

THE VILLAGER

December 2024 Newsletter

Volume 22, Issue 12

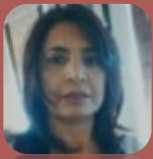
Merry
Christmas

AND

HAPPY NEW YEAR



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.



Message from Assistant General Manager

Simi Kaur

Dear Residents and Family Members,

As the year draws to a close, I find myself reflecting on the incredible journey we've shared. This year has been one of growth, change, and togetherness for our EM family. We've welcomed many new residents who now call this wonderful place home, enriching our community with their presence. At the same time, we've said goodbye to cherished friends whose memories, wisdom, and laughter continue to linger in the heart of our village, reminding us of the bonds that make this community so special.

It's truly inspiring to witness the sense of ownership and pride our residents take in shaping their home. From resident-run activities and discussion groups to vibrant men's and women's clubs, knitting and crochet circles, and our always-anticipated happy hours, the energy and camaraderie here are unmatched. Each of our resident contributes in a unique way to making this village thrive, and for that, we are so grateful.

Residents' collaboration with our team has not only enhanced our home but has also strengthened the bonds that define us as a family. Together, we've created a community filled with joy, purpose, and connection—a true reflection of the EM spirit.

As the holiday season approaches, we're thrilled to invite you and your loved ones to our **Christmas Cocktail Social on Thursday, December 5th, from 2:00 PM to 4:00 PM**. This event is our way of celebrating the festive spirit with all of you, and we hope you'll join us for an afternoon of laughter, delicious treats, and holiday cheer.

In the spirit of giving, we are also supporting our local food bank with a cash donation drive throughout December. If you'd like to participate, contributions can be made at the admin desk. Your generosity will bring joy to those less fortunate and embody the true essence of this season.

As we look to the new year, I am filled with gratitude for each one of you. Thank you for your kindness, your participation, and the love you pour into this community. I look forward to all that we will accomplish together in the year ahead.

Wishing you a joyful holiday season and a prosperous New Year!





Spiritual Care

Pricely Francis
Chaplain

Hope Dawns: A Child is Born

It was one minute to midnight when I met my son for the first time. He came into the world with no fuss, no muss. One would think that the occasion of a birth qualified for, if not wonderment, some excitement, crying and screaming, but as far as my first child was concerned, his entrance into the world barely budged the yawn needle.

The advancing years rolled away and revealed a temperament and personality that matched his nonchalant entry into the world; he is calm, relaxed, and unperturbed by the events that drive everyone else crazy.

I did not think my newly arrived son was fully human until he did something very human – he stretched and yawned on his way home from the hospital! Although it took an infant stretch and a yawn to make me realize my son was more than just a baby, I did have hope he would be a great person who would impact the world positively and meaningfully.

Christmas reminds us of Jesus' birth – the hope of mankind. He was born in lowly circumstances, definitely below my son's. But he was a mover and shaker as a boy and a man. Like my son, he was kind, compassionate, helpful and supportive of those who were sad and suffering. Eventually, he gave his life for mankind's redemption.

Although Christmas is about the birth of Jesus, I wish to redirect the spotlight on your birth. It must have been Christmas for your parents when you saw the light of day for the first time. And they had high hopes for you. And like Jesus, you did not fail them.

By your work, sacrifice and devotion, you made Canada and the world a better place. You've had a distinguished, celebrated, exemplary and monumental career. You were the best moms and dads in the world. You were leaders in the community, school, political organizations and places of worship. You travelled the world for work and pleasure. You founded businesses and charities. You were artists and engineers, scholars and warriors.

When you were born, the angels, unseen and unheard, proclaimed to the universe: "For to us a child is born, to us a son or a daughter is given, and the government will be on their shoulders." And the invisible realm came, bowed by your birth bed, and celebrated your birth.

This Christmas, as you highlight the hope and promise that Jesus' birth represents, think about this one otherworldly idea: Heaven is also relishing your birth and ministry in this lifetime. So, as you celebrate the birth of Jesus, remember to commemorate and make merry that you were born. After all, your birth was only 1 in 400 trillion! Believe it or not. You are a miracle!

Merry Christmas, when it comes.

at Schlegel

Athlete of the Month

The PAL team is thrilled to award Geraldine O'Reily with Athlete of the Month! Through adversity, Geraldine has shown a willingness to improve her abilities and reach her goals. Geraldine is currently active on our strength and range of motion program, and never refuses to exercise!

During her time on our program, Geraldine has achieved great success! She doubled the number of sit to stand repetitions she could perform. This outstanding progress reflects her hard work and dedication, showcasing a significant boost in her strength and overall physical abilities. We are happy to award Geraldine for all her hard work and dedication. Keep it up!

From,

The PAL Team – Edward, Alim, Sujata, Chaya, Harneet and Muhammad



Stretching Benefits

Physical & Mental

Exercise isn't only strength and cardio focused, it's important to remember flexibility and stretching!! Stretching helps keep our muscles flexible and healthy to make sure they don't shorten and become tight. A shortened muscle may lead to an increased risk of injury if the muscle is used for strenuous activity and hasn't been lengthened in some time.



How long should I hold my stretch for?

Stretching doesn't have to take long and even in a short time can provide great benefits! Stretches can be held for 30 seconds for a round or two and this will help loosen up those muscles.



The Benefits

Stretching doesn't only help loosen our muscles, it also helps increase blood circulation throughout the body to assist in recovery for movement which in turn helps to increase relaxation and provide stress relief! Taking even just a 30 second break to do some light stretches will help give your mind a break and your body a boost!



Wishing you a
Happy Birthday!

LTC

Meadowvale

Francis G December 21

Sheridan

Cecilia R December 6

Dundas

Carol J December 14

Trafalgar

Ewa L December 24

Derry

Maria R December 1
Alma C December 8
Raoul B December 25
Anne F December 28

Howland

Mary B December 2nd
Roshan B December 31

Birthday Bash with Vili
Thursday, December 26
2 PM Main Street

LTC Events @ a Glance

Sunday Social with Jeff Kahl	Sunday, December 1, 2 PM
Christmas Cocktail Party	Thursday, December 5, 2 to 4
Christmas Shopping Trip	Tuesday, December 3, 1-4 PM
Christmas Pub Night	Friday, December 6, 6:30 PM
Golden Oldies	Saturday, December 14, 2 PM
Sunday Social with Tristan	Sunday, December 15, 2 PM
Christmas Light Trip	Monday, December 23 6-8 PM
Birthday Bash with Vili	Thursday, December 26, 2 PM
New Year Bash	Tuesday, December 31, 2 PM

Residents Council Meeting Wednesday, December 11, 2 PM
in the Community Centre

Family Council Meeting, Saturday, December 7, 10 AM
in the Council Chamber



Volunteer Central

Norelle Cuevas
Volunteer & Student Coordinator

Our annual Christmas Bazaar was a great success and we couldn't have done it without the support and assistance of our dedicated volunteers. Thank you to our volunteers who joined us on the day and to the volunteers who dedicated their time to help with all the different projects leading up to the Bazaar. We want to express our sincerest gratitude for all your participation. Your presence contributed immensely to the event's success. Looking forward to collaborating and working with you all in 2025!



TO OUR VOLUNTEERS!

Village Life

LTC



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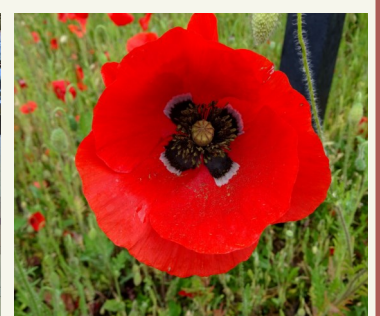
D
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Village Life

LTC & RH

Remembrance Day



Remembrance Day



Christmas Shopping

@

Erin Mills Town Centre

Long Term Care

Tuesday, December the 3rd

1– 4 pm

Please Sign Up in the Recreation Office





Christmas Light Trip

**Long Term Care
Monday, December 18**

6 to 8 pm

Limited Space

**Please Sign up with the
Recreation Team**

Program for Active Living

RH

Month of December

In honor of festive season, let the Christmas spirit make your workouts fun joyful. Dance to holiday music, to boost your confidence, stretch by the Christmas tree to build up your endurance and core strength, let each exercise keep you happy, strong and full of holiday cheers.



Month of celebrations, reflections & new beginnings

This Christmas season, we're bringing the joy of the holidays and the benefits of exercise together in a fun and festive way! Join us on December 16th from 3:00 to 3:30 PM for a special Christmas-themed exercise class that's designed to get you moving, smiling, and feeling great. Whether you're looking to stay active during the holidays, relieve a bit of stress, or simply soak in the holiday spirit, this class is perfect for everyone. Picture yourself doing "jingle bell squats" or stretching like a reindeer, all while surrounded by cheerful Christmas music and a lively community.

It's a quick 30 minutes that will leave you energized, uplifted, and ready to enjoy the season even more. Dress up in your favourite holiday gear Santa hats, reindeer antlers, or your best Christmas sweater and join us for a celebration that's all about health, happiness, and holiday cheer. Don't miss out it's the perfect gift to give yourself this Christmas!



Gerry Steyn	Douglas Russell
Lila Lalbeharry	Hope McFarlane
Jean Guiry	Noella Kelly
Virginia Downing	Doris Noonan
Joan Dunstall	Jacqueline Bobak
Elizabeth Secker	James Barrie
Lorna Simpson	Clemencia Interior
Ann Klassen	Ruth Stout
Bev Saynor	Zahera Tello
Luigi Frattolin	Farouk Alyassin
Ceittina Rietta	Ilse Zieger
Angela Risi	Barbara Peters
Anne Enns	Farhan Hameed
Gloria Herzog	Linda James
Rose Tepsich	Bryan Bent
Vi Wareing	

Birthdays Celebration
Friday, December 27th, 2:30 pm
Main Street



Village

The Village of
ERIN MEADOWS

EVENTS

RETIREMENT HOME

Entertainment:

Golden Oldies

Saturday, December 14th - 3:30 pm

Christmas Carols with Clive, Pat & Darren

Sunday, December 15th - 2:30 pm
Main Street

Musica Children's Chorus

Monday, December 16th - 2:30 pm
Main Street

Team Members Christmas Carols

Monday, December 23rd - 2:30 pm
Main Street

A Merry Little Christmas Virtual Orchestra

Thursday, December 26th - 2:30 pm
Town Hall

Birthday Celebration

Friday, December 27th - 2:30 pm
Main Street

Outings:

Living Arts Centre Outing

Saturday, December 7th, 6:30 pm

Christmas Light Tour & Mandarin Outing

Thursday, December 12th, 5:00 pm

Christmas Light Tour (Emmas & Egerton)

Friday, December 13th, 6:00 pm

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

December Bulletin:

Food Forum

Wednesday, December 4th - 10:00 am
Town Hall

Christmas Cocktail Social

Thursday, December 5th - 2:00 pm
Main Street/Town Hall/Café/Social Club

Ice Cream Social

Friday, December 6th - 2:30 pm
Café

Residents' Council Meeting

Tuesday, December 10th - 10:30 am
Town Hall

Ladies Breakfast

Thursday, December 12th - 9:15 am
The Ruby

New Residents Welcome Committee

Tuesday, December 17th - 10:00 am
School House

Twas the Night Before Christmas Reading & Christmas Carol Sing-a-Long

Tuesday, December 24th - 3:30 pm
Café

Vendors on Main Street:

Nelly's Comfort Shoes, December 4th, Wednesday

Bella Boutique, December 7th, Saturday

Cathy's Scarves, December 11th, Saturday

Tickled Pink Jewellery, December 14th, Saturday

Traditions Alive, December 18th, Wednesday

Village Life

RH

Filipino Day



Village Life

RH

Annual Christmas Bazaar



Village Life

RH



Tea Room



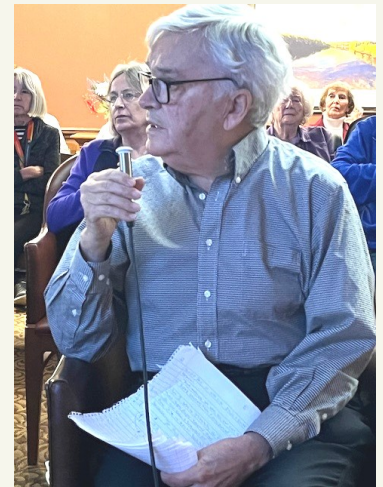
Village Life

RH



"All About Me"

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



CHRISTMAS WORD SEARCH



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

CHRISTMAS

ELF

GOODWILL

TINSEL

SANTA

PRESENT

MERRY

JOLLY

REINDEER

GIFT

CHIMNEY

GINGERBREAD

SLEIGH

TREE

HOLLY

RUDOLPH

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	Thakshila Hemachandra	8100/ 8001	thaksila.hemachandra@schlegelvillages.com
Scheduling Coordinator	Iqra Raza	8100/ 8001	iqra.raza@schlegelvillages.com
Village Office Coordinator (LTC/RH)	Beza Teklu		beza.teklu@schlegelvillages.com
Director of Nursing	Lito Lagasca	8010	lito.lagasca@schlegelvillages.com
Director of Nursing (Apprentice)(Temporary)	Jaspreet Kaur Mahal		jaspreet.kaurmahal@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
Assistant Director of Nursing –Infection Control Lead (Temporary)	Nish Malot	8034	nish.malot@schlegelvillages.com
Neighbourhood Coordinator Dundas/ Trafalgar	Ramandeep Kaur	8041	ramandeep.kaur1@schlegelvillages.com
Neighbourhood Coordinator Derry/ Howland	Ruth Umadhay Ann Swaby (LOA)	8051	ruth.umadhay@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	Dhvani Raval	8012	dhvani.raval@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 Louise McGinn	8045	paolo.sison@schlegelvillages.com leah.ong@schlegelvillages.com louise.mcgin@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	Riya Jacob	8100	riya.jacob@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	Hayley McHugh	8094	hayley.mchugh@Schlegelvillages.com
Wellness Coordinator (Maternity Leave)	Cynthia Ogujiuba		cynthia.ogujiuba@schlegelvillages.com
Wellness Coordinator	Solace Attopey	8116	solace.attopey@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	Richard Estrella	8126/ 8127	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	Sarina Khoshbakhtian	8101	sarina.khoshbakhtian@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	



Christmas Social

Join us for a festive afternoon of
fun, food and holiday cheer!



Thursday, December 5

2-4 p.m. | Main Street

Each guest will receive a
complimentary glass of wine.

Additional drinks will be available for purchase.

RSVP

at the **Village Office**
or call **905-569-7155 x 8100**

**Residents and
family members
welcome!**



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 \$5,166/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 \$3,991/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 \$5,165/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 \$6,325/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 \$6,580/month (2nd occupant add \$2,172)

Visit us online at schlegelvillages.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

It is our pleasure to offer full Audiology services to all Schlegel Village residents.

These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

Our services are located at your Retirement Village, and appointments are required.

For more information or to book an **appointment please call**

1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com



Schlegel Villages – CONNECTIONS



With the wintry days of December descending upon us, we celebrate the diversity of life within our Villages and the meaningful traditions that unite us in peace and joy during the festive season.

Whether it's the warmth of Christmas, the dedication of Hanukkah, the reflection of Kwanzaa, the triumph of light during Diwali that has already been celebrated, or the spiritual journeys of other traditions, this season offers us a time to come together in gratitude, kindness, and hope.

As we consider our diversity, we reflect on the evolution of faith within the Villages, recognizing that the concept of Chaplaincy in our Villages has grown into a more encompassing notion of Spiritual Care, led now by our Spiritual Care Leads.

May this festive season bring you light, love, and harmony, wherever you are, and may the shared values of compassion and goodwill inspire a bright and hopeful year ahead as we learn more about our neighbours and the traditions that guide them.



Interested in more?

Sign up for our monthly newsletter where we share stories and news about Village Life!



Schlegel Villages – CONNECTIONS

Mission-driven GROWTH

Since The Village of Winston Park first opened 30+ years ago in Kitchener, Schlegel Villages has carefully considered its pattern of growth in order to bring its social model of living to more communities across the province. After an extremely busy 2024, our family of 18 Villages on its way through another exciting period of growth.



After extensive renovations, Winston Park's grand reopening in the fall of 2024 was a time to celebrate the culmination of efforts that led to a state-of-the-art, 288-bed Long-Term Care (LTC) community on the footprint of the Village that launched the Schlegel Villages organization as it is known to this day.



The Village of Ridgeview Court, Milton

Construction is moving along nicely at four new Villages, and though timelines with projects like these can be affected by many variables, we are excited to welcome new residents to:

- **The Village of Ridgeview Court,** Milton (end of 2025)
- **The Village of Millers Creek,** Ajax (spring of 2026)
- **The Village of Riverbank Terrace,** Ottawa (late 2026)
- **The Village of Stouffer Mills,** Stouffville

We also have exciting plans announced in Hamilton, with a new 512-bed LTC Village to be partnered with Mohawk College and Supportive Housing provider, Indwell, rounding out an exciting new community there.

In early 2026, we expect to break ground in Barrie, Oakville and Richmond Hill as well, marking the beginning of what we know will be a busy and exciting New Year!

Using Nutrition to Improve Bone Health

Did you know that over 80 per cent of all fractures in people over the age of 50 are caused by osteoporosis?

It's important to consume enough calcium and vitamin D each day to maintain bone health, and to include protein at every meal to build and repair muscles and bones.

Check out these easy tips to improve your bone health from Lora Giangregorio, PhD, Schlegel Research Chair in Mobility and Aging, and Heather Keller, RD, PhD, Schlegel Research Chair in Nutrition and Aging, that you can incorporate into your life.

Protein at every meal and snack

Aim for ~20-30 grams at breakfast, lunch, and dinner. Or, eat small amounts of protein more often. 20 grams of protein are equivalent to three eggs, or half a cup of peanuts.

Get calcium through foods

It is better to get calcium through your diet - only take a supplement if you cannot get enough. Cow, almond, or soy milk, yogurt, cheese, white beans and almonds are high in calcium.

Ask your healthcare provider about Vitamin D

Adults over the age of 50 should take a daily supplement containing 400 IU (10 µg) of vitamin D



because there are few food sources that contain enough of this essential vitamin. Some people may need more – talk to your doctor or nurse practitioner about how much vitamin D you need.

Manage your weight

Avoid unintended weight loss. When you lose weight, you can lose muscle and bone. Weigh yourself at least monthly to monitor your weight.

If you are losing weight, or don't have much of an appetite, there are several evidence-based tips that can help: You can eat small amounts and more frequent meals or snacks; instead of water or tea, drink fluids with protein and calories like milk or high-protein drinks; eat foods higher in nutrients and calories like avocado, nuts or nut butter, or cheese.

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.