



November

2023

Tansley Times

Issue No:90

November

2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11 
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Village Entertainment

Date	Time	Entertainer	Location
November 4	2:15 PM	Brent Meidinge	Emma's East / Egerton
November 11	3:00 PM	Wander Duo (Remembrance Day Performance)	Fergusson Town Hall
November 14	7:15 PM	Notables	Fergusson Town Hall
November 20	3:00 PM	Peter Harding	Emma's West
November 30	7:15 PM	Northern Lights	Fergusson Town Hall

Vendors This Month

November 2nd, 10 AM - 3 PM Flyaway Books—Café



Schlegel Villages – **CONNECTIONS**

November 11

Lest we forget

Our freedom. Their sacrifice.

With endless appreciation and gratitude, thank you for serving our country and protecting our freedom.

In the month of November, Remembrance Day is always near the front of our minds. There are many of us who have been in the service of our elders for a number of years and recall visiting with veterans of The Second World War, hearing their stories of loss and sacrifice and their reverence for those they served alongside. As time moves on, the make-up of our Village families has changed and there are very few of these veterans left to share their stories, which is why Remembrance Day is so important. We remember them, but we also know there are countless other veterans who served long after the

last World War ended, from Korea to the Balkans and stations all around the world through the height of the Cold War. We have loved ones of veterans living with us as part of our wide family – sons, daughters, nieces and nephews – and we think of all who have been touched by the sacrifice of war as we pause on November 11. More than a century later as we look to current affairs and the senseless, ongoing struggles in the Middle East, Ukraine and other parts of the world, we see lessons have yet to be learned. In our remembrance, let us come together in collective hope for a peaceful future.

Unforgettable

By Harvey Murray
World War II Veteran

“Missing in action—presumed dead”
Was the wartime message families dread.
Through far away, we seemed to feel
Your pain, from bursts of jagged steel.

The reasons clear, as time goes by,
For us to live, you had to die.
You lost your life and we lost you
What more could one be asked to do?

To those on board a sunken ship
To those who flew their final trip
To those trapped in a burning tank
We need to remember—and to thank.

In Flanders Fields

John McCrae, 1872 - 1918

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place, and in the sky,
The larks, still bravely singing, fly,
Scarce heard amid the guns below.

We are the dead; short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe!
To you from failing hands we throw
The torch; be yours to hold it high!
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

November Special Events

November 3rd—National Jersey Friday

Calling all sports fans! We will be celebrating National Jersey by showing some Tansley spirit with a dress up day! Residents & Team member are invited to represent your favourite sports team by wearing a Jersey on this day.

November 8th—Diwali Celebration & Dress-Up Day

Join us in celebrating Diwali! We invite all to wear Red and Yellow on this day and join us in the Fergusson Town Hall at 4:00pm. Team Members and Residents will be celebrating together with authentic food, traditional clothing, music & sparklers!

November 11th—Remembrance Day

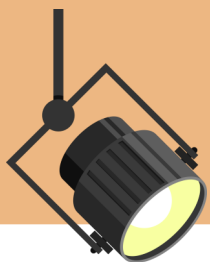
Please join us in the Town Square at 10:30 AM for our Remembrance Day ceremony & moment of silence. We ask those who served to please let the Village Office know to ensure you are commemorated on this day.

November 18th—Christmas Bazaar

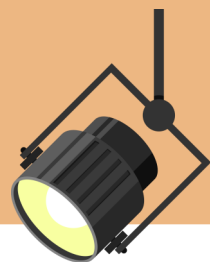
Our Tansley elves have been preparing for months for our Annual Christmas Bazaar! We are so excited that it is nearly here, you will not want to miss this! Join us on Main Street & don't forget to bring your Tansley Dollars (if you are lucky you may win some of these at various Recreation Programs leading up to the Bazaar...)!

November 28th—Giving Tuesday

A day of giving! This year we will be collecting either cash donations or non-perishable food items, in exchange for a candy gram which will be delivered to your fellow Residents or Team Members of choice. Check the calendar for donation booth times where all cash proceeds will go to the Wilfred Schlegel Hope Fund and non-perishable food donations will go to the Burlington Food Bank. Candy grams will be delivered on Tuesday November 28th for Giving Tuesday.



Program Spotlight



Putter Pool

Do you enjoy playing pool? Do you enjoy mini putting? Well, let's combine the two! Come join us for a game of putter pool in the social club.

Let's Play Wii: Computer Golf

Join us for a simulated game of golf; playing 9 holes with the Wii computer game on the large screen TV in the social club.

Family Feud

Come on down to the Hobby Shop, join a team to face off against each other to determine the top answers to popular surveys.

#ElderWisdom Podcast

New program alert! Join our listening party followed by a discussion group. The #ElderWisdom Podcast welcomes Residents onto their platform from various Schlegel Village's to share their wisdom and offer advice. Let's learn together.

Bazaar Crafts

We have various different craft programs on the calendar leading up to the Bazaar, and we need your help! Please join us as we continue to prepare for our annual Christmas Bazaar.

In my October 2023 article entitled *Artificial Intelligence* I referred to my exchange with McMaster teacher bow AI can help students to “think things through” rather than simply copy answers from ChatGPT.

My alma mater, University of Toronto in their Autumn 2023 graduate magazine, provides a helpful and quite understandable piece entitled *Education is evolving in the age of AI* that will warm the hearts of our retired-teacher residents.

The message is AI will help instructors and their students adapt and innovate, just as they have done time and time again during the many decades since our early school days.

The UofT article presents several examples of how AI has been develop-ed for different departments and courses at their different campuses. Residents who wish to have a copy can contact me at n.stefnitz@cogeco.ca or at 289-636-1524.

This positive educational application of AI runs parallel with my own belief that AI allowed to the investment profession can assist not replace the qualified portfolio manager and research analyst.

A wealth of guidance on AI uses in those two investment functions is provided by the CFA institute. Residents need not be worried if their professional investment adviser adapts with AI. Of course, advisers who do not will be left behind and clients should know that.

But some caution about AI is appropriate. I receive worried resident feed-back after my October Tansley Times article. Just a word of reassurance is appropriate. Yes, AI is capable of doing bad things in bad hands. That is why many governments, including Canada’s, are developing protective legislation to safeguard against consumer and corporate harms.

Stay tunes.

Norm Stefnitz, CFA

THE GAP

Now – there's a word with meaning for each of us – so many different options possible! Sometimes, discretion is needed and can often make the difference in decision-making. I remember hearing ads for THE GAP clothing store! Good imagination – and a drawing card – if you were looking for something different – of course – appealing to the younger crowd! So gap means space, and looking for a person, place or thing to fill the void!

Traditionally, it means something missing – from a communication memo, a computer email, a conversation, or even needed material to finish or move on with a particular project. In any case, it usually means that the present circumstance is frozen, due to inadequate information – the gap – something missing!

This puts the issue in the laps of the people or persons in charge. The response belongs to those in positions of responsibility or authority. On reflection – this could fall to any of us – and it is likely that we each have a story to tell – or many stories of our own unique experiences!

Individuality is such a variance in all that happens, so the same applies to our reactions. What a powerful resource of possibilities, when it is our turn to fill 'the gap' – the one thing that makes the difference, and allows continued motility. The challenge is to find the missing link – thus enabling things to keep on moving forward.

Change demands the very same response, because there is a gap of some kind when we are met with change! Just sayin'! ©judystefnitzjune2023.





SOUMBOS
OSTEOPATHY

Move Well. Feel Well. Live Well.

Soumbos Osteopathy Live Workshop

When:

November 8th at 3pm

Where:

Fergusson Town Hall

Who:

All residents and team members are welcome

Itinerary:

- ☒ **Learn about Osteopathy and how it can help**
- ☒ **Observe an Osteopathy live demonstration**
- ☒ **Q&A session**

See you there!

Happy November Tansley!

November is Falls Prevention Month! A fall can happen to anyone, but as we get older, our risk of falling increases. While falls are always a risk, there are many ways to avoid falling altogether! The first step is knowing the risk factors, and learning how to work against them.

RISK FACTORS

Here are some risk factors which can increase the risk of having a fall:

- **Age** – the risk of falling is higher as we get older
- **Environment** – a cluttered environment or a bumpy path are examples of a higher risk environment
- **Pre-Existing Medical Conditions** – some medical conditions may cause muscle weakness or balance issues

POTENTIAL OUTCOMES

Having a fall may result in some serious and unfortunate outcomes. It is always best to play it safe to avoid getting hurt! Here are some of the potential injuries that may result from a fall:

- Bumps and Bruises
- Skin Tears
- Head Injuries
- Fractures

FALLS PREVENTION

While falls can happen to anyone, here are some steps we can take to prevent potential falls:

- **Assistive Devices** – Using an assistive device such as a cane or a walker can help with balance
- **Plan Ahead** – Looking for potential obstacles which may be a tripping hazard, and taking your time to walk slowly and carefully
- **Exercise** – Using exercise to strengthen your muscles
- **Sleep** – Be sure to get enough sleep!
- **Proper Footwear** – Wearing appropriate footwear that is sturdy and fits well
- **And Many More!** – Nutrition, hydration, proper eyeglasses and hearing aids are all ways to prevent falls

Stay Active,

Your PAL Team

November Word Search

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

Soldiers, November, Leaves, Dessert, Cranberry, Winter, Thanksgiving, Gratitude, Squash, Stuffing, Fall, Natives, Autumn, Veterans, Windy, Turkey, Hero, Feast, Snow, Pride, History

Fall Word Scramble

BEREVOMN

TNAIIGKNSVGH

ATSVERNE

DINYW



November, Thanksgiving, Veterans, Windy



FACTS:

Many of you know that I live in Independent Living. This is the start of some suggestions for you.

Because of the possibility for mold in your washing machine – particularly if it is in a separate room, the suggestion is to leave the entry door, the washing machine door, and the soap container open all the time that it is possible. Also, one can put a cloth hanging over the front of the open washing machine – there is a tendency, because sometimes soap and/or water collects there in the rubber area, for this to have mold on it.

Why is land called Real Estate? ...from Now You Know Volume 4

Real estate is a piece of land that includes the air above it, the ground below it, and the buildings and structures on it. The term was first used in 1666 England. In 1670 the word *realty* surfaced to mean the same thing. *Real* means “actual” or “genuine”, and “*estate*” of course, means “property”. Real estate became a legal term to identify a royal grant of estate land from the king of England. In England, a real estate broker is called a land agent.

FUNNIES by Phyllis Diller:

Housework can't kill you, but why take the chance?

Best way to get rid of kitchen odours: Eat out.

REFLECTION ON INSITEFUL TRUTHS FROM CHINA

from Chinese Proverbs for Today's World.

When drinking water, remember its source.

Do no favors for their rewards.

See you next month

Wendy de Jaray



- Shirley Duncan
- David & Brenda Symes
- Ruth Shorten
- Barbara Wood
- Elizabeth Wylie
- Stuart Kelman
- Berneice Wright
- Jo Waring
- Darlene Hastings

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

- Ralph Weston
- Joyce Weston
- Vilma Gallina
- Ronald Butcher



Catch a shooting star at the Village of Tansley Woods!

Shooting Star!

Who – Ronnie Girl

When – Lunch and always

Where – Dining room

What Stood out to You – A thinking caring person

Shooting Star!

Who – Matthew

When – Everyday

Where – Throughout the Village

What Stood out to You – His 100% effort everyday

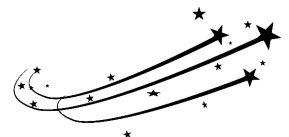
Caught a shooting star?

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 at the bulletin board.

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





Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

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

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 Thursdays and Fridays 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.

Lotus Pharmacy

Perfection in Pharmacy Practice - Purity in care

Located on Main Street beside

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 – 2 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

Nurse Practitioner

Dental Hygienist

Physiotherapy

Osteopathy

Massage Therapy

Chiropody/Footcare

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

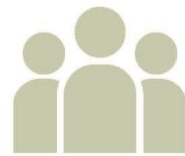
Schlegel Villages – **CONNECTIONS**

2023 OPERATIONAL PLANNING



GENIUS of the &

PEOPLE • CARE • QUALITY



As an organization, Schlegel Villages is extremely grateful to have hosted some 500 leaders, team members and residents for our annual Operation Planning Retreat in early October. This time together is meant to inspire us to harness our collective energy in the quest for improvement in the service of residents and families. The three themes of People, Care and Quality focused our minds on attracting and retaining the best and brightest of team members, learning from our residents on what excellent care truly looks like, and refocusing on quality improvement.

If you look to our website under schlegelvillages.com/village-voice-stories you'll find stories that connect to Operational Planning and much more.

Spotlight on Tejal Patel

Did you know that 50 per cent of older adults don't take their medications correctly? It might sound surprising, but older adults take 7-9 medications a day on average, and there are often special rules to follow, like taking pills with or without food, in the morning or at night, and once or several times per day, just to name a few. Some pill bottles are tricky to open, and some pills are hard to swallow.

All these factors and more can make it tough to take medications as prescribed.

This is where Tejal Patel, the RIA's new Schlegel Specialist in Medication Management and Aging, comes in. She's been a pharmacist for over 25 years, specializing in health conditions that affect older adults.

What inspired you to pursue your research?

Early in my career, I saw that there wasn't enough research on how pharmacists can best manage medications for older adults with conditions like Parkinson's, epilepsy, stroke, and dementia. This gap in knowledge inspired me to find solutions to common medication problems, such as taking too many medications, interactions between medicines, and using the wrong ones.

What is the main focus of your current research?

I'm working on ways to make it easier for older adults to take their medications correctly at home.

We know there are challenges, like finding the motivation to take pills, opening difficult pill bottles, and dealing with memory issues. With all these complexities, it's not always easy to stay on track.

We're developing strategies that help not only pharmacists and doctors but also older adults themselves manage their medications effectively at home.

How do you ensure older adults and their care partners are involved in your research?

Our approach emphasizes the involvement of older adults. I always ask if they're interested in helping with studies.

In one of our recent studies, we invited older adults with dementia and their care partners to help us come up with research questions based on their own experiences and needs. In one of our studies, two older adults are considered co-investigators and help with every part of the study, including interpreting results and sharing knowledge gained. We invited them to present the results alongside us at conferences.



Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on research participation opportunities, events and helpful resources.

Important Information—RH Directory 905-336-1714

General Manager	Jo-Anna Gurd	Ext. 1877
Assistant General Manager	Preyana Ramratan	Ext. 1878
Wellness Coordinator		Ext. 1882
Wellness Coordinator	JP Kaur	Ext. 1703
Neighbourhood Coordinator East	Mark Fletcher	Ext. 1881
Neighbourhood Coordinator East 2nd floor	Porscha Hewitt	Ext. 1896
Neighbourhood Coordinator West	Marlene Graham	Ext. 1702
Neighbourhood Coordinator West 2 nd Floor	Alex Ayala	Ext. 1705
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-Ruitenber	Ext. 1876 Ext. 1701
Administrative Assistant		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	Ext. 1997
Volunteer Coordinator	Sharon Montgomery	Ext. 1960
Social Worker	Kurtis Wilson	Ext. 1892
Village General Store		Ext. 1986
Riverstone Spa		Ext. 1924