



THE TANSLEY TIMES

# HELLO SEPTEMBER

ISSUE NO. 100



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

September

By Helen Hunt Jackson

1 The golden-rod is yellow;  
The corn is turning brown;  
The trees in apple orchards  
With fruit are bending down.

2 The gentian's bluest fringes  
Are curling in the sun;  
In dusty pods the milkweed  
Its hidden silk has spun.

3 The sedges flaunt their harvest,  
In every meadow nook;  
And asters by the brook-side  
Make asters in the brook,

4 From dewy lanes at morning  
The grapes' sweet odors rise;  
At noon the roads all flutter  
With yellow butterflies.

5 By all these lovely tokens  
September days are here,  
With summer's best of weather,  
And autumn's best of cheer.

6 But none of all this beauty  
Which floods the earth and air  
Is unto me the secret  
Which makes September fair.

7 'T is a thing which I remember;  
To name it thrills me yet:  
One day of one September  
I never can forget.



Welcome to our new  
Residents:

Anne Laciok

*welcome*

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

Thomas Elderidge

Jack Collinson

*Rest  
in  
Peace*

## VILLAGE EVENTS

## THE TANSLEY TIMES

September is Hunger Action Month!

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Sept 2nd - Labour Day

...

Sept 4th

9:30 Williams Café Outing

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Sept 7th

3:00 Ron Tansley Performs - TH

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Sept 8th - Grandparents Day

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Sept 11th

1:30 Dutch Mill Outing

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Sept 12th

2:30 Happy Hour Bingo - MS

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Sept 14th

3:00 Brad Boland Performs - TH

...

Sept 15th - Terry Fox Day

3:00 Terry Fox Walk

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Sept 16-22 - Resident Council Week

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Sept 17th - Harvest Moon Festival

...

Sept 17th

12:00 Diner's Club: McDonalds - MS

...

Sept 18th

2:00 Scenic Drive Outing

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Sept 21st

World Alzheimer's Day

International Day of Peace

1:00-3:00 Car Show

...

Sept 22nd - First Day of Autumn

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Sept 24th - Arts & Aging Day

1:30 Springridge Farm Outing

...

Sept 26th

10:30 Birthday Social - CC

...

Sept 27th - Oktoberfest

3:00 David Skolnik Performs - TH

...

Sept 30th - National Day for Truth & Reconciliation



Art & Aging Day 2024

By Stefanie Ly, Art Psychotherapy Student

*“There is a fountain of youth: it is...the creativity you bring to your life and the lives of the people you love. When you learn to tap this source, you will truly have defeated age.” Sophia Loren*

In 2019 the World Health Organization (WHO) released a report entitled “What is the evidence on the role of the arts in improving health and wellbeing?” Informed by 20 years of research studies on the topic, they identified the major role that the arts play in the prevention of non-communicable disease, such as heart attacks, cancer and diabetes, as well as providing a supporting role in the managing of mental and acute illnesses, and end-of-life care. While the arts, as defined by the Oxford Dictionary, refer to “the various branches of creative activity, such as painting, music, literature, and dance” this article will focus on the visual arts, and in particular, Art Therapy (Art Psychotherapy) in Long Term Care in recognition of the RIA Arts in Aging Day on September 24, 2024.

“Oh...that’s so nice...you’re doing crafts” is a phrase that can be heard in Long Term Care homes across the country. Not to devalue crafts and crafting as therapeutic in nature, however, Art Therapy is so much more. The misunderstanding of its purpose by the general public can do unintentional harm when it comes to maintaining a sense of agency, dignity and well-being in the populations served by this mental health modality, and standards and ethics in the field. Art Therapy (Art Psychotherapy) requires a Master’s level education, and is defined by the Canadian Association of Art Therapy (2024) as: “Combining the creative process and psychotherapy, facilitating self-exploration and understanding. Using imagery, colour and shape as part of this creative therapeutic process, thoughts and feelings can be expressed that would otherwise be difficult to articulate.”

Art Therapy provides our family members living in Long Term Care with cognitive and/or physical limitations related to chronic or complex diagnosis an opportunity to communicate their story, share and advocate for their preferences, and leaves them with a sense of accomplishment, purpose and connection—bringing more ease to navigate illness and aging (Misluk & Rush, 2022). Art provides a window into the experience of another, facilitates deepening conversations, reminiscing, and a sense of being known beyond medical history and current symptoms. In my experience of leading Art Therapy groups, individual, and dyadic sessions at The Village of Tansley Woods, I have had the opportunity to witness these benefits, and more. Some of the benefits of Art Therapy that I have seen first hand are an increase in the quality of interactions between residents, including patience, compassion, support and connection; freedom of expression, risk taking in a safe environment (trying new media, developing new skills) and personal growth evidenced by letting go of self-limiting beliefs around creativity, ability, and competence.

How can you celebrate RIA's Arts and Aging 2024? As a simple starting point - consider shifting away from commenting on art with statements like "that's beautiful" or "good job" and instead, move in with inquiry "can you tell me about this area here?" "What is your favourite part of this painting?" or "What name would you give this painting?" and then listen. This is an invitation into conversation, connection and wellbeing in aging and the arts.



PAL Team Presents

# 5 BENEFITS OF EXERCISE FOR SENIORS



**1**  
Balance and Coordination:  
reduces risks of falls



**2**  
Bone Strength:  
strengthens bones  
and slows down  
osteoporosis



**3**  
Sleep: improves  
sleep quality



**4**  
Heart Health: lowers  
risk of heart disease,  
stroke, and type 2  
diabetes



**5**  
Mental Health: acts as a  
stress reliever, and  
reduces anxiety and  
depression symptoms

**Be sure to join all the fun  
exercise classes with the PAL  
Team!**

## A guide to embracing art as an older adult

Studies have shown that the arts can enhance a person's physical, mental, emotional, social and spiritual life. Participating in activities like gardening or being a part of a book club can bring people together, encourage personal growth, and create fond memories!

### What counts as an arts-based activity?

There's no one answer when it comes to this question. Some people think the arts are limited to things like dancing and painting, but you can also be creative by doing things like baking or even fixing up a broken clock. Everyone has their own ways of being creative and there's no limit to how you can enjoy the arts and its benefits.

### How can I start taking part in arts-based activities?

Many people are afraid that they aren't very artistic – they may have been told from an early age that they shouldn't dance because they have two left feet. It's important to let go of these thoughts and try something new, you might be surprised by how much fun you have!

Not feeling particularly creative one day but still want to do something arts-based? You can simply observe! Just attending a play, watching a performance or listening to your favorite song will be good for your mood and health.



There are lots of ways you can express your creativity! Here are just some ideas:

- Reading
- Painting
- Drawing or sketching
- Writing
- Playing an instrument or singing
- Acting
- Knitting
- Sewing or quilting
- Dancing

### What is Arts and Aging Day Canada?

Arts and Aging Day Canada happens every year on September 24. From virtual events you can join from your home to admiring others' creations on social media, this day is all about expressing creativity and sharing the impact the arts have made on the lives of older adults.

Visit the Arts and Aging Day Canada web page to learn how you can participate: [the-ria.ca/events/arts-and-aging-day](https://the-ria.ca/events/arts-and-aging-day)



# September can be hot

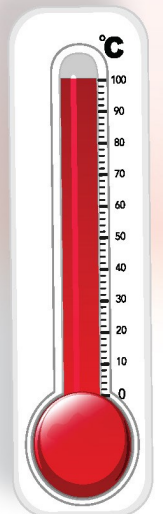
*Keep cool and have fun!*

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

INDOORS  
REST  
SUNSCREEN  
HAT  
POPSICLES

COOLSHOWER  
LIGHTACTIVITY  
HYDRATE  
FAN  
SUNGLASSES

LIGHTCLOTHING  
UMBRELLA  
SHADE  
WATER



Hello Tansley!

As we head into the fall months, it's important to remember there will still be some hot days over the next while. Please keep this in mind when spending time outside, and ensure you are staying hydrated and watching for signs/symptoms of heat related illnesses (i.e. heat exhaustion or heat stroke).

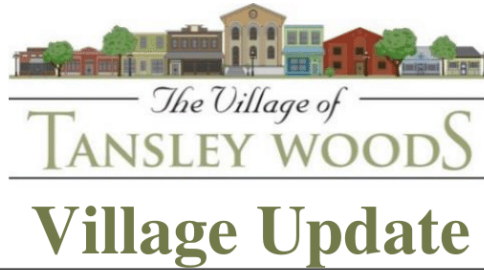
Here are some ways to take care of yourself in the warm weather to prevent heat related illness. It is advised to wear layers this month so you can adjust to the temperature. Some mornings might be cooler, but warm up by the afternoon. Remember – stay hydrated!!



If you are a resident and have questions, or you're a family member inquiring on behalf of your loved one, please speak with a member of the nursing team to discuss your plan of care. Enjoy the warm weather while it's here, and take care!

From your environmental leadership team,

Asher & Kyle



*The Village of*  
**TANSLEY WOODS**  
**Village Update**

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**To:** Tansley Woods – Residents, Families, and Team Members  
**From:** Navdeep Kaur Grewal  
**Date:** Sept -1<sup>st</sup> -2024  
**Re:** Newsletter -LTC

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**Dear LTC Families,**

We hope this newsletter finds you well. Here's a quick update on recent happenings and important reminders for our community:

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**Transition to New Social Worker Position**

We are excited to announce that Karen Savoy will be transitioning into the social worker position here at our facility. Karen is eager to continue providing support and ensuring that each of our residents receives the best possible care and attention. Please feel free to reach out to me with any questions or concerns regarding your loved ones @ [Karen.Savoy@schlegelvillages.com](mailto:Karen.Savoy@schlegelvillages.com)

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**Farewell to Marygrace Castro**

It is with mixed emotions that we say goodbye to Marygrace, who has decided to leave our organization. Marygrace has been an integral part of our team, and her contributions will be greatly missed. We wish her all the best in her future endeavors and thank her for her dedication and hard work.

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**Town Hall with Bronte Neighbourhood**

Our recent town hall meeting with the Bronte neighbourhood was an engaging and insightful event. The discussion was lively, and it was wonderful to see so many of you participate and

share your thoughts. Your feedback is invaluable as we continue to strive for excellence in our services.

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### **Family Members QOL Survey**

We kindly request that all families complete the Quality of Life (QOL) survey for your loved ones. Your input helps us enhance the care and services we provide. Please check your email for the survey link or contact us if you need assistance accessing it.

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### **Health and Safety Reminder**

As always, your loved one's health and safety are our top priorities. Please continue to monitor for any symptoms and refrain from visiting if you or your family members are feeling unwell. This helps us maintain a safe environment for everyone in our community.

Wish you very happy fun October, stay healthy stay safe!

*Navdeep Kaur Grewal*

Interim Assistant General Manager





## Feed Your Brain!!!

- The brain produces enough electrical energy to power a 40-watt light bulb for 24 hours.
- The brain takes about 1/10,000th of a second to respond to something and generate an action.
- The brain accounts for 2 percent of our body weight, but needs 20 percent of the oxygen in our blood and 25 percent of the glucose in our bloodstream.
- The brain contains approximately 100 billion neurons.
- If continued mental activity takes place, scientists believe that new neurons will develop throughout the life of a brain.
- The brain is composed of about 75 percent water and is the fattiest organ in the body, with a minimum of 60 percent fat.

### Our Body's Control Centre Needs A Healthy Diet

When people embark on the path to healthy eating, they're often motivated by a desire to lose weight or to help fend off disease. It's less common for people to embrace a wholesome diet to boost the well-being of the brain. Let's see what Registered Dietitian Aileen Burford-Mason Canadian author of "The Healthy Brain" book has to say about nutrition and brain function:

### Our Body's Command and Control Centre

"Why would the brain need food? You can't wink your eye without nutrients being involved, never mind think, remember, learn, or sleep. There are nutrients involved in every single function of the body. The purpose to eating is to get all the essential nutrients into us, without which we can't function. Because it has such high needs for nutrition, the brain may be the first to warble when we're short."

### Food for Thought

"Broadly speaking, the best thing people can do to enhance brain health via nutrition is to load up on vegetables, legumes (beans and lentils), and fruit. These foods are abundant in vitamins, minerals, fiber, and phytochemicals, which are plant-based chemicals that help reduce the risk of infections and many conditions, including cancer and heart disease. "Phytochemicals can build up in the brain and protect it from damage."

Avoid sugar. If there is one thing that is damaging to the brain and should be left out of a diet, that is sugar. "Sugar is the new smoking. We have absolutely everything to be gained from cutting back on sugar or cutting it out. The sugar we get should come from vegetables and fruits."

### Rules for Brain-Healthy Eating!

1. Choose unprocessed foods.
2. Eat nutrient-dense foods such as eggs, fruits, vegetables, nuts, and seeds.
3. Lighten the glycemic load. Limit yourself to one serving of starchy foods per day, such as bread, potatoes, rice and pasta.
4. Eat good fats, such as avocado, seafood, nuts (especially walnuts and almonds), and olive and coconut oils.
5. Have protein at each meal. Sources include chicken, turkey, tuna, shrimp, cottage cheese, Greek yogurt, eggs, lentils, and tofu.

By Maggie Jakob, Food Services Manager

## WELCOME STUDENTS

As the cool nights of August lead us into September, we are reminded of the hopeful days of the beginning of a new school year. It is a constant among generations that nearly everyone has experienced in life, the excitement and nervousness of new classes, teachers and classmates; within our Villages, those feelings are something we relate to, for we are part of so many students' lives.

We offer a warm welcome to all of the many students who will be part of our communities this fall. They come from

The students who come to learn and grow alongside our team members are an important part of Village Life, and we're always thankful that they choose us!

high schools as volunteers or on co-op placements, and from colleges and universities through hands-on placement opportunities in practically all aspects of Village Life. In several of our Villages, they are also part of our Living Classrooms, brought to us in partnership with different Ontario Colleges, like Mohawk, Conestoga or Sheridan. These future healthcare professionals all have the potential to help us transform the healthcare system, and we hope many will stay and grow with us.



# Schlegel Villages – CONNECTIONS



MONDAY,  
SEPTEMBER 30

## National Day for Truth and Reconciliation

The First Nations, Inuit, and Métis peoples shared their knowledge and wisdom with the first settlers in Canada, guiding them through an unfamiliar land. Over time, this relationship deteriorated as greed and dogma drove the expansion westward, disregarding the deep-rooted wisdom of Indigenous peoples.

In the 19th and 20th centuries, this relationship reached its darkest point, with government- and church-sanctioned efforts to suppress and erase Indigenous cultures. On Sept. 30, we join millions across Canada in recognizing this painful history as we observe the National Day for Truth and Reconciliation. We wear orange in memory of Phyllis Jack Webstad,

whose orange shirt was taken away on her first day at residential school, symbolizing the broader injustices faced by First Nations children, families and communities.

At Schlegel Villages, our doors remain open as we come together in the spirit of learning and reflection, recognizing always have more to do. We honor diversity and encourage everyone to learn from the past, engage in meaningful conversations, and reflect on the strength and resilience of Indigenous peoples. Together, we remember, and together, we move forward toward a more equitable future for all.



ARTS & AGING  
DAY CANADA



SEPTEMBER 24



Brett Kelly	Assistant Director of Nursing Care	1884
Caleb Ramey	PAL Coordinator	1814
Christine Gomisa	Administrative Assistant	1801
Karen Savoy	Resident Support Coordinator	1808
Hartley Miller	Assistant Director of Nursing Care	1875
Jai Shankar	Neighbourhood Coordinator Bronte & Appleby	1836
Jessica Barlas	Neighbourhood Coordinator Nelson	1806
Jo-Anna Gurd	General Manager	1877
Kyle Goodwin	Assistant Director of Environmental Services	1857
KerryAnn Greenwood	Neighbourhood Coordinator Brant & Oaklands	1848
Laura Burmazovic	Nurse Practitioner	1966
Maggie Jakab	Food Services Manager	1811
Nehal Dave	Physiotherapist	1853
Navdeep Grewal	Interim Assistant General Manager	1803
Renny Sunny	Interim Director of Nursing Care	1815
Staci Todd & Liz Cheong	RAI/QI	1893
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