



LIFE STARTS ALL OVER AGAIN WHEN IT GETS CRISP IN THE FALL

Sometimes the best thing that you can do is not think, not wonder, not stress, not obsess. Just breathe and have faith everything will work out just fine.

Fall is the best time of the year because we can enjoy the fruits from the seeds we planted in the summer. Locally grown fruits and vegetables are available in abundance in Ontario, for all to buy or pick from a farm. I spend a lot of time preserving herbs and vegetables from my garden in the fall.

The new Erinview is now fully operational and our residents are settled in their new suites with some help from their families. I want to thank all of our residents and their families for their patience during the move, and in learning about all the new equipment in their new home. We continue to handle deficiencies as they come up. Outside, all of the landscaping is now complete, giving the building a green luscious look. Residents enjoyed outdoor entertainment performed on the lawn during the summer months.

Erinview is preparing for the fall and winter events, including Thanksgiving, where the residents will enjoy a turkey dinner and participate in programs around turkey and harvest. Halloween is the best time at Erinview, as all of our team members and residents enjoy dressing up in their favorite Halloween costumes. Spooky snacks will be served at programs as well. On November 11 we will be honoring our veterans who fought for our freedom in a small ceremony. And finally, at Christmas this year will be a sit-down turkey dinner for the residents, which will be served by Erinview managers.

I want to take this opportunity to thank our residents and families for their patience and understanding during trying times since March. I believe things can only get better from here, as we have now learned and accepted a new normal.

Have a safe season,

General Manager/Resident Wellness Manager – Diane Mistry

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HAPPY HALLOWEEN!



Trick or Treat? Come and join in on the fun as our staff and resident's dress up in their scary or silly costumes and enjoy a spooky treat! BOO! We will also be having some haunted trivia and a fun Halloween movie at night!



HONEY ROASTED SMASHED POTATOES

Prep Time: 10 Minutes

Cook Time: 40 Minutes

Ingredients:

- 20 small baby red potatoes
- 1/2 cup melted butter
- 4 tbsp honey
- 1 tbsp dijon mustard
- 1/2 tsp salt
- 1/2 tsp dried thyme
- 1/2 tsp chopped garlic

Instructions:

1. Preheat oven to 400°F degrees. Lightly grease a baking sheet.
2. Clean the potatoes and place them on the prepared baking sheet. Bake for 30 to 40 minutes until potatoes can be smashed with a fork. Actual baking time will depend on the size of the potatoes. Larger potatoes take longer.
3. In a small bowl, whisk together melted butter with honey, dijon mustard, garlic, salt, and thyme.
4. Remove the baking sheet from the oven. Use a fork to smash each potato. Pour the honey butter mixture over the potatoes. Return to the oven and bake 5 to 10 minutes more, giving it a little time to melt and caramelize into the potato.
5. Serve hot with juices.

6 FESTIVE FALL ACTIVITIES TO KEEP YOU SMILING

1) Enjoy fall-themed colouring pages

Colouring is an activity that everyone can enjoy, from the very young to the very old, both in groups or as a solo activity.

As an added bonus, psychologists say that colouring has stress-busting abilities similar to meditating.

There are hundreds of free, fall-themed colouring pages available online, or you can get some from Mike the Recreation Manager. Some of my favourites:

- Autumn scenes with people, trees/leaves, pumpkins, scarecrows, and squirrels
- Fall scenes with apples, pumpkins, leaves, and scarecrows
- 24 fun Halloween designs including a few classic Disney characters

2) Make decorations

Making and putting up fun decorations is a nice way to mark the change of seasons and get in the mood for fall holidays.

It's also a good opportunity to display some of those finished colouring pages!

3) Work on a fall-themed jigsaw puzzle

Sitting at the table with a warm beverage and a festive puzzle is a great way to celebrate the season. Visit our Sky View Lounge on the 3rd floor where we have many Harvest Festival Autumn Scene puzzles to choose from.

4) Enjoy some festive (and easy!) homemade treats

Baking, mixing, and assembly are fun activities that many older adults will enjoy. Shawn the Food Service Manager will be making a variety of treats for you to enjoy. Some of the yummy treats might include, baked apples with oatmeal streusel topping, no-bake pumpkin cheesecake and soft glazed pumpkin sugar cookies.

5) Prepare for Halloween

It's always fun to be young at heart. We hope that everyone will get dressed up this year. We will be having our annual costume competition. If you're planning to hand out treats to children in the family or neighbourhood kids, a good costume always gets a smile.

6) Enjoy the natural scenery and fresh air

Fall is a wonderful time to enjoy nature. Bundle up and breathe the fresh air, admire the beautiful colours on display, and hear the crunch of fallen leaves as you walk.



GETTING PERSONAL ANGELINE LAYTON

Where were you born?

I was born in Gaspésie, Quebec.

What are your favourite hobbies?

I love to play bridge with my friends and enjoy travelling when I get the chance. I also spend most of the time in the gym working out.

What is the most memorable event that happened in your life?

The most memorable moment of my life was when I gave birth to my two beautiful sons.

How do you spend your spare time?

I like to workout at the gym, watch French programs on T.V., and go for walk with my little dog, Gertie.

What was the most exciting thing you have done in your life?

The most exciting thing I have done in my life was being able to go fishing in the summer and going skating in the winter.

How long have you been at Erinview? What's one thing you enjoy about it the most?

I have only been at Erinview for 6 months now. I really enjoy the exercise programs here, and the staff are very nice and friendly.

What is your favourite movie?

I love the old classic movies and one of my favourites is 'Gone with the Wind'.

What are 3 things you would want with you at all times?

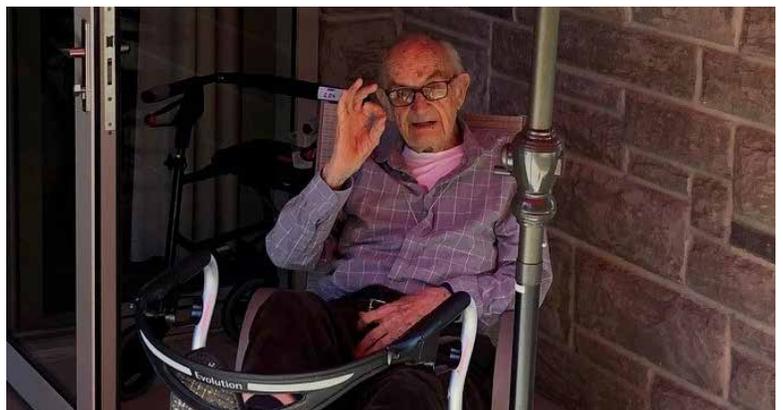
I would want money, a book, and my dog Gertie with me at all times, as she will save me from boredom.

What is a quote that you live by?

I believe you need to live your life and have faith in others.

CENTERFOLD GALLERY

THE ERINVIEW





HERE'S WHAT'S HAPPENING



WELCOME TO THE NEW BUILDING!

We have amazing new features to make your new home comfortable, including many new green features:

- 300 kW Natural Gas Generator
- Battery Powered Floor Auto Scrubber
- VFD Variable Frequency Drive Motors
- Ozone Friendly Refrigerants and Ozone Depleting Substance Control in our HVAC Systems
- ERV Energy Recovery Systems in our Ventilator Systems in Resident's Suites and Dining Room
- Modulo Constant Airflow and Zone Controls for our Make Up Air Systems
- Full LED Lighting Systems with motion sensor switches
- Energy Star Appliances
- WaterSense EPA shower heads and Low Flow Toilets
- ICF Insulated Concrete Forms in all outer building wall structure- qualify for LEED Green Buildings
- Waste Segregation- Using Green Bins for Organics and Blue Bins for Recyclables
- Ecologo- Housekeeping supplies are ecologo. Diversey chemicals are Green Certified and Ecologo as well
- GreenGuard- Paints and Drywall patches used are low VOC's

Your emergency pendants are designed to let us know exactly where you are in the building, and your key fobs are light weight and state of the art. We have set up instructions for the washer and dryer and the team is available to walk you through it. We are happy to announce the new recycling locations set up on every floor in the laundry room, so please try and do your part for the planet. Just as a reminder, we want you to report any deficiency that you find in your suite to reception. We are tracking each issue and will prioritize in sequence. I want to personally thank you for your patience and understanding during this time. I look forward to all the fun and enjoyment that the new building will bring us!

Levi G.

TOP 10 RICHEST PEOPLE IN THE WORLD

1) Jeff Bezos, \$115.5bn

The former hedge fund manager turned online book seller started Amazon in his garage in 1994. Bezos has invested heavily in space technology and also owns The Washington Post newspaper.

2) Bernard Arnault, \$114.7bn

Arnault is the wealthiest European on the list. The Frenchman oversees an empire of more than 60 brands including Louis Vuitton and Sephora. And he recently overtook Bill Gates to become the second richest man on the planet.

3) Bill Gates, \$109.6bn

A permanent fixture at the top of Forbes' list for the past 20 years, the Microsoft founder has sold or given away much of his stake in the company – he owns just 1% of Microsoft – and now focuses predominantly on his philanthropic work.

4) Warren Buffett, \$90bn

Now in his ninth decade, the Berkshire Hathaway chief executive, known as the "Oracle of Omaha" is one of the most successful investors of all time. Like Gates he has pledged to give away more than 99% of his fortune to charity.

5) Mark Zuckerberg, \$81.8bn

Zuckerberg famously started Facebook in 2004 at the age of 19 and now is among the top five richest men in the world.

6) Amancio Ortega, \$78.3bn

Ortega stepped down as chairman of Inditex, known for its Zara brand, in 2011 but he still owns nearly 60% of its shares.

7) Larry Ellison, \$67.8bn

Co-founder of software firm Oracle, Ellison stepped down as CEO in 2014 but still serves as chairman of the board and chief technology officer.

8) Larry Page, \$64.7bn

In 1998, Page co-founded Google with business partner Sergey Brin. He stepped down as CEO of Alphabet, Google's parent company, in December but is still a board member.

9) Carlos Slim Helu, \$63.2bn

Mexico's richest man, Slim Helu, and his family control America Movil, Latin America's biggest mobile telecommunications firm. He also owns a stake in Mexican construction, consumer goods, mining and real estate, as well as 17% of The New York Times.

10) Sergey Brin, \$62.4bn

The Google co-founder stepped down as president of Alphabet in December, although remains a board member. He spends a lot of time on Alphabet's moonshot research lab X.



BEHIND THE SERVICE ANTHONEY DAYE

How long have you been working at Erinview and what is your role?

I've been working here for 3 months, I am a Food Service Supervisor/Dinner Cook.

What do you like the most about working here?

The great management team; everyone here is so warm and welcoming. I also love being able to do what I do best and please the residents each time they dine. It warms my heart to see them enjoy my food, which makes me look forward to coming to work every day.

What is something we do not know about you?

Something you don't know about me is that I was born and raised in Jamaica. I also have some hidden talents.

Do you have any favorite hobbies or interests?

My favorite hobbies are playing and making music and playing sports. Music itself relaxes my mind and soul.

What motivates you?

The struggles of life that I face on a day to day basis. Also, just waking up every morning to new beginnings and feedback whether it be good or bad, motivates me to do better.

What is your greatest fear?

I think my greatest fear is not being able to see or walk.

If you won the lottery what would you buy?

If I won the lottery the first thing I'd buy is a plane ticket to Jamaica so that I could buy my mother the house of her dreams.

What is your finest achievement?

I think that my finest achievement was buying my first home, it was an unforgettable feeling.

What is one thing you cannot live without?

One thing I cannot live without would be a phone. It's all means of communications these days and I think most people would agree!

SPOTLIGHT



Sifton Rewards Customer Referral Program

Introduce a friend or family member to The Erinview and if they become a resident within six months of the referral, both parties will be given \$500. For more details contact Tamara Billy, Marketing Manager or visit sifton.com/rewards

MARK YOUR CALENDAR

Thanksgiving – October 12th

Join us for a festive and traditional Thanksgiving Dinner with all the trimmings!

Halloween – October 31st

Trick or Treat! Come join the fun as the resident's and staff all dress up in their scary costumes. Boo!

Remembrance Day – November 11th

Join in on the ceremony as we proudly remember the ones who fought bravely for us.

Please note that events are not currently open to the public.

Check your Monthly Events Calendar for more great events and activities!

Be sure to share your email address so we can communicate timely news and updates! Simply send your email address to us at info@erinview.sifton.com.

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