

FEBRUARY 2025

THE TANSLEY TIMES

ISSUE NO. 104



BLACK HISTORY MONTH





Pat Scott

Charles McCormick

Wally Kiczma

Lynda Kirkham

Jean Fraser

Evalina Gambioli

Peter Walker

Jo-Ann Gisel

Fred Wright

Norman Collier

Rolly Blackburn

Aylish McQuillan

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



February Days

By Ellwood Roberts

The icy northern blast sweeps by,
 From wild wastes of the Arctic snow;
 Above us droops a wintry sky,
 A bleak white landscape lies below.
 But, 'neath the chilly Polar blast,
 A low, sweet undertone I hear:
 "The wintry storms will soon be past,
 And pleasant Spring-time days are near."

In Winter's stern and icy grasp,
 Are river, pond, and rill, to-day;
 Like iron bonds his fetters' clasp,
 Like despot's rule his frosty sway.
 But only yesterday I heard—
 Though all the landscape was so drear—
 The sweet voice of a lonesome bird:
 "The Spring-time days will soon be here."

Welcome to our new Residents:

Brian Cunliffe

Julie MacKay

Susan Pezik

Mirko Jurkovic

Kwang-Yoon Kim



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

Margaret Caminer

Lorne Hodgson

Diane Clews

Deborah McLaughlin

Garry Fullerton

Joszef Zrostek

Isabel Mallon

Thomas McDonald

Gayle O'Neill

Pat Webster



VILLAGE EVENTS

THE TANSLEY TIMES

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

February 1st

3:00 Brad Boland Performs - TH

...

February 2nd Groundhog Day

...

February 8th

3:00 Ron Tansley Performs - TH

...

February 10th

10:00 Mother Goose - TH

...

February 12th

10:00 Jamboree - Appleby

3:00 Scenic Drive Outing

...

February 14th Valentine's Day

11:30 Valentine's Day Lunch - TH

See page 3 for details!

...

February 17th Family Day

...

February 19th

2:30 Nickelbrook Outing

...

February 21st

12:00 Diner's Club: Ruby

...

February 22nd

3:00 Geri Defoe Performs - TH

...

February 25th

6:00PM Celebration of Life - TH

...

February 26th Pink Shirt Day

11:30 Piper Arms Lunch Outing

...

February 27th

2:00 Birthday Social - Appleby

3:00 Resident Council - CC

...

February 28th Ramadan Begins





Valentine's Day Lunch

Featuring



LESLIE TAYLOR
ON VIOLIN

FEBRUARY 14TH

11:30 AM

TOWN HALL



The LTC recreation team will be hosting a Valentines Day lunch featuring Leslie Taylor on violin this February 14th from 11:30am-1:00pm in Town Hall. Lunch menu includes tea sandwiches, potato salad, cupcakes, and Mimosas. All diet's will be accommodated. Please RSVP to Christine at the front office if you would like to attend with your loved one by reaching out to her in person, by phone with extension 1801, or email Christine.Gomisa@SchlegelVillages.com . Spots are limited to 3 reservations including the resident. Donations are greatly appreciated

As many of you know, about a year ago we adopted Elvis, a blue budgie, and then a few months ago we brought in Priscilla, a white budgie. They bonded through separate living spaces for a while, to get to know each other. Even in this way, Priscilla has really brought Elvis out of his shell!

We are excited to announce that as of January 8th, Elvis and Priscilla have decided to take the next step in their relationship and have moved in together! They are getting along splendidly—Priscilla’s youthful energy has helped Elvis become more active and cheerful and he has provided her with a lifetime partner.

We also wanted to extended a heartfelt thank you to everyone who has come to visit these two over the last year.

Specifically, we would like to thank one of our residents, Juliet, who has accepted the position as Senior Bird Caretaker. Juliet visits the lovebirds several times a day. Each morning she cleans their cage, refreshes their water and food supply, and enriches their lives through changing out the toys or requesting new ones. Thank you, Juliet!



All are welcome to visit our feathered friends in the greenhouse, any time of day. There are also two new bunnies located in the Pet Shop in retirement across from the Hobby Shop, Cosmo and Wanda.



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!**

**SCHLEGEL VILLAGES**

PROTEIN MADE EASY

Boosting the protein from plants in your meals and snacks can be as effortless as using these add-ons:

- Sprinkle hempseed (hemp hearts) on oatmeal, yogurt and salads.
- Include smoked tofu in salads, tacos, and sandwiches.
- Toss crispy roasted/baked chickpeas on veggie salads.
- Add crumbled, cooked tempeh to chili and pasta.
- Make use of shelled edamame in salads and stir-fries.
- Prepare creamy dressings with peanut butter.
- Blend soft tofu into smoothies.
- Add plant-based jerky to sweet and savory snack mixes.

TEMPTING TEMPEH

If you're curious what goes into making a brick of tempeh, here's a rundown: whole soybeans are soaked, cooked, left to ferment with a fungus, and then pressed into a firm, dense patty that is big on earthy, umami flavor. Typically, tempeh is denser in protein than tofu.

WHAT'S IN SEASON IN FEBRUARY

This will vary depending on the month and where you live:

- | | | |
|-------------------|----------------|---------------|
| • Brussels sprout | • Carrots | • Chicory |
| • Cranberries | • Kale | • Lemons |
| • Parsnip | • Persimmons | • Shallots |
| • Cabbage | • Cauliflower | • Clementines |
| • Grapefruit | • Leeks | • Oranges |
| • Pears | • Pomegranates | • Spinach |

Maggie Jakob

Food Services Manager

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.

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.

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
Jefferdie Fiesta	Director of Quality & Innovation	1856
Jessica Barlas	Neighbourhood Coordinator Nelson	1806
Jo-Anna Gurd	General Manager	1877
KerryAnn Greenwood	Neighbourhood Coordinator Brant & Oaklands	1848
Kristin Becquer de Dios	Director of Quality & Innovation	1856
Kyle Goodwin	Assistant Director of Environmental Services	1857
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	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