

# Hello September

Issue No. 88  
The Tansley Times



## VILLAGE EVENTS

## THE TANSLEY TIMES

September 1st

6:30 Pub Night - SC

...

September 2nd

3:00 Gerry Larkin Performs - TH

...

September 6th

2:00 Laughter Yoga & Ice Cream Social - TH

...

September 9th

3:30 Brent Meidinger Performs - TH

...

September 10th - Grandparents Day

10:00 Grandparents Day Movie: Father of the Bride-TH

3:00 Postcard Delivery

...

September 11th-17th - Resident Council Week

...

September 13th

10:00 Tim Hortons Social - CC

...

September 15th

8:00 Men's Breakfast Club - CC

...

September 16th

1:00-3:30 Car Show & Leslie Taylor Performs - Upper  
Middle Parking Lot

...

September 17th - Terry Fox Run

10:00 Terry Fox Walk - Café

...

September 18th

12:00 Diner's Club: McDonalds - MS

...

September 19th

10:00 Draw-A-Long - TH

...

September 21st

Paint-A-Long - TH

...

September 22nd

6:30 Pub Night - SC

...

September 23rd

10:00 Fall Decorating

3:00 Paula French Performs - TH

...

September 26th

6:30 Making Soap with Lindsay - CC

...

September 29th

2:30 Oktoberfest Social & Entertainment - TH

...

September 30th - National Day of Truth & Reconciliation

### Tansley Woods Monthly Social

September 20th, 2:30 pm to 4:30 pm

Come sample local craft Beer and Root Beer from  
Nickle Brook Brewery. Participation cost to be  
determined. Look for sign up sheets by RH office  
in early September.

## September

By Helen Hunt Jackson

The golden-rod is yellow;  
The corn is turning brown;  
The trees in apple orchards  
With fruit are bending down.

The gentian's bluest fringes  
Are curling in the sun;  
In dusty pods the milkweed  
Its hidden silk has spun.

The sedges flaunt their harvest,  
In every meadow nook;  
And asters by the brook-side  
Make asters in the brook ...

### Welcome to our new Residents:

Loretta Hickey  
Ante Kosta  
Florentine Wallace  
Sofia Bender  
Jack Collinson

*welcome*

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

Elza Honig	Cecil Tomlinson
Erna Kadarik	Judith Vostarek
Ferven Oates	Michael Williams
Maria Ozog	
Bruce Rathwell	

*Rest  
in  
Peace*





Shirley Bell

Marie Capriotti

Ed Cooke

Jim DeHaseh

Jelica Dragicevic

Tom Eldridge

Lesley French

Sandra Johnston

Anita Kalyn

Irene Pirie

Audrey Roach

Florentine Wallace

Elizabeth White

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



spark ideas. ignite change.

October 18-19

**DoubleTree by Hilton**  
30 Fairway Road South, Kitchener

**Schlegel Villages** and the  
**Research Institute for  
Aging (RIA)** are excited to  
be hosting our 7th annual  
**Innovation Summit!**

This two-day event is an opportunity to learn and celebrate our collective passion for innovation, continuous improvement and research.

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

**Sessions will include:**

- Villages sharing creative solutions and innovations
- Researchers discussing current and future projects
- Innovators demonstrating technologies that have the potential to improve Village Life
- Updates on projects presented at previous Innovation Summits

**We look forward to  
seeing you there!**

# Schlegel Villages – CONNECTIONS

Before we look ahead to September, we'd like to acknowledge all our Villages did to honour the legacy of Wilfred "Grandpa" Schlegel in August.

This was the first year we organized a day in honour of the man who inspired his son and grandsons to work so hard to enhance their community, and our larger Schlegel Villages Family responded in many different ways.

We saw Villages create handmade cards and bake cookies as gifts to first responders and health care workers in hospitals, while others organized park clean-up days. It was all about giving back to the community, and Ron Schlegel noted how proud he was to see this take place. "This is so fitting," Ron told our Chief Operating Officer, Paul Brown, "and my father would be so happy and honoured."



**WILFRED  
SCHLEGEL** *Day*  
Monday, August 7



## September 11-17

Residents' Council Week

**Residents' Council Week** is an opportunity to celebrate all of our residents and offer gratitude for all they offer us. Our friends at the Ontario Association of Residents' Councils (OARC) help highlight the great value those who volunteer to represent their fellow residents on council bring to a home, and we are grateful for their service.

The focus every day in the Villages is on creating a space where each resident can find meaning, purpose and joy in whatever fashion suits them.

The OARC has designated the third week in September as Residents' Council Week and we hope all Villages find meaningful ways to celebrate. We also encourage residents who may have an interest in serving on their own residents' council to connect with any of the leaders in their Village to find out how they can get involved.



# Schlegel Villages – **CONNECTIONS**



## **National Day for Truth and Reconciliation**

The knowledge, experience and wisdom of the First Nations, Inuit and Métis peoples of the land we now call Canada guided the first settlers when they arrived from overseas centuries ago. Without this early sharing of knowledge, the early arrivals to a new and bountiful land would have been directionless. Those earliest of relationships deteriorated over time as dogma and the greed of commerce expanded Westward, ignoring the wisdom that guided the people of this land for centuries before arrivals from across the Atlantic.

As the 19th Century unfolded into the 20th, the deterioration of this relationship grew to its darkest form while a concerted, government- and religiously-sanctioned suppression and theft of culture was maintained.

The lives of countless First Nations, Inuit and Métis peoples were the casualties. On Sept. 30 we'll join millions across Canada to recognize darkness of this past as look ahead to Truth and Reconciliation.

Across the country, federally-regulated businesses will close, as will many others, but at Schlegel Villages, our doors are always open and our teams, residents and families are encouraged to come together in the spirit of learning and education.

The knowledge, wisdom and experience of First Nations, Inuit and Métis peoples must continue to guide the people of Canada, for without them the nation will remain directionless. We must learn from the past, as difficult as it may be, in order to build a more equitable future for all, regardless of age, ability, background or heritage.

Hello Tansley!

As we head into the Autumn months, it's important to remember there will still be some hot days over the next while. Please keep this in mind when spending time outside, and ensure you are staying hydrated and watching for signs/symptoms of heat related illnesses (i.e., heat exhaustion or heat stroke).

Here are some ways to take care of yourself in the warm weather to prevent heat related illness. It is advised to wear layers this month so you can adjust to the temperature. Some mornings might be cooler, but warm up by the afternoon. Remember – stay hydrated!



If you are a resident and have questions, or you're a family member inquiring on behalf of your loved one, please speak with a member of the nursing team to discuss your plan of care. Enjoy the warm weather while it's here, and take care!

By Carrington Milne, Assistant Director of Environmental Services



# September can be hot

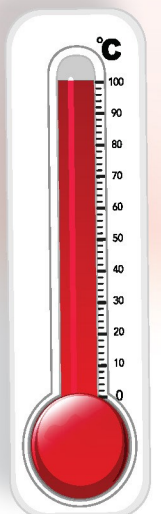
*Keep cool and have fun!*

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

INDOORS  
REST  
SUNSCREEN  
HAT  
POPSICLES

COOLSHOWER  
LIGHTACTIVITY  
HYDRATE  
FAN  
SUNGLASSES

LIGHTCLOTHING  
UMBRELLA  
SHADE  
WATER



Did you know?

- The brain produces enough electrical energy to power a 40-watt light bulb for 24 hours.
- The brain takes about 1/10,000th of a second to respond to something and generate an action.
- The brain accounts for 2 percent of our body weight, but needs 20 percent of the oxygen in our blood and 25 percent of the glucose in our bloodstream.
- The brain contains approximately 100 billion neurons.
- If continued mental activity takes place, scientists believe that new neurons will develop throughout the life of a brain.
- The brain is composed of about 75 percent water and is the fattiest organ in the body, with a minimum of 60 percent fat.

### Our Body's Control Centre Needs a Healthy Diet

When people embark on the path to healthy eating, they're often motivated by a desire to lose weight or to help fend off disease. It's less common for people to embrace a wholesome diet to boost the well-being of the brain. Let's see what Registered Dietitian, Aileen Burford-Mason, Canadian author of "The Healthy Brain" book has to say about nutrition and brain function:

#### OUR BODY'S COMMAND AND CONTROL CENTER

"Why would the brain need food? You can't wink your eye without nutrients being involved, never mind think, remember, learn, or sleep. There are nutrients involved in every single function of the body. The purpose to eating is to get all the essential nutrients into us, without which we can't function. Because it has such high needs for nutrition, the brain may be the first to warble when we're short."

#### A WELL-OILED MACHINE

"It's like the interactivity of all components of your car. It doesn't matter whether there's no gas in the tank or no spark plugs or a wheel is missing; with any of those, you're going nowhere. Even if it's something small like a nut missing, eventually something will go wrong; the same thing applies to nutrition. All of the nutrients are needed all the time, and the absence of one, no matter how obscure you might think it is, can compromise the way the others work."

#### FOOD FOR THOUGHT

"Broadly speaking, the best thing people can do to enhance brain health via nutrition is to load up on vegetables, legumes (beans and lentils), and fruit. These foods are abundant in vitamins, minerals, fiber, and phytochemicals, which are plant-based chemicals that help reduce the risk of infections and many conditions, including cancer and heart disease. "Phytochemicals can build up in the brain and protect it from damage."

#### RULES FOR BRAIN-HEALTHY EATING

- Choose unprocessed foods.
- Eat nutrient-dense foods such as eggs, fruits, vegetables, nuts, and seeds.
- Lighten the glycemic load. Limit yourself to one serving of starchy foods per day, such as bread, potatoes, rice and pasta.
- Eat good fats, such as avocado, seafood, nuts (especially walnuts and almonds), and olive and coconut oils.
- Have protein at each meal. Sources include chicken, turkey, tuna, shrimp, cottage cheese, Greek yogurt, eggs, lentils, and tofu.

By Maggie Jakab, Food Services Manager

## Boosting well-being through arts and creativity

The power of arts and creativity to enhance the lives of older adults is invaluable. From gardening to listening to music, everyone can enjoy the benefits of creativity. We sat down with Kate Dupuis, Schlegel Innovation Leader in Arts & Aging, to discuss how arts-based activities can enrich your life.

### What does research tell us about the benefits of arts and creativity?

Participating in arts-based activities has been shown to help older adults feel less lonely and can have a positive impact on their mood, thinking abilities, spirituality and more. You don't have to be actively participating to see benefits, even just attending a ballet performance or listening to your favourite album can help! Over the past few years of the pandemic, being able to connect with others, often virtually, through the arts has been really helpful to combat loneliness.

### What are some activities you've seen that have had a positive impact?

There is no one-size-fits-all when it comes to engaging in the arts! People often associate the arts with painting, drawing, dancing, and singing but you can also be creative by baking, sewing, quilting, gardening, or fixing up an antique car. In one of our programs, we bring young children and their parents from the community to connect with older adults at Schlegel Villages through music and movement.



### I've never been particularly creative, is it too late to start now?

Some of the individuals we have spoken to hold assumptions about how creative they are - they may have been told from an early age that they couldn't carry a tune in a bucket or that they shouldn't dance because they have two left feet. It's always wonderful to see what happens when we encourage older adults to let go of these limiting beliefs and try something new. They often surprise themselves by how fun and fulfilling it can be to engage in expressive activities.

### "Arts and Aging Day Canada" is an annual virtual event dedicated to promoting the connection of art, health and aging. How can older adults and their families participate in this event?

The best way to get involved is to go to the RIA's [Arts and Aging Day Canada website](https://www.the-ria.ca/enews). There you will find a toolkit that will provide you with tips and tricks for sharing and connecting on September 24, as well as links to online events you are welcome to participate in for free in the week leading up to the day. Remember to use the hashtag #ArtsAndAgingCA when you post your artwork so we can help spread the word!

Subscribe to updates from the RIA at [www.the-ria.ca/enews](https://www.the-ria.ca/enews) to stay up-to-date on the latest news, events, and helpful resources.





## *The Village of* **TANSLEY WOODS**

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!

We have many exciting events happening in the village this time of year:

- We had the Commission for Accreditation of Rehabilitation Facilities (CARF) Inspection early in the month of August where we got to showcase our achievements and culture in the village. Well done everyone!
- On September 10<sup>th</sup>, all Schlegel Villages will be celebrating Grandparents Day. We encourage all families to come in for a visit!
- Tansley's Terry Fox Walk will be held this year on Sunday, September 17<sup>th</sup> at 10:00AM in the Café in retirement. Megan will be collecting donations on Friday, August 25<sup>th</sup> from 10-12pm, and Caleb will be collecting donations on Tuesday, August 29<sup>th</sup> from 2-4pm, in the Town Square, near the café on Main Street. If you are unable to make this time but still wish to donate, please contact Caleb directly at ext. 1887. For your convenience you may also donate online using the following link: <https://events.terryfox.ca/42664> and click "Donate – To This Event". Tax receipts will be issued for any donation of \$20 or more. Please make any cheque donations payable to The Terry Fox Foundation.
- You may have seen the big food donation box on Main Street. We collected food for the Burlington Food Bank to give back to our direct community to honour Wilfred Schlegel Day. Several heaping boxes of food were donated – thank you for giving back to the Burlington community!
- Our annual Car Show will be held on Saturday, September 16<sup>th</sup> at 1:00pm. Please join us to see some unique and classic cars! We will also have Leslie Taylor providing some beautiful violin music to enjoy.
- Earlier this week you received a flyer about our upcoming Tansley Trippers Adventure to Barbados in October. We are excited to start this wonderful tradition again!

Navdeep Grewal,  
Assistant General Manager - LTC



# Benefits Of Stretching



↓ Pain

Improves  
Posture

Relieves  
Stress

↓ Risk of  
Falls

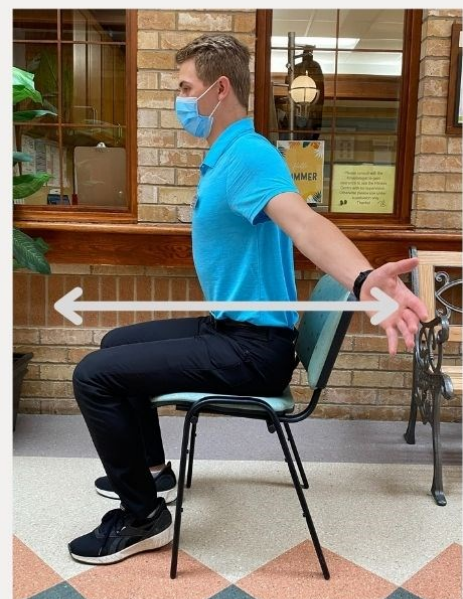
↓ Risk of  
Injury

Try the stretches below, and join group exercise classes, including Yoga, Tai Chi, Pilates & more.

## 1. Hamstring Stretch



## 2. Chest Stretch



## CONTACTS

## 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/ Director of Quality & Innovation	1809
Gina Yukich	Acting Director of Nursing Care	1815
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	Acting Assistant General Manager	1803
Quini Labuguen-Paggao	Assistant Director of Nursing Care	1875
Kyle Goodwin	PAL Coordinator	1814
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