

FEBRUARY

The Tansley Times

Issue No. 93

IS

BLACK

HISTORY

MONTH



February 1st
10:30 Gratis Shoppe - MS

...

February 2nd - Groundhog Day

...

February 3rd
3:00 Gerry Larkin Performs - TH

...

February 4th
10:00 Driving Miss Daisy Matinee - TH

...

February 5th
2:30-4:00 Art Gallery - TH

...

February 7th
10:00 Original Tim Hortons Outing

...

February 9th - National Pizza Day
12:00 Diner's Club: City Pizza

...

February 10th - Chinese New Year
10:30 Chinese New Year Social
3:00 Manvir Performs - TH

...

February 11th - Superbowl
3:00 Superbowl Party - MS

...

February 13th - Shrove Tuesday & Mardi Gras
2:30 Pancake Social - MS

...

February 14th - Valentine's Day
10:30 Ash Wednesday Service - L

2:00 Valentine's Social - TH
3:00 Paula French Performs - TH

...

February 17th
3:00 Jay Franco Performs - TH

...

February 18th
10:00 Free Willy Matinee - TH

...

February 19th - Family Day
...
February 20th - National Love Your Pet Day
10:30 Pet Social - CC

...

February 21st
2:00 Football Hall of Fame Outing

...

February 24th
3:00 Geri Defoe Performs - TH

...

February 28th - Pink Shirt Day
10:00 Roya Botanical Gardens Outing
2:30 Ladies High Tea Social - TH

I Know Why the Caged Bird Sings

By Maya Angelou

- 1 The free bird leaps
on the back of the wind
and floats downstream
till the current ends
and dips his wings
in the orange sun rays
and dares to claim the sky.
- 2 But a bird that stalks
down his narrow cage
can seldom see through
his bars of rage
his wings are clipped and
his feet are tied
so he opens his throat to sing.
- 3 The caged bird sings
with fearful trill
of the things unknown
but longed for still
and his tune is heard
on the distant hill for the caged bird
sings of freedom
- 4 The free bird thinks of another breeze
and the trade winds soft through the sighing trees
and the fat worms waiting on a dawn-bright lawn
and he names the sky his own.
- 5 But a caged bird stands on the grave of dreams
his shadow shouts on a nightmare scream
his wings are clipped and his feet are tied
so he opens his throat to sing
- 6 The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.

Welcome to our new Residents:

William "Bill" Abel

Grace Baldwin

William Law

Norma Whitelaw

Patricia Scott

welcome

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

Shirley Arthur

Maria DiPaolo

Brian Hill

Mary McPhee

Frank Sills

William "Sully" Sullivan

*Rest
in
Peace*



John Carver

Norm Collier

Wally Kiczma

Lynda Kirkham

Aylish McQuillan

Patricia Scott

Peter Walker

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

February is Black History Month

Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black people in Canada and their communities.

The 2024 theme for Black History Month is: “Black Excellence: A Heritage to Celebrate; a Future to Build”. This theme celebrates the rich past and present contributions and accomplishments of Black people in Canada, while aspiring to embrace new opportunities for the future.

The theme aligns with the 10th year of the International Decade for People of African Descent and recognizes that people of African descent represent a distinct group whose human rights must be promoted and protected.

No matter where you live, we invite all Canadians to learn more about Black Canadian communities, and how they continue to help shape Canada.

Scan the QR codes below for more information.



Toolkit



Government of Canada



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.

Schlegel Villages – CONNECTIONS

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.





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

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

GO WITH THE FLOW

HOW TO IMPROVE YOUR **BLOOD FLOW**
CIRCULATION THIS WINTER

1 Get Active!

When we exercise, our heart rate increases, which gets blood pumping through our body. Try going for a walk, or joining a fitness class this month!

2 Stress Management

Blood circulation is negatively impacted by stress, as heightened stress levels can cause a sudden increase in blood pressure. To manage stress, try meditating or doing leisure activities such reading or colouring!

3 Stay Hydrated!

Our heart has an easier job pumping blood throughout our body if it is well-hydrated. To stay hydrated, have a drink with each meal, and keep a filled water bottle with you at all times!

4 Eat A Balanced Diet!

What we eat affects the health of our blood vessels. Eating foods like garlic, cayenne pepper and onions is great for cardiovascular health!



Environmental Express



We are continuing our emergency code review to educate and raise awareness about all of our emergency plans. This month, we will focus on our “Medical Emergency” policy which applies to residents, team members, and visitors. This is applicable in any situation involving a serious physiological condition or physical injury which may need emergency medical response or treatment.

If someone is experiencing a medical emergency as indicated above, the charge nurse is called to assist and assess the situation. If appropriate, 911 services will be contacted. Team members will also respond to provide support as well (including, directing paramedics, and obtaining any necessary supplies). This policy/procedure applies to anyone in the village.

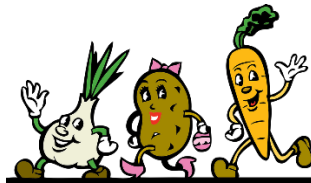
We will also be focusing on re-educating on procedures in place in the event of a gas leak. We have various gas operated equipment in the village, including but not limited to; stoves, dryers, HVAC units, and boilers for heating water. If there was ever an event when gas leak is suspected, the charge would be contacted to assess. They will contact the Fire Department/Gas provider, and evacuate the area. The gas will be shut off if safe to do so, otherwise will be done by the gas company. Once the area has been deemed safe by the Fire Department, residents/team members/visitors can return to the effected area. Please follow the direction of the team to evacuate if advised to do so, and do not return until the “all clear” has been given. We appreciate all support and cooperation.

If you have questions regarding these emergency procedures, or any other types in place, please stay tuned to the upcoming newsletters, or reach out to one of the Village leaders. We hope you find this information helpful!

Sincerely,

Your Environmental Leaders (Asher Black, Carrington Milne, & Charlie Burns)

A SPOONFUL FROM FOOD SERVICES



What is in season in February?

Cruciferous vegetables (cabbage, broccoli, cauliflower, kale, Brussels sprouts and collard greens) as well as many root vegetables (potatoes, sweet potatoes, carrots, beets, garlic and onions). Citrus fruit is also in season in February (grapefruit, oranges, tangerines, blood oranges, lemons) as well as apples, kiwi, passion fruit, pears, persimmon, pomegranate and rhubarb.

What flower is February?

February birthdays are represented by violets or irises, flowers that suggest loyalty and faithfulness. The three upright petals of an iris bloom can indicate courage, faith and wisdom, or friendship, hope and compliments. These “Tall Dutch” irises come in a mix of vibrant colors.

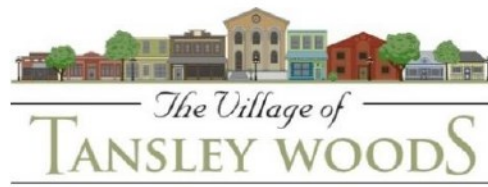
Of course, February is the month of Valentine’s Day, and the federal holiday President’s Day, and it’s when we honor Black History Month too. This year, Mardi Gras (Fat Tuesday) and Ash Wednesday also fall in February.

HAPPY VALENTINE’S DAY TO EVERYBODY FROM THE FOOD SERVICES DEPARTMENT!

Maggie Jakab

Food Services Manager





Newsletter

To: Tansley Woods – Residents, Families, and Team Members
From: Navdeep Kaur Grewal
Date: Feb-1st-2024
Re: Newsletter -LTC

Dear Residents and Families,

Leadership Changes:

- Our new ADNC/IPAC lead is Hartley Miller, who has replaced the previous lead, Quini L
- Michelle Smith is now our part-time scheduler and will cover the front desk on Wednesdays during Christine's absence.

Staffing update:

- We are still in search of chiropodists for LTC and RH. Families are encouraged to use community clinics until replacements are found.
- Interviews are underway for a Chaplain position for LTC. Families can contact the leadership team for specific requests, such as last rites.

Black History Month Celebration:

We are actively celebrating Black History Month throughout the month. CCAH will provide lunch for our team during this celebration.

Memorial Services:

The Village of Tansley Woods honors residents who have passed through memorial posters and quarterly Celebration of Life services in the library. Families are invited to share a preferred photo for these events.

Health and Safety Reminder:

As we approach cold weather and flu season, it's crucial to prioritize safety. Consider taking vaccinations for COVID/Flu precautions. Remember to wash hands regularly and stay safe and healthy.

Sincerely,

Navdeep Kaur Grewal

Interim Assistant General Manager



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 to stay up-to-date on the latest news, events, and helpful resources.

CONTACT INFORMATON

THE TANSLEY TIMES

Brett Kelly	Assistant Director of Nursing Care	1884
Christine Gomisa & Michelle Smith	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
Hartley Miller	Assistant Director of Nursing Care	1875
Kyle Goodwin	PAL Coordinator	1814
Staci Todd & Liz Cheong	RAI/QI	1893
Renny Sunny	Interim 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