

HELLO

# January

The Tansley Times

Issue No. 104





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Eileen Canham	Helen Craig
Lucjan Bil	Mary Mathews
Irene Arjangian	Ina Fleming
Mara Frank	Orma Walls
Joan Sharpe	Maggie Hegedus
Margaret Standen	Vern Dueck
John Overton	

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

## January

By Rebecca Hey

Keen blows the bitter spirit of the North,  
 And, like a warrior foil'd, with powerless beam  
 The sun eyes wistfully the frost-bound stream,  
 As if he long'd, though vainly, to call forth  
 His by-gone strength, that he might deck the earth  
 In all her summer beauty, and set free  
 River and brooklet, till, towards the sea  
 Onward they bounded with melodious mirth.  
 But many a storm, ere that may be, shall blow,  
 And many a cloud frown darkling o'er the sky;  
 And be it so, if but affection's glow  
 Play round the lips, and brighten in the eye,  
 When round the hearth long-sever'd friends do meet,  
 (So ancient usage claims,) the opening to greet.



Welcome to our new Residents:

Donelda Rhynold



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

Amelia McBride

Norma Morton-Whitelaw



## VILLAGE EVENTS

## THE TANSLEY TIMES

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

January 1st - New Years Day

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January 4th

3:30 Brent Meidinger Performs - TH

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January 6th

10:00 Burlington Mall and Lunch Outing

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January 7th - Orthodox Christmas Day

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January 9th

2:30 Happy Hour with performance from Leslie Taylor - TH

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January 11th

3:00 Brad Boland Performs - TH

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January 15th

11:30 Chuck's Roadhouse Lunch Outing

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January 17th

1:30 Little Hobby Farm Visits

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January 18th

3:00 Geri Defoe Performs - TH

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January 19th - World Religion Day

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January 20th

10:30 Mother Goose - TH

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January 21st - Hugging Day

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January 22nd - Bell Let's Talk Day

1:30 Indoor Golf Outing

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January 24th

12:00 Diner's Club: Firehouse Subs

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January 25th - Robbie Burns Day

3:00 The Escapades Perform - TH

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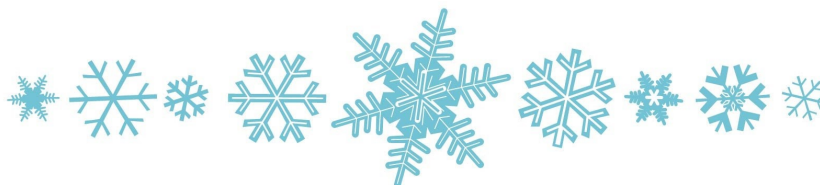
January 28th

10:30 January Birthdays Social - CC

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January 29 - Chinese New Year

10:00 Williams Café Outing





Come and take part in an intergenerational music making journey that involves singing, moving to music, playing instruments and simply having fun together.

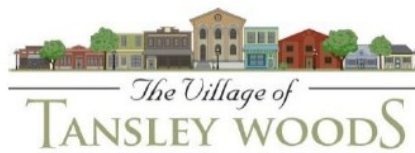
**Intergenerational Jamboree Music Therapy sessions are held at 10:00AM on Wednesdays starting February 12<sup>th</sup>, 2025 at the Village of Tansley Woods.**

Join Angela, a qualified, accredited music therapist, every Wednesday for an 8-week intergenerational music therapy program. These sessions are designed to include children 4 and under, parents/grandparents, and long-term care residents at the Village of Tansley Woods, supported by Village team members.

As the children's music-learning is nurtured, pre-schoolers and their grownups will foster new and important relationships with their resident "Grandfriends". Look forward to the lively weekly visits, the chance to share memories, and the opportunity to grow and create a harmonious music-making experience together. The additional cognitive, physical, and emotional benefits for all participants make these intergenerational sessions a win-win for all.

Although the program is free, registration is required, along with a reservation deposit of \$20 (refunded upon program completion).

Please feel free to reach out with questions to:  
Trish Holmes, Recreation Supervisor, at 905-336-9904 ext. 1810  
or [Trish.Holmes@SchlegelVillages.com](mailto:Trish.Holmes@SchlegelVillages.com)



## A Spoonful from Food Services

### Foods to help with “the blues”

**BERRIES:** high in polyphenols and fiber improve digestion and gut health, boost mental health; reduce inflammation.



**FERMENTED FOODS:** high in probiotics (beneficial bacteria) help immune support; improvement of gut microbiota.



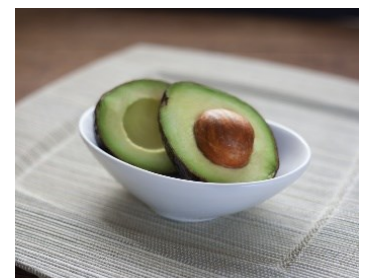
**DARK LEAFY GREENS** (kale, collards): high in fiber, vitamin K1 and calcium help with cognitive health; immune support; reduced risk of osteoporosis and heart disease.



**FATTY COLD -WATER FISH** (salmon, sardines, herring) high in healthy fats, protein and vitamin D help improve immune support.



**PUMPKIN SEEDS, DARK CHOCOLATE, AVOCADOS:** high in magnesium and healthy fats, they help nervous system regulation and may improve sleep quality.



Maggie Jakab

Food Services Manager

# NEW YEARS

# Resolutions

**Got a New Year's Resolution? Struggling to stick with it? Check out these popular resolutions and tips to help you make them achievable!**

## 3 Achievable Resolutions

- 1 Start a Gentle Exercise Routine
  - Goal: 30min a day, 3-5x per week. Focus on low-impact exercises like walking, chair yoga, or water aerobics.
  - Why?: Exercise improves strength, mobility, and balance, and reduces the risk of falls
- 2. Prioritize Restful Sleep
  - Goal: Aim for 7-8 hours of quality sleep each night, create a calming bedtime routine
  - Why?: Sleep is essential for physical recovery and overall energy
- 3. Stay Mentally Active
  - Goal: engage in brain-boosting activities such as puzzles, reading, or learning a new hobby
  - Why?: To keep your mind sharp



## Words of Wisdom offer Dementia Support

When facing a dementia diagnosis, big questions start to surface: *What happens next? How do I plan for the future? How will this change my relationships?* For care partners, the experience can be just as overwhelming.

The new Words of Wisdom resources are here to help throughout the dementia journey.

The idea for the resources started with a special event series, “People Living with Dementia Share Their Wisdom.” People from across Canada came together to share their experiences with dementia — from their diagnosis, to planning for the future, to handling stigma. Their heartfelt stories were full of wisdom, and it became clear that they should be shared with more people. The resulting collection of eight resources offer support for both people living with dementia and the people who support them.

For people living with dementia, the guides focus on topics like:

- Tips for handling common misunderstandings about dementia.
- What to expect after getting a diagnosis and where to find support.
- How to plan for future care and support as needs change.
- Simple ways to stay active and take care of mental, emotional, and physical health.



The “People Living With Dementia Share Their Wisdom” panel discussions were spearheaded by dementia advocate Myrna Norman.

For care partners, the guides cover:

- What it means to be a care partner and how to take care of yourself too.
- How to advocate for a loved one through the diagnosis process.
- Tips for care partners to stay healthy and manage stress.
- How to prepare for important care decisions.

Each guide is filled with simple steps people can take right away, like ideas for talking about future care, making a daily routine, and finding support in their community. Through the real quotes and reflections from people living with dementia and care partners, these voices show that while dementia can bring challenges, it is still possible to live well, find joy, and feel connected to others.

Whether you are a person living with dementia or supporting one, these guides are here to empower, inform, and inspire you. Find them at [the-ria.ca/resources/words-of-wisdom](http://the-ria.ca/resources/words-of-wisdom)



# GRAND SLAM OF CURLING

## Schlegel Villages' Day

**Thursday, January 16**

11:30 a.m. | Sleeman Centre, Guelph

Through the long Canadian winter, two sports bring energy to small towns and communities across the nation; hockey, of course, is the great Canadian game, but alongside the hockey arena nearly every small town in the country boasts a curling rink.

Curling has always been a way to draw communities together and this year **Schlegel Villages is proud to be a key sponsor** of the WFG Masters Grand Slam of Curling event in Guelph from **January 14–19**, which will bring the global curling community together with some of the world's top athletes.



January 16 will be Schlegel Villages' Day at the bonspiel. We expect to have more than 500 people connected to our Villages at the Sleeman Centre that day, showcasing our love of competition and the way our communities are connected, despite the distances that separate our 18 Villages.

### Interested in attending?

Reach out to the director of recreation or general manager at your Village.

**We hope to see you there!**

Limited spots available



**#ElderWisdom**  
**10th Anniversary**

### *Resident submission*

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



# Schlegel Villages – CONNECTIONS



## Alzheimer's Awareness Month



**January** marks a month of awareness around Alzheimer's disease and other forms of dementia in our Villages.

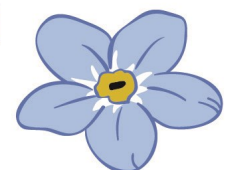
People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease and how to offer meaningful support.

LIMT, our signature dementia program, is coming to life within our Villages. ME forms, sharing our resident's life stories, are the first step in the Supportive Approaches to Care pillar of the program. This is ME top 10 frames are being installed to help us develop personal relationships with residents during care interactions.

The Meaningful and Active Engagement pillar is enhanced with new resources for Neighbourhood Time, a program that will be introduced across our Villages in 2025, where anyone in the neighbourhood can be involved in engaging residents!

GATHER support groups foster connections among residents, encouraging mutual support, and linking care partners with others who share similar experiences.

There are many LIMT successes to build on in 2025!



# The Village People

Tansley Woods Family Council

## What is a Family Council?

An organized group of families and friends of the residents of a Long-Term Care Home

## Our Purpose

To improve the quality of life for Long-Term Care residents and support their families and friends

## Why Join the Family Council?

- Mutual support
- Educational opportunities
- Engage in advocacy on behalf of residents
- Information and idea sharing
- Further understanding of policies
- Enhance knowledge regarding addressing concerns with the management team

If you would like to join, please email

[Tansley.FamilyCouncil@SchlegelVillages.com](mailto:Tansley.FamilyCouncil@SchlegelVillages.com)



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