



Hello, November

The Tansley Times
Issue No. 90

November 3rd

3:00 Happy Hour: Sing A Long - CC

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November 4th

3:00 Brent Meidinger Performs - TH

...

November 7th

3:00 Laughter Yoga - TH

...

November 8th - **Diwali**

1:30 Warplane Heritage Museum Outing

...

November 10th

10:00 Soap Making with Lindsay - MS

3:00 Ron Tansley Performs - TH

...

November 11th - Remembrance Day

**10:30 Remembrance Day Ceremony - Town
Square**

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November 13th - Christmas Decorating Day!

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November 14th

3:00 Pickle Social - CC

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November 16th

3:00 Blue Eyed Bill Performs - MS

...

November 18th

10:00-3:00 Christmas Bazaar!

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November 21st

12:00 Diner's Club: Chinese Food

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November 22nd

1:30 Dimitri's Outing

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November 24th

3:00 Happy Hour: Bingo - CC

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November 25th

3:00 Gerry Larkin Performs - TH

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November 29th

1:30 Mall Outing



November

By Amy Lowell

The vine leaves against the brick walls of my
house,
Are rusty and broken.
Dead leaves gather under the pine-trees,
The brittle boughs of lilac-bushes
Sweep against the stars.
And I sit under a lamp
Trying to write down the emptiness of my
heart.
Even the cat will not stay with me,
But prefers the rain
Under the meagre shelter of a cellar window.

Welcome to our new Residents:

John Nevans
Alex Oleander
Margaret Paisley
Frank Sills
Giuseppina Cerminara

welcome

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

Ed Cooke
Teresa Cjornobaj
Diane Gibb
Billie Houlgrave
Larry Hoy
David Perry

*Rest
in
Peace*



Shirley Arthur

Marilyn Bertrand

Marlene Evans

Theresa Naccarato

Stan Smalinsky

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

The Giving Tree

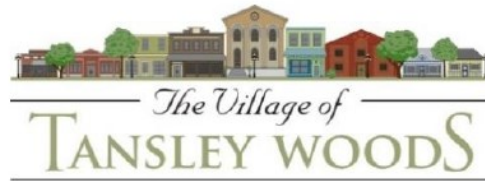
This year, we will be collecting donations to be able to give gifts to all our residents this Christmas. Our Giving Tree will be set up on Main Street starting Monday, November 13th.

On the Giving Tree, you will be able to see “ornaments” describing the gifts we are hoping to collect such as body wash, pajamas, slippers, and more. Cash is also accepted.

If you wish to donate, please take the ornament with the gift you wish to donate. Once you have acquired the gift, please hand it in directly to a Recreation Team member with the ornament included. If you wish to donate the cash amount instead, please provide it in an envelope with the ornament as well.

We are excited for this upcoming holiday season!





Newsletter

To: Tansley Woods – Residents, Families, and Team Members
From: Navdeep Kaur Grewal
Date: Wednesday, November 1st 2023
Re: Newsletter LTC

Dear Residents and Families,

Hope everyone is enjoying the colors of Fall!!!

Here are some highlights from October and some upcoming events in the village:

All families please note that we are looking for new chiropodist. Please feel free to connect with Christine at the front desk or extension 1801 to book an appointment for loved one at the Health Centre located in retirement for the time being.

Introducing The Smile Room as our new dental services. If you're interested in upcoming clinics, please reach out to Christine at christine.gomisa@schlegelvillages.com

We have hired our new Director of Nursing Care who will be with us for six months to cover an extended maternity leave. Renny Sunny will be trained over the next few weeks by our very own Gina Yukich. You can reach him in the DNC office at extension 1815.

Our CARF results are available and will be shared with Family Council and Resident Council.

Flu shots for residents were given on October 11th. We will be reaching out for consent to provide COVID boosters to residents soon.

Flu shots for team members were held October 27th and there will be another clinic on November 1st.

As we promote and support diversity, we celebrated World Food Day on October 16th. We are going to celebrate Diwali on November 8th with a variety of activities throughout the day!

Upcoming events include Remembrance Day and our Christmas Bazaar. The Remembrance Day Ceremony will be held on November 11th at 10:30AM in Town Square. Our Christmas Bazaar is taking place on November 18th from 10:00-3:00PM.

Please be safe as the cold weather is coming and so as flu season. Please get your vaccinations for COVID and flu if possible.

As we head into flu season, keep washing your hands and stay safe and healthy!

Navdeep Kaur Grewal

Interim Assistant General Manager

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 Operational 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.

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.



BUILDING BALANCE



PERFORM EACH EXERCISE 10 TIMES AND REPEAT TWICE ON EACH LEG
TO BUILD LEG STRENGTH AND IMPROVE YOUR BALANCE!



HIGH KNEES



SIT TO STAND



BACK LEG RAISES



SIDE LEG RAISES



SINGLE LEG HOLD FOR 10-20 SECONDS



TOE RAISE TO HEEL RAISE



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.



Our emergency code education continues! For those of you reading this article for the first time, our goal here is to provide education and awareness regarding the Emergency Procedures in the Village. We have various policies/procedures in place which outlines the actions required in the event of an emergency (i.e., Flood, Missing Resident, Fire, etc.).

The focus in October was **CODE BLUE = CARDIAC ARREST**, which is a resident focused policy. This policy is applicable if a resident has a cardiac event. If a team member or visitor experiences a cardiac episode our Medical Emergency Policy and Procedures would come into effect.

When moving into the village, and at least annually following, the resident's wishes are discussed. This is a conversation between the Resident/POA and the care team. Based on these wishes, the village will either initiate CPR if/when appropriate, or do not resuscitate. The village supports these decisions and follows the resident/POA's wishes. In the event of a cardiac episode, the team will act according to this assessment. CPR training is available to team members on an annual basis, and all registered team members complete each year.

Our "Medical Emergency" policy is applicable to any medical concerns with a team member or family, including but not limited to cardiac events. This may include any type of medical attention required. The team will utilize the emergency services in the community if applicable (i.e., paramedics) as well.

This is a brief summary of each of these policies, but we want to raise aware they exist, and the team is trained to respond.

Please stay tuned for the emergency codes in November, which are Code Purple (Intruder) and Flooding.

If you have questions about any of our emergency procedures, please don't hesitate to reach out to our Environmental Leaders!

Thanks, and see you next month,

Asher, Carrington & Charlie

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
Quini Labuguen-Paggao	Assistant Director of Nursing Care	1875
Kyle Goodwin	PAL Coordinator	1814
Staci Todd & Liz Cheong	RAI/QI	1893
Renny Sunny	Acting 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