out for others on the neighborhood. He loves to have visits from his partner, who visits often, and loves to socialize with other residents on the neighborhood. James was determined and motivated when he worked at General Motors for majority of his career, where his passion for cars and planes began. He is an active member on our ESN neighborhood and in the Village Life, always willing to try the program. He enjoys attending our musical moments, fun and fitness programs, and our large village-wide programs as well such as our entertainment afternoons. He also enjoys independent activities such as reading, walks around the neighborhood or connecting with the other residents. James is also a great story-teller so be sure to visit him for a story or two! Regardless of the type of day you are having, spending just a few moments with James leaves you with an endless smile, and possibly even a laugh! We appreciate James' zest for life and smile each and every day- Thank you James for being you!

Photos



Photos



Photos



Photos



Photos



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.

Schlegel Villages – CONNECTIONS

INTERNATIONAL WOMEN'S DAY

March is an exciting time of year with the renewal of Spring just around the corner, and it's also a time to reflect on the important contributions the women in our lives make every day to enhance our communities.

International Women's Day is Friday, March 8, and within our Schlegel Villages Community, we think of the countless inspiring women who bring our mission and vision to life and model our values in all they do.

Indeed, the Schlegel Family's quest to build strong communities has always been guided by the stalwart influence of strong women. Max Becker and Wilfred Schlegel, grandfathers to the three brothers who now operate Schlegel Villages,

were hardworking, entrepreneurial community builders whose partners in life, Florence and Emma respectively, were the guiding beacon that helped foster success. Schlegel Villages founder, Ron, also relied on his wife Barb to ensure his path forward would help their vision become reality.

In our current Schlegel Villages landscape, we're proud that more than 2/3 of the team members and leaders within our Villages and our Support Office team are women helping move our mission forward.

Whether it's our residents or team members, we are surrounded by dedicated, compassionate women who make our Villages better through their example. We honour them all on International Women's Day.

Women in our organization

67%

are senior
leaders

66%

are
leadership

68%

are from
Support Office (SO)

74%

are GM/AGM's

86%

Overall
(not including SO)



Schlegel Villages – CONNECTIONS



SCHLEGEL OLYMPICS *Summer* 2024

There's a competitive edge in all of us, no matter our age, and the Schlegel Olympics taps into this spirit among our residents. As part of our Wisdom of the Elder Signature Program, the Schlegel Olympics is a vibrant opportunity to celebrate the passion of our residents.

We're thrilled to announce plans for these exciting events to take place again this summer, so save the dates and keep in touch with your recreation teams for more information to come.

Tuesday, July 30

The Village of Glendale Crossing
(West Villages)

Thursday, August 1

The Village of Taunton Mills
(East Villages)

WISDOM
of the
ELDER

Erin Mills Lodge- Leadership Contact List

Donna Dalupan, General Manager	EXT 293
Kawaljeet Kaur, Director of Care	EXT 248
Pam Croucher, Assistant Director of Care/ IPAC	EXT 223
Narpinder Johal, Assistant Director of Care- ESN	EXT 215
Elaine Eerkes, MDS/RIA	EXT 220
Ferdie Gonzales, Neighbourhood Coordinator	EXT 234
Alanah Kelly, Director of Recreation/ Volunteer Services	EXT 261
Madelaine Sperry, Food Service Manager	EXT 222
Jefferdie Fiesta, Director of Quality & Innovation	EXT 264
Richmond Ng, Environmental Services Manager	EXT 229
Margaret Francis, Admin Assistant/ Student Placement Coordinator	EXT 224
Angad Sidhu, Admin Coordinator	EXT 262
Kavita Rani- Scheduling Coordinator emlltc.admin@schlegelvillages.com	EXT 238

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