



November

The Tansley Times
Issue No. 102



Marlene Evans

Margaret McCormick

Inez Clews

Marilyn Bertrand

Stanley Smalinsky

Theresa Naccarato

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

November

By Elizabeth Stoddard

Much have I spoken of the faded leaf;
Long have I listened to the wailing wind,
And watched it ploughing through the heavy clouds;
For autumn charms my melancholy mind.

When autumn comes, the poets sing a dirge:
The year must perish; all the flowers are dead;
The sheaves are gathered; and the mottled quail
Runs in the stubble, but the lark has fled!

Still, autumn ushers in the Christmas cheer,
The holly-berries and the ivy-tree:
They weave a chaplet for the Old Year's heir;
These waiting mourners do not sing for me!

I find sweet peace in depths of autumn woods,
Where grow the ragged ferns and roughened moss;
The naked, silent trees have taught me this,—
The loss of beauty is not always loss!



Welcome to our new Residents:

- Theresa Bainbridge
- Lorne Hodgson
- Valerie Barnes
- Carol Griffith
- Karl Linton
- Inez Clews



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

- Shirley Bell
- Valerie Felix
- Beverley Greer
- Antje Jonkman Mol



VILLAGE EVENTS

THE TANSLEY TIMES

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

November 2nd

3:00 Paula French Performs - TH

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November 3rd

Day Light Savings Ends

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November 6th

1:30 Splitsville Outing

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November 7th

2:00 Bunny Visit - FC

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November 9th

3:00 Natalie Marie Performs - TH

...

November 11th - Remembrance Day

10:30 Ceremony - TS

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November 13th - World Kindness Day

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November 14th - World Diabetes Day

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November 16th

10:00-3:00 Christmas Bazaar!

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November 18th

10:00 Mother Goose - TH

2:00 Demetri's Outing

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November 20th

2:00 Scenic Drive Outing

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November 21st

12:00 Diner's Club: Pizza & Wings - MS

...

November 23rd

3:00 Escapade Trio Performs - TH

...

November 26th

3:00 Happy Hour Karaoke - TH

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November 27th

11:30 Chucks Lunch Outing

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November 28th

10:30 Gratis Shoppe - MS

3:00 Resident Council - CC

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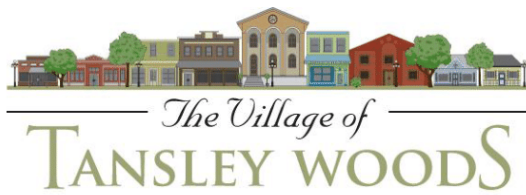
November 29th

2:30 Birthday Social - CC

...

November 30th

3:00 Brad Boland Performs - TH



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

Dear LTC Families,

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

LTC-AGM Transition

We are delighted to announce the return of our esteemed Assistant General Manager, Ripu Phull, who has rejoined us as of October 7th after her maternity leave. During her time away, Ripu embraced the joys of motherhood and we are thrilled to welcome her back to the team. Her leadership and dedication have always been invaluable to our success and we look forward to her insights and contributions as we continue to move forward together.

After November 8th, Ripu Phull can be reached via email:

Ripu.Phull@SchlegelVillages.com or at ext. 1803

Interim AGM Navdeep Kaur Grewal will continue supporting LTC until November 8th.

Active Aging Week

Active Aging week was a success the residents enjoyed the variety of activities provided by our Program for Active Living (PAL). Everyone enjoyed the Volleyball on Main St, Michael Jackson chair dance class, the neighbourhood hockey, and seated yoga! There were different activities throughout main street for residents to take part in like a fun scavenger hunt. This got the residents moving and many engaged in different aspects of the village.



Resident Support Coordinator Hours – Karen Savoy

Our new resident support coordinator has changed their office hours so that she is more available to team members, family members, and residents.

Tuesday: 10am-6pm

Wednesday: 10am-6pm

Thursday: 12pm-8pm

Friday: 12pm-8pm

Every other Saturday & Sunday: 10am-6pm

Town Hall with Brant Neighbourhood

Our recent town hall meeting on October 23rd 2024 with the Brant neighbourhood was an engaging and insightful event. The discussion was lively, and it was wonderful to see so many of you participate and sharing 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 the weather starts to get colder, 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



FALLS PREVENTION MONTH

FAST FACTS

★ Falls are the leading cause of injury among older Canadians

★ 20-30% of seniors experience one or more falls each year

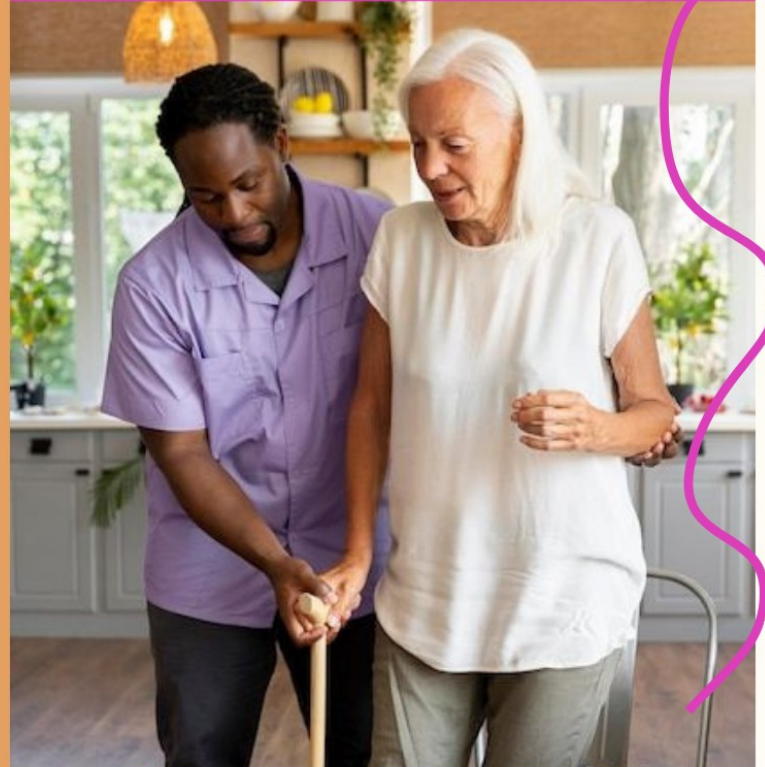
★ The most common cause of falls are poor balance, decreased muscle/bone strength, reduced vision/hearing, and unsafe conditions

PREVENTION TIPS

- ✓ Eat healthy and balanced meals
- ✓ Stay active! Join one of the fitness classes hosted by PAL and/or do independent exercise yourself
- ✓ Use assistive devices that will facilitate your daily life whilst also keeping you safe

GOAL:

Provide health practitioners, businesses, and government with resources to raise awareness and engage communities in preventing falls and related-injuries.



Everyone has a part to play in Falls Prevention!



You CAN Prevent Falls! -
Canada.ca

Emergency Codes

Our emergency code education continues! For those of you reading this article for the first time, our goal here is to provide education and awareness regarding the Emergency Procedures in the Village. We have various policies/procedures in place which outlines the actions required in the event of an emergency (i.e. Flood, Missing Resident, Fire, etc.).

The focus in October was CODE BLUE = CARDIAC ARREST, which is a resident focused policy. This policy is applicable if a resident has a cardiac event. If a team member or visitor experiences a cardiac episode our Medical Emergency Policy and Procedures would come into effect.

When moving into the village, and at least annually following, the resident's wishes are discussed. This is a conversation between the Resident/POA and the care team. Based on these wishes, a resident's wishes are either to initiate CPR if/when appropriate, or do not resuscitate. The village supports these decisions and follows the resident/POA's wishes. In the event of a cardiac episode, the team will act according to this assessment. CPR training is available to team members on an annual basis, and all registered team members complete each year.

Our "Medical Emergency" policy is applicable to any medical concerns with a team member or family, including but not limited to cardiac events. This may include any type of medical attention required. The team will utilize the emergency services in the community if applicable (i.e. paramedics) as well.

This is a brief summary of each of these policies, but we want to raise aware they exist, and the team is trained to respond.

Please stay tuned for the emergency codes in November, which are Code Purple (Intruder) and Flooding.

If you have questions about any of our emergency procedures, please don't hesitate to reach out to our Environmental Leaders!

Thanks, and see you next month,

Asher Black & Kyle Goodwin

Schlegel Villages – CONNECTIONS

Why we wear the poppy

After losing a friend in the 1915 Battle of Ypres along the Western Front of the First World War, a humble doctor was inspired by the loss of a friend and the red poppies that managed to grow throughout the desiccated battlefield.

Lt. Col. John McCrae would use that inspiration to write *In Flanders Fields*, the most iconic poem in the English language to honour the sacrifice of countless soldiers in the ongoing effort to preserve freedom. We hear the solemn beginning words each year:

*“In Flanders Fields the poppies blow,
between the crosses, row on row . . .”*

and we are transported to a terrible dark period that now only lives in history books and the memories passed down through generations.

The red poppy Canadians wear upon their lapels from the last Friday in October until we mark the end of that terrible war on November 11th symbolizes our commitment to always remember those who served, not only in that war but in those that followed and the times of peace we cherish.

The Royal Canadian Legion raises approximately \$20 million across the country each year through the annual Poppy Campaign. These funds directly support veterans and their families at a local level and help each Legion Branch ensure the words **“Lest We Forget”** carry the weight of remembrance always.

We wear the poppy with pride and gratitude, honouring those who give of themselves for the benefit of all.

*Our
freedom.
Their
sacrifice.*



November 11
Lest we forget

Schlegel Villages – CONNECTIONS



Success Awards

In early October, leadership team members from across Schlegel Villages gathered in Niagara Falls for the organization’s annual Operational Planning retreat. There were residents and family members among the crowd of more than 500 people, and their insights were fantastic, but we were also grateful for the invaluable contributions of the Village Success Award Winners who were also part of the event.

These amazing direct support team members were recognized at the Village level for their commitment to the five key values that define our Connect the Dots customer service credo:

Know Me; Earn Trust; Be Present; Follow Through; and Walk in My Shoes.

The dedication and commitment of these team members and the passion they bring to the Villages every day makes them the ideal experts to contribute to the upcoming operational goals of each Village. We’re thankful for their leadership and all they do to inspire us all to live our values every day.



Congratulations
winners!

Supporting your neighbours: Preventing social isolation

As we age, the risk of social isolation—a lack of meaningful contact with others—can increase. However, feeling disconnected doesn't have to be part of getting older.

Social isolation can negatively affect health and well-being. Older adults who are isolated may be more likely to fall, experience depression, struggle with daily tasks, and have difficulty thinking clearly. They are also at a higher risk of developing dementia and may visit the emergency department more frequently.

Staying connected is key to maintaining health and happiness. This can be achieved through personal connections, community programs, faith-based organizations, or social services. Reducing social isolation helps ensure a fulfilling life.

Signs of Social Isolation

How can you tell if a neighbour might be socially isolated? Here are some things to watch for:

- Have they mentioned feeling lonely or cut off from others?
- Are they getting dressed or staying in the same clothes/pajamas for long periods of time?
- Has their behaviour changed or have they recently stopped going to social events they used to enjoy?



How You Can Help

Sometimes, an older adult may just need someone to talk to. Other times, they may need more support. Here are a few ways you can make a difference:

- Be a friend—take time to listen and show you care.
- Recommend a community program or service.
- Check in with a visit or phone call.
- Introduce them to new social opportunities.
- Talk with their family or care partners to find out how you can support them.

Read the Supporting Your Neighbours: A Community Conversation Guide for more information about the health impacts of social isolation, signs to look out for, common barriers, and tips to help.

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.

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