



THE TANSLEY
TIMES

FEBRUARY
2025

FEBRUARY 2025
ISSUE NO.105



February

MON	TUE	WED	THU	FRI	SAT	SUN
					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		



Village Entertainment

Date	Time	Entertainer	Location
February 1	1:45 PM	Brad Boland	Emma's East / Egerton
February 4	7:15 PM	Ron Tansley	Fergusson Town Hall
February 18	7:15 PM	Ludgates	Fergusson Town Hall
February 19	3:00 PM	Peter Harding	Emma's West
February 25	2:30 PM	The Martin Brothers	Fergusson Town Hall

Vendor This Month

February 6: The Boutique 10 AM - 3 PM

February 19: Bella Boutique 10 AM - 3 PM

February 24: Stars of Modern Jewelry 10 AM - 3 PM

February 27: Nelly's Comfort Shoes 10 AM - 3 PM



February Special Events

February—Black History Month

Every February, people across Canada participate in Black History month events and festivities that honour the legacy of Black people in Canada and their communities. Join us every Wednesday in February at 12:30 in the Hobby Shop for Black History Month Music and check out the information table on Main Street for more resources!

February 2—Groundhog Day

Warton Willie, Canadian's groundhog comes out of his house in Bluewater Park on this day to predict an early spring or long winter. Vote on Main Street whether or not you think Willie will see his shadow. If he sees his shadow, winter will go on for six more weeks; if he does not see his shadow, spring will arrive early!

February 9—Superbowl Sunday

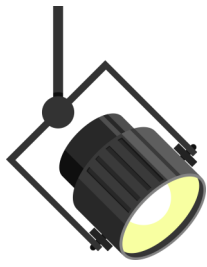
Check the calendar on this day for various Football themed programming! Join us for an evening of fun watching the super bowl together & placing your bets for the winning team!

February 14—Valentine's Day

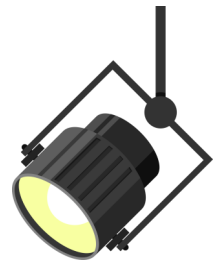
We invite all Residents and Team Members to dress in Red or Pink on this day filled with LOVE! Candy grams purchased in the month of February will be delivered on this day.

February 26—Pink Shirt Day

Pink shirt day is an annual event against bullying held in Canada where participants wear pink shirts to raise awareness about bullying. Pink Shirt Day was started in 2007 in Canada and is held on the last Wednesday of February each year. Residents and Team Members are encouraged to join the movement.



Program Spotlight



Raiders Of The Lost Art

Art can be very valuable and, thus, eyed by people looking to acquire pieces of artwork by nefarious means to sell. This show views investigations of notable art thefts through the eyes of detectives and forensics analysts tasked with locating missing masterpieces.

Friendship Bracelet Making

Join us in the Hobby Shop for an afternoon of bracelet making for a friend, loved one or for your own pleasure!

Chocolate Lollipop Demonstration

Chocolate, Chocolate, Chocolate, come down for a demonstration and sampling of course, on how to make chocolate lollipops on Valentine's Day!

Tech Talk

Live Virtual Presentation by Burlington Public Library. Unlock the internet's full potential by mastering search engines and harnessing the power of AI research tools.

Author Talk

A virtual talk with Pulitzer Prize Finalist Lee Hawkins through the Library Speakers Consortium. Lee Hawkins talks about his family's legacy of post-enslavement trauma and resilience in this riveting memoir, *I Am Nobody's Slave: How Uncovering My Family's History Set Me Free*.



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: Khyati

When: All the time

Where: Cafe

Khyati is very sweet and always so kind to everyone, constantly spreading positivity and making others feel special.

Shooting Star

Who: Parik

When: Anytime

Where: Dining room

Parik is extremely friendly, respectful and helpful, always going out of his way to assist others with a smile and a positive attitude.

Shooting Star

Who: Susan

When: Every day

Where: Dining room

Susan is awesome because she knows everybody's names and tastes, making everyone feel seen and appreciated whenever she interacts with them.





Shooting Stars

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Shooting Star

Who: Anne

When: All the time

Where: House keeping

Anne does not hesitate to jump in when needed; she is a joy to have around, and her work is always top notch.

Shooting Star

Who: Rosalie

When: Anytime

Where: House keeping

Rosalie always sees what needs to be done, and you can truly rely on her to tidy up—she really spends two hours making sure the room is perfectly clean and tidy.

Shooting Star

Who: Simpreet

When: All the time

Where: East nursing station

What makes Simpreet special is that she is always looking for what strengthens those around her and brings out the best in ever one.





Soumbos Osteopathy

Move well. Feel well. Live well.

Are you struggling with shoulder pain?

Shoulder pain is one of the most common complaints among people of all ages, and it's no surprise why—it's a complex joint responsible for a wide range of motion and activities. But did you know that your shoulder pain might not originate from the shoulder itself? As an osteopathic manual practitioner, I often see cases where restrictions in other parts of the body are contributing to, or even causing, shoulder discomfort.

Osteopathy takes a whole-body approach to treatment, recognizing the interconnectedness of all body systems. The shoulder doesn't work in isolation; it relies on the smooth coordination of your scapula (shoulder blade), thoracic spine (mid-back), and even your pelvis to function properly. If any of these areas are restricted, it can place undue stress on your shoulder, leading to pain, inflammation, and reduced mobility.

For example, restrictions in the thoracic spine can limit your ability to rotate or reach overhead. Similarly, poor scapular movement due to muscle imbalances or tight fascia can disrupt the mechanics of your shoulder joint. Even the pelvis plays a role—imbalances here can create compensatory patterns that travel up the body, affecting your shoulder mobility and function.

Osteopathic treatment focuses on restoring balance and mobility throughout the body. By gently releasing restrictions, improving circulation, and encouraging proper alignment, we can reduce strain on the shoulder and promote long-term healing.

If you're dealing with shoulder pain—whether it's from arthritis, an old injury, or just wear and tear—osteopathy may offer the relief you've been searching for. I offer a complimentary consultation to discuss your specific needs and answer any questions you may have. You can book your **free** consultation in the Wellness Center today!

Warm regards,

Andrew Soumbos, Osteopathic Manual Practitioner

I am coming to the end of my term on your Residents' Council. We have a clause in our Constitution that limits a member to four consecutive years to facilitate new thinking. I voted for this clause to be included in the constitution.

This experience has been full of learning about working with a group of wonderful people with different ideas and experiences. A lot of discussion is needed when agreeing on one idea that will work for as many residents as we have here at Tansley Woods, the largest home in the Schlegel properties.

We have been blessed with some outstanding leadership on the Council, directing the discussions. Among them Nairn MacQueen, a truly wonderful gentleman who wrote our first constitution. Wendy de Jaray, who worked with Nairn, and became the next Chairperson. She was a very dedicated worker, not afraid of controversy in her term. Next came Doug Pettit as Chairperson. Doug's working experience was in the finance industry which was very valuable to the Council as well as the operation here at Tansley Woods.

The steering person through much of this Journey was Carole Leacock who has been invaluable to the Council with her work ethic experience, and overall experience in running a meeting with eight different ideas from nine members which she blends into one.

We have a great group of councillors next season that will continue to work with leadership to give you the life experience you are looking for here at Tansley Woods.

Thank you, and please continue to say hello to me. I will be happy to direct you through a problem by recommending a counsellor to help you.

Pete Chapman



HEALTH AND WELLNESS EDUCATION AND RESOURCE SERIES

01.

About this new series

Starting this year, The Village of Tansley Woods will now be coordinating regular monthly educational sessions and sharing other helpful resources that aim to meet the various needs and interest of our residents, as well as their families and care partners.



02.



What this will look like

Through each month in 2025, a different topic related to general health and wellness will be highlighted and promoted within a new "Health and Wellness Calendar" distributed to both residents and care partners. Within this calendar, we will showcase opportunities that have been coordinated for residents, family members, and care partners to attend varying sessions and events located right here within the Village.

03.

Objective of this series

Our goal is to promote optimal health by supporting and empowering the community at Tansley through access of information and resources that will allow each resident, as well as their care partners, to best care for themselves and others.



Fill out this form!

04.



<https://forms.office.com/r/vdPE5ifLdi>

Physical copies can be found at Village Offices in Retirement and LTC

Happy February, Tansley!

Important Updates:

- If you've seen the new February calendar, you may have noticed some changes. One important change is that we've renamed our weekly Balance Class to *Standing Strong*. The class will continue to be held every Wednesday and Friday at 4:15 PM in the Senior's Center. Same great class, just a new name!
- Additionally, there are a few programs on the calendar that require sign-up. To sign up for swimming, please use the sign-up sheet in the binder outside the Village Office. For the *Balance Bars* class, kindly speak to a member of the PAL team to sign up.

February is Heart Health Month!

Here are four tips to improve your heart health:

- 1. Participate in Regular Physical Activity:** Exercise is a great way to improve heart health. Activities like walking, strength training, and even chair dancing can all be beneficial for your heart.
- 2. Eat a Heart-Healthy Diet:** Focus on incorporating more fruits, vegetables, whole grains, and lean proteins into your meals. It's also important to reduce your intake of highly processed foods and unhealthy fats.
- 3. Schedule Regular Health Check-ups:** Regular check-ups help monitor blood pressure, cholesterol, and overall heart health. Early detection can make a big difference in managing conditions effectively.
- 4. Practice Stress-Reducing Techniques:** Chronic stress can negatively impact heart health. Try incorporating stress-reducing practices such as deep breathing, meditation, or yoga into your routine.

Stay Active!

Your PAL Team



Barb Schlegel
Volunteer Award



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

March 1-15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.

**Thank you
for your
nomination!**



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

Schlegel Villages – CONNECTIONS

Aspiration LAUNCH

Nearly 15 years ago, Schlegel Villages began a focused effort to transform and reshape the way care and support is offered for the residents who make their home in the Villages. This deliberate shift away from an “institutional model of care” towards what we define as a “social model of living” has always been guided by **eight aspirations**, developed collaboratively with the early pioneers of our change journey.

The aspirations are to:

- Create Opportunities for Meaningful and Shared Activities;
- Foster Authentic Relationships;
- Promote Resident Empowerment;
- Honour Cultural Diversity;
- Connect Research and Innovation to Village Life;
- Offer Flexible Dining;
- Promote Cross-Functional Teams;
- Offer Flexible Living.

Throughout the Villages, we see these aspirations come to life in countless ways, but through 2025, as an organization we have chosen to



focus on one aspiration in particular: **Create Opportunities for Meaningful and Shared Activities.** Later in February, expect to see team members throughout the Villages wearing their special aspiration t-shirts, and we encourage everyone to consider what this aspiration means to each one of us.

What activities are meaningful to you and how can our team members, residents, family members and partners consciously embrace the moments that can help spread that meaning so we can learn from each other and create lasting impact and memories? Life within our Villages is best defined by the relationships we enjoy within, and when we share what’s meaningful to us, our relationships grow stronger and more defined.

Schlegel Villages – CONNECTIONS

SCHLEGEL VILLAGES ACKNOWLEDGES

BLACK HISTORY MONTH

Honouring our vast cultural diversity within the Villages is an aspiration that guides us every day, and the celebration of Black History Month in February is another opportunity to reflect on the importance that diversity represents.

We encourage our team members and residents across the Villages to take advantage of the educational opportunities shared throughout the month, and we'd love to hear what more we can do to honour the inspirational legacy of the black community in our Villages and in the wider Canadian context.

We recognize that true equity is a goal we must all work together to achieve, and within our Villages we have residents and team members who represent the black community with distinction in all they do.

We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.

RESEARCH
MATTERS

RIA FEATURE

FEBRUARY 2025

How to have a healthy heart

February is Heart Month, a time to raise awareness about the importance of heart health.

Heart disease is a leading cause of death in Canada. While family history can play a role, other factors can harm your heart health.

Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, shared simple ways to keep your heart healthy and strong, as well as warning signs to look out for.

What's the most important thing you want older adults to know about their heart health?

Heart health and overall health go hand in hand. Include physical activity and good nutrition every day to keep your heart healthy. A strong heart will help you heal after an injury or illness.

What activities are best for improving heart health?

Walking at least 30 minutes every day. Be sure to include stair climbing, uphill, or faster walking at least 5 days per week. Challenge yourself to do more than you did last week, and if possible, avoid long periods of sitting, immobility, or bed rest.

What warning signs should older adults and care partners look for?

Fatigue or shortness of breath when walking at a speed that used to be comfortable could be a sign of heart trouble. Some problems with heart health,



such as high blood pressure, are not obvious, so it is important to check in with your doctor or nurse practitioner regularly.

What does your research seek to understand when it comes to heart health?

My research focuses on the arteries, which move blood through the body and also help with memory and thinking. Everyone's arteries get stiffer as they age, but not everyone's arteries get stiffer at the same rate. Exercise and good nutrition help keep arteries "younger."

Taking care of your heart is one of the best investments you can make in your health.

Try adding these five foods to support heart health:

1. Almonds
2. Dark chocolate
3. Wheat germ
4. Flax seeds
5. Lentils and beans

For more information about aging well visit the-ria.ca.

Word Scramble

FRUARYEB

ENESNTIVAL

RAUIIQAS

CRNMOEA

RSSEO

February Word Search

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

Bloom
 Collection
 Diamond
 February
 Lovely
 Rose
 Sprit
 Warmth

Blue
 Countless
 Dream
 Festival
 Plants
 Skyrocket
 Universe
 Wedding

Cherry
 Dance
 Easter
 Grass
 Romantic
 Spring
 Valentines
 Wishing

Hello February

Finding your voice is never
 Easy. It requires courage and
 Belief in yourself to
 Radiate confidence. Never
 Underestimate the power of
 Authenticity, for it brings
 Resilience and strength to
 Your words, actions and Journey



WELCOME
 ★★ HOME ★★

- Donna Miller
- Frank Szenasi
- John Hayes
- Mike Taylor
- Harry & Marg Robb
- Teresa & Andrew Hallett
- Janet & Shivo Tandan
- Reg Lafontaine
- Paul & Christel Heusser

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

- Alexander "Sandy" Burke
- Bill Matthews
- Bill Ramage
- Claudette Bogoslawski
- Doreen Brampton
- Doug Pettit
- Edward Szela
- Frank McGuey
- Irene Montgomery
- Rita Ketelaars
- Thelma Hazzard
- Tom Harmen
- Ursula Mueller
- Gladys Smith





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	Dorien Vandenberg	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 Neighbourhood Pharmacy		Ext. 1995
Riverstone Spa		Ext. 1924