

HELLO
October

The Tansley Times



Issue No. 101





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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!”**

October

By Robert Frost

O hushed October morning mild,
Thy leaves have ripened to the fall;
To-morrow's wind, if it be wild,
Should waste them all.

The crows above the forest call;
To-morrow they may form and go.
O hushed October morning mild,
Begin the hours of this day slow,
Make the day seem to us less brief.
Hearts not averse to being beguiled,
Beguile us in the way you know;
Release one leaf at break of day;
At noon release another leaf;
One from our trees, one far away;
Retard the sun with gentle mist;
Enchant the land with amethyst.

Slow, slow!

For the grapes' sake, if they were all,
Whose leaves already are burnt with frost,
Whose clustered fruit must else be lost—
For the grapes' sake along the wall.



Welcome to our new Residents:

Gregory Lareau
Gayle Oneill
Christopher Raven



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

Bill Abel
Jozefa Mali
Anita Cowan



VILLAGE EVENTS

THE TANSLEY TIMES

October 1 - International Day of Older Persons

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October 2 - Rosh Hashanah

2:00 Scenic Drive

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October 3

2:30 Coffee with a Cop - CC

...

October 4 - World Smile Day

12:00 Diner's Club: Quesada

...

October 5 - Teacher's Day

10:30 Teacher's Social - CC

3:30 Brent Meidinger Performs - TH

...

October 7

2:00 Volleyball (Active Aging Week)- MS

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October 8

2:00 Michael Jackson Char Dancing (Active Aging Week)- TH

...

October 10 - World Mental Health Day

2:30 Laughter Yoga - FC

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October 11 - Yom Kippur

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October 12

3:00 Ron Tansley Performs - TH

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October 14 - Thanksgiving and World Hospice & Palliative Care Day

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October 16 - International Pronouns Day and Sukkot

11:30 Chuck's Roadhouse Outing

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October 17

2:30 Happy Hour - TH

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October 19

10:00 Craft Social - MS

3:00 Gerry Larkin Performs - TH

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October 21

10:00 Mother Goose - TH

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October 23

2:00 Bronte Creek Outing

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October 24

3:00 Resident Council

...

October 26

3:00 Jay Franco Performs - TH

...

October 30

10:00 Birthday Social - CC

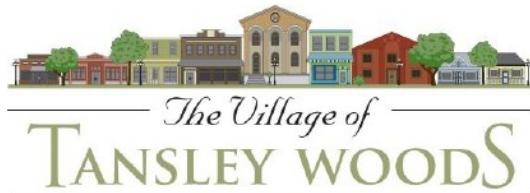
2:00 Scenic Drive

3:30 Scenic Drive

...

October 31 - Halloween and Diwali

10:00 Halloween Parade - MS



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

Dear LTC Families,

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

September Car Show

This was a spectacular annual event held here at the village. Thank you to all who came out and participated. We hope you had a great time viewing all the vintage cars. We also hope you enjoy the wonderful BBQ. We also would like to thank everyone who donated to our VAT committee to help raise money to put together activity kits to be used by volunteers during personalized 1:1 visits.

Town Hall with Oaklands Neighbourhood

Our recent town hall meeting on September 25th 2024 with the Oaklands 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. The feedback is invaluable as we continue to strive for excellence in our services.

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.



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 a very happy and fun October. Stay safe and stay healthy!

Nardeep Kaur Grewal

Interim Assistant General Manager





innovation summit

spark ideas. ignite change.

October 29-30

DoubleTree by Hilton
30 Fairway Road South, Kitchener

Schlegel Villages and the **Research Institute for Aging (RIA)** are excited to be hosting our 9th annual **Innovation Summit!**

This two-day event is an opportunity to learn and celebrate our collective passion for innovation, continuous improvement and research.

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

Sessions will include:

- Villages sharing creative solutions and innovations
- Researchers discussing current and future projects
- Innovators demonstrating technologies that have the potential to improve Village Life
- Updates on projects presented at previous Innovation Summits

We look forward to seeing you there!

Understanding Insomnia and How to Treat It

As we age, we often sleep less and experience poorer quality sleep. Many older adults struggle with insomnia, meaning they have trouble falling asleep, staying asleep, or waking up too early. Chronic insomnia, which lasts for more than three months, can significantly impact our health and quality of life because sleep is essential for our bodies and minds to recover.

Dr. Sophiya Benjamin, Schlegel Chair in Mental Health and Aging, studies these sleep changes and offers advice on managing insomnia.

- **Go to bed only when you're sleepy**, and if you're awake in bed for more than 20 minutes, get up and do something quiet like reading or listening to soft music until you feel sleepy again. Try to wake up at the same time every day to keep a regular sleep schedule.
- **Spend less time in bed if you can't sleep.** If you're lying in bed but not sleeping, try spending less time in bed. For example, if you're usually in bed for 9 hours but only sleep for 5.5 hours, try reducing your time in bed to 6 hours. This method works by increasing your body's sleep drive. You can slowly increase your time in bed as your sleep improves.
- **Relax before bed.** Try deep breathing, tensing and then relaxing your muscles, or



mindfulness exercises to help calm your mind and body. Remind yourself that it's okay to have a bad night's sleep once in a while. Your body will catch up, and being relaxed about it can actually help you sleep better.

- **Keep naps short.** If you need to nap, try to keep it under 20 minutes and avoid napping after 3 p.m.
- **Watch what you drink.** Avoid coffee or other caffeinated drinks after noon.
- **Talk to your pharmacist or doctor** to see if your medications might be affecting your sleep.

Understanding and accepting these natural changes in sleep as we age can help us take steps to improve our sleep quality. For more resources, visit mysleepwell.ca or consult with your doctor.

For more helpful content to enhance your life, subscribe to updates from the RIA at www.the-ria.ca/enews.

Schlegel Villages – CONNECTIONS



THERE'S
always
SOMETHING TO BE
thankful
FOR

With the colours of Autumn marking another change of season, we reflect on the spirit of gratitude we have within Schlegel Villages. We are grateful so many people choose to make their home with us and we know that without the dedication, compassion and commitment of our amazing team members, we couldn't offer the care our residents deserve. We are thankful for all they do every day.

We are also grateful that this year we have seen fast progress in the construction of four new long-term care Villages, which when complete will allow us to expand upon our mission to offer our social model of living and our concept of Village Life to more of our neighbours. Across Ontario, there is a great need for new long-term care capacity, and Schlegel Villages is proud to be part of the solution.

Schlegel Villages – CONNECTIONS

ACTIVE AGING — WEEK —

The **Michael T. Sharratt Program for Active Living (PAL)** is one of the three Signature Programs that distinguishes Schlegel Villages among care providers, and during **Active Aging Week** from **September 30 to October 6**, we are reminded how fortunate we are to have such a program.

Our kinesiologists and exercise therapists work with partners and other team members to create individualized approaches to physical well-being for the residents we serve, and we encourage everyone to take advantage of the opportunities they offer. We see the impact of their efforts in many ways, and take this opportunity to share our gratitude for all of our PAL team members.



Schlegel Olympics, Summer 2024



We're celebrating

ACTIVE AGING WEEK

on **October 7th-11th**

Active Aging Week is an annual celebration that highlights the positive aspects of aging, and emphasizes the importance of healthy, active lifestyles at any age. It provides opportunities for older adults to engage in wellness activities and exercise in a supportive environment.

LTC Active Aging Week Activities:

Main St. Volleyball

Michael Jackson Chair
Dance Class

Neighbourhood Hockey
Games

TED Talk Programming

Check out the **October PAL calendar** to learn more!



This month's topic for Emergency Planning is on the Loss of Essential Services, which includes; loss of hydro, loss of water, and loss of gas.

There are policies and procedures in place to work through any of these challenges, and how to work together as a team to implement our emergency plan.

The village is equipped with a generator which activates automatically when the hydro goes out. There are 3 generators in total at the village, one located each in LTC, Retirement Phase 2, and Retirement Phase 3. Areas/items that are deemed essential are connected to the generator. Examples include (but aren't limited to): call bell system, fire system, emergency lighting, nursing equipment (i.e. oxygen tanks), HVAC systems, etc.

If there is an event which results in no water, we will implement our "Loss of Water" policy. This policy would involve contacting the Main Water Supplier, and determining the length of the outage. We have bottled water for drinking and cooking on-site. Based on the length of the outage, the team will gather and implement the next stage of the emergency plan if there will be an extended outage.

In the event there is a loss of Natural Gas, this would affect the HVAC system, kitchen equipment, and boilers. As with the other outages, we would contact our provider to determine the length of the outage, and implement our Emergency plan accordingly.

In the event there is a need to evacuate the village due to an extended outage, there are contracts in place for transportation and accommodations. We have contracts with other villages, LTC homes, and community partners, where residents and team members can re-locate to if needed. We hope there is never a need for this, but it is important to have in place in case.

This is a short overview of the emergency plans. If you have further questions, please contact the Environmental team.

Sincerely your environmental leaders,
Asher Black & Kyle Goodwin

Can You Make Your Metabolism Better?

Boosting metabolism is the holy grail of weight watchers everywhere but how fast your body burns calories depends on several things. Some people inherit a speedy metabolism. Men tend to burn more calories than women, even while resting. And for most people, metabolism slows steadily after age 40. Although you can't control your age, gender, or genetics, there are other ways to improve your metabolism. Here are 10 of them.

Build Muscle

Your body constantly burns calories, even when you are doing nothing. After a session of strength training, muscles are activated all over your body, raising your average daily metabolic rate.

Step Up Your Workout

Aerobic exercise may not build big muscles, but it can rev up your metabolism in the hours after a workout. To get the benefits, try a more intense class at the gym or include short bursts of jogging during your regular walk.

Fuel Up With Water

Your body needs water to process calories. If you are even mildly dehydrated, your metabolism may slow down. In one study, adults who drank eight or more glasses of water a day burned more calories than those who drank four. Also snack on fresh fruits and vegetables, which naturally contain water, rather than pretzels or chips.

Snack Smart

Eating more often can help you lose weight. Having a small meal or snack every 3 to 4 hours keeps your metabolism cranking, so you burn more calories over the course of a day.

Spice Up Your Meals

Spicy foods have natural chemicals that can kick your metabolism into a higher gear. The effect is probably temporary, but if you eat spicy foods often, the benefits may add up. For a quick boost, spice up pasta dishes, chili, and stews with red pepper flakes.

Power Up With Protein

Your body burns many more calories digesting protein than it does eating fat or carbohydrates. As part of a balanced diet, replacing carbs with lean, protein-rich foods can boost metabolism at mealtime. Good sources of protein include lean beef, turkey, fish, white meat chicken, tofu, nuts, beans, eggs, and low-fat dairy products.

Recharge With Green Tea

Drinking green tea or oolong tea offers the combined benefits of caffeine and catechins, substances shown to rev up the metabolism for a couple of hours. Research suggest that drinking 2 to 4 cups of either tea may push the body to burn 17% more calories during moderately intense exercise for short time.

By

Maggie Jakob

Food Services Manager

| | | |
|-------------------------|--|------|
| 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 |