

THE VILLAGER

April 2024 Newsletter

Volume 22, Issue 4



The Village of
ERIN MEADOWS



Message from Assistant General Manager

Simi Kaur

Dear Residents and Family Members,

I am delighted to share that it's that time of the year when we come together to appreciate and recognize the dedication and hard work of our incredible team members at the village of Erin Meadows. Our organization has a unique way of honoring those who embody our vision and live our values every single day.

Every success story within our village is a testament to the exceptional efforts of our team members who strive to create memorable experiences for all. It is with great pride that residents, families, and fellow team members acknowledge and celebrate these outstanding individuals through our Connect the Dots Credo Awards.

These awards serve as a token of gratitude for those who go above and beyond, making a real difference in the lives of everyone they touch. We invite you to join us in recognizing and nominating deserving team members in the following five categories:

Know me, Be present, Walk in my shoes, Earn trust, and Follow through.
The voting for the awards will start on April 1, 2024 and will run until April 30, 2024.

The ballots are available at the village office.

Your nominations and appreciation play a significant role in motivating and uplifting our team members, especially during these challenging times. Let's come together to celebrate their hard work and dedication, making our village a truly special place to call home.

Warm Regards,

Simi Kaur,
Assistant General Manager -RH



at Schlegel

Basic Anatomy!

What am I even exercising?



As you might be able to tell, most exercise programs, group and one on one, consist of very similar movements. The reason we make our programs like this is because these movements are the most effective way to build up the most important muscles in your body! What are these muscles you might ask? Here are the anatomical names of some of the muscles we work:

Biceps Brachii: Everyone's go-to muscle to exercise. This is the muscle on the front of your upper arm. Whenever you perform a dumbbell curl, you're working out your biceps!

Biceps



Latissimus Dorsi

Latissimus Dorsi: This is the big muscle on your back, that sort of look like wings! When you are performing a dumbbell row, your lats are being targeted!

Pectoralis Major: Located on your chest, whenever you're performing chest press, you're building those pec muscles!

Pectoralis Major



Deltoid

Deltoid: These are the muscles on your shoulders! There are 3 different heads: front, side, and back head, which each do different things, but still work together! Whenever you do a shoulder press, you're hitting your delts!

Quadriceps: These are your big thigh muscles! Whenever you're performing a knee extension or squat, you are hitting your quads!

Quadriceps



Gastrocnemius



Gastrocnemius: These are your muscles on the back of your lower leg, which help you very much when you walk! Whenever you perform a heel raise, your calves are being targeted!

ATHLETE OF THE MONTH

The PAL team would like to congratulate **Laurencia Grant** as Athlete of the Month! Laurencia is a very organized and loving lady who absolutely loves performing her weekly exercise. She is currently on our strength and balance program, but performs both programs together. On her workout days, she's always fully prepared and very excited, having her walker out and door wide open in the morning, ready for the Kin Student to walk in and help her with her exercise.

From all her hard work, Laurencia is now maxed out on upper and lower body weights, and is able to perform a **30 second tandem stance without holding her walker!**

We are very happy to reward her for her hard work!

From,

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





Spiritual Care Programs

Pricely Francis
Chaplain

Our Wonderful Spiritual Care Support Team

A Masterpiece, Uniquely Crafted

"I am so silly! I have no use!" Frustration and distress suffocated Emily's 87-year-old thin frame. Her tiny, shaky hands grasped her head in utter exasperation, sending the salt and pepper (more salt than pepper) hair shooting up into little bulbs on each side of her head. "I can't remember anything at all. I'm losing my mind!"

I took her by the arm. "Let's sit a while, Emily. Here is a comfortable seat," I said, guiding her to the nearest sofa. Emily eased herself slowly into the cushy chair, but her thin body abruptly dropped into it the last five centimetres. I pulled up a chair beside the distressed resident. "You're having a rough day today, I see Emily."

"That's putting it mildly," she shot back at me, her still bright grey eyes blazed even brighter with vexation. "Sometimes I can't even remember my name!"

Emily's desperation was palpable and burdened my spirit like an unsteady brick wall that needed bracing up. I was accustomed to seeing residents unperturbed in the folds of advanced dementia. But before they settled into that memoryless vale, they were agitated by a state in which they knew enough to know they were losing a grip on full presentness. I have always wondered what it must be like to know that you ARE but not know WHO you are, WHEN you are and WHERE you are. "What did you forget this time, Emily?" The upset senior often forgot where she was and why she was in "this place," where her family was, that they saw her regularly, and quite a few times, her well-worn handbag.

"Where am I?"

"We are here in your home, Emily. Isn't it a beautiful place?" Emily groaned and rested a limp head on a shaky right hand.

"We all forget lots of things many times," I ventured. "But that doesn't make us useless or worthless." The senior stared off into nothingness. You know, Emily, you are always complete, always whole, freckles and all."

I wasn't sure if I was getting through to Emily, but at least she hadn't shooed me away like the last time I attempted to redirect her. "Emily," I continued animatedly, "you are a masterpiece, uniquely crafted. One in a million—heck, a billion. Do you hear me, Miss Emily?"

The old lady roused herself, looked at me wistfully. "If I could only get my old life back."

"That would be nice." I knew I may never convince the distressed senior that she was all that. Even if I did, she would forget in the next hour or two and would need a reminder. But then again, which of us can live anywhere but in the NOW?

As I sat quietly beside Emily, it slowly dawned on me that everyone needs an occasional reminder that they are one in a billion—uniquely crafted despite their frequent flubs and imperfections. Like Emily, we all, at some point, struggle with "imposter syndrome." And perhaps, like Emily, we will never believe (or may forget and need to be reminded) that we are special, whole, and lovable. Hopefully, someone will be there to tell us, remind us, and sit with us in our moments of distress and feelings of worthlessness.



Wishing you a
Happy Birthday!

Derry

Salvatore Dinatale April 16
Francesco Commisso April 27

Howland

Antoinette Tannous April 01
Evangel Torkopoulos April 20

Dundas

Irma Bronfman April 03
Carol Ann Clarke April 07
Gursharn Sekhon April 07

Trafalgar

Lorraine Coffin April 2
Marcello Cardarelli April 07
Scott Parkinson April 13
Hilda Lobo April 28

Meadowvale

Yash Bhadresa April 30

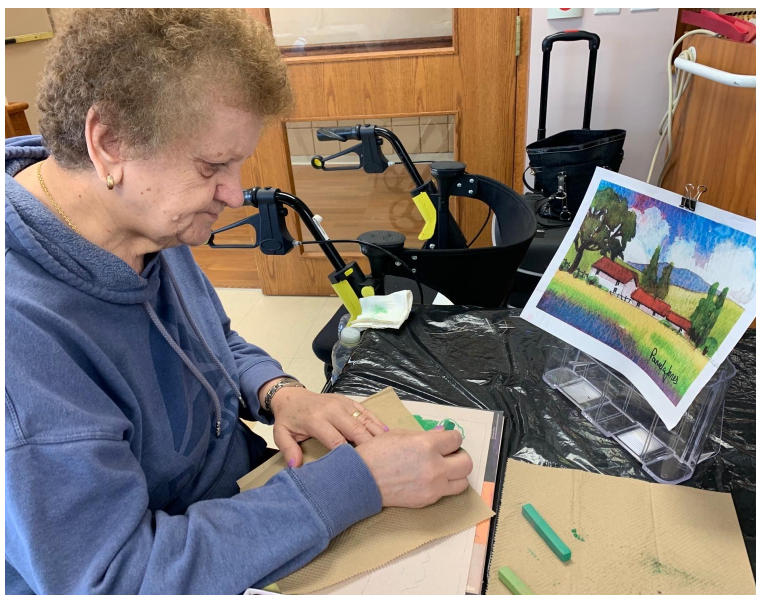
Sheridan

Francine Levac April 05



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.

Village Life (LTC)



Our Wonderful Spiritual Care Support Team

NUTRITION MONTH

The Village of Erin Meadows LTC celebrated Nutrition Month in March to remind us all of how essential good nutrition is to our health and well-being. This year's theme was "We Are Dietitians!". The Dietary Department teamed up with the Recreation Department to highlight the important role Dietitians play in helping seniors achieve good nutrition through a healthy and balanced diet. Weekly events were planned and advertised on the bulletin boards during the month of March. This included a Poster display highlighting healthy snack choices and tips for making High cal/high protein shake. Educational handouts were placed for residents, staff and families. Smoothie Tuesday on March 19th was a popular fun and educational event among residents and team members. Everyone had the opportunity to try samples of 2 different smoothies, guess the ingredients and receive nutritional tips by the dietitian. Healthy Snacks Thursday March 28th event offered samples of assorted healthy snacks and beverages prepared by dedicated dietary team to promote the importance of fibre and hydration among our seniors followed by trivia questions and prizes!! Nutrition month celebration was an ideal opportunity to appreciate the significance of good nutrition and to empower seniors to make informed food choices.

Sofia Shahzad, Dietitian



Our Wonderful Spiritual Care Support


Lost and Found (LTC)

Saturday, April 13

9:00 AM to 3:00 PM

We will have "Lost and Found" Please come and identify any item that might have been lost, unidentified items/clothes will be donated to the Good Will.

I will do a poster to put in the neighbourhoods as well as in the elevator. Any question please call:
Chi Awadh at 905-569-7155 Ext. 7129



Let's Go Bowling

Long Term Care only

Join the Gang!
At Classic Bowl
Mississauga

Monday,
April 22nd

1pm-4pm

\$15.00 per resident

Please Sign up in the Recreation Office

Happy Birthday!

Christa Gleis	Tom Newton
Francis Misquitta	Blanche Flarity
Bernice White	Lila Fowler
Pina Vaccarello	Colleen Wallage
Gabriel Schuyler	Kyung Youn
Ante Divic	Sau Moi Szeto
Ridney Crooks	Valerie Shepherd
John McDonald	Francisco Ataide
William Potter	Margaret Ciric
Maria Sigal	Emilia Vao
Enid Swaby	John Harney
Elmer Dool	Yumi Inagaki
Garry Klassen	Daniel Almeida
Toni Daniels	Rosalie Leswick
Aline Luker	

Birthday Party with Emilio
Friday, April 5th @2:30 pm
Main Street





The Village of
ERIN MEADOWS

Village EVENT RETIREMENT

Our
Won-

Entertainment:

Birthday Party with Emilio
Friday, April 5th
2:30 pm, Main Street

Notables Choir
Friday, April 12th
2:30 pm, Main Street

Music Night
Wednesday, April 24th
6:00 pm, The Ruby

Afternoon Music with Tristan
Friday, April 26th
2:30 pm, Main Street

Outings:

Walmart (Argentia)
Thursday, April 4th, 9:30 am

Café Outing
Thursday, April 4th, 1:30 pm
Emmas and Egerton Outing

Restaurant Outing
Thursday, April 18th, 11:00 am

Mohawk Casino
Thursday, April 25th, 10:00 am

Vendors on Main Street:

JBS Clothing
Wednesday, April 3rd

Bella Boutique
Saturday, April 6th

Nelly's Comfort Shoes
Wednesday, April 10th

Cathy's Scarves
Saturday, April 13th

Flower, Fair & Gifts
Wednesday, April 17th

Sandra's Crochet; Mary Kay; Maria's Jewelry
Saturday, April 20th

Traditions Alive
Wednesday, April 24th

April Bulletin:

Food Forum
Wednesday, April 3rd
10:00am, Town Hall

Pat Saito & Carolyn Presentation
Wednesday, April 3rd
2:30 pm, Town Hall

Men's Breakfast
Thursday, April 4th
9:15 am, The Ruby

Dance the Day Away
Monday, April 8th
10:30 am, Town Hall

Residents' Council Meeting
Tuesday, April 9th
10:30 am, Town Hall

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

Young at Heart Painting
Friday, April 12th
2:30 pm, Hobby Shop

New Residents Welcome Committee Meeting
Tuesday, April 16th
10:00 am, School House

Casino Event
Friday, April 19th
3:00 pm, Hobby Shop

All About Me
Wednesday, April 24th
2:30 pm, Town Hall

Science & Documentary with Curtis
Wednesday, April 25th
7:30 pm, Town Hall

All About Me

RH

Our Wonderful Spir-

itual Care Support Team

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

February Presenter : Jim Barrie



Village Life (RH)

Our Wonderful Spiritual Care Support

Guitar Performance (LTC & RH)



Team



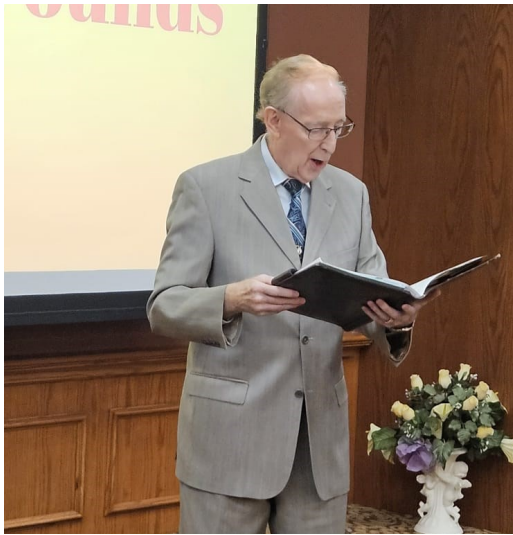
Spring Fling with the Sparklettes



Village Life (RH)

Our Wonderful Spiritual Care Support Team

Good Friday Service



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	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	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 Living 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		8097	
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	

National Volunteer Week

April 14-20

April is a time of such excitement with the promise of spring unfolding, and it's also a time when we celebrate the countless gifts and contributions of the many volunteers who help make our Villages such wonderful places to live and work.

National Volunteer Week is April 14-20 this year, and the theme "Every Moment Matters" certainly resonates within our Village communities. We see every day how a quiet moment between volunteer and resident can have a resounding impact. It is something Barb Schlegel, who helped found our organization, lived and breathed every day.

We  our
volunteers



This will be the second year that Villages across the province will offer the Barb Schlegel Volunteer Award in Barb's memory, and we look forward to sharing all of the recipients at the end of that special week. In the meantime, please take a moment to revisit the award page on our website with our 2023 recipients, and be sure to thank all of the volunteers who make your visit special!

schlegelvillages.com/volunteer

#NVW2024

Schlegel Villages – CONNECTIONS



Thank our **CAREGIVERS**

Caregivers week is a special time in May dedicated to recognizing and thanking our remarkable team members for their unwavering dedication and care!

This year, we invite everyone to express their gratitude by submitting a short video (under 2 minutes) to honor and appreciate the hard work and compassion of our Caregivers across all the Villages.

These heartfelt messages will be compiled and shared with our team members throughout the week of May 12-18, creating a powerful reminder of the impact they make every day.

Let's come together to celebrate the incredible difference our caregivers make in the lives of so many!



Scan the QR code or visit the link below to upload your video.

schlegelvillages.com/thank-caregivers

The deadline for submissions is Tuesday, April 30.





CONNECT *the* DOTS
The Schlegel Villages Customer Experience

Success Awards

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioned from our Success Awards to the newly designed **CONNECT the Dots Success Awards**.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

Credo values – award categories



Know Me means to...

- Understand and anticipate my needs
- Support my WELL-BEING
- EXCEED my expectations
- Make me feel SPECIAL



Be Present means to...

- Be PATIENT and practice LISTENING
- Let ME guide the conversation
- ASK me my expectations and needs
- Focus on Me in the moment



Walk in My Shoes means to...

- Hear what I HEAR
- See what I SEE
- Feel what I FEEL
- CONNECT with me



Earn Trust means to...

- Demonstrate YOU care
- Take Responsibility for those we serve
- Create a sense of SAFETY AND COMFORT
- DELIVER on your/our promises



Follow Through means to...

- Show me my concerns are IMPORTANT
- Confirm that I am VALUED as a customer
- Let me know I will be TAKEN CARE OF
- Create MEMORABLE MOMENTS

Look for additional information posted around the Village and remember to nominate a deserving team member who continuously demonstrates the values of the credo!

EASTER

WORD SEARCH



WORD LIST

APRIL
BASKET
BUNNY
CANDY
CARROT
CELEBRATION
CHICK
CHOCOLATE
DAFFODIL
DECORATE
DYE
EASTER
EGGS
FLOWER
GOOD FRIDAY
GRASS
HUNT
JELLY BEANS
JESUS
LILY
MARCH
RESURRECTION
SPRING
SUNDAY
TREATS

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



QUALITY ALTERATIONS & REPAIRS

Every Thursday at 1:30 PM

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

1.888.274.9569

WWW.THESMILEROOM.CA

INFO@THESMILEROOM.CA



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:

AILSACRAIG – 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



Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ 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

Empowered aging: A guide to advance care planning

Making future health-care decisions can be challenging, but with the right information and guidance, it can lead to care that honours your wishes and safeguards your dignity. [Dr. George Heckman](#), Schlegel Research Chair in Geriatric Medicine, shares important and helpful advice about advance care planning to empower you to make informed health-care decisions, ensuring your voice is heard and respected.

Understanding advance care planning

Advance care planning is about sharing your values and wishes about health care if you become unable to speak for yourself. It includes conversations with your doctor, family, friends and care partners to help you think about, talk about, and write down how you wish to be cared for. Sharing your wishes can help guide your care partner and doctor to respect your choices, so your care aligns with your desires at times where you are unable to communicate.

Choosing a substitute decision maker

A substitute decision maker is someone who will share your medical wishes to your doctor, and not their own wishes for you. It's important to choose someone who understands and respects your desires.

Questions to ask your doctor

Advance care planning involves sharing your choices around specific health conditions that you are likely



to have. In order to make these choices, it's important to understand your health, your health care options, and what to expect. Some questions you may want to ask your doctor include:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- How can I prepare for these anticipated problems?
- What types of treatments and/or procedures are available?
- What are the benefits, risks and side effects of these treatments and/or procedures?
- What can I realistically anticipate after these treatments and/or procedures, especially as it regards my quality of life?
- What will happen if I decide to not have the treatment and/or procedure?

By talking about future health-care wishes early and making sure those who care for you understand your desires, you can face this journey with confidence and dignity.

To get more tips about advance care planning, explore the BABEL resources at www.the-ria.ca/resources/babel