

Hello March!

The Tansley Times

No.94



VILLAGE EVENTS

THE TANSLEY TIMES

March 2nd

3:30 Brent Meidinger Performs - TH

...

March 4th

10:30 Mother Goose - TH

1:00-3:00 Program Awareness Day

...

March 6th

2:00 Tim Hortons Outing

...

March 8th - International Women's Day

10:00 Women's Day Event - TH

...

March 9th

3:00 Leslie Taylor Performs - TH

...

March 10th - Daylight Savings

...

March 13th

2:00 Burlington Art Gallery Outing

...

March 14th

12:00 Diner's Club: Mary Brown's Chicken - MS

...

March 17th - St. Patrick's Day

3:00 The Wander Duo Perform - TH

...

March 18th

10:30 Mother Goose - TH

...

March 19th - First Day of Spring

...

March 20th

2:00 Royal Botanical Gardens Outing

...

March 23rd

3:00 Gerry Larkin Performs

...

March 24th - Palm Sunday

10:30 Holi Social - CC

...

March 25th - Holi

...

March 26th

Yorkie Puppy Visits - CC

...

March 28th

2:00 Baby Chicks Visit - FC

...

March 29th - Good Friday

...

March 30th

10:00 Walk in the Park

3:00 Paula French Performs

...

March 31st - Easter Sunday

10:30 Easter Parade



March




By Mary Mapes Dodge


In the snowing and the blowing,
In the cruel sleet,
Little flowers begin their growing
Far beneath our feet.

Softly taps the Spring, and cheerily,—
"Darlings, are you here?"
Till they answer, "We are nearly,
Nearly ready, dear."

"Where is Winter, with his snowing?
Tell us, Spring," they say.
Then she answers, "He is going,
Going on his way."



"Poor old Winter does not love you;
But his time is past;
Soon my birds shall sing above you;—
Set you free at last."



Welcome to our new Residents:

Evelina Gambioli
Paul Kupferschmidt
Margaret McCormick

welcome

To remember those who have passed away in the village you will find a memorial poster next to our chapel.

Gwen Brough
Marica Fratric

*Rest
in
Peace*



Lois Dunham

Valerie Felix

Ann Jonkman

Marian Vivian

Joe Collet

Marion Eaton

Patricia Walker

Therese Gibbons

Mariann Lynes

Tony Nusca

Keith Ramoutar

James Carr

Stratigo Antonakos

Loretta Hickey

Alex Oleander

Marilyn Gould

“May the joy that you have
spread in the past come back to
you on this day. Wishing you a
very happy birthday!”

WHAT IS MUSIC THERAPY?

Music therapy is the skillful use of music, led or supported by a certified music therapist, to address musical and non-musical goals. This can be done in a variety of ways. No prior music experience is needed to participate in or benefit from music therapy. Client and music therapist work collaboratively in the therapeutic relationship, in which the music therapist provides professional, safe, and ethical support.

WHAT DOES A MUSIC THERAPIST DO?

Music Therapy starts with an assessment to established goals and develop an individualized treatment plan. Treatment plans include both active and receptive interventions. Active therapy involves both the client and music therapist creating and responding to music with instruments, movement, and their voices. Receptive therapy involves the music therapist playing music while the client listens, completes other tasks, or rests.

WHAT ARE THE BENEFITS OF MUSIC THERAPY?

Music therapy can address issues in the areas of communication, emotional/psychological well-being, physical and spiritual health, and cognitive and social functioning. It is client centered and goal oriented. Everything has meaning and purpose!

Music Therapy provides a creative and meaningful way to address a variety needs including:

- Emotional expression and resolution
- Emotional and Behavioural regulation
- Personal affirmation, connectedness, expression, and comfort
- Relaxation/stress reduction
- Structured exercise and movement
- Enhanced relationships and social skills
- Auditory and sensory stimulation
- Encouragement for communication and self-expression
- Development of positive self-image

MUSIC THERAPY AT THE VILLAGE OF TANSLEY WOODS

The Village of Tansley Woods offers both group and individual music therapy programs to provide care and support to several of our LTC residents. We also offer a Choir and occasional Chime Choir programs in the Retirement section of the Village. The music therapist also provides support through the iPod program, as well as being available to provide Palliative Care and bed-side visits. We also currently have Music Therapy Interns training under the supervision of our music therapist.

JAMBOREE: In January we started a new program called Jamboree. Jamboree is an 8-week intergenerational music therapy program in which young children and their accompanying adults take part in weekly music therapy sessions along with residents living in LTC. We will be running a new session starting in May 2024.



OUR MUSIC THERAPIST: ANGELA RANDALL, RP, MTA

Angela Randall is a sincere and compassionate person with a passion for music and its many benefits. She grew up in a home filled with music and knew that she wanted to dedicate her life to the health and well-being of others. After spending time focusing her education on medicine, Angela realized that music, and her love for playing the piano in particular, was a powerful and life-giving force that she could not leave behind. After talking to her piano teacher for support, she was led towards the path of music therapy. Angela graduated from Wilfrid Laurier University in Waterloo, with a Bachelor of Music Therapy degree and General Psychology. Her main instrument is the piano; however, she also enjoys playing guitar, flute, and ukulele. She has been working within the field of music therapy for over twenty years, she established her business, *Expressions Music Therapy*, in 2006, and she has been at the Village for 17 years. She finds great satisfaction in seeing the growth and enjoyment that music can bring into the lives of others.

**EXPRESSIONS
MUSIC THERAPY****OUR MUSIC THERAPY INTERNS:****HILLARY EYRE**

Hillary is a music therapy intern in her 4th year of Laurier's Bachelor of Music Therapy program. Her main instrument is piano; however, she also sings and plays guitar and ukulele. She grew up loving to sing and play music and decided early on that she wanted to go to university for music. She originally wanted to become a music teacher, but once she learned about music therapy, she immediately knew that's what she wanted to do. Throughout her studies, Hillary has developed an interest in how music can be used for communication and self-expression. She is excited to continue to learn and develop her skills throughout her internship.

**LINNEA MACCALLUM**

Linnea is a music therapy intern in her fourth year of the Bachelor of Music Therapy program at Laurier University. She found her love of music early on while listening to and singing with her parents. Between singing in choirs, writing her own music, and taking piano lessons at a young age, her love of music grew. While her voice brought her into music therapy, she also enjoys playing piano and guitar. Linnea knew she wanted to find a way to combine music with helping others, so when she found the Music Therapy program at Laurier, she knew it would be the perfect fit. Linnea's approach to music therapy involves compassion and empathy, with the desire for everyone to experience the benefits of music. She enjoys supporting clients in their discovery of how powerful music can be as an expressive outlet. She is so excited to be learning and growing throughout her internship.



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

MARCH IS NUTRITION MONTH!

For over 30 years, Dietitians have been celebrating Nutrition Month in Canada to raise awareness about nutrition and the positive impact it has on our health and well-being. This March, Dietitians are highlighting healthy eating as being much **More Than Food!**

Dietitians across Canada are bringing awareness to the importance of How, When, Why and Where we eat. The **“More Than Food”** campaign emphasizes the behaviors associated with healthy eating. These include:

Being mindful of your eating habits.

Healthy eating is about more than just the food you eat. Is being mindful of your eating habits, taking time to eat and noticing when you are hungry and when you are full.

Cooking more often.

Cooking more often can help you develop healthy eating habits. You can cook more often by planning what you eat and involving others in planning and preparing meals.

Enjoy your food.

Enjoying your food is part of healthy eating. Enjoy the taste of your food and the many food-related activities that go along with eating.

Eat meals with others.

Enjoy healthy foods with family, friends, neighbors or co-workers is a great way to connect and add enjoyment to your life. It can provide many benefits and contribute to a healthy lifestyle.

Dietitians are health care professionals, committed to improving the health of Canadians through the use of their specialized knowledge and skills in food and nutrition. To learn more about what a dietitian is and what they do, visit unlockfood.ca

Maggie Jakab

Food Services Manager



MACRO MADNESS!

Proteins, Carbohydrates and Fats oh my! What type of macronutrient will you give a try?



PROTEINS

- Regulates hormones and speeds up injury recovery
- Found in foods such as red meats (lamb, beef, etc), as well as dairy products (eggs), and legumes (peanuts, lentils, etc)!



CARBOHYDRATES

- Is the primary energy source of the brain and aids in digestion
- Found in foods such as fruits (strawberries, oranges, etc), vegetables (carrots, sweet potato, etc), and grains (bread, rice, etc)!



FATS

- Helps your body absorb nutrients and supports cell growth
- Found in foods such as nuts (almonds, pistachios, etc), fruits (avocado, durian, etc), and fish (mackerel, salmon, etc)!

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.

Brett Kelly	Assistant Director of Nursing Care	1884
Christine Gomisa	Administrative Assistant	1801
Carrington Milne	Assistant Director of Environmental Services/ Director of Quality & Innovation	1809/1856
Charlie Burns	Assistant Director of Environmental Services	1809
Grace Castro	Resident Support Coordinator	1808
Jai Shankar	Neighbourhood Coordinator Bronte & Appleby	1836
Jessica Barlas	Neighbourhood Coordinator Nelson	1806
Joanna Gurd	General Manager	1877
Maggie Jakab	Food Services Manager	1811
Nehal Dave	Physiotherapist	1853
KerryAnn Greenwood	Neighbourhood Coordinator Brant & Oaklands	1848
Laura Burmazovic	Nurse Practitioner	1966
Navdeep Grewal	Interim Assistant General Manager	1803
Hartley Miller	Assistant Director of Nursing Care	1875
Kyle Goodwin	PAL Coordinator	1814
Staci Todd & Liz Cheong	RAI/QI	1893
Renny Sunny	Interim Director of Nursing Care	1815
Trish Holmes	Recreation Supervisor	1810
	Nelson Nurse	1829
	Brant Nurse	1823
	Oaklands Nurse	1817
	Appleby Nurse	1505
	Bronte Nurse	1835
	Riverstone Salon & Spa	1924
	Health Centre	1997
	Pharmacy	1924