



THE TANSLEY TIMES

DECEMBER 2024

DECEMBER 2024
ISSUE NO. 103



December

SUN	MON	TUE	WED	THU	FRI	SAT
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	31				



Village Entertainment

Date	Time	Entertainer	Location
Dec 2	7:15 PM	Marion Shynal	Fergusson Town Hall
Dec 7	3:00 PM	Harmony in House Children's Christmas Choir	Fergusson Town Hall
Dec 8	2:15 PM	Brent Meidinger	Emma's East / Egerton
Dec 12	11:00 AM	EYES Daycare Christmas Concert	Fergusson Town Hall
Dec 13	10:30 AM	Gerry Larkin	Emma's West
Dec 13	10:30 AM	Sacred Heart School Children's Christmas Choir	Fergusson Town Hall
Dec 16	3:00 PM	Northern Lights	Fergusson Town Hall
Dec 18	6-8PM	Various Entertainers	Christmas Dinner
Dec 30	7:15 PM	Martin Wall	Fergusson Town Hall

Vendor This Month

Dec 2nd: Adrian Family Clothing 11 AM - 3 PM

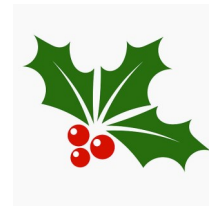
Dec 4th: Flyaway Books 10 AM - 3PM

Dec 7th: Tradition's Alive 10 AM - 3PM

Dec 9th: Christine Rice's Boutique 10 AM - 3PM

Dec 11th: Comfort Shoes 10 AM - 3PM

Dec 20th: Bella Boutique 10 AM - 3PM



December Special Events

December 3rd—Christmas Tea & Sweet Treats

Join us in the Town Hall, first come first served, for Christmas Tea & Sweet Treats with your Recreation Team! We encourage all attending to dress in red/green or festive wear!

December 4th—National Cookie Day

Join us in the Hobby Shop for a Christmas cookie decorating demonstration. Christmas cookies will be decorated with royal frosting with samples provided at the end!

December 9th—National Gingerbread Day

Join us in the Hobby Shop for a hands on activity, decorating gingerbread houses! No better way to get into the Christmas Spirit and celebrate this national day!

December 15th—Christian Church Caroling

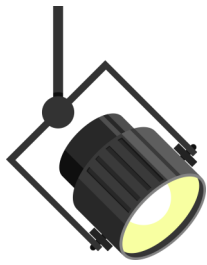
Come join us with your best singing voices to participate in a Christmas Singalong. Forestview and Groundswell two local Christian churches have come together for an amazing performance!

December 25th & 26th—Christmas & Boxing Day

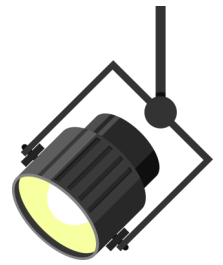
Please check the Recreation Calendar on these days for a variety of Christmas themed events and movies occurring in the Village! We encourage all to dress in festive wear!

December 31st—New Year's Eve

Join us at 11AM for a New Years Eve Celebration & countdown to 12pm noon! A champagne toast will be offered to all as we look back and reflect on the year 2024.



Program Spotlight



Animal (Documentary)

This immersive series follows the world's most magnificent creatures, capturing never-before-seen moments from the heartwarming to the outrageous.

Wood Carving Club

For those of you who would like to try something new, we have started a Wood Carving Group. We meet every Monday morning from 9:00AM to 11:00AM in the School House. Come and join us, all are welcome!

Christmas Floral Arranging with a Demonstration

Enjoy an opportunity to learn how to make a floral arrangement, then make your own arrangement to take back to your suite with you.

Women's and Men's Club Christmas Social

Meet the Women and Men of Tansley Woods for some conversation and Christmas Cheer!

Word Scramble

Unscramble of list of letters to make as many new words as possible before time runs out.



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: Simmi

When: Always

Where: Dining room

Simmi is hard working and dedicated to her job. Along with her reliability, personable nature, and pleasant demeanor, she is an invaluable asset who serves the residents.

Shooting Star

Who: Moyna

When: Thanksgiving day

Where: Emma's East

Moyna always wants to help, offering assistance whenever it is needed. Her sweet nature makes her a pleasure to be around and a valuable support to everyone she encounters.

Shooting Star

Who: Evelyn

When: All the time

Where: Nurses station

Evelyn assisted with residents and delivered excellent work, ensuring everything ran smoothly and met the highest standards.





Soubos Osteopathy

Move well. Feel well. Live well.

Your Path to Wellness

As the year draws to a close, we want to remind you about the valuable benefits your health plan offers (if you have one). Osteopathy is a gentle, hands-on therapy that can help alleviate a variety of conditions, including back pain, arthritis, and stress.

Why choose osteopathy?

Personalized care: Our treatments are tailored to your specific needs.

Gentle and effective: Our techniques are safe and effective for people of all ages.

Improved mobility and flexibility: Regular osteopathy sessions can help you move more freely.

Reduced pain and discomfort: Say goodbye to aches and pains.

Don't miss out on your last chance to use your benefits this year!



SOUMBOS
OSTEOPATHY

Move Well. Feel Well. Live Well.

RESIDENTS' COUNCIL

Chair Person- Doug Pettit

As Chair Person of YOUR Residents' Council, I sometimes introduce the periodic contributor to the Tansley Times. She hardly needs an introduction but for the month of December that contributor is Carole Leacock. Your Council are very fortunate to have the Secretary you have. Carole is a very well experienced Secretary and does a "cracker-jack" job for the Council. Thank you so much Carole for the wonderful job you do.

The year 2025 has gone by very quickly and here we are in the last month of the year. Accordingly, I would like to say what a pleasure it has been being Chair Person for the past two years. My tenure will end in Feb 2025 and I would like to take this opportunity to say a big thank you to the Council members and the many Residents that I have spoken with during my time as your Chair Person. Merry Christmas to all.

Welcome to December

Secretary- Carole Leacock

December can be cold with lots of snow. No more outdoor activities such as gardening or walking on the lovely area near the pond or having lunch at the gazebo. But they will come back in spring, summer and fall. Meanwhile there are many indoor activities to keep you busy. Taking part in cards, movies, games and exercises will introduce you to different residents and you can make new friends. Tansley is always looking for volunteers.

I would like to tell you a bit about being on the Residents' Council as a volunteer and at the same time let you know what the Council is all about.

The Residents' Council represents the residents and provides a way to let residents have a certain control over their lives. Council works with management to improve satisfaction with service levels and quality. The Council speaks on behalf of all residents.

The Council members are nominated by the Residents and if more than nine are nominated we have an election approved by the residents, according to our Constitution we can have a total of nine Councillors. The Council is made up of Members-at-Large and Officers. The five officers are the Chair Person, Secretary, Treasurer, Vice Chair Person and Past Chair Person, the remaining four are Members at-Large. We have five Standing Committees each with a Committee Head. That person reports to Council each month. Those standing committees are:

- 1) Support of New Residents**
- 2) Food and Dining Room Service**
- 3) Special Activities**
- 4) Health and Safety**
- 5) Community Information**

The Committee Head for each Standing Committee prepares a monthly written report to be reviewed at each monthly meeting.

New business items can come in the form of questions and opportunities that we receive from the slips in the Red Boxes, and we discuss them, and ask a member of Council report on them.

My responsibility as the Secretary is to distribute the Agendas and Minutes from the meetings to the members and post the Minutes outside the Council Chambers.

I am also part of the *Support of New Residents* Standing Committee, so I am able to greet and meet people when they first move to Tansley and have lots of questions.

Being a part of the Council has introduced me to a lot of residents and staff. Being a volunteer has gotten me out and meeting people.

If you are interested in being a member of the Council, you just need to ask someone on the Council. We would like for you to join us.

ALWAYS REMEMBER

You are

BRAVER *than you believe*

STRONGER *than you seem*

And

SMARTER *than you think*



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 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 December Tansley!

As we wrap up the year and welcome December, we're excited to share ways to stay active and healthy through the busy holiday season. As the winter chill settles in, it's more important than ever to stay active and energized. Staying active not only boosts physical health but also helps with mental well-being, and we're here to support you every step of the way!

The winter season affects our bodies in different ways, such as pain, difficulty breathing due to dry air, and an increased risk of injury due to poor conditions outside! The shorter days and decreased amount of sunlight can also impact our mental health. However, we can manage these obstacles with physical activity. Regular physical activity not only boosts mood and helps combat the winter blues but also contributes to improved strength, flexibility, and overall well-being.

PAL Office Has Moved

The PAL team's office has moved! Our office is no longer in the Pet Shop as the bunnies have moved in. We are now located in the meeting room across from Town Hall, near the doors.

Exercise Tips

As the days get shorter and we spend more time indoors, it's easy to let our activity levels drop. But even small amounts of exercise can make a big difference. Try to get up and move every hour, whether it's a short walk, a few stretches, or some light strength exercises. It's a simple way to keep your energy up and your body feeling strong.

Some examples of indoor exercises include:

- Take a walk down Main Street
- Seated jumping jacks
- Use the NuStep machine

Seated marching to the beat of your favorite song.

We are so proud of all the hard work our residents have put into staying fit and active throughout the year. As we head into the holidays, remember that movement is not just about fitness; it's also about keeping your mind and body connected and energized.

For the month of December, keep an eye out for the PAL Calendar and the daily exercise schedule for any changes in our regular exercise schedule.

Wishing you a happy and healthy holiday season!

With warm regards,
The PAL Team

Schlegel Villages – CONNECTIONS



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

Mission-driven GROWTH

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.



The Village of Ridgeview Court, Milton

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!

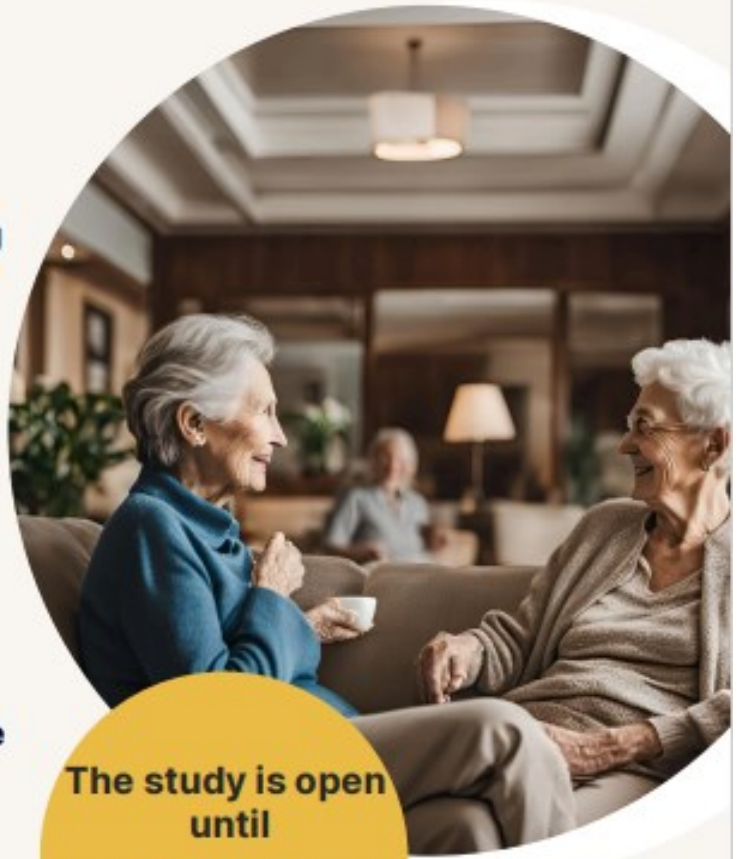


Study Participants Needed!

University of Waterloo researchers are looking for older adults (65+) with some experience, knowledge, and opinions about **technologies used for assisted active living including:**

- **Smart Home Thermostats**
- **Smartwatches and fitness trackers**
- **Devices for blood pressure, glucose levels**
- **Assistive Robots to help with chores, mobility**
- **Emergency Response Systems in case of falls**
- **Devices and apps for social interaction and communication**

THE GROUP DISCUSSIONS OR INDIVIDUAL INTERVIEWS WILL TAKE LESS THAN AN HOUR ONLINE



The study is open until
DECEMBER 20TH

IN APPRECIATION OF YOUR TIME, YOU WILL RECEIVE A \$10 TIM HORTON'S GIFT CARD

Please contact Thokozani on **226-698-8341** or by email at tphiri@uwaterloo.ca for more information.

This study has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Board [REB 46529].



RESEARCH
MATTERS

RIA FEATURE

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.

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

UJYL

ISTRF NOSNAT

IIINUT

DTUIEN



December Word Search

V X I L G G G L M E S K T N V W R G B G
 V M F B K R N R H C J H E H U A A N R N
 O C B P S E U I C S G Z A K R L T I A X
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 discerning
 firework
 poetic
 rational
 snowflake
 waltz



candor
 Christmas
 empower
 frozen
 preference
 shapes
 stimulate
 waterproof

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 December

Diamond turns into gem by
Enduring what should have
Crushed it. But instead,
Every ounce of pressure
Makes it stronger than
Before. And if coal can
Evolve, you can too because you're
Rare, strong, and beautiful



- Albert & Marilyn West
- Christine Firlit
- Diane Decary
- Don Werbig
- Gladys George & Rozz Walker
- Helen Carrier
- Louise Dalke
- Maureen Britnell
- Stephen Lazier
- Yvonne Capstick
- Brian & Hope MacLennan

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

- Alan Seago
- Anne Bogar
- Betty Simpson
- Dianne Leask
- Isabella Milne
- Keith McAlpine
- Peter Jewell
- Sylvia Radatovic
- Gunter Kikauka
- Gloria Dunn
- Lois Douglas





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
Director of Wellness	Raphael Jusi	Ext. 8303
Assistant Director of Wellness	Karen Knights	Ext. 1882
Assistant Director of Wellness	Ju-Won 'Joe' Lee	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	Karin 'KT' Turner Joshua Ding	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