Hello,

January

The Tansley Times
No. 92
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 1</td>
<td>New Years Day Pajama Day</td>
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<tr>
<td>January 3</td>
<td>2:00 Burlington Bowl Outing</td>
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<tr>
<td>January 4</td>
<td>12:00 Diner’s Club: Fish &amp; Chips - Ruby</td>
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<tr>
<td>January 6</td>
<td>1:30 Women’s Conference - TH</td>
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<tr>
<td>January 10</td>
<td>11:30-1:00 Spaghetti Fundraiser for Alzheimer’s - TS</td>
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<tr>
<td>January 11</td>
<td>1:30 Burlington Mall Outing</td>
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<tr>
<td>January 13</td>
<td>3:00 Elvis (Ron Tansley) Performs - TH</td>
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<tr>
<td>January 17</td>
<td>11:15 Studebakers Lunch Outing</td>
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<tr>
<td>January 20</td>
<td>3:00 Jay Franco Performs - TH</td>
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<tr>
<td>January 21</td>
<td>World Religion Day/Hugging Day</td>
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<tr>
<td>January 24</td>
<td>Bell Let’s Talk Day Wear Blue!</td>
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<tr>
<td>January 25</td>
<td>Robbie Burns’ Day</td>
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<tr>
<td>January 27</td>
<td>10:30 Robert Burns Poetry Reading - CC</td>
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<tr>
<td>January 30</td>
<td>3:30 Brent Meidinger Performs - TH</td>
</tr>
<tr>
<td>January 31</td>
<td>National Hot Chocolate Day</td>
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<tr>
<td></td>
<td>2:00 Scenic Drive Outing</td>
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January Mist

By Sandra Fowler

Sometimes at night I hear small birds lament.
   Dark notes that seem to second moon's descent.
       Cold is the color of a deep regret,
           An etude perfected by winterset.

   The world was music and it turned us round.
   Stirred by the subtle atmospheric sound,
       You gently sketched a snowflake on my face
           Which shall be mine till light has left this place.

   Such solace has the power to outlast time,
       To lock a small bird's elegy in rhyme.
   Somewhere beyond the January mist,
       The magic of our landscape still exists.

Welcome to our new Residents:
   Christine Fowler
   Anthony Nusca
   Josefina Bergantinos

To remember those who have passed
   away in the village you will find a
   memorial poster next to our chapel.
   Marcel Raaymakers
   Henry Paulencu
JANUARY BIRTHDAYS

THE TANSLEY TIMES

Nic Aiello  Mary Mathews
Roger Arscott  Sandra Patterson
Sofia Bender  Henry Paulencu
Lucjan Bil  Gino Santucci
Eileen Canham  Joan Sharpe
Helen Craig  Margaret Standen
Janice Daniels  Bill “Sully” Sullivan
Ena Fleming  Orma Walls
Mara Frank

“May the joy that you have spread in the past come back to you on this day. Wishing you a very happy birthday!”
$5 Spaghetti Fundraiser for Alzheimer’s
Wednesday, January 10th
11:30-1:00

January is Alzheimer's Awareness Month! Proceeds go to Alzheimer Society

Pick-up in Town Square
Payment upon arrival

Choice of bolognese or marinara sauce

Gluten-free noodles available
FROSTY DAYS, HYDRATION WAYS

STAY HYDRATED & STAY HEALTHY

Even cold weather can cause dehydration due to moisture loss from breathing in dry air, bodily functions, and increased urination for heat preservation. In winter, hydration is important even if you're not thirsty since you have reduced thirst sensation, which doesn't necessarily indicate proper hydration.

Staying hydrated throughout winter can help:
- The immune system, preventing infection!
- Control your body temperature
- Maintain your blood pressure
- Physical & Mental Performance
- Protect your joints & organs
- Mood

Consume healthy hydrating foods and warm beverages:

- Warm Low-Fat Milk
- Herbal Tea
- Oatmeal & Cereal
- Yogurt
- Soup
- Fruit
- Apple Cider
Happy new Year

A new year is upon us and Schlegel Villages looks ahead with great enthusiasm to our ongoing mission-driven growth plan.

To offer a glimpse of what that growth entails, in 2024 we will open the third and final phase of the redevelopment at The Village of Winston Park in Kitchener with revitalized space for 64 additional residents. We’ll also see great progress in the construction of four new Long-Term Care (LTC) Villages in Milton, Ajax, Ottawa and Stouffville and we expect to see new construction begin in additional communities.

*All drawings on this page are conceptual renderings. Actual views may vary and cannot be guaranteed.
Our people

Our goal has always been to bring our mission to more people across the province, and it’s exciting to have the privilege of doing so in 2024 and into the extended future.

Throughout our growth, we remain committed to honouring our values and preserving the culture that defines us.

Our growth plan is about people and each of our Villages and our leaderships teams will continue to work hard to attract the best new team members while also nurturing the ambitions of our existing team members as they grow into new opportunities.

As we think about our team members and the great work they do, residents and families can help us acknowledge their dedication.

If you want to recognize someone in your Village or neighbourhood who lives our culture and helps brighten the days of others, please let us know.

WE WANT TO HEAR FROM YOU!

communications@schlegelvillages.com
HAPPY NEW YEAR 2024

I would like to share some recipes to boost your mood in 2024!

LIGHT IN THE DARK

In these dark winter months, we can tend to feel a little down. A lack of sunlight, and the vitamin D that goes with it, can affect our mood. December 21, the Winter Solstice, may be the shortest day of the year, but it’s also the day after which everything begins to get brighter. To welcome the sun, embrace foods that celebrate the triumph of nature – which, even in winter time, offers up a bounty of mood – boosting foods for a Winter Solstice celebration.

SELCARE TOOLBOX

Know yourself.
Recognize your social preferences.
Prioritize.
Cultivate healthy boundaries.
Use stress busters.

STRESS BUSTERS

Identify what helps you be centered, rested, and clear-headed. Here are some things that may help:

*Meditation*  
*Hot bath*  
*Nature walks*  
*Sipping Fragrant tea*  
*Napping*  
*Yoga or tai chi*  
*Listening to music*  
*Journalling*

Maggie Jakab
Food Services Manager
Common views and facts about dementia

This is a resource developed together with care partners of people living with dementia.

View 1: Dementia is a normal part of aging.
Fact 1: Dementia is not a normal part of aging.

The risk of developing dementia increases as you age, however many people do not develop dementia. It is a good idea to speak to your doctor if you are concerned about any changes with your memory, thinking or functioning to rule out other causes for the changes you are experiencing.

View 2: People with dementia are victims who are suffering and are incapable.
Fact 2: Many people with dementia are capable, content, and happy.

People living with dementia are often shown on television as powerless, incapable and dependent. But while people may experience sadness, uncertainty, and fear after being diagnosed, many adjust to the diagnosis and live fulfilling lives.

Care partners and others can help by acknowledging their feelings, reminding them of their abilities and value, and treating them with dignity and respect.

View 7: There is nothing that can be done for people living with dementia.
Fact 7: There are many treatments and strategies that can help to slow progression and manage symptoms.

While there is not a cure for dementia, there are treatments and strategies that can improve quality of life. There are medications that may help slow the progress of dementia, memory strategies, healthy lifestyle choices, and music, speech, and occupational therapies that can support well-being.

View 4: People living with dementia cannot learn new things.
Fact 4: People living with dementia can continue to learn!

Some types of dementia may impact a person’s short-term memory. They may not remember things that happened recently, and it can also take more time to learn new things. However, it is possible. For example, a person living in a care setting may remember their seat in the dining room, develop familiarity with a particular staff member, or learn the rules to a new activity.

Some strategies that may assist with learning something new are: taking your time, using a pencil and paper to take notes, and asking for help when needed. Care partners can provide support by repeating information as often as needed, providing encouragement, and assisting the person living with dementia when required.

To find more resources about dementia, visit www.forwardwithdementia.ca
Dear Residents and Families & Team members,

I hope everyone is looking forward to the New Year and fresh beginnings!

November and December 2023 saw the Village of Tansley Woods honoring departed residents with memorial services and hosting a festive Christmas bazaar. We also held an elegant Christmas dinner, the first in four years! We navigated through various outbreaks including COVID and gastro. Despite those challenges, we wrapped up the year successfully, braving both highs and lows. Also, we completed RSV vaccination on Dec 27th we still encourage the families to bring forth the consents we will be conducting more clinic for resident in January moving forward.

As we step into January 2024, we welcome the New Year with open hearts, eagerly anticipating opportunities to enhance our services throughout the year. This month marks Alzheimer’s awareness, and our recreation team has planned activities dedicated to this cause.

On January 10th, we’ll host a $5 Spaghetti Lunch from 11:30 am to 1 pm in Town Square to raise money for the Alzheimer’s Society. Additionally, we’re initiating improvement projects by replacing bath tubs in two of our neighborhoods. New wheelchair bikes have been procured to allow residents to enjoy the outdoors and bask in the sunlight this coming Spring and Summer. Fall prevention measures have been enhanced with the acquisition of more equipment, aiming to reduce fall-related injuries in the coming year. Furthermore, the flooring update in the Bronte neighborhood was successfully completed in December, and the Living In My Today galleries in the south tower are nearing completion. We are also introducing a new pet bird to enhance resident engagement!

We invite all families to take part in the Family Quality of Life survey, emphasizing that participation is voluntary and anonymous. Results will be shared through Residents’ and Family Councils once the survey concludes, providing valuable insights. Access the survey electronically through the provided web address or by scanning the QR code with a smartphone or tablet available at the village office. Should you need assistance, feel free to reach out to the Village for support.

**Complete electronically: Enter the following web address into your browser:**
https://schlegelvillages.qolpro.com/surveys/family

If you require assistance, please contact the Village.

With the cold weather and flu season approaching, it’s important to prioritize safety. If feasible, consider getting vaccinated against COVID and the flu. Keep practicing good hand hygiene and take care to stay healthy and safe.

Wishing you a happy New Year 2024 —May you remain healthy and safe throughout!

*Navdeep Kaur Grewal*  
Interim Assistant General Manager
<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brett Kelly</td>
<td>Assistant Director of Nursing Care</td>
<td>1884</td>
</tr>
<tr>
<td>Christine Gomisa</td>
<td>Administrative Assistant</td>
<td>1801</td>
</tr>
<tr>
<td>Carrington Milne</td>
<td>Assistant Director of Environmental Services</td>
<td>1809/1856</td>
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<tr>
<td></td>
<td>Director of Quality &amp; Innovation</td>
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<tr>
<td>Charlie Burns</td>
<td>Assistant Director of Environmental Services</td>
<td>1809</td>
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<tr>
<td>Grace Castro</td>
<td>Resident Support Coordinator</td>
<td>1808</td>
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<tr>
<td>Jai Shankar</td>
<td>Neighbourhood Coordinator Bronte &amp; Appleby</td>
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<tr>
<td>Jessica Barlas</td>
<td>Neighbourhood Coordinator Nelson</td>
<td>1806</td>
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<tr>
<td>Joanna Gurd</td>
<td>General Manager</td>
<td>1877</td>
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<tr>
<td>Maggie Jakab</td>
<td>Food Services Manager</td>
<td>1811</td>
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<tr>
<td>Nehal Dave</td>
<td>Physiotherapist</td>
<td>1853</td>
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<tr>
<td>KerryAnn Greenwood</td>
<td>Neighbourhood Coordinator Brant &amp; Oaklands</td>
<td>1848</td>
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<tr>
<td>Laura Burmazovic</td>
<td>Nurse Practitioner</td>
<td>1966</td>
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<tr>
<td>Navdeep Grewal</td>
<td>Interim Assistant General Manager</td>
<td>1803</td>
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<tr>
<td>Kyle Goodwin</td>
<td>PAL Coordinator</td>
<td>1814</td>
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<tr>
<td>Staci Todd &amp; Liz Cheong</td>
<td>RAI/QI</td>
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<tr>
<td>Renny Sunny</td>
<td>Interim Director of Nursing Care</td>
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<tr>
<td>Trish Holmes</td>
<td>Recreation Supervisor</td>
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<tr>
<td></td>
<td>Nelson Nurse</td>
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<tr>
<td></td>
<td>Brant Nurse</td>
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<td></td>
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<tr>
<td></td>
<td>Appleby Nurse</td>
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<tr>
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<td>Bronte Nurse</td>
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<tr>
<td></td>
<td>Riverstone Salon &amp; Spa</td>
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<tr>
<td></td>
<td>Health Centre</td>
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</tr>
<tr>
<td></td>
<td>Pharmacy</td>
<td>1924</td>
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