




# February

## Tansley Times

Issue No: 93



## February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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		

# Village Entertainment

Date	Time	Entertainer	Location
February 6	3:00 PM	Stephen Miller	Emma's East / Egerton
February 8	3:00 PM	Notables	Emma's West
February 16	7:15 PM	Dave Thierry (Pianist)	Fergusson Town Hall
February 18	7:15 PM	Ronnie Moos	Kilbride Arms Social Club
February 19	7:15 PM	Alchemy Unplugged	Fergusson Town Hall
February 28	3:00 PM	Gerry Larkin	Fergusson Town Hall



# February Special Events

## **February 5—Art Show**

Join us for an afternoon art show in conjunction with the Burlington Fine Arts Academy (BFAA). Observe various displays of artwork completed by both our Residents & members of our community who are apart of the BFAA.

## **February 10—Chinese New Year**

Join us in the Social Club to celebrate Chinese New Year & to learn about the history of this significant holiday!

## **February 13-Mohawk College Therapy Assistant Students presents “Independent-Living Resource Fair” in collaboration with Brant Arts Mobility**

Please join us in the Fergusson Town Square from 3 - 4:30 pm to visit the students and learn more about how equipment and technology options can support our independent living.

## **February 13—Pancake Tuesday**

We are going on a hunt for Pancakes! Join us for a pancake themed scavenger hunt on Tuesday February 13th, beginning at 2:15pm sharp!

## **February 14—Valentines Day & Gilbert’s Birthday!**

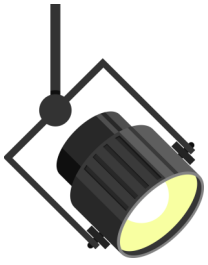
You are encouraged to wear red or pink on this day to celebrate Valentine’s Day! As well, you are invited to come out to help us celebrate our furry friend Gilbert’s Birthday! Join us at 3pm in the Senior Centre for the best birthday party for a dog you have ever seen!

## **February 28—Pink Shirt Day**

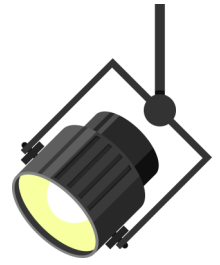
Please support this annual event against bullying by wearing a pink shirt on Wednesday February 28th.

## **February 28—Sock Hop**

Join us for an evening of poodle skirts, dancing, and all the hottest tunes from the 50’s & 60’s! An event you will not want to miss, let’s all go to the hop!



# Program Spotlight



## **February Birthdays Celebration**

For all who celebrate their birthday in February! Join us for a small get together to recognize all who are celebrating this month. Look on the calendar for the celebration on the last Tuesday of the month.

## **New Comers Coffee Social**

We are excited to offer this new social which will take place on the second Monday of each month! New Residents will receive an invitation to join us in The Ruby to meet their peers and members from the Leadership Team over coffee! We invite all, but ask those who do not receive an invite to simply sign up in the binder outside the Village Office.

## **LWDL (Ladies Who Do Lunch)**

We are a gathering of ladies who would like to meet our neighbours and to share our interests and laugh at our stories. There is no agenda—other than friendship and buying ourselves lunch at the Ruby on the first Thursday of each month. This is an open invitation to all our Tansley Ladies. Please call the Ruby and place your name and suite number on the reservation list at least 24 hours prior.

## **Cupid's Tree**

To celebrate Valentine's Day this year we will be displaying Cupid's Tree on Main Street. We will be hanging photos from the tree to display our Residents & their loved ones. If you would like to submit a photo for Cupid's Tree, please email it to [olivia.thompson@schlegelvillages.com](mailto:olivia.thompson@schlegelvillages.com) and include your name in the subject line.

## **Valentine's Day Tea**

This program requires sign-up! Sign-up sheets can be found in the white binder outside the Village Office and sign-up is based on a first come first serve scenario. We invite you to a Valentine's Day Tea in the Hobby Shop!

## Catch a shooting star at the Village of Tansley Woods!

### **Shooting Star!**

**Who**– Melanie

**Where** – Emma's Neighbourhood

**What Stood out to You** – She speaks in a loud, clear cheery voice whenever she speaks to my family member. She also chats with our family when they are in the suite visiting. She brings joy by all her fun bright clothing and shoes.

### **Caught a shooting star?**

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

### **Shooting Star!**

**Who**– Jared

**When**– Everyday

**Where** – Egerton

**What Stood out to You** – Jared is kind and courteous, He works hard to ensure the areas he is responsible for are clean and in order. Thank you for all you do!

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

**Forms are available at the bulletin board.**

### **Shooting Star!**

**Who**– Karin

**Where** – Front Desk RH

**What Stood out to You** – Karin is working hard to learn her new role. She is kind and friendly to all that approach the front desk and is always willing to help when I have a concern.

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



## February Word Search

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

Valentine, Super bowl, Chinese new year, Unicorn, Aquarius, Chocolate, Cupid, Winter, Roses, Venus, Aphrodite, Eros, Black History, Candy, Flowers, Kisses, Hugs, Sweater, Togetherness, Lincon.

## Winter Word Search

FRUARYEB  
ENESNTIVAL  
RAUUIQAS  
CRNMOEA  
RSSEO

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February, Valentines, Aquarius, Romance, Roses

## Happy February from Soumbos Osteopathy!

This month Andrew will be hosting a free Osteopathy Workshop for all residents!

**Date:** Wednesday February 7th at 3pm

**Location:** Ferguson Town Hall

### Itinerary:

- What is Osteopathy?
- How can Osteopathy help?
- What makes Osteopathy unique?
- How to incorporate Osteopathy?
- Osteopathy demonstration
- Q&A

See you there!



SOUMBOS  
OSTEOPATHY

Move Well. Feel Well. Live Well.



I thought the world was cold in death;  
The flowers, the birds, all life was gone,  
For January's bitter breath  
Had slain the bloom and hushed the song.

And still the earth is cold and white,  
And mead and forest yet are bare;  
But there's a something in the light  
That says the germ of life is there.

Deep down within the frozen brook  
I hear a murmur, faint and sweet,  
And lo! the ice breaks as I look,  
And living waters touch my feet.

Within the forest's leafless shade  
I hear a spring-bird's hopeful lay:  
O life to frozen death betrayed  
Thy death shall end in life to-day.

And in my still heart's frozen cell  
The pulses struggle to be free;  
While sweet the bird sings, who can tell  
But life may bloom again for thee!



- Nina Truscott
- Heather Van Fleet
- Ruby Farmer
- William Labanich
- Jerry Sproat
- Angelica Trevisan
- Margaret Stewart
- Marge Federico

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

- Bianca Reggi
- Harry Halsall
- Laurene Unsworth
- Peter Brinjak
- Anne Marie Parker



# Schlegel Villages – **CONNECTIONS**

SCHLEGEL VILLAGES ACKNOWLEDGES

# **BLACK** **HISTORY MONTH**

The roots of Black History Month are found in the remarkable legacies of two men whose contributions to black history are monumental. Frederick Douglass was born into slavery on a February day in 1817 or 1818 – there was no official record but he wrote that he marked his birthday as the 14th of February because his mother always called him her “little Valentine.” Douglass would become one of the most powerful abolitionist voices in history when he became a free man, and his speeches and writings offer an incredible first-person account of the struggles of history.

Abraham Lincoln, who was born on February 12, 1809, is immortalized in history in large part because the emancipation proclamation he signed in 1863 was a major catalyst for the official end to slavery in the United States.

Black communities in the United States began to celebrate the contributions of these two titans of history on their birthdays, and eventually Black History Month would be recognized in February in the United States and beyond.

Equality has been an elusive ideal, however, and within our Villages we have residents and team members who continue to represent the black community with distinction in all they do. We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.

## Living safely with new in-home health monitoring technology

Imagine a future where your home could monitor your health and daily activities without cameras or needing to wear a device. There was a time this idea only existed in science fiction, but researchers at the University of Waterloo and the RIA have developed a new system that can do just that.

The team of researchers, led by George Shaker, PhD, adjunct associate professor, University of Waterloo created a state-of-the-art facility at the RIA that allows researchers to test technology solutions designed to help older adults take control over their health and well-being.

The Monitoring, Intervention, and Response for Aging Demo Apartment (MIRADA) is a space where researchers can study and demonstrate advanced monitoring systems to help address the unique challenges faced by aging populations.

The research team recently showcased an in-home monitoring system that uses radar sensors and artificial intelligence to detect a person's location and movements within a home without the use of cameras or other devices. The sensor emits low-power radio waves – less than those emitted by a WiFi internet system – that reflect off a person's body. This data can identify specific activities like walking, sleeping, eating, and even falling.

According to Shaker, this technology has exciting potential for health care. "Continuously monitoring



health and activities at home could mean declining health is noticed earlier," he explained.

Quick fall detection in any living space can save lives. The technology can also monitor bathroom visit frequency and duration, which provides insight into hydration and medical conditions, such as urinary tract infections.

Beyond falls and bathroom monitoring, walking information can be monitored. Walking changes often occur before health decline, and with this system, walking is measured daily rather than once in a while during clinic visits. Doctors can use the system to track small changes, triggering a closer look when needed.

This system offers an exciting glimpse into how wireless sensing and artificial intelligence could support healthier living. While further research is still required, the future looks bright for technologies that enhance care options without invading privacy.

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

## Happy February Tansley!

### Preventative Health Awareness Month

February is Preventative Health Awareness Month in Canada! It is so much easier to prevent a disease than it is to try and get rid of it. The most important part of preventing an ailment is to understand the risk factors!

Risk factors include age, sex, family history, and lifestyle. Of these risk factors, the only one within your control is lifestyle. Some lifestyle choices which can affect your health are smoking, alcohol consumption, nutrition, and physical activity.

**Smoking** – Tobacco use can be very harmful to your overall health, presenting risks for arthritis, cancer, heart and lung diseases, and diabetes.

**Alcohol Consumption** – While alcohol in moderation can be a nice treat, excessive consumption can lead to many serious health problems such as heart disease, liver disease, digestive problems, and lowered inhibition leading to other challenges as well.

**Nutrition** – Diet plays a large role in overall well-being! Eating too much junk food or not enough healthy food can impact your health. Treats are okay in moderation, but too much of anything can be a bad thing.

**Physical Activity** – Being physically active helps your body function to the best of its ability. By helping our body work as efficiently as possible, we reduce potential complications.

### Heart Month

February is also considered Heart Month! Heart disease is one of the most prevalent issues in Canada. Understanding the risk factors listed above is a great step in preventing potential cardiovascular issues. Take care of your heart!

Stay Active!

Andrew, Caleb, and Megan





## NATIONAL Heart Month ♥ FEBRUARY ♥

The heart is the image of Valentine's Day, and during the month of February Canadians shine a spotlight on the importance of a healthy lifestyle to promote good heart health.

We're proud that we have the Michael T. Sharratt Program for Active Living (PAL) in our Villages as a core signature program, and encourage all residents to take advantage of the experience we have in our PAL teams to help everyone stay active and healthy.



## Numbers or buttons

Numbers or buttons these two words seem to be needed for anything to work these days – so we have to be smart and embrace the changes willingly – or – maybe not so willingly!

Up to you – and the consequences are also up to you! Some things cost money - which can be a barrier as our balance depletes itself – who thought we would live so long!!!

Think about your belly button for starters – it got you here – then the fun started – and here we are! All of us have traveled down many roads to get here – and now we need to move into our world today – full of numbers and buttons!

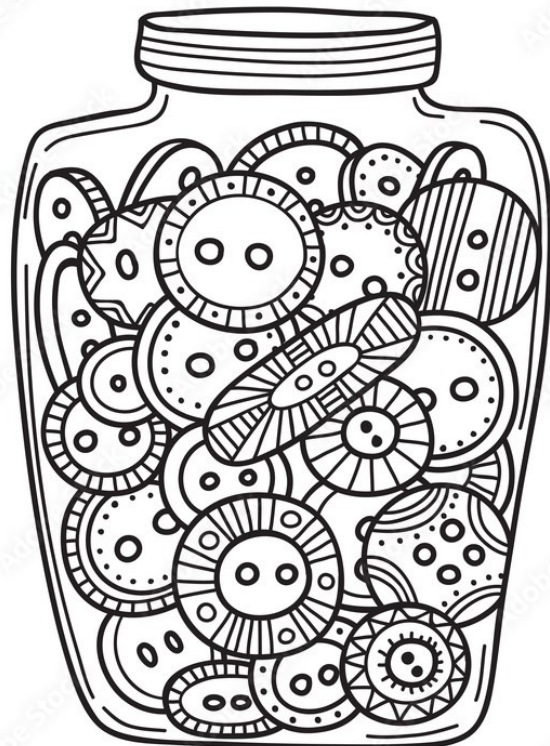
Maybe counting chickens was our first attempt – no buttons needed – but then things got more complicated – and we needed help in deciphering the language, so we could understand how to press the button – but we had to find the button first! Are you with me?

Of course – things become more complicated from there – because now – numbers enter the picture – and they never were my strong point – and may not yours either.

All I'm saying is –that from the simple life of buttons for clothing and games – it has become a pretty hefty life, demanding much from us - and we might find it hard to adjust. And the numbers – well they can really muddy the waters – and need even more effort and attention to learn! Are you game?

Leaving you this month with lots of food for thought – then the decision is yours! Go for it! Just sayin!

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**Your Friendly Banker**

We remember when Canadians held bankers in high regard. City treasurers deposited our taxes in their banks, and the main branch managers shared head office forecasts with key clients.

During the 1970s to 1980s, most of Canada's financial activities were conducted behind four separate pillars: the banks, trust companies, insurance companies and investment dealers. Each specialty grew in line with the expanding baby boomer market.

Then things changed. Globalism drew countries into wider international commerce as exporters and buyers. Ottawa politicians believed it was "in the public interest" that our banks would be large enough to compete internationally. So in 1992, the Canada Bank Act was revised to authorize them to acquire trusts, insurers, fund dealers and brokers, and to provide investment management services. They became an oligopoly.

Our big five banks grew faster by acquiring those businesses than they could grow organically from within. They recruited good people with limited experience to cross-sell their wills, insurance, financial planning, home equity loans and particularly their own mutual funds that generated high fees and commissions but poor returns. It is arguable they no longer serve the public interest.

Now things are changing once again. Our big banks' former primary client base, the aging boomer generation, is outnumbered by their children and grandkids, called Millennials and Generation Z, who don't use banks. They prefer online payments and trading sites and robo advisers. Bank investors are divesting of their mutual funds. Staff layoffs and mortgage and loan losses are rising. The banks appear to have peaked.

An important challenge for our big banks may come from the scheduled 2025 revision of the Bank Act that will cover all federally regulated financial businesses in Canada. Separation of banking from wealth management may result from new legislation, if not from their clients looking elsewhere for unbiased and less costly advisers.

Another risk is stirring – the political drift to autocracies. Populism arose several times in the past when banks were an arm of extremist governments. Investors who are presently advised by Canada's big banks may wish to consider if they will be able to put their clients' interests first.

This abstract is from a pre-publication draft of a book by Priority Plus Consultants Limited. Questions are welcome, at [n.stefnitz@cogeco.ca](mailto:n.stefnitz@cogeco.ca)



**CONNECT the DOTS**  
The Schlegel Villages Customer Experience

# Success Awards

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioned from our Success Awards to the newly designed **CONNECT the Dots Success Awards**.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

## Credo values – award categories



### Know Me means to...

- Understand and anticipate my needs
- Support my WELL-BEING
- EXCEED my expectations
- Make me feel SPECIAL



### Earn Trust means to...

- Demonstrate YOU care
- Take Responsibility for those we serve
- Create a sense of SAFETY AND COMFORT
- DELIVER on your/our promises



### Be Present means to...

- Be PATIENT and practice LISTENING
- Let ME guide the conversation
- ASK me my expectations and needs
- Focus on Me in the moment



### Follow Through means to...

- Show me my concerns are IMPORTANT
- Confirm that I am VALUED as a customer
- Let me know I will be TAKEN CARE OF
- Create MEMORABLE MOMENTS



### Walk in My Shoes means to...

- Hear what I HEAR
- See what I SEE
- Feel what I FEEL
- CONNECT with me

Ballots are due February 23, please either place yours in the box provided or, by e-mailing them to;  
[Pennie.Pryce-Jones@SchlegelVillages.com](mailto:Pennie.Pryce-Jones@SchlegelVillages.com)

Look for additional information posted around the Village and remember to nominate a deserving team member who continuously demonstrates the values of the credo!



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](mailto: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 – 3 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

Dr. Moghaddam-Aerisha - Physician

Nurse Practitioner

Dental Hygienist

Physiotherapy

Osteopathy

Massage Therapy

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

# Important Information—RH Directory 905-336-1714

General Manager	Jo-Anna Gurd	Ext. 1877
Assistant General Manager	Preyana Ramratan	Ext. 1878
Wellness Coordinator	Karen Knights	Ext. 1882
Wellness Coordinator	JP Kaur	Ext. 1703
Neighbourhood Coordinator East	Mark Fletcher	Ext. 1881
Neighbourhood Coordinator East 2nd floor	Jenna Costello	Ext. 1896
Neighbourhood Coordinator West	Marlene Graham	Ext. 1702
Neighbourhood Coordinator West 2 <sup>nd</sup> 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 Karin Turner	Ext. 1876
The Ruby Restaurant	10 <sup>th</sup> 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 & Dr. Moghaddam-Aerisha	Ext. 1997
Volunteer Coordinator	Sharon Montgomery	Ext. 1960
Social Worker	Kurtis Wilson	Ext. 1892
Village General Store		Ext. 1986
Riverstone Spa		Ext. 1924