



Tansley Times

MARCH



Issue no: 94



MARCH



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Village Entertainment

Date	Time	Entertainer	Location
March 2	2:00 PM	Brent Meidinge	Emma's West
March 4	7:15 PM	Brad Boland	Fergusson Town Hall
March 17	3:00 PM	Wander Duo	Fergusson Town Hall
March 22	7:15 PM	Ronnie Moos	Kilbride Arms Social Club
March 28	3:30 PM	Susan Franklin & Baby Chicks	Emma's East / Egerton
March 28	7:15 PM	Stephen Miller	Fergusson Town Hall

Vendors This Month

March 12th 10 AM - 3 PM: Comfort Shoes (Café)

March 16th 10 AM - 3 PM: Traditions Alive Clothing (Café)

March 20th 10 AM - 3 PM: Flyaway Books (Café)

March Special Events

March 8—International Women's Day

Join us from 10:00—12:00 in the Town Hall for a spa themed International Women's Day Celebration. A time to relax and recognize the strength and resilience of women. Join us in the afternoon into the evening for various programs recognizing the talented female musicians we have the pleasure of enjoying.

March 16—St. Patrick's Day Carnival

Join us in the afternoon to play various carnival games in the Senior Centre to celebrate St. Patrick's Day just a day early!

March 17—St. Patrick's Day

Join us at 3:00 pm for St. Patrick's Day themed Irish entertainment in conjunction with our Long-Term Care neighbours. We will be serving green beer & snacks for your enjoyment! Test your knowledge in the evening with St. Patrick's Day Trivia & don't forget to wear green on this day!

March 19—Easter Tea (Sign-Up!)

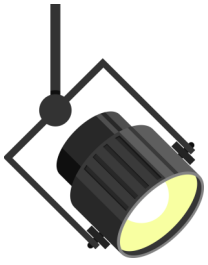
Please sign-up in the binder outside the Village Office to confirm your attendance as space is limited. Celebrating Easter and the coming of Spring over tea and treats!

March 29—Good Friday

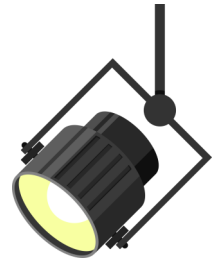
We invite you to a Good Friday Church Service at 10 AM in the Town Hall facilitated by our Chaplain Antony. Join us in the afternoon for a Hymn Sing Sing-a-Long or The Ten Commandments Movie.

March 31—Easter

Hosting Tansley's first ever Easter Parade down Main Street, we promise you will not want to miss this! After lunch we will embark on a Easter Scavenger Hunt around the Village!



Program Spotlight



March Birthdays Celebration

For all who celebrate their birthday in March! Join us for a small get together to recognize all who are celebrating this month. Look on the calendar for the celebration on the last Tuesday of the month.

Current Affairs

A new program discussing the local, federal and international news! All opinions are welcome, this discussion group is a great way to meet others with similar interests.

The New Comers Coffee Social

All are welcome to join your Leadership team in the Ruby over coffee and treats! All new Residents will receive an invitation and are encouraged to attend, no need to RSVP. Existing Residents; please sign-up in the binder outside the Village office. This is a great way to meet your neighbours and enjoy a mid-day coffee with a view!

Better Living for your Brain

This four week lecture series explores topics related to aging and the brain, including lifestyle factors that promote brain health.

A Variety of Easter Baking Demonstrations

Watch the calendar for some unique Easter baking demonstrations from sugar egg making to the mystery of how cake pops are made.

CardSharks

A new card game of higher & lower. Ace is high, deuce is low, call it right and win the dough! Join us to learn how to play CardSharks!

March Word Search

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

MARCH, PATRICK'S DAY, PANCAKE, BIRDS, SPRING, PARADE, SHAMROCK, CLOVES,
LION, COLD, GREEN, RAINBOW, COBBLER, TREASURE, IRISH, LAMB, SHOES, SUN,
TREES, RIVERS

Catch a shooting star at the Village of Tansley Woods!

Shooting Star!

Who– Rupali

Where – Becker West

What Stood out to You – She is always very kind and caring with my family member

Caught a shooting star?

We have all seen team members and volunteers go above and beyond the call of duty.

Shooting Star!

Who– Preyana

Where – Everywhere

What Stood out to You – Follows up quickly with any concerns that I have.

**If you have caught someone doing that:
Nominate them!**

Forms are available at the bulletin board.

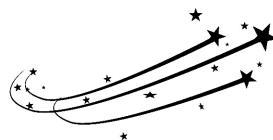
Shooting Star!

Who–

Where –

What Stood out to You –

**-The Village People
(Tansley woods family council)**



My whole life experiences, training and education have qualified me to write on this topic - with loss being part of my early life, (mother at 4 years of age for starters) Registered Nurse, Concordia University Graduate in Family Life Studies and Lay Parish Minister in a Catholic Church for 16 years.

WHAT ABOUT GRIEF? This very topic is one each of us has dealt with over the years, but it is still an uncomfortable topic for so many. Perhaps because it is more common as we age, and requires we deal with the reality in our own lives. We all know that we do not choose the time, place or circumstance of our own death, yet it is an eventual certainty. It is my goal to help you have some knowledge of how to deal with the loss of someone you love - recognizing that each relationship is unique to the two people in it Thus - no one can tell you what to do or how to do it! In every relationship connection - one of us will be left!

However, there are some common elements relating to the issue of loss, which I will share with you, enabling you to have an awareness of the process - yes - it is real, and we need to go through the eight steps to manage our loss. It will take time, it is exhausting, and unique to you. Sometimes it is a sudden occurrence, which can be more difficult to handle because of the element of shock. Generally, there is a life process which takes time for death to occur, so the planning can take place. The ideal would be that the planning was done long ago, by the person who is preparing to leave this earth.

For you - acceptance of the reality is the first recognition of change - a trusted friend calls death RELOCATION - which can make it easier to handle in some cases. After a long illness, relief is a common result, and quite alright to admit. In essence, your loved one has found peace - and by extension, peace has come to you also. It is not easy, it is tiring, frustrating and means a lot of change From past experience you have had - every change requires a new. life focus, though death is the most difficult. In essence, everything has changed, so allow time to deal with it all

Please know that acceptance is key, because;

- 1) there is no turning back.
- 2) memories are all you have.
- 3) mixed emotions are part of the whole picture and may take some time to resolve
- 4) anger only makes the whole process more difficult.
- 5) life is never the way we think it should be, so that expectation is not very valid in resolving loss
- 6) regrets are also part of the resolution of grief,

as we realize that letting go of what we wish was different is necessary - it was what it was - ,whether or not it was what you wanted it to be. It is true that adult children are often angry with a parent over one thing or other - it is time to let that anger go!.

Grief recovery allows you to move on with your life, choosing new direction where needed and adopting a positive attitude going forward. It is all your choice. It will be helpful for you to have a trusted friend with whom you can talk about your process of grief resolution - or simply writing in a journal how you feel each day - which will then enable you to see how far you have traveled in your journey of grief.

It is my hope that happy memories can replace your grief, and enable you to keep on living - a life of Thanksgiving for the part your friend played in your life's journey. cjudystefnitzfebruary2024



Bank Adviser or Adversary

This month's commentary follows my February article that was entitled *Your Friendly Banker*. It helped Tansley Woods residents to recall Canada's banks that they knew and used with a high level of confidence over many years.

It also reminded them that things are changing.

In only thirty years, the friendly neighbourhood branches of Canada's five biggest banks were transformed into highly concentrated marketing organizations, parts of an oligopoly.

Today, as many of Canada's aging boomers sell their family homes and seek to relocate in retirement villages, the banks are all recruiting candidates to sell to them online accounts, loans, insurance, wills, financial plans and mutual funds.

The friendly neighbourhood banker wants customers to believe those products and services are provided in their best interest. That may not be the way things really are.

The banks' product marketing takes priority over client service. Newly recruited advisers having limited experience or qualifications are compensated by sales commissions and expected to meet quotas.

New customers often complain "I don't hear from them again." Another common problem, their adviser didn't explain how commissions, fees and expenses reduced their investment returns or even if their investments are suitable for them. Those are valid complaints.

Yesterday's Titans is the prepublication title of a new book that will report the bank oligopoly has peaked and faces many demographic and technologic obstacles.

Fortunately there is a better way. It's called independent and personalized investment counselling.

Tansley Woods residents who share those described misgivings may wish to call me for objective information at n.stefnitz@cogeco.ca or 289 636 1524.

***NOTICE ***

Please do not leave your wine and liquor bottles in the Post Office recycle area.

If you have empty Liquor, Beer, Wine bottles or cans or even those pressboard boxes with plastic bags inside, please place them outside your door on the Tuesday or Thursday morning for your building.

East Tower Collection Day is Thursday morning

West Tower Collection is Tuesday morning.

Your Residents Council will collect them and return them to the beer store (*with the help of volunteers*) for the refund (*our only source of income*)., We thank you for your co-operation in this matter.



Due to unforeseen circumstances, the next Facts and Giggles column will be in the April Newsletter.

Check for it then.....for sure :)

Wendy

Happy March Tansley!

March is National Nutrition Month!! While active living is very important, nutrition is equally important in living a healthy, happy lifestyle. Eating a balanced diet, including protein, carbohydrates, and fats, can help you to achieve enough energy to get through each day feeling great!

Macronutrients**Protein**

Protein is often thought of as the type of food you eat to build muscles, but it also benefits your cardiovascular health, your immune system, and maintaining your energy.

Protein can be found in meat, eggs, legumes and more!

Carbohydrates

Carbohydrates include sugars, starches, and fiber! Carbs are the body's preferred source of energy, and help fuel your body quickly. Fiber is harder to digest than sugar, and leaves you feeling full for longer.

Carbohydrates can be found in grains, fruits, veggies, and more!

Fat

Fats are important too! Unsaturated fats, which come from plants, nuts, and fish, are great for heart health and delaying the development of degenerative diseases such as cancer.

Fat can be found in meats, dairy products, oils, avocados, and more!

Micronutrients**Vitamins and Minerals**

There are a large variety of vitamins and minerals, each with a wide array of health benefits! These nutrients can be found in all sorts of unprocessed foods, and generally help with your body's metabolism, ability to absorb nutrients, and overall proper function.

A balanced diet will include a variety of protein, carbohydrates, and fat to help your body work to the best of its abilities. An appropriate breakdown would be approximately 20-30% fats, 30% protein, and 40-50% carbohydrates. It is important to try and target the healthier options in each of these categories, such as fiber for carbohydrates, unsaturated fat for fats, and lean protein such as legumes, fish or chicken for protein.

While paying attention to your nutrients is important, that does not mean that you should never have treats! Moderation is the key when considering diet to make sure you can maintain a healthy diet in the long term.

Stay Active,

Andrew, Caleb, and Megan

Spring Song

Author Unknown

Frogs croak
Rains soak
Chicks peep
Crickets leap
Bees hum
Robins come
Birds sing
It's spring!



- Alex and Louise Taylor
- Margery McCormick
- Vern Dueck
- Betty Lorentz
- Gunnell "Nell" Klodt
- Ann Oakley
- Mike Taylor
- Stan Sulymka

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

- Ruth Parnham
- John Carne
- Maurice Labine



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



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.

WISDOM
of the
ELDER

Tuesday, July 30

The Village of Glendale Crossing
(West Villages)

Thursday, August 1

The Village of Taunton Mills
(East Villages)

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 dietitian 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.



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For more information or to book an appointment at The Village of Tansley Woods, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

"Happy March from Soumbos Osteopathy!"

Dear Residents,

Are you ready to step into a steadier, more confident stride? Embrace the power of osteopathy and exercise to reclaim your balance and vitality! Our bodies, like fine-tuned instruments, sometimes need a little extra TLC to maintain equilibrium, especially as we age. Osteopathy offers gentle, hands-on techniques to align your body's structure, easing tension and improving circulation, while tailored exercises strengthen key muscle groups crucial for stability. This month we've provided some example balance exercises for reference. Please visit the health center for more information!"

Kind regards,

Andrew Soumbos, R.Kin., D.O.M.P., D.Sc.O.



SOUMBOS
OSTEOPATHY

Move Well. Feel Well. Live Well.

Balance Exercises

Toe touches



Sets: 1 Reps: 12 Freq: 1x/day

Stand next to a stable object such as a table, a solid chair or a countertop and place your hand on its surface to keep your balance. Lift the opposite foot off the floor and reach forward, backward, and sideways with the toes. Do not put any weight on your toes. Progress by increasing the extension of the toe.

Standing static balance



Sets: 1 Freq: 1x/day Duration: 30 seconds

Take a standing position with your feet together. Maintain the position.

Balance semi-tandem position



Sets: 1 Freq: 1x/day Duration: 30 seconds

Stand with your arms along your body. Place your feet together with your right foot slightly in front of the left foot. Maintain position. Repeat with foot position switched. To progress, repeat the exercise with arms crossed over the chest. Practise this exercise near a hard surface (counter, chair).

Questions Regarding Your Monthly Invoice: Please call Helen 1802.

Repairs in Your Rooms: Please call the Front Desk 1876 so we can log your repair in our maintenance system and expedite it. If you are experiencing issues with your TV Cable please call 1 866 774 8888.

Audio Support In Town Hall: Bluetooth listening sets are available for all programs in Town Hall.

Ancillary Medical Information: The Tansley Family Health Centre (on-site) offers a number of services. Please call Monika in the health centre at ext. 1997 or email: twhealth.centre@schlegelvillages.com

The Ruby: Our Ruby Restaurant is open on Wednesdays for Dinner ONLY. Thursdays, Fridays and Saturdays for lunch and dinner. You can buy Ruby gift cards and reload them as much as you want. Now open for the general public as well.

Village Neighbourhood Pharmacy

Located on Main Street beside the
Tansley Woods Medical Clinic
4100 Upper Middle Road,
Burlington, L7M 4W8

Phone: EXT. **1996** or 289-636-1433
Mobile: 289-962-4734
Fax: 1-855-800-9111

Monday- Friday*10am- 5 pm**

Saturday*11 am – 3 pm**

Sunday *Closed**

Tansley Health Centre

The services you need and want, right here in our Village! Contact us at ext. 1997 to book an appointment for:

Dr. Ishak - Physician

Dr. Ghobara - Physician

Dr. Moghaddam-Aerisha - Physician

Nurse Practitioner

Dental Hygienist

Physiotherapy

Osteopathy

Massage Therapy

Foot Care

For appointments with the Ear & Hearing clinic — please call 1-888-745-5550

Important Information—RH Directory 905-336-1714

General Manager	Jo-Anna Gurd	Ext. 1877
Assistant General Manager	Preyana Ramratan	Ext. 1878
Wellness Coordinator	Karen Knights	Ext. 1882
Wellness Coordinator	JP Kaur	Ext. 1703
Director of Wellness	Angela Day	Ext.
Neighbourhood Coordinator East	Mark Fletcher	Ext. 1881
Neighbourhood Coordinator East 2nd floor	Marlene Graham	Ext. 1896
Neighbourhood Coordinator West		Ext. 1702
Neighbourhood Coordinator West 2 nd Floor	Alex Ayala	Ext. 1705
Neighbourhood Coordinator	Sakana Naguleswaran	Ext.
Director of Hospitality	Mike Killip	Ext. 1861
Hospitality Supervisor	Ric Salvacion	Ext. 1976
PAL Coordinators	Andrew Soumbos Caleb Ramey Megan Pryce-Jones	Ext. 1887
Director of Recreation	Olivia Thompson	Ext. 1873
Director of Environmental Services	Asher Black	Ext. 1857
Director of Lifestyle Options	Alexey Becquer	Ext. 1839
Director of Lifestyle Options	Janeny Ngo	Ext. 1840
Director of Lifestyle Options	Laurie Dovidio	Ext. 1804
Villages Experience Coordinator	Fazier Hoosein	Ext. 1988
Village Office Coordinator	Pennie Pryce-Jones	Ext. 1851
Administrative Coordinator	Helen Sanger	Ext. 1802
Administrative Assistant	Paige Epp-Ruitenbergh Karin Turner	Ext. 1876
The Ruby Restaurant	10 th Floor	Ext. 1880
Main Floor Nursing Station	Lead Nurse—East Lead Nurse—West	Ext. 1888 Ext. 1700
Chaplain	Antony Kolencheril	Ext. 1854
Tansley Family Health Centre	Dr. Ishak & Dr. Ghobara & Dr. Moghaddam-Aerisha	Ext. 1997
Volunteer Coordinator	Sharon Montgomery	Ext. 1960
Social Worker	Kurtis Wilson	Ext. 1892
Village General Store		Ext. 1986
Riverstone Spa		Ext. 1924