



THE TANSLEY TIMES

OCTOBER 2024

SHOP THE SALE

OCTOBER 2024
ISSUE NO .101





OCTOBER

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Village Entertainment

Date	Time	Entertainer	Location
October 3	7:15 PM	Dave Thierry	Fergusson Town Hall
October 5	2:00 PM	Brent Meidinger	Emma's East / Egerton
October 10	3:00 PM	The Notables	Emma's West
October 15	3:00 PM	David Skolnik "Oktoberfest Show"	Town Square
October 19	7:30 PM	The Harlequin Singers	Fergusson Town Hall
October 21	7:15 PM	Kevin Coates	Fergusson Town Hall

Vendor This Month

October 1st 10 AM - 3 PM Bella Boutique—Café

October 17th 10 AM - 3 PM Mom's Time Out—Café

October 28th 10 AM - 3 PM Knitting by Carolyn—Café



October Special Events

October 4—World Smile Day

Get your smile on! Come on down to the Hobby Shop to decorate a cookie for ***World Smile Day!***

October 7-11—Active Aging Week

Please see the calendar for a variety of themed activities occurring in the Village this week all surrounding active aging! Special programs include but are not limited to; Volleyball, Walking Bingo, Michael Jackson Chair Dancing, Hockey, Smoothies, Follow the Leader, etc.

October 12—Hockey Night in Canada

Calling all hockey fans! Hockey Night in Canada is back & we are kicking off the season with the Toronto Maple Leafs Home Opener in the Town Hall! Go Leafs Go!

October 15-16—Treasure Trove

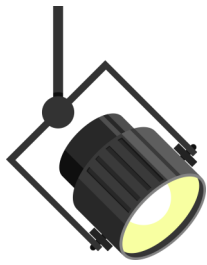
Your Resident's Council is bringing back Treasure Trove! Resident's are welcome to donate their gently used goods that meet the Council's standards for fellow Resident's to browse and shop free of charge!

October 25—Pumpkin Carving/Decorating

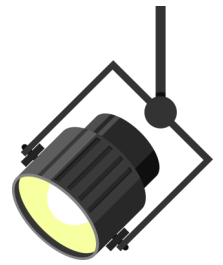
Get into the Halloween spooky spirit and join us for pumpkin carving / decorating! Who is brave enough to get their hands dirty in pumpkin guts!?

October 31—Halloween

We encourage all Residents & Team Members to dress up and join in on the fun, march down Main Street in your costumes and experience "trick or treating" in our Halloween Parade! The fun doesn't end there on this special holiday. Residents are encouraged to join us in the afternoon for a Halloween Dance!



Program Spotlight



Our Great National Parks (Docuseries)

Narrated by former President Barack Obama, this stunning docuseries shines the spotlight on some of the planet's most spectacular **national parks and their wildlife**.

Making Dog Treats for the Bazaar

Do you enjoy baking or helping out? Join us to make dog treats for the Bazaar. This fun easy recipe was a huge success last year. Come on out to make more for this year.

Bazaar Craft Night

Ho Ho Ho, here come's Santa & his Tansley elves! Let's get to crafting on Tuesday nights from 5:30 - 8:30 PM in the Senior Centre working on various projects to sell at our Annual Christmas Bazaar in November. Those who attend will be provided with dinner.

Knives Out (Movie)

Knives out is a modern murder mystery that ends up as a parable for the politics of the time relating to the United States and immigration. A detective investigates the death of the patriarch of an eccentric, combative family.

Making Thanksgiving Cards

Have someone in your life you are thankful for? Join us in the Hobby Shop and make them a homemade thanksgiving card to show your gratitude and thanks.



Shooting Stars

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

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

Forms are available on the bulletin board on Main Street.

Shooting Star

Who: Susan Landon

When: Everyday

Where: Dinning Room

Susan works every second with unwavering dedication, always ensuring her efforts reflect her friendly and thoughtful nature.

Shooting Star

Who: Regina Lyte

When: All the time

Where: Dinning Room

Regina has a meaningful presence, always pitching in when needed and demonstrating a remarkable concentration on the task at hand.

Shooting Star

Who: Nathan Reid

When: Always

Where: Dinning Room

His polite demeanor and cheerful attitude make him a joy to be around, always ready to lend a hand. With a knack for keeping things neat, he ensures that every task is completed efficiently and with a smile.



Happy October from Soumbos Osteopathy!

Osteopathy: A Gentle Approach to Wellness for Seniors

As we enter the crisp autumn months, it's important to focus on maintaining good health and well-being. Osteopathy offers a holistic approach to healthcare that can be particularly beneficial for seniors. This month, we'll explore three reasons why you might consider incorporating osteopathy into your wellness routine.

Pain Relief and Improved Mobility: Osteopathic practitioners use gentle manual techniques to address musculoskeletal pain and improve joint mobility. Whether you're experiencing arthritis, back pain, or limited range of motion, osteopathy can help alleviate discomfort and restore function.

Enhanced Balance and Fall Prevention: Falls are a common concern for seniors. Osteopathy can help improve balance, coordination, and proprioception, reducing the risk of falls and promoting overall safety.

Stress Reduction and Relaxation: Osteopathy can also have a positive impact on your mental and emotional well-being. The gentle, hands-on techniques can help reduce stress, promote relaxation, and improve sleep quality.

One of the great things about osteopathy is that you don't need frequent treatments to see results. Typically, a course of four sessions is recommended for new patients to address specific concerns. Afterward, regular maintenance visits, ranging from once every four to twelve weeks, can help prevent problems from recurring and maintain optimal health.

If you're interested in learning more about how osteopathy can benefit you, please don't hesitate to contact the Health Centre. I'm happy to answer any questions you may have and schedule a consultation.



SOUMBOS
OSTEOPATHY

Move Well. Feel Well. Live Well.

This month, we hear from one of our new (this year) members of the Residents' Council, Reg Reynolds. Reg and Joyce have been in the village for over two years now and enjoy making new friends here in the village. Prior to his retirement, Reg was a psychologist for sixty years, both in private practice and working for the Ontario government. He has published many books, mainly on mental health, addiction, criminality, and autism.

The following is a collection of actual quotes from children and teenagers which I am sure you will find very true and humorous. Most of us here at Tansley have grandchildren, and I can imagine my own grandchildren coming up with similar sayings. Thank you, Reg, for this light-hearted look at what our children might be saying.

Doug Pettit, Chairperson for 2024

Words of Wisdom from Children

1. Never trust a dog to watch your food. - Patrick, age 10
2. When your dad is mad and asks you, "Do I look stupid?" don't answer him.
- Michael, 14
3. Never tell your mom her diet's not working. - Michael, 14
4. Never pee on an electric fence. - Robert, 13
5. Don't pull dad's finger when he tells you to. - Emily, 10
6. When your mom is mad at your dad, don't let her brush your hair. - Taylia, 11
7. Don't allow your three-year old brother in the same room as your school assignment. - Traci 14

8. Puppies still have bad breath even after eating a tic tac. - Andrew, 9
9. Never hold a dust buster and a cat at the same time. - Kyoyo, 9
10. You can't hide a piece of broccoli in a glass of milk. - Armir, 9
11. Don't wear polka-dot underwear under white shorts. - Kellie, 11
12. If you want a kitten, start out by asking for a pony. - Naomi, 15
13. Felt markers are not good to use as lipstick. - Lauren, 9
14. Don't pick on your sister when she's holding a baseball bat. - Joel, 10
15. When you get a bad grade in school, show it to your mom when she's on the phone. - Alyesha, 13
16. Never try to baptize a cat. - Eileen, 8



LIVING IN MY TODAY**Spouse & Caregiver Dementia Support Group**

Living In My Today is a spouse and caregiver dementia support group. This is a both an educational group and a peer support group for spouses and caregivers to express how their situation makes them feel, find connection and feel validated. This group will be running monthly throughout the year on specific dates below.

- Wednesday October 2nd 2024 in the Chapel
- Wednesday November 6th 2024 in the Chapel
- Wednesday December 4th 2024 in the Chapel

AT 11AM TO 12PM

For more information if interested please reach out to Karen Savoy (Social Worker) or Kurtis Wilson (Social Worker).

To reach Karen at: ext.1808 / Karen.Savoy@schlegelvillages.com

To reach Kurtis at: ext. 1892 / Kurtis.Wilson@SchlegelVillages.com



Happy October, Tansley!

As we welcome the vibrant colors of October, we are excited to celebrate some exciting occasions this month.

October 1, the International Day of Older Persons.

The International day of Older Persons is to recognize the contributes of older persons and bring awareness of opportunities and challenges faced by the older population.

Active Aging Week

We're thrilled to recognize Active Aging Week which normally fall on the first week of October. Here at Tansley we will be celebrating it October 7-11th

Join us for a variety of fun and engaging activities designed to celebrate our older adults and promote active aging. Some of the activities we would like to highlight are volleyball, hockey and chair dancing.

Occupational Therapy Month

October is Occupational Therapy Month! This is a wonderful time to acknowledge the vital role occupational therapy plays in enhancing the quality of life for our seniors. Our dedicated team is here to support your independence and help you engage in meaningful activities

8 Healthy and Active Facts for October

In celebration of October and its roots in "eight," here are 8 fitness and wellness tips to embrace this month:

- 1, Daily Movement: Aim for at least 30 minutes of physical activity each day, whether it's walking, stretching, or dancing.
- 2, Strength Training: Incorporate light weights or resistance bands into your routine to build muscle and improve balance.
- 3, Mind-Body Connection: Try yoga or tai chi to enhance flexibility, balance, and mental focus.
- 4, Stay Socially Active: Join group fitness classes to enjoy exercise with friends.
- 5, Healthy Snacking: opt for nutritious snacks like fruits, nuts, and yogurt to fuel your body throughout the day.
- 6, Limit Screen Time: Take regular breaks from screens to promote eye health and encourage movement.
- 7, Prioritize Sleep: Aim for 7-9 hours of quality sleep each night to support overall health and recovery.
- 8, Practice Breathing Exercises: Incorporate deep breathing techniques to reduce stress and improve lung capacity.

Stay Active,

The PAL Team

Melanie and Bhavini

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

TANSLEY TRIPPERS ENGLAND ADVENTURE

AUGUST 24TH — SEPTEMBER 3RD



Sunday, August 25, 2025

Arrival Day: We dropped our bags at the Lansdowne Hotel and got oriented to Eastbourne.

Monday, August 26, 2024

The breakfasts at the Lansdowne Hotel were lavish. The hotel was beautiful. Our rooms were too. We were spoiled, even the two, who got the meet-up location wrong. Fortunately, no one missed the boat! Yes, there was a boat involved. The Regent Canal Boat Tour in Camden. We all boarded and took off for a magical afternoon. It was a Bank holiday which meant loads of boats were on the canal and a lot of new-to-boating skippers. We even had a near miss confrontation between our captain and a rather confused young man, who's deck was bedazzled with party girls wearing - let us say- rather interesting outfits! What followed was a very entertaining exchange of words as to who had the right of way, without any naughty words being exchanged! After a smooth coach ride back to Eastbourne, we had a wonderful dinner and headed to bed with big smiles on our faces.

TUESDAY, August 27, 2024

Today we rode the Eastbourne double decker bus for a guided tour, and also took a ride on the Dotto train to better view the harbour. Two of us believed the train was named the "Dodo" train which started the morning off with a lot of laughter.

We had a very early breakfast after a visit to the Devonshire Theatre. What a hoot the production was, laugh out loud funny. Who knew "The Hounds Of Baskerville" could be funny, you say? Slapstick, tightly choreographed, and beautifully timed stage management had us glued to our seats. During the intermission we lashed out and enjoyed ice cream, however because we had pushed our four wheelchairs against the front seats a very interesting thing happened, the people behind us were trapped in their seats! Without making a fuss they quietly climbed over their seats to get out, with various forms of success. The audience and those still seated, found this profoundly hysterical. We found it profoundly generous and kind!

WEDNESDAY, August 28, 2024

We traveled by coach to London and Harrods. The London streets were filled with cars and the sidewalks were jammed with people. The pedestrians generally gave way. With our elbows out, we made it inside Harrods only to find just one accessible washroom for wheelchairs. Drat, not very welcoming. Beautiful as the store was, it was a bit of a trial finding our way out of Harrods. We all fell asleep on the bus back to Eastbourne, tired from walking on streets that were hundreds of years old, but thrilled with our purchases.

THURSDAY, August 29, 2024

Where do I even begin?

We took the Eastbourne train which took an hour and a half ride through the country, and villages of beautiful Sussex, to the Ashford Outlet Shopping Mall. The train was setup to accommodate our 4 wheelchairs plus our helpers – Jo-Anna, Helen, Lesley, and Diana, a volunteer from the Village of Tansley Woods. The annex style room was perfect. It wasn't long before we heard peels of laughter from its occupants. Enough to put smiles on those sitting in the open seating area. Come on now, how often have you seen "wheelchairs" and "laughter" in one sentence?

It only got better as we disembarked and pushed the chairs towards the lovely mall. Walls of living plants, wonderful shops and restaurants and happy people. I can tell you, the discounted merchandise was a balm to all of us with Canadian money. We shopped to the point where we could barely walk with all the bags, stacked on laps, or carried, three or four to an arm - all filled with beautiful treasures.

Friday – August 30, 2024

Destination - The Historic City of Chichester, West Sussex

Our favorite coach, and its driver, took us through picture perfect landscapes. The images you see in those expensive British magazines displayed on the end caps of Whole Foods check out lanes. Yes, the ones with prices we would have paid pre Covid, for a hard covered best seller. Chichester's historic walls have been the defining feature of the city for 2000 years. On the street side of the wall, old and beautiful trees provided us with much needed shade, as the temperature began to soar. Their cathedral and its lovely gardens were awash with vivid colour and held wonderful plants that the gardeners in our group could only imagine being able to grow back home. The coach brought us back to the Landsdowne Hotel in Eastbourne for a late dinner, and a few rounds of a contest to see who could make the funniest face. Photos were taken but I am not sure they will be shared! Things were getting a bit loud, so it came as a big surprise when the only other table in the room, a lovely family from France sent a "scout" over to our table to "invite all of us to join in singing" Happy Birthday" to their newly minted eighty year old matriarch. They even gave us hugs and kissed the ladies on both cheeks. Kind strangers still exist!

Saturday, August 31, 2024

After breakfast, the Eastbourne double decker bus took us up the steep road that led to Beachy Head, a chalk headland in East Sussex. The 530 feet high cliffs gave us stunning views over Eastbourne and the English Channel. Breathtaking.

All the dog owners collectively shuddered in unison. Next on the agenda was a ride along the beach front on the little Dotto train, that dropped us off at what became a popular shopping centre for our group. We had a surprise that evening – tickets to a Rod Steward tribute band! Who would have guessed our hip and edgy group would find themselves standing (well supported by the helpers) singing out their hearts to "Maggie May."

Sunday and Monday, September 1st and 2nd, 2024

Our last two days were spent recuperating from the exciting previous week with downtime, additional retail therapy in the Eastbourne area, and packing for the trip home on Tuesday.

A great ending to the Best Holiday ever.

RESEARCH
MATTERS

RIA FEATURE

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.

WORD SEARCH

AOHLWNLEE

MAUNTU

STVRHEA

RRCCAWOSE

October Word Search

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

Bloom

Discovery

Farm

Generate

Leave

Piper

Revolution

Warm

Brilliant

Excellent

Fired

History

October

Planit

Riverstone

Water

Creative

Fall

Freedom

Juice

Picnic

Reading

Snowball

Winter

Are you looking to **stay active, meet new people**, help your community, **learn new skills** or polish those you already have?

Why not volunteer?



At The Village of Tansley Woods we welcome volunteers in our Village and have a wide range of opportunities for you to make a difference in the lives of our residents. Discover the joy and fulfillment of volunteering... there are lots of ways you can help:

How do I get Started?

Apply online at www.schlegelvillages.com OR

Contact: Sharon Montgomery (Volunteer Coordinator)

905-336-9904

extension number 1960

tansley.volunteers@schlegelvillages.com

FORMS FOR RESIDENTS ARE AVAILABLE AT FRONT DESK

Hello October



One of the best things you
Can do for yourself is
Taking time to learn and grow.
Once you give yourself patience, you
Become your best friend. And the
Empathy, self-kindness and
Resilience are what you need to grow



- Alice Barrett
- Elizabeth Knuckle
- Elizabeth Kocsis
- Daniel And Bernice Janse van Rensburg
- Florence Martin
- Gladys Smith
- Linda Sutton

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

- Art Ford
- Margaret Olesen
- Margaret Warren





Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Tansley Woods, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ · DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

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

The Ruby: Our Ruby Restaurant is currently open for lunch & dinner on Thursdays, Fridays and Saturdays. You can buy Ruby gift cards and reload them as much as you want. Now open for the general public as well. Reservations can be made at the Village Office front desk, or at ext.1876

Village Neighborhood Pharmacy

Located on Main Street beside the
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
Foot Care

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 1 & 3	Mark Fletcher	Ext. 1881
Neighbourhood Coordinator East 2nd floor	Marlene Graham	Ext. 1896
Neighbourhood Coordinator West 1 & 3	Meghana Bayya	Ext. 1702
Neighbourhood Coordinator West 2nd floor	Alex Ayala	Ext. 1705
Neighbourhood Coordinator East & West 4-10	Kamal Kaur	Ext. 8304
Director of Hospitality	Mike Killip	Ext. 1861
Hospitality Supervisor	Ric Salvacion	Ext. 1976
PAL Coordinators	Melanie Dimitrovski Bhavini Mistry 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	Paige Epp-Ruitenberg	Ext. 1988
Village Office Coordinator	Pennie Pryce-Jones	Ext. 1851
Administrative Coordinator	Helen Sanger	Ext. 1802
Administrative Assistant	KT Turner Aisha Nembhard	Ext. 1876
The Ruby Restaurant	10 th 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