

THE TANSLEY TIMES

NOVEMBER 2024

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ISSUE NO. 102

 **NOVEMBER** 

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Village Entertainment

Date	Time	Entertainer	Location
Nov 1	3:00 PM	Johnny Dee	Emma's West
Nov 5	7:15 PM	Ludgates	Fergusson Town Hall
Nov 6	3:00 PM	Peter Harding	Emma's East / Egerton
Nov 19	7:15 PM	Goodtime Guys	Fergusson Town Hall
Nov 25	3:00 PM	JustUs	Fergusson Town Hall
Nov 30	3:30 PM	Laura Nashman (Flute Player)	Fergusson Town Hall



November Special Events

November 4—Diwali Celebration

Join us on this day to celebrate Diwali, the festival of lights. Learn about the history and significance of this Hindu holiday and enjoy a traditional Indian dance performance from our very own Team Members!

November 9—Movie Matinee; Oklahoma

Join us this Saturday afternoon for a Movie Matinee. Bring your own blanket & make yourself comfortable, we will be featuring the film Oklahoma from 1955. Popcorn will be provided to make your movie experience enjoyable!

November 11—Remembrance Day

All are welcome to join our Remembrance Day Ceremony on Main Street to recognize, remember & thank those who sacrificed their lives for our freedom. We encourage Residents, Team Members, & visitors to wear red & a poppy on this day to commemorate those who served.

November 15—Tansley Christmas Karaoke

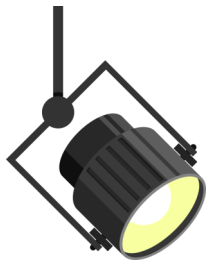
'Twas the night before the bazaar and every elf in the Village is getting into the Christmas spirit! Join us for an evening of Christmas Karaoke.

November 16—Christmas Bazaar

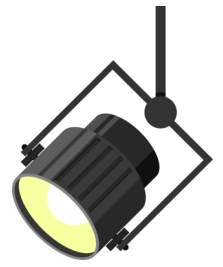
Mark your calendars for our annual Christmas Bazaar featuring homemade crafts, preserves, baked goods, and so much more! An event you will not want to miss as our Tansley elves have been working hard for the last few months leading up to this day!

November 24—Rummikub Tournament

Calling all Rummikub players!!! Join us this evening for a Rummikub tournament, individual players welcome; no team, no problem!



Program Spotlight



Our Universe (Documentary)

Follows different aspects of the natural world, from an expansive look into the origin of the Universe, to life on planet Earth and how its oceans function. Witness the remarkable story of *our universe* over billions of years and its inextricable link to life on Earth in this sweeping *documentary* series.

Christmas Treat Series

This program is a cooking/baking demonstration, where you are provided with a recipe and can watch the Christmas treat come to life starting from scratch with cooking tips! The best part is you get to taste it in the end!

The Queens Gambit (TV Show)

This Netflix series follows the life of an orphan chess prodigy, Elizabeth Harmon, during her quest to become an elite chess player while struggling with emotional problems and addiction.

Making Birthday Cards

Nothing better than receiving a homemade gift on your birthday. We are here to help you! Have someone's birthday approaching? Come down to the Hobby Shop to make them a personalized homemade birthday card to brighten their special day.

Musical Bingo

Hear the tune, identify the song, and see if you have it on your bingo card. First to get a line & shout BINGO wins a chocolate treat!



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: Matthew

When: Every day

Where: Recreation

Matthew is truly interested in the residents, always engaging with them and showing genuine care, making him a ray of sunshine in their lives as he brightens their days with his warmth and positivity.

Shooting Star

Who: Khyati

When: Always

Where: Dinning room

Khyati is not only friendly and helpful but also has a special way of making everyone feel good; her warm hugs have a magical quality that lifts spirits and creates a sense of comfort and belonging.

Shooting Star

Who: Ronnie

When: All the time

Where: Dinning room

Ronnie works fast and efficiently, ensuring that all tasks are completed on time without compromising quality.





Shooting Stars

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Shooting Star

Who: Katelyn

When: Every day

Where: Recreation

Katelyn is positive and never thinks of anything as impossible, which inspires those around her.

Shooting Star

Who: Ethel

When: All the time

Where: Dining room

Ethel is known for her friendly and caring nature, always going out of her way to make others feel comfortable and appreciated.



Happy November from Soumbos Osteopathy!

Have you ever struggled with shoulder pain? This month, we'll explore shoulder pain and the role of osteopathy in managing this condition.

What is Shoulder Pain?

Shoulder pain refers to discomfort in the shoulder joint or surrounding muscles and tendons. It can manifest as a dull ache, sharp pain, or stiffness, often worsened by movement or activity.

Common Causes of Shoulder Pain

- Rotator Cuff Injuries
- Frozen Shoulder
- Tendinitis
- Arthritis
- Impingement

How Osteopathy Can Help

Osteopathy offers a holistic approach to managing shoulder pain. Osteopathic manual practitioners use hands-on techniques to:

Improve Joint Mobility: Techniques such as gentle manipulation can enhance joint function and range of motion.

Relieve Muscle Tension: Myofascial release and soft tissue techniques help alleviate muscle tension and promote relaxation.

Enhance Circulation: Improved blood flow supports the body's healing processes, reducing inflammation and aiding recovery.

Don't Let Pain Hold You Back

Andrew offers a complimentary consultation to discuss your specific needs and answer any questions you may have. You can book your **free** consultation in the Health Center today!



SOUMBOS
OSTEOPATHY

Move Well. Feel Well. Live Well.

TREASURE TROVE LAST MONTH IN OCTOBER

Once again, we had an amazing Treasure Trove, every bit as successful as our Spring one last April. There were lots of fall and winter coats, slacks, sweaters, scarves, jewelry, gloves, shoes - lots and lots of men's and women's shoes, glassware, kitchenware, books and bedding.

Christmas was definitely in the air with a wonderful assortment of Christmas decorations that went out as quickly as they came in.

Thank you to all the residents who donated items and to those who went home with a new treasure, enjoy,, enjoy.

The Salvation Army welcomed everything that did not go to the residents.

I wish to extend a big shoutout to our wonderful Residents' Council members for their assistance, Cecilia for your wonderful flyers, and staff members as well who helped in many ways. When we all work together, we can do amazing things.

See you next year in April for our next Treasure Trove.

Marlene Scales,

Residents' Council

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.

Meetings take place on the last Tuesday of each month, between 10-11:30am in the Chapel.

Upcoming Meeting Dates:

- Tuesday November 26th, 2024
- Tuesday December 31st, 2024 (*Special Holiday Celebration*)
- Tuesday January 28th, 2025

For more information if interested please reach out:

To reach Kurtis (RH Social Worker) : ext. 1892

Kurtis.Wilson@SchlegelVillages.com

To reach Karen (LTC Social Worker) : ext.1808

Karen.Savoy@schlegelvillages.com



Happy November Tansley!

November is Falls Prevention Month, a time to raise awareness about the risks of falling and how we can take steps to reduce them. Falls can happen to anyone, but the risk increases as we age. The good news is that many falls are preventable!

Understanding the common causes of falls is the first step toward prevention. Factors such as poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe home conditions can all contribute to an increased risk.

Here are some practical tips to help you stay safe and on your feet:

1. **Home Safety:** Assess your living space for potential hazards. Remove tripping hazards, ensure good lighting, and consider using non-slip mats.
2. **Stay Active:** Regular physical activity helps improve strength, balance, and coordination. Look for exercises specifically designed for balance and flexibility.
3. **Nutrition Matters:** A healthy diet supports bone and muscle health. Make sure to include calcium and vitamin D-rich foods in your meals.
4. **Regular Check-ups:** Keep up with vision and hearing tests. Poor eyesight or hearing can significantly impact your balance and awareness of surroundings.
5. **Assistive Devices:** Don't hesitate to use canes, walkers, or other devices if needed. They can provide extra support and stability.

For falls prevention month the PAL team has many educational resources and exercise classes to promote falls prevention! Stop by the PAL office for falls prevention educational handouts!

The PAL team currently offers two great classes aimed at fall prevention: Balance and Tai Chi. The Balance class focuses on exercises that improve stability and strength, helping participants feel more secure on their feet. Tai Chi, on the other hand, emphasizes slow, controlled movements that promote flexibility and coordination. Both classes not only boost physical health but also improve balance and mobility.

The PAL team is excited to announce that for Falls Prevention Month we will be conducting a special standing balance bar class to support those residents who are at higher risk of falls. Sign up is required and there are limited spots available. Stop by the PAL office to sign up.

Keep an eye out for the November Calendar for changes in the exercise schedule. As the weather gets cooler, we are excited to reintroduce Nordic pole walking. Be sure to bundle up for our November outdoor walks!

Stay Active & Stay Safe,
Your PAL Team

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!

The Last Train



Mildmay Ontario is known as the Lamplighter Village and Gateway to the Bruce. One of its proudest traditions is the success of their hockey teams since WWII. Every level, from pee wee to adult, won multiple championships.

There was even a book written by John Thompson called Hockey Night in Mildmay. After many men had become too old to compete with the youngsters, they formed a league called The Last Train. The requirements were you had to be overweight, and over 45 years of age.


When my wife and I moved to Mildmay I was intrigued by this group of older players that I met through Rotary. They were not at all what I expected. Nobody complained about their lack of speed and stamina but all were proud of a good shot or a great save and looked forward to the next game.

I always loved train rides to my grandfather's farm and would stare out the window wondering when I would arrive. Now I realize that looking back at the caboose and reflecting is gratifying, but looking forward to where the Engineer leads us is far more rewarding.

xxx
**CHRISTMAS
BAZAAR**

xxx
**Saturday
November 16**
10 a.m.–3 p.m.

Come join us in celebrating the Christmas season. We will have an assorted selection of homemade craft items, an exciting silent auction, a tea room, raffle, baked goods, preserves and much more!


The Village of
TANSLEY WOODS
4100 Upper Middle Road, Burlington

RESEARCH
MATTERS

RIA FEATURE

NOVEMBER 2024

**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.

Word Search

ALIPR

EHATR YAD

RISPGN

MLBUAELR

WYNDI



April, Earth Day, Spring, Umbrella, Windy

November Word Search

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

affectionate
 combination
 invitation
 pacific
 remembrance
 rock
 unflinching
 vote



brilliant
 desert
 lion
 passionate
 responsibilities
 skydiving
 victory
 war



bullet
 inspire
 mansions
 poignant
 riverside
 triumph
 visions
 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

APPLICATION FORMS FOR RESIDENTS TO APPLY ARE AVAILABLE AT FRONT DESK

Hello November

Not everyone gets you, but it's
Okay, because when you
Value your time, attention and
Energy, you attract
More people who see your
Beauty and worth. Own your
Enoughness, and the
Right ones will find you



- Ed Farrow
- Kathy Staiger
- Natalie Ball

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

- Peter Zimmer
- Margaret Stewart
- Peter Hobden
- Betty Lorentz
- Floyd Elder
- Doug Johnston
- George Babbage
- Robert Reid
- Geraldine "Jeri" Stringer





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
Physiotherapy
Osteopathy
Massage Therapy
Dental Hygienist
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-Ruitenber	Ext. 1988
Village Office Coordinator	Pennie Pryce-Jones	Ext. 1851
Administrative Coordinator	Helen Sanger	Ext. 1802
Administrative Assistant	KT Turner Joshua Ding Aisha Nembhard	Ext. 1876
The Ruby Restaurant	10 th Floor	Ext. 1880
Main Floor Nursing Station	Lead Nurse—East	Ext. 1888
	Lead Nurse—West	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