

# THE TANSLEY TIMES

JANUARY  
2025

JANUARY 2025  
ISSUE NO. 104

# January

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
January 4	2:00 PM	Brent Meidinger	Emma's East / Egerton
January 7	7:15 PM	Northern Lights	Fergusson Town Hall
January 15	3:00 PM	David Skolnik	Town Square
January 17	3:00 PM	Little Hobby Hill Farm Petting Zoo	Emma's West
January 30	7:15 PM	Brad Boland	Fergusson Town Hall

## Vendor This Month

January 9th: Mom's Time Out 10 AM - 3 PM



# January Special Events

## **January 1—New Year's Day / Pajama Day**

Jump into the new year with us by celebrating in your Pajama's! Residents and Team Members are encouraged to wear your Pajama's on this day.

## **January 12—Ploughman's Lunch**

Sign-up in the binder outside the office to join us in the Ruby for Ploughman's Lunch on a cool Sunday January afternoon!

## **January 22—Bell Let's Talk Day**

A day surrounding conversation to raise awareness and end the stigma around mental health. Keep an eye on Main Street on how to participate in the conversation on this day.

## **January 25—Robbie Burns Day**

Robbie Burns is widely recognized as the national poet of Scotland and is celebrated worldwide. Join us at 11 AM in the Social Club on this day for a Robbie Burns Celebration!

## **January 29—Chinese New Year**

Chinese New Year falls on January 29th, and 2025 is the year of the Snake! Join us in celebrating with a dumpling making demonstration in the Hobby Shop! Participants get a taste of China following the demo!

## **January 31—National Hot Chocolate Day**

Who doesn't love a nice warm chocolatey drink on a cool winter day? Join us this afternoon for a hot chocolate social in the Hobby Shop!



# 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:* Simran

*When:* All the time

*Where:* Nursing station

Simran is a hardworking team member who consistently puts in great effort and dedication to ensure everything runs smoothly.

## Shooting Star

*Who:* Charlie

*When:* Anytime

*Where:* Maintenance

Charlie is always bright, cheerful, and welcoming, ensuring that the building is not only in perfect condition but also that everyone felt comfortable.





## Soumbos Osteopathy

*Move well. Feel well. Live well.*

### **New Year, New You: Discover the Benefits of Osteopathy**

As we welcome the new year, many of us take the opportunity to focus on our health and well-being. While exercise, nutrition, and staying active are essential, maintaining your body's mobility is just as important—and that's where osteopathy can help!

Osteopathy is a gentle, hands-on therapy that works to restore movement in areas of the body that have become restricted. When certain areas lose mobility, they can put excessive strain on other parts of the body, which are forced to compensate. Over time, this imbalance may lead to pain, discomfort, or further limitations in movement.

By addressing these restrictions, osteopathy helps to reduce strain, improve function, and promote better overall health. Whether you're looking to maintain your mobility or address a specific concern, osteopathy can be tailored to your needs.

Think of osteopathy like visiting the dentist—not just for fixing problems but for regular maintenance to keep things running smoothly. For ongoing wellness, a session every 1-3 months can help ensure your body stays in motion. If you're currently dealing with pain or discomfort, a more focused approach of weekly sessions for 3-4 weeks may be beneficial.

**Let's work together to help you feel your best in 2025!**

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!

**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 January 28th, 2025

For more information if interested please reach out:

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

[Kurtis.Wilson@SchlegelVillages.com](mailto:Kurtis.Wilson@SchlegelVillages.com)

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

[Karen.Savoy@schlegelvillages.com](mailto:Karen.Savoy@schlegelvillages.com)



## **Happy New Year Tansley!**

New Year means new goals and new programs from the PAL team! We're very excited to share all the new programs and activities we will be offering this month!

## **New Year's Resolution & Goal Setting!**

Many people use the start of the new year to set new goals. SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound. Using the SMART goal method helps keep your goals realistic and increases the likelihood of achieving them. The PAL team would be happy to help you create your exercise goals. We will be hosting a New Year's goal-setting workshop on January 15 to help you set your goals for the year ahead.

## **Swimming**

Also starting this month, the PAL team will be heading to the recreation center next door for swimming. We will meet outside the Town Hall, and it's recommended to come with your swimsuit on under your clothes. We will have a bus to take us to the center and back, so you don't need to worry about walking in the cold! Check the PAL calendar for the swimming program dates.

## **Drop-in Basement Fitness**

Have you always wanted to try the fitness room but were unsure how to use the machines or didn't like being in the basement fitness center alone? The PAL team will be offering a drop-in fitness center session where you can use any of the machines and weights. PAL team members will be available to answer any questions, offer assistance, and provide guidance. This program will take place every Wednesday starting January 15.

Wishing you all a happy healthy New Year

**Stay Active!**

**Your PAL Team**



## Schlegel Villages – CONNECTIONS

# GRAND SLAM OF CURLING

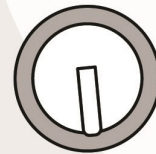
## Schlegel Villages' Day

**Thursday, January 16**

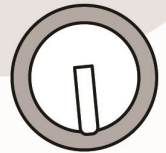
11:30 a.m. | Sleeman Centre, Guelph

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.



Limited spots available

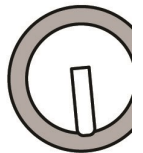


January 16 will be Schlegel Villages' Day at the bonspiel. We expect to have more than 500 people connected to our Villages at the Sleeman Centre that day, showcasing our love of competition and the way our communities are connected, despite the distances that separate our 18 Villages.

### Interested in attending?

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

**We hope to see you there!**



**#ElderWisdom  
10th Anniversary**

### Resident submission

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



Deadline for submission is **Friday, January 10, 2025**

# 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.

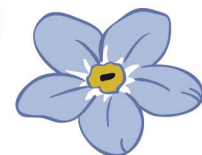
People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease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



RESEARCH  
MATTERS

RIA FEATURE

JANUARY 2025

## 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)

# Word Search

AHFRET

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CPTTOER

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DRGAAPN

---

EHRCTEA

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# January Word Search

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

Admiral

Artist

Distinctive

Godfather

January

Letter

Moonlit

Reverence

Affectionate

Daring

Enthralling

Heaven

Joyful

Light

Penguin

Sunshine

Angel

Dazzling

Gladiator

Incandescent

King

Lion

Random

Writer



# Hello January

**J**ourney of a thousand miles  
**A**lways starts somewhere.  
**N**othing will be achieved  
**U**nless you take  
**A**ction. Momentum plus  
**R**epeated efforts will take  
**Y**ou further than expected



- Joan Mitges
- Janet Vanderslagt
- Wayne & Ermy Akers
- Barbara Mitchell
- Margit Soltesz

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

- Bob Kurtz
- Dorothy McCarthy
- David Simpson
- Margaret Bell
- Joan Prest





## 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](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ · DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://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](mailto: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 <sup>th</sup> 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 Neighbourhood Pharmacy		Ext. 1995
Riverstone Spa		Ext. 1924