

The background is white with a decorative pattern of green shamrocks and gold-colored swirls. The shamrocks are scattered throughout, with a higher concentration in the corners. The gold swirls are thin, elegant lines that curve across the page, adding a festive touch.

hello March

The Tansley Times

Issue No. 105



Lois Dunham

Marion Eaton

Patricia Walker

Therese Gibbons

Keith Ramoutar

Anthony Nusca

Joan Ritchie

Sharon Osborne

Sandra McGowan

Eileen Phillips

Marian Vivian

Marilyn Gould

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



To March

By Emily Dickinson



Dear March, come in!
 How glad I am!
 I looked for you before.
 Put down your hat —
 You must have walked —
 How out of breath you are!
 Dear March, how are you?
 And the rest?
 Did you leave Nature well?
 Oh, March, come right upstairs with me,
 I have so much to tell!
 I got your letter, and the birds';
 The maples never knew
 That you were coming, — I declare,
 How red their faces grew!
 But, March, forgive me —

And all those hills
 You left for me to hue;
 There was no purple suitable,
 You took it all with you.
 Who knocks? That April!
 Lock the door!
 I will not be pursued!
 He stayed away a year, to call
 When I am occupied.
 But trifles look so trivial
 As soon as you have come,
 That blame is just as dear as praise
 And praise as mere as blame.
 "The Spring-time days will soon be here."

Welcome to our new Residents:

- | | |
|----------------|-------------------|
| Audrey Cusack | Merwyn Soares |
| Pavel Lahvicka | Demetrios Tsounis |
| Carla Lowe | Chris Turnbull |
| Ruth Matthews | Margaret Weale |
| Barbara Pyykko | |



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

- Marie Capriotti
 Brian Cunliffe
 Robert Ferguson
 Walter Kiczma
 Margaret Standen



VILLAGE EVENTS

THE TANSLEY TIMES

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

March 1st - Ramadan

3:30 Brent Meidinger Performs - TH

...

March 4th - Shrove Tuesday

...

March 5th - Ash Wednesday

10:00 Non-Denominational Ash Wednesday Service

...

March 8th - International Women's Day

10:30 Women's Day Social - CC

3:00 Natalie Marie Performs - TH

...

March 9th - Daylight Savings Time Begins (Spring Forward)

...

March 10th

10:00 Mother Goose - TH

...

March 12th

3:00 Scenic Drive Outing

...

March 13th - Purim

3:00 Purim Social - CC

...

March 14th - Purim & Holi

2:30 Holi Social - TH

...

March 15th

3:00 Ron Tansley - TH

...

March 17th - St. Patrick's Day

2:30 St. Pat's Social - CC

...

March 18th

11:30 Chuck's Lunch Outing

...

March 19th

2:00 Wicked Movie Pt 1 - TH

...

March 20th - First Day of Spring

2:00 Wicked Movie Pt 2 - TH

...

March 22nd

3:00 Gerry Larkin Performs - TH

...

March 24th

2:00 Golden Olympics - TH

...

March 25th

12:00 Diner's Club: McDonalds Cheeseburgers

2:00 Golden Olympics - TH

...

March 26th

1:30 Golden Olympics - Tansley Woods Community Center (across the road)

...

March 27th

10:30 Birthday Social - CC

2:00 Golden Olympics Ceremony - TH

3:00 Resident Council - CC

...

March 29th - Eid al-Fitr

...

March 31st - Transgender Day of Visibility

2:30 Untold: Caitlyn Jenner Documentary - TH

MARCH IS MUSIC THERAPY AWARENESS MONTH!

WHAT IS MUSIC THERAPY?

Music therapy is the skillful use of music, led or supported by a certified music therapist, to address musical and non-musical goals. This can be done in a variety of ways. ***No prior music experience is needed to participate in or benefit from music therapy.*** Client and music therapist work collaboratively in the therapeutic relationship, in which the music therapist provides professional, safe, and ethical support.

WHAT DOES A MUSIC THERAPIST DO?

Music Therapy starts with an assessment to established goals and develop an individualized treatment plan. Treatment plans include both active and receptive interventions. Active therapy involves both the client and music therapist creating and responding to music with **instruments, movement, and their voices**. Receptive therapy involves the music therapist playing music while the client listens, completes other tasks, or rests.

WHAT ARE THE BENEFITS OF MUSIC THERAPY?

Music therapy can address issues in the areas of communication, emotional/psychological well-being, physical and spiritual health, and cognitive and social functioning. It is client centered and goal oriented. Everything has meaning and purpose!

Music Therapy provides a creative and meaningful way to address a variety needs including:

- Emotional expression and resolution
- Emotional and Behavioural regulation
- Personal affirmation, connectedness, expression, and comfort
- Relaxation/stress reduction
- Structured exercise and movement
- Enhanced relationships and social skills
- Auditory and sensory stimulation
- Encouragement for communication and self-expression
- Development of positive self-image

MUSIC THERAPY AT THE VILLAGE OF TANSLEY WOODS

The Village of Tansley Woods offers both group and individual music therapy programs to support several of our LTC residents. We also offer a Choir and occasional Chime Choir programs in the Retirement side of the Village. The music therapist also provides support

through the Jamboree Intergenerational program, iPod program, as well as being available to provide Palliative Care and bed-side visits. We also currently have a Music Therapy Intern placement available under the supervision of our music therapist.

JAMBOREE: Last year we started a new intergenerational program called Jamboree. Jamboree is an 8-week music therapy program in which young children and their accompanying adults take part in weekly music therapy sessions along with residents living in LTC. We are currently running a session with our Appleby residents.

When words tie us down, Music can set us free

OUR MUSIC THERAPIST: ANGELA RANDALL, RP, MTA

Angela Randall is a sincere and compassionate person with a passion for music and its many benefits. She grew up in a home filled with music and knew that she wanted to dedicate her life to the health and well-being of others. After spending time focusing her education on medicine, Angela realised that music, and her love for playing the piano in particular, was a powerful and life-giving force that she could not leave behind. After talking to her piano teacher for support, she was led towards the path of music therapy. Angela graduated from Wilfrid Laurier University in Waterloo, with a Bachelor of Music Therapy degree and General Psychology. Her main instrument is the piano; however, she also enjoys playing guitar, flute, and ukulele. She has been working within the field of music therapy for over twenty years, she established her business, *Expressions Music Therapy*, in 2006, and she has been at the Village for 17 years. She finds great satisfaction in seeing the growth and enjoyment that music can bring into the lives of others.



EXPRESSIONS
MUSIC THERAPY

OUR MUSIC THERAPY INTERN:

RACHAEL TOEWS:

Rachael is a 4th year Bachelor of Music Therapy student at Wilfrid Laurier University. She has spent many years travelling around the KW region playing violin in retirement and long-term care homes. She has experience performing many different genres of music from classical tunes and jigs to pop music. Rachael's passion for music and putting people first is what lead her to music therapy. She strives to implement a client-centred approach that fosters empowerment and self-worth within the clinical setting. Rachael has worked with various clientele including adolescents with developmental disabilities, individuals with physical and intellectual disabilities and seniors with dementia. She has experience working with both individual and group sessions and continues to work towards building a comfortable space for clients to express themselves through music.





National Nutrition month has a long history beginning in 1980 when Congress decided to expand National Nutrition Week to encompass the entire month of March. The purpose of the month is to spread nutrition information and education to the community by promoting sound eating practices and physical activity habits.

This year's theme "We are dietitians!", and this month we celebrate the important role Dietitians play in helping us achieve good nutrition, as well as the benefits of making healthy eating choices to improve our quality of life.

Healthy eating matters, and is important at every age. It can help us feel good. It provides energy and power our bodies and minds to do the things that bring us joy and fulfilment. It provides essential nutrients to maintain our overall health. And, it helps prevent chronic diseases like heart disease and type 2 diabetes. But it isn't always easy to know how to make healthy food choices, or how to achieve healthy eating habits in our busy lives. That's where Dietitians come in.

Dietitians working at Health Canada have played a key role in shaping many of our Healthy eating strategy initiatives, including Canada's Food Guide and the new front-of-package nutrition labelling regulations, that can help people make informed choices.

Maggie Jakab

Food Services Manager

Health & Wellness: Education and Resources Series

March 2025 – Highlighted Topic: **Diet and Nutrition**

Titles that are underlined can be clicked to access the link providing more information on each event.
Physical copies of this overview are also available in the Village Library in Retirement.

Upcoming Educational Sessions at Tansley Woods:

EVENT	DATE & TIME	DESCRIPTION
Healthy Diets and Nutrition Presentation <i>Facilitated by:</i> Vanessa Strong, <i>Registered Dietician</i>	Tuesday Mar. 18th 2:30pm Town Hall	Join our Registered Dietician from LTC to learn more about recommended diets for optimal health, the importance of nutrition, as well as various approaches used to support residents during meal times.
Dining at Schlegel Villages <i>Facilitated by:</i> Maggie Jakab, <i>Food Services Manager</i> Mike Killip, <i>Director of Hospitality</i> Ric Salvacion, <i>Dining Room Supervisor</i>	Tuesday Mar. 18th 3:30pm Town Hall	Join our Village's Dietary and Hospitality Leaders in learning more about what Dining at Schlegel Villages is all about!

Additional External Community Resources and Information:

ORGANIZATION	MORE INFORMATION	ORGANIZATION	MORE INFORMATION
<u>Ontario Health at Home</u>	A care coordinator from Ontario Health at Home can also refer to nutrition counselling, covered through OHIP, as well as suggest other resources to support dietary needs.	<u>Meals on Wheels Ontario</u>	A meal delivery service, serving nutritious and affordable meals to older adults in their home, with options for both hot meals, as well as frozen meals.
<u>Heart to Home Meals</u>	A meal delivery service for older adults, providing frozen nutritionally balanced meals directly to your home.	<u>Canada's Food Guide</u>	A helpful guide in determining what foods are considered healthy and recommended diets to promote optimal health.

Do you have a suggestion for future education sessions or resource coordinating?

Please let us know! → Link to Online Survey: <https://forms.office.com/r/vdPE5ifLdi>

→QR Code for Survey:



Printed copies of the survey are also available in both Village Offices!

March 2025 – Highlighted Topic: **Diet and Nutrition**

Upcoming Programs and Services at Tansley Woods:

EVENT	DATE & TIME	DESCRIPTION
Food Committee Monthly Meeting (Retirement)	<p>(2nd Tuesday of Each Month)</p> <p>Tuesday March 11th</p> <p>9:00am</p> <p>Hobby Shop</p>	<p>All residents in Retirement are invited to join Mike, Director of Hospitality, and Ric, Dining Room Supervisor, for their monthly food committee meeting to discuss all food-related matters. Share constructive criticism, suggestions, as well as compliments!</p>
The Ruby Restaurant Call 905-336-9904 ext. 1874 to book a reservation! Available to dine-in, or take-out. Reservations are recommended, but walk-ins are welcome.	<p><u>Restaurant Hours:</u></p> <p>Wednesdays:</p> <ul style="list-style-type: none"> ● 5 - 7pm <p>Thursdays- Saturdays:</p> <ul style="list-style-type: none"> ● 11:45am - 3:30pm ● 5:00 - 8:00 pm 	<p>Enjoy a delicious meal with a breathtaking view in our comfortably elegant dining room, The Ruby, located on the 10th floor of the East Tower!</p> <p>Catering Available: Celebrate Special Moments! The Ruby is the perfect spot to host any special event or occasion.</p> <p>Contact: 905 -336- 9904 ext. 1874 nimal.piyarathna@schlegelvillages.com</p>
Cafe Treats	<p>Every day in the Cafe</p> <p>2:00 - 4:00pm</p>	<p>Join us in the Cafe every day of the week to pick up fruit or fresh baked goods!</p>
REC Food Programs	<p>Tues. March 4th at 11am</p>	<p>Ban Pancake Treats in the Hobby Shop</p>
	<p>Sun. March 9th 12:30pm</p>	<p>Afternoon Tea in the Ruby (**Sign-up)</p>
	<p>Fri. March 28th 11:00am</p>	<p>Soup Series in the Hobby Shop</p>
PAL Nutrition Programs	<p>Wednesday March 5th & 16th</p> <p>11:00am in the Hobby Shop</p>	<p>Join the PAL team for a nutritional treat!</p>
Themed Night: Caribbean Dinner!	<p>Thursday March 13th</p> <p>1 Seating, 5:00 - 6:00pm</p>	<p>Join us for a fun themed-dinner night! Residents not on a meal plan can purchase a meal ticket to enjoy a special meal.</p>
Ruby on the Run!	<p>Every Wednesday</p> <p>11:30am - 2:30pm</p> <p>In Town Square (Located Beside the Cafe)</p>	<p>Pop by the Village Town Square every Wednesday to purchase freshly made lunches and sweet treats, as well as meet the chefs and team from the Ruby!</p>
Lunch & Dinner Outings	<p>All outing locations & dates are posted at the Activities Board!</p>	<p>Sign-up to take part in meal outings, with transportation provided by the Village bus!</p>



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!**

4 HEALTHY HABITS

01.

Meditate

Meditation and deep breathing can enhance focus by clearing the mind, allowing you to focus on tasks better.



Hydrate

Hydration keeps your body functioning well and supports your energy, digestion, and skin health.

02.



Regular Exercise

Staying active improves your mood, circulation, and mobility. Even small movements make a big difference!



Healthy Eating

Eating healthy gives you energy to feel your best, by helping you boost your immune system ! A good variety includes lean proteins, whole grains, fruits and vegetables.

04.

Medication Management Made Simple

Managing medications can be difficult as we age. Keeping track of prescriptions, understanding dosages, and ensuring safe use all require careful attention. Tejal Patel, pharmacist and Schlegel Specialist in Medication Management and Aging, shares expert advice to help you simplify the process and improve your medication safety.

Keeping Track of Medications

Maintaining an updated list of all medications is essential. This should include:

- Prescription drugs
- Over-the-counter medications
- Vitamins and supplements (e.g., ginseng, ginkgo)
- Any natural health products

Update this list whenever there is a change, such as a new medication, stopping a medication, or changing the dosage. Keep track of any side effects and discuss them with your doctor.

Getting the Right Support

If you have difficulties with medication use, talk to your pharmacist. They can help with:

- Opening bottles or blister packs
- Swallowing pills
- Reading medication labels



- Understanding instructions
- Organizing your pills

Pharmacists offer solutions, such as easy-open packaging or other ways of taking a medication.

Key Questions to Ask About a New Medication

1. Does this interact with any medications or supplements I take?
2. What side effects should I watch for?
3. When will I start to feel its effects?
4. What time of day should I take it, and should it be taken with food?
5. How should I stop taking it safely?
6. How often will I need a refill?
7. What happens if I miss a dose?
8. Are there any activities (e.g., driving) I should avoid while taking this medication?

By staying informed and seeking the right support, keeping track of medications can become an easier part of daily life.

Subscribe to updates from the RIA at the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.

Brett Kelly	Assistant Director of Nursing Care	1884
Caleb Ramey	PAL Coordinator	1814
Christine Gomisa	Administrative Assistant	1801
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
Karen Savoy	Resident Support Coordinator	1808
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