

# Hello March

The Tansley Times  
No. 82





Lois Dunham

Carole Stadelman

Antje Jonkman Mol

Stratigo Antonakos

Joseph Collett

Valerie Felix

Lorne McMahon

Marian Vivian

Patricia Walker

Marion Eaton

Mariann Lynes

Therese Gibbons

Keith Ramoutar

James Carr

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

## March

By William Cullen Bryant

The stormy March is come at last,  
With wind, and cloud, and changing skies;  
I hear the rushing of the blast,  
That through the snowy valley flies.

Ah, passing few are they who speak,  
Wild stormy month! in praise of thee;  
Yet, though thy winds are loud and bleak,  
Thou art a welcome month to me.

For thou, to northern lands again,  
The glad and glorious sun dost bring,  
And thou hast joined the gentle train  
And wear'st the gentle name of Spring.

Welcome to our new Residents:

Mary Walter  
Lesley French

*welcome*

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

Orville Carter  
Barbara Wright  
Caterina Pellegrino

*Rest  
in  
Peace*

# ***Village Events***

March 1st

2-4PM Plant & Art Show—MS

...

March 4th

3:30 Brent Meidinger Performs - MS

...

**March 6th - Purim**

...

**March 8th - Holi**

**& International Women's Day**

2:30 Ladies Henna Social - L

...

March 11th

3:00 Paula French Performs - MS

...

**March 17th**

2:00 **St. Patrick's Day** Social - CC

3:00 Gerry Larkin Performs - MS

...

**March 20th**

**First Day of Spring**

3:00 Irish Tales Performed

by Pauline Grondin

...

**March 22nd**

**Ramadan**

...

**March 23rd**

**National Puppy Day**

2:00 Puppy Visits

...

March 24th

12:00 Diner's Club - Mexican

...

March 25th

3:00 Jack Garson Performs - MS

...

March 27th

1:30 Burlington Bowl Outing

Sign Up

...

March 30th

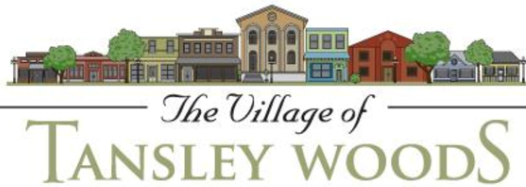
2:00 Spanish Social - L

3:00 Resident Council - CC

...

March 31st

3:30 Baby Chicks Therapy Program - FC



4100 Upper Middle Road, Burlington, Ontario L7M 4W8  
Tel: 905-336-9904 Fax: 905-336-7143 [www.schlegelvillages.com](http://www.schlegelvillages.com)

## Message from the AGM

Hello Tansley Residents!

Within Schlegel Villages we do our best to recognize special dates throughout the year. Those days for March are listed below and they serve as a reminder of the diverse communities we serve through our Village programs, meals, education and recognition.

**March 6-7 Purim:** is a joyous Jewish festival that celebrates the survival of the Jews in ancient Persia from a genocidal plot by Haman, the king's wicked minister as recorded in the book of Esther.

**March 8<sup>th</sup> International Women's Day:** is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

**March 8<sup>th</sup> Holi:** Also known as the festival of colors, Holi (pronounced Ho-lee) is a Hindu religious holiday that celebrates the victory of good over evil and is one of the most well-known festivals in India. The festival celebrates the feelings of love and pure joy with a chaotic countrywide colored powder fight.

**March 12<sup>th</sup> Daylight Saving Time Begins:** is the practice of advancing clocks during warmer months so that darkness falls at a later clock time.

**March 17<sup>th</sup> S. Patrick's Day:** is a cultural and religious day that observes of the death of St. Patrick, the patron saint of Ireland. The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of green

**March 20<sup>th</sup> First Day of Spring**

**March 22<sup>nd</sup> Ramadan:** is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting (*sawm*), prayer, reflection and community.

Please know that you can reach out to me at anytime whether it be for a visit, concern or question. My office is located at the front office on Mainstreet and I can be reached at ext. 1803.

Ripu Phull  
Assistant General Manager - LTC





**MARCH IS MUSIC THERAPY AWARENESS MONTH!****What is Music Therapy?**

Music therapy is defined by the Canadian Association of Music Therapists as “a discipline in which credentialed professionals (Music Therapist Accredited) use music purposefully within therapeutic relationships to support development, health, and well-being. Music Therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains.”

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 period of 4 to 6 weeks when the therapist gathers relevant information regarding strengths, goals, interests, and suitability. Once the assessment is completed and goals are established, an individualized treatment plan is created to address those goals. Goals and progress are continuously assessed and evaluated. 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. Music Therapy is an effective treatment method for people of all ages regardless of musical background or type of disability or impairment. 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**

Here at the Village of Tansley Woods, we offer both group and individual music therapy programs to provide care and support to several of our residents. We also offer a Choir Program over in the Retirement section of the Village. The music therapist provides support through the Music and Memory program, as well as being available to provide Palliative Care and bed-side services. We also currently have a Music Therapy Intern training under the supervision of our music therapist.

**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 towards 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 twenty years and has been at the Village for 16 years. She finds great satisfaction in seeing the growth and enjoyment that music can bring into the lives of others.

**When Words Tie Us Down,  
Music Can Set Us Free!**





Barb Schlegel  
**Volunteer Award**



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

# Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

## March 1–15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you  
for your  
nomination!**



# SEEKING NEW VOLUNTEERS!

## **COMMUNITY MEMBERS, FAMILY, YOUTH, GROUP, –ALL TYPES!**

Our Tansley Volunteer team is continually seeking new volunteers to take on a variety of fun and unique roles throughout the Village that are aimed at providing rewarding and enriching experiences for both volunteers and residents. This is achieved by matching volunteers to opportunities that they are passionate about and that allow them to utilize their strengths and abilities, in order to provide residents living at Tansley Woods with meaningful opportunities for shared activities that promote wellbeing and community.

### **Examples of how Volunteers are helping out throughout the Village:**

- *Spending one on one time with a resident who may be socially isolated or seeking companionship and friendly conversation*
- *Helping support the Village team and Recreation Therapists facilitate and lead various programs and services for Residents*
- *Assisting with fundraising and other fun events!*
- **... OR create your own Unique Opportunity!**

### **Who can Volunteer?**

*Anyone, regardless of their past level of experience, can apply to become a volunteer!*


### **What does it take to join our Volunteer team?**

- ◇ *Be caring and have a passion for helping others*
- ◇ *Be open to learning and receiving training on best practices related to supporting Older Adults*
- ◇ *Demonstrate willingness to follow all outlined Village policies and volunteer procedures*

### **Do you know....**

- *A **high-school student** seeking their 40 hours for school?*
- *A helpful or retired **neighbor** with extra time to spare seeking to give back to their community?*
- *Any **community groups** or services that are willing to join us at Tansley Woods and help to build community?*

*Ask them to reach out or to apply to join the Volunteer Team here at Tansley Woods!*



**To get started**, all that is needed is to submit an application through our **main website**:

**Apply Online in Minutes at:** [www.schlegelvillages.com/volunteer](http://www.schlegelvillages.com/volunteer)

### **What else is required?**

After applying online, applicants will receive a follow-up email and will be asked to:

- ⇒ *Provide a Police Record Check & Proof of COVID Vaccination*
- ⇒ *As well as Register for an Orientation Session*



# Shooting Stars

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

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

*Forms are available on the bulletin board on Main Street.*

## Shooting Star

*Who:* Bhumika (Nurse)

*When:* Every day

*Where:* Appleby Neighbourhood

Great care. Bhumika goes above and beyond the job description, often providing credible counselling when needed. She has exemplary dedication to her job and great people skills.

## Shooting Star

*Who:* Rona (Nurse)

*When:* Every day

*Where:* Appleby Neighbourhood

Excellent care and management of complicated health issues. Strongly advocates for residents. Excellent people skills. "I am treated like a real person." Rona goes way above and beyond the normal job description and is dedicated. She has superb interpersonal skills.

## Shooting Star

*Who:* Maria & Charlene (PSWs)

*When:* Mornings

*Where:* Appleby Neighbourhood

Excellent care and attention to detail. Extra care in keeping spaces clean and functionally organized. They both have superb people skills and are dedicated to their jobs.

## Shooting Star

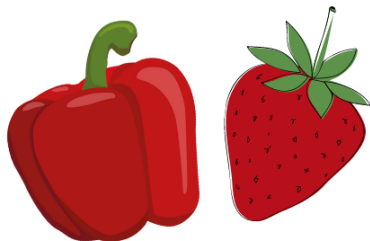
*Who:* Judy (Nurse)

*When:* Every day

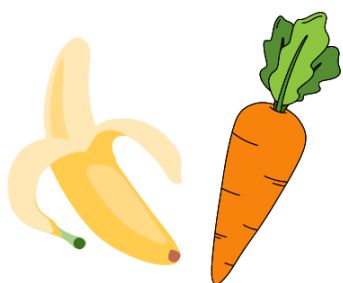
*Where:* Appleby Neighbourhood

Judy goes way above and beyond. Excellent care. Excellent people skills. "We have super conversations daily."

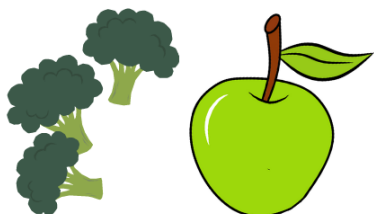
# BENEFITS OF EATING THE RAINBOW



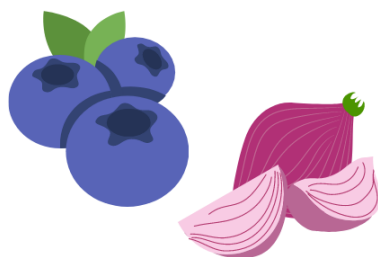
Red foods contain nutrients that improve heart health, lower your risk of disease, and reduce blood pressure. Some examples of red foods include cherries, red peppers, tomatoes, and watermelon.



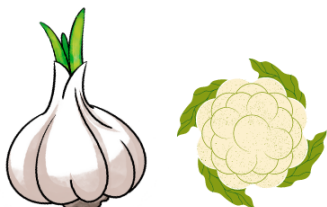
Orange & yellow foods help boost your immune system, support healthy eyes, and help lower cholesterol. Some orange & yellow foods are butternut squash, oranges, carrots, and bananas.



Green fruits and veggies contain fibre, improve digestion, and support strong bones, nails and teeth. Some examples include apples, broccoli, kale, and celery.



Blue and purple foods contain antioxidants which help support your immune system, support a healthy brain, and help with memory. Some purple & blue foods include blueberries, eggplants, red onions, and beets.



White foods support a healthy immune system, lower cholesterol, and can help lower your risk of disease. Some white fruits and vegetables include garlic, cauliflower, mushrooms, and parsnips.



## MARCH IS NATIONAL NUTRITION MONTH!

This year's theme is "[FUEL FOR THE FUTURE](#)". Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment.

Weekly messages from National Nutrition Month

### WEEK 1: [\*Eat with the environment in mind.\*](#)

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

### WEEK 2: [\*See a Registered Dietitian Nutritionist \(RDN\)\*](#)

- Ask your doctor to a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.
- Receive personalized nutrition information to meet your health goals.







WEEK 3: *Stay nourished and save money.*

Plan your meals and snacks.  
See what food you have at home before purchasing food.  
Use a grocery list and shop sales when purchasing food.  
Learn about community resources and local food banks.

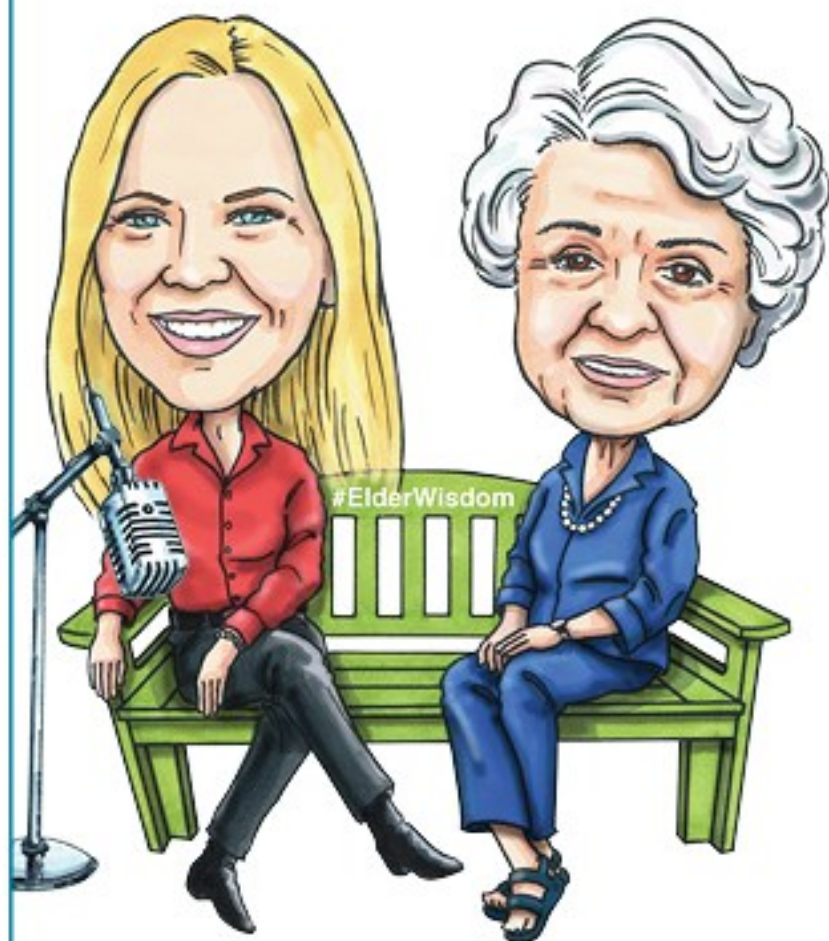
WEEK 4: *Eat a variety of foods from all food groups.*

Include your favorite cultural foods and traditions.  
Eat foods in various forms including fresh, frozen, canned and dried.  
Avoid fad diets that promote unnecessary restrictions.  
Practice gratitude for your body by giving it the fuel it needs.

WEEK 5: *Make tasty foods at home.*

Learn cooking and meal preparation skills.  
Try new flavors and foods from around the world.  
Find creative ways to use leftovers rather than tossing them.  
Create happy memories by eating with friends and family when possible.

Maggie Jakab, Food Services Manager



## *Stories* from the **GREEN BENCH** Podcast

Join **Kathy Buckworth** and co-host **Evelyn Brindle** as they discuss community, connection, love, life, learning, and more on our **Stories from the Green Bench** podcasts.

Your seat on the green bench is ready and waiting.

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## CONTACT INFORMATION

## THE TANSLEY TIMES

Brett Kelly	Assistant Director of Nursing Care	1884
Christine Gomisa & Bernadett Greksa	Administrative Assistant	1801
Carrington Milne	Assistant Director of Environmental Services	1809
Joanna Gurd	General Manager	1877
Maggie Jakab	Food Services Manager	1811
Melina Marin	Neighbourhood Coordinator Appleby & Bronte	1836
Nehal Dave	Physiotherapist	1853
KerryAnn Greenwood	Neighbourhood Coordinator Brant & Oaklands	1848
Laura Burmazovic	Nurse Practitioner	1966
Navdeep Grewal	Acting Director of Nursing Care	1815
Quini Labuguen-Paggao	Assistant Director of Nursing Care	1875
Raman Dhaliwal	Director of Quality & Innovation/RAI	1856
Ripu Phull	Assistant General Manager	1803
Sarah Roberts	Registered Kinesiologist	1814
Stephanie Trotta	Resident Support Coordinator	1808
Staci Todd	RAI/QI	1893
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