



# December

The Tansley Times  
Issue No. 103



Len Benton

Debbie Gerard

Charlie Tuttolomondo

Sheila McLaughlin

Margaret Caminer

Ann Murray

Carol Griffith

Carol Hamilton

Chris Raven

Larry Robertson

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

## December

By Joseph D. Herron

Child of the grand old winter,  
December floateth by;  
And the ground without is bare and white  
As the moon in the cloudless sky.

The wind blows cold and dreary,  
Across the whitened plain;  
And we see the oaks with their branches bare,  
Through the frost on the window pane.

But within where the yule-log's burning,  
Each heart is happy and gay;  
For the loving Prince of earth and Heaven,  
Was born on Christmas day.

Then hail! grand old December,  
We welcome you once more!  
For the memory sweet of a night you bring,  
That came in the days of yore.



### Welcome to our new Residents:

Jo-Ann Gisel  
Sharon Osborne

*welcome*

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

Jean Allen  
Claudette Petschar  
Grace Baldwin

*Rest  
in  
Peace*

## VILLAGE EVENTS

## THE TANSLEY TIMES

CC = Community Centre, MS = Main Street, TH = Town Hall, FC = Fitness Centre, L = Library, TS = Town Square

December 3rd - Giving Tuesday

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December 4th

10:00 Williams Café Outing

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December 7th

1:00 Harmony in the Home Performance - TH

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December 10th

12:00 Diner's Club: Swiss Chalet - MS

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December 11th

2:00 Nickelbrook Outing

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December 12th

10:30 Birthday Social - CC

6:15 Christmas Lights Bus Tour

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December 14th

3:00 Paula French Performs - TH

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December 15th - Ugly Christmas Sweater Day

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December 16th

10:00 Mother Goose - TH

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December 17th

6:15 Christmas Lights Bus Tour

...

December 18th

11:30 Swiss Chalet Lunch Outing

**6:00 Christmas Dinner - Reserve a Table Now!  
x1876**

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December 20th

6:15 Christmas Lights Bus Tour

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December 21st - Winter Solstice

3:00 Jay Franco Performs - TH

...

December 23rd

3:00 Happy Hour with Gerry Larkin - MS

...

December 24th - Christmas Eve

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December 25th - Christmas & Hannukah

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December 26th - Boxing Day & Kwanzaa

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December 31st - New Years Eve

3:00 NYE Social with the Wander Duo - MS





Join the  
**CELEBRATION**

# #ElderWisdom 10th Anniversary

*Resident submission*

## Village residents!

Share your story, your connection to your hometown, and the places you've always dreamed of visiting, with us!

From these submissions, we'll select a few special locations where residents and the Green Bench will travel in 2025.

While we won't be able to visit all the locations submitted, we greatly appreciate every story shared. Some may be featured in our anniversary celebrations throughout the year.



**SUBMIT**



**DEADLINE**

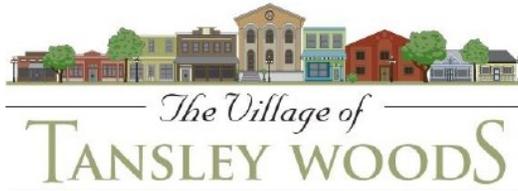
Submit by **Friday, January 10, 2025**

**QUESTIONS?**

Contact **Ted Hudson** at 519-496-5984  
or [ted.hudson@schlegelvillages.com](mailto:ted.hudson@schlegelvillages.com)



#ElderWisdom



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Hi everyone!

My name is Ripu Phull and I am the Assistant General Manager here at Tansley Woods LTC. I was on maternity leave for the last year and Navdeep Grewal was covering my position for me. Some of you may recognize me from before and I wanted to take a moment to introduce myself to the friendly faces who have joined our Village while I was away. I have been a part of the Tansley Woods team for 15 years in various roles supporting LTC and RH at different times. I have been in the AGM position since 2019. I have three kids, originally from Chatham, Ontario and I strongly believe anything and everything is achievable, we just need to find the right way to go about it. I look forward to being able to connect with you all as I walk through the neighborhoods and join a few programs over the next few weeks to meet everyone.

Upcoming in December we are hosting our Annual Christmas Dinner on Mainstreet where you are able to invite your friends and family to join us for a holiday meal! It will take place on December 18<sup>th</sup>; ticket prices are \$45 per adult and \$20 per child (aged 12 and under). Tickets can be purchased at the Retirement Village Office Front Desk between 9am-5pm. Please note as a resident of Long-Term Care you do not need to purchase a ticket for yourself.



My office is located on Mainstreet in LTC where the front office is. Please stop by to say hello!



## Using Nutrition to Improve Bone Health

Did you know that over 80 per cent of all fractures in people over the age of 50 are caused by osteoporosis?

It's important to consume enough calcium and vitamin D each day to maintain bone health, and to include protein at every meal to build and repair muscles and bones.

Check out these easy tips to improve your bone health from Lora Giangregorio, PhD, Schlegel Research Chair in Mobility and Aging, and Heather Keller, RD, PhD, Schlegel Research Chair in Nutrition and Aging, that you can incorporate into your life.

### Protein at every meal and snack

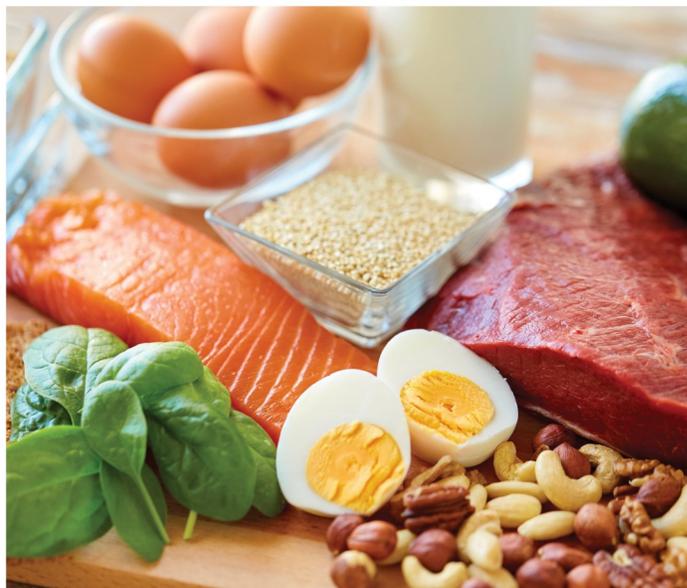
Aim for ~20-30 grams at breakfast, lunch, and dinner. Or, eat small amounts of protein more often. 20 grams of protein are equivalent to three eggs, or half a cup of peanuts.

### Get calcium through foods

It is better to get calcium through your diet - only take a supplement if you cannot get enough. Cow, almond, or soy milk, yogurt, cheese, white beans and almonds are high in calcium.

### Ask your healthcare provider about Vitamin D

Adults over the age of 50 should take a daily supplement containing 400 IU (10 µg) of vitamin D



because there are few food sources that contain enough of this essential vitamin. Some people may need more – talk to your doctor or nurse practitioner about how much vitamin D you need.

### Manage your weight

Avoid unintended weight loss. When you lose weight, you can lose muscle and bone. Weigh yourself at least monthly to monitor your weight.

If you are losing weight, or don't have much of an appetite, there are several evidence-based tips that can help: You can eat small amounts and more frequent meals or snacks; instead of water or tea, drink fluids with protein and calories like milk or high-protein drinks; eat foods higher in nutrients and calories like avocado, nuts or nut butter, or cheese.

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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.

### Holiday Meals that are Good for You

Healthy eating around the holidays doesn't have to mean steering clear of celebratory foods and meals. It just takes a little cooking know-how. Below are some tips for lightening up holiday dishes without sacrificing tradition or taste.

#### FOR APPETIZERS, THINK FRESH

Shrimp cocktail is festive and a better pick than fried hors d'oeuvres. Other healthful starters include spiced nuts or roasted chickpeas, pear or apple slices topped with a dollop of soft goat cheese-which is lower in calories and fat than hard cheeses- and crudité's with hummus or guacamole. If you prefer spinach or artichoke dip, use low fat Greek yogurt in place of sour cream.

#### CHOOSE A HEALTHIER MEAT

Roast turkey is the healthiest option, but if family tradition calls for pork or beef, the solution is to opt for healthier cuts. Instead of prime rib choose beef tenderloin roast, or a top sirloin roast. Avoid cured hams which can have more than 1,000 mg of sodium (in 3 1/2-ounce serving). Fresh ham is a good substitute.

#### SPICE IT UP

If you use garlic, onion and herbs such as rosemary, sage, tarragon and thyme in a dish, you might not need to add salt. Acidic flavors, such as lemon or lime juice, can also perk up a recipe. Lemon and garlic go practically with any vegetable. If you don't want to go salt-free, you can always cut back on the amount of salt a recipe calls for, then add more if needed after tasting the finished dish. Before using dried herbs and spices, crush a small amount in your hand and smell. If the aroma is potent, the flavor will be too.

#### BE SAVY ABOUT SIDES

Add fiber to stuffing by replacing half the bread with whole-wheat bread-or better yet quinoa or another whole grain -and adding nuts and extra vegetables, such as celery, carrots and onion. Cut back on the butter and use low sodium stock to moisten. For mashed potatoes use Yukon Golds, which have a buttery flavor, and try swapping mashed cauliflower for one-quarter to half of the potatoes. Make them creamy with evaporated skim milk in place of cream or butter. (Evaporated milk also subs for cream in soups). Instead of a salty green bean or marshmallow topped sweet potato casserole, try roasting carrots and parsnips or Brussels sprouts and red grapes. Drizzle with olive oil, season, and cook until tender. This brings out the vegetables' sweetness and cuts prep time.

#### LIGHTEN DESSERT

You can often reduce the amount of sugar called for in recipes for cookies, cake, and other baked goods by 10 to 25 percent with little difference in the outcome. (To cut 10% subtract 5 teaspoons for every cup of sugar in the recipe). And add some fiber, replace 25 percent of all-purpose flour with whole-wheat flour or half the all-purpose flour with whole-wheat flour. Like regular whole wheat, it contains all three parts of the grain, but it's lighter in color, texture, and flavor.

WISHING YOU ALL MERRY CHRISTMAS AND A PROSPEROUS HAPPY NEW YEAR

Maggie Jakab

# Schlegel Villages – CONNECTIONS



Season's  
Greetings

With the wintry days of December descending upon us, we celebrate the diversity of life within our Villages and the meaningful traditions that unite us in peace and joy during the festive season.

Whether it's the warmth of Christmas, the dedication of Hanukkah, the reflection of Kwanzaa, the triumph of light during Diwali that has already been celebrated, or the spiritual journeys of other traditions, this season offers us a time to come together in gratitude, kindness, and hope.

As we consider our diversity, we reflect on the evolution of faith within the Villages, recognizing that the concept of Chaplaincy in our Villages has grown into a more encompassing notion of Spiritual Care, led now by our Spiritual Care Leads.

May this festive season bring you light, love, and harmony, wherever you are, and may the shared values of compassion and goodwill inspire a bright and hopeful year ahead as we learn more about our neighbours and the traditions that guide them.



## Interested in more?

Sign up for our monthly newsletter where we share stories and news about Village Life!



# Schlegel Villages – CONNECTIONS

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## Mission-driven GROWTH

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Since The Village of Winston Park first opened 30+ years ago in Kitchener, Schlegel Villages has carefully considered its pattern of growth in order to bring its social model of living to more communities across the province. After an extremely busy 2024, our family of 18 Villages on its way through another exciting period of growth.



After extensive renovations, Winston Park's grand reopening in the fall of 2024 was a time to celebrate the culmination of efforts that led to a state-of-the-art, 288-bed Long-Term Care (LTC) community on the footprint of the Village that launched the Schlegel Villages organization as it is known to this day.



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### **The Village of Ridgeview Court, Milton**

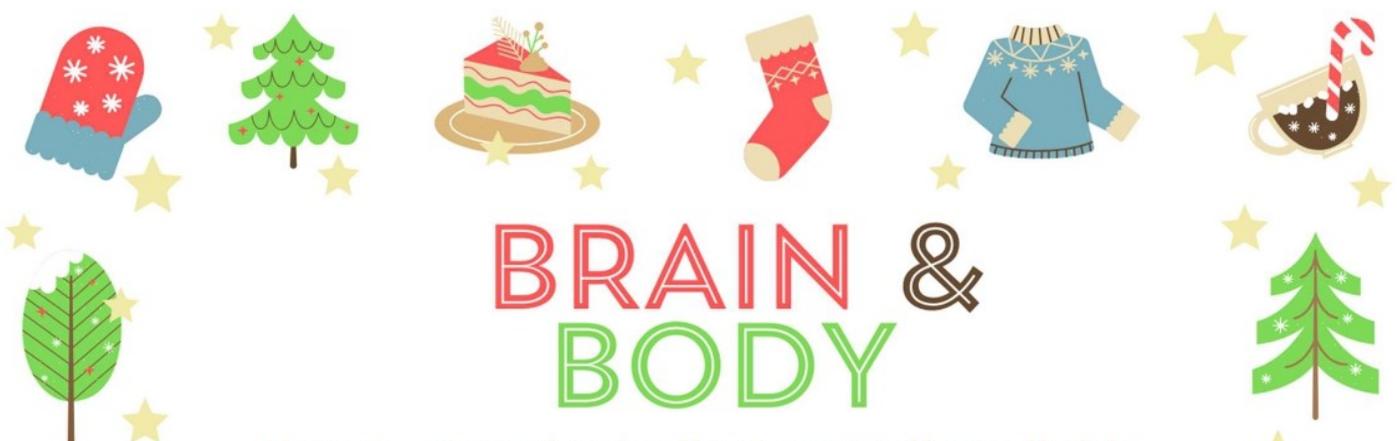
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Construction is moving along nicely at four new Villages, and though timelines with projects like these can be affected by many variables, we are excited to welcome new residents to:

- **The Village of Ridgeview Court, Milton** (end of 2025)
- **The Village of Millers Creek, Ajax** (spring of 2026)
- **The Village of Riverbank Terrace, Ottawa** (late 2026)
- **The Village of Stouffer Mills, Stouffville**

We also have exciting plans announced in Hamilton, with a new 512-bed LTC Village to be partnered with Mohawk College and Supportive Housing provider, Indwell, rounding out an exciting new community there.

In early 2026, we expect to break ground in Barrie, Oakville and Richmond Hill as well, marking the beginning of what we know will be a busy and exciting New Year!



# BRAIN & BODY

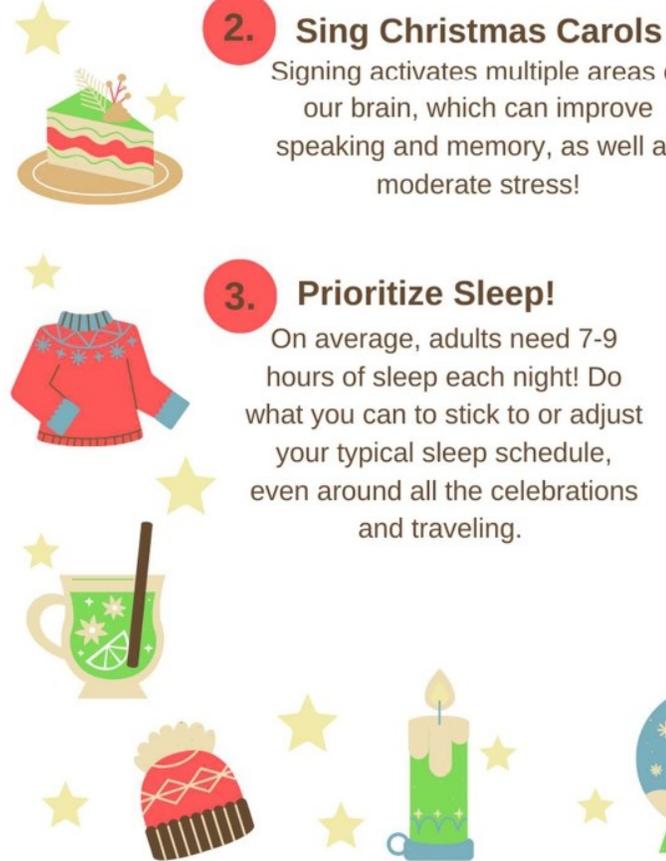
How to stay *physically & mentally* well this Winter!



## BRAIN

- 1. Drink Hot Chocolate**  
Dark chocolate contains antioxidants, which help our brain create new, healthy cells!

- 2. Sing Christmas Carols**  
Singing activates multiple areas of our brain, which can improve speaking and memory, as well as moderate stress!

- 3. Prioritize Sleep!**  
On average, adults need 7-9 hours of sleep each night! Do what you can to stick to or adjust your typical sleep schedule, even around all the celebrations and traveling.
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## BODY

- 1. Take Nature Walks**  
Weather permitting, take a stroll outside in the fresh air. Make sure to bundle up though!

- 2. Join Fitness Classes**  
Join a PAL fitness class like Tai Chi, Yoga, or Basketball to stay active and connect with fellow residents!

- 3. Create Active Daily Habits**  
Small lifestyle changes can help you stay active throughout the day. Setting goals can be very motivating and can help promote personal physical activity.
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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
Renny Sunny	Interim Director of Nursing Care	1815
Ripu Phull	Assistant General Manager	1803
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