September is shaping up to be an exciting and meaningful month for us! We are welcoming Eden International visits, rolling out training sessions, and creating even more opportunities to connect with residents, families, and staff. These activities are all part of our ongoing journey to strengthen our Eden culture, enhance care, and ensure our home remains a warm, engaging, and inclusive place for everyone.

### **Growing with Eden: A Month of Connections**

Kristi Doan from **Eden International** will be visiting Windsor Elms Village on Sunday evening, September 14, and Monday, September 15. She'll be connecting with residents, staff, and families—stop by to say hello and share your ideas! We're also gearing up for our annual **Eden Warmth Surveys** at Windsor Elms Village! These surveys help us collect valuable feedback from residents, families, and staff to understand what's working well and where we can grow. Your inputallows us to provide even better care, strengthen connections, and ensure our home remains warm, engaging, and inclusive for everyone. We truly appreciate your time and insights—they make a real difference in shaping our community!



## **Save the Dates & Upcoming Events**

September 19th, 2025

Windsor Exhibition Trip!

September 23rd, 2025 @ 6:00 PM

**Musical Road Trip** 

September 27th, 2025 - 1:30 PM

Antique Cars in our main parking lot

September 29th 2025 @ 10:30 AM

**Osprey Resident Council Meeting** 



#### A Fresh Start for the Family Room — Vote on Its New Name!

Our Family Room is ready to welcome visitors again and we want your help giving it a fresh new name that is welcoming to everyone who visits Windsor Elms Village!

This cozy, private space—located outside of Fundyview Terrace House 3 & 4—includes a comfortable couch, chair, a small dining table with two chairs, a counter with a kitchen sink, a mini fridge, and a private bathroom.

The Family Room is open to all residents, families, friends, and visitors and can be used anytime—unless it is already occupied, which will be indicated on the door. It offers a quiet,



private place to visit with loved ones, take a moment alone, or stay overnight when being close really matters.

Please use the QR code --> to vote for your favorite name or suggest your own!

Voting closes September 30th at 11:00pm



https://forms.office.com/r/GAXyXMCi16?origin=lprLink



Windsor Elms Village

# Newsletter



WEV recognizes that we cannot thrive without the hard work and dedication of all our care partners. Everyone, regardless of title, works together to bring well-being to our residents.

Please join us this month in recognizing;



# **Keeping Our Space Safe & Comfortable**



### **Resource Spotlight**

MyGrief.ca can help you to understand and move through your grief

MyGrief.ca is a free online resource created to help people move through their grief from the comfort of their own home, at their own pace. It can help you understand your grief and plan how to approach difficult questions and feelings that may arise.

Developed by people who have experienced the death of someone important to them and grief specialists, MyGrief.ca provides educational information as well as "real life" stories and experiences on topics such as:

Illness progression (Dementia, ALS, MS, Parkinson's, or Huntington Disease)

Grieving before the loss

Understanding grief
Moving through grief
Making sense of intense emotions

Moving through grief
Making sense of intense emotions

Managing difficult situations

Caring for yourself

Malorie is here to support you too! Malorie Beckett, BA, BSW, SWC Email: socialwork@winelms.ca Call/Text: 902-790-0311

Office: 902-798-2251 ext: 288

MyGrief.ca is compatible with all internet browsers and can be easily navigated on cellphones and tablets.