



THE TANSLEY TIMES

MARCH 2025

MARCH 2025
ISSUE NO. 106

March



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
March 1	2:00 PM	Brent Meidinger	Emma's East / Egerton
March 3	7:15 PM	Dave Thierry	Fergusson Town Hall
March 6	3:00 PM	Laura Nashman (Flute)	Town Square
March 17	3:00 PM	Alchemy Unplugged	Town Square
March 21	2:00 PM	The Notables	Emma's West
March 21	7:15 PM	Resident Ronnie Moos	Social Club
March 27	7:15 PM	The Goodtime Guys	Fergusson Town Hall

Vendor This Month

March 4: Adrian's Fashions 10 AM - 3 PM
 March 14: Tradition's Alive 10 AM - 3 PM
 March 28: Made for You by Jo 10 AM - 3 PM



March Special Events

March 4—Pancake Tuesday

Come on down to the Hobby Shop for some tasty banana pancake bites. Sliced bananas dipped in pancake batter and fried to perfection!

March 5—Ash Wednesday

We invite all to a non-denominational Ash Wednesday Service at 10 AM in the Town Hall to celebrate the start of the Lenten season.

March 8—International Women's Day

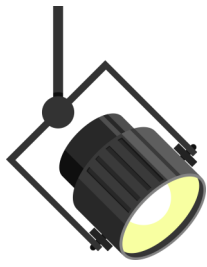
We are celebrating this weekend with specialty Music programs highlighting talented women in music. In addition we are hosting an afternoon tea in the Ruby on Sunday March 9th. Please sign-up in the binder outside the Village Office for the tea!

March 13—Caribbean Theme Night Dinner

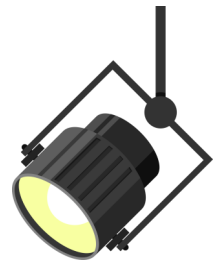
Say goodbye to the winter blues and welcome spring with a Caribbean Themed Dinner Night! There will only be 1 seating for dinner at 5:30 PM. Guests and resident's who are not on the meal plan can purchase a ticket at the Village Office!

March 17—St. Patrick's Day

Join us after lunch in the Town Hall for a fun St. Patrick's themed auction, get your bids ready (monopoly money)! Shortly thereafter we will have Irish entertainment by the duo Alchemy Unplugged and will be serving green beer in the Town Square!



Program Spotlight



Bridge Learn & Play Session

Are you wanting to learn how to play Bridge, a favourite card game? We invite you to join us on Saturday March 15th at 2:30 PM in the Senior Center to learn this popular game from a Bridge Instructor! Already an experienced player? Join in on the fun & find new Resident's in the Village to play with!

Butterfly Garden Plan

Join us in the Hobby Shop to start the creation of a butterfly garden. We will look into what plants attract butterflies and come up with a plan for planting and creating an outdoor garden that blooms throughout the summer and attracts a variety of butterflies.

Tech Talk (Cloud Storage Fundamentals)

Simplify your digital organization and take control of your files with cloud storage. A practical introduction to the essentials of cloud storage, explaining what it is, how it works, and why it's an essential tool for managing files across devices. Live virtual presentation by the Burlington Public Library.

PAL Nutrition Programs

Join us this Nutrition Month for our PAL Team's Healthy Smoothie and Treat Making Days! We'll guide you through making delicious and nutritious snacks that fuel both your body and mind. Plus, you'll get to enjoy a tasty treat at the end! Mark your calendars for March 5th and 19th at 11:00 AM in the hobby shop. See you there!

Our Ocean's Documentary

Discover the stories beneath the surface of the water in this stunning nature documentary series, which explores each of the Earth's five oceans.



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: Ana Mae Pena

When: Any time

Where: East Nursing Station

Ana consistently demonstrates her commitment to supporting residents through thoughtful actions and efficient approach.

Shooting Star

Who: Susan

When: Feb 24th

Where: Dining room

Susan performed the Heimlich maneuver and successfully saved the life of a resident.





Soumbos Osteopathy

Move well. Feel well. Live well.

Better Balance, Better Living: How Osteopathy Can Help You Stay Steady on Your Feet!

Dear Residents,

Did you know that improving your balance can help prevent falls and keep you feeling confident in your daily activities? As we age, it's common for our balance to decline, but the good news is that there are ways to improve it—and osteopathy can help!

Osteopathy is a gentle, hands-on therapy that focuses on improving how your body moves and functions. By addressing joint stiffness, muscle tension, and posture, osteopathy can help your body stay strong and steady. When your muscles and joints move better, your balance naturally improves, making walking, standing, and even getting out of a chair easier and safer.

Alongside hands-on treatment, I also guide you through simple exercises tailored to your needs. These exercises are designed to strengthen key muscles, improve coordination, and help you feel more stable. Whether your goal is to move with ease, reduce dizziness, or simply feel more confident, I'm here to support you every step of the way.

You can book your **free** consultation in the Wellness Center today!

Stay well,

Andrew Soumbos, Osteopathic Manual Practitioner

As we transition into March, we can not help but look back at the month of February, which graced us with abundant snowfall and biting winds. The snow-covered landscapes, though challenging for travel, offered a picturesque view of nature's winter artistry. The cold winds, though harsh, reminded us of the toughness required to endure the winter season. Despite the challenges, the beauty of winter was undeniable.

As March unfolds, we anticipate the gradual thawing of the snow and the promise of spring. The changing seasons bring new opportunities and a fresh perspective. The lessons learned from February's trials will undoubtedly strengthen us to face whatever comes next with confidence and optimism.

As we move into March together, we can meet any challenge and look forward to the warmer, brighter days ahead.

A poem, "Somebody Said That It Couldn't Be Done" by Edgar Albert Guest, serves as a reminder that determination and a positive attitude can help us achieve what seems impossible.

Somebody said that it couldn't be done.

But he with a chuckle replied.

That "maybe it couldn't," but he would be one,

Who wouldn't say so till he'd tried.

So he buckled right in with the trace of a grin

On his face. If he worried he hid it.

He started to sing as he tackled the thing

That couldn't be done, and he did it!

Carole Leacock

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.



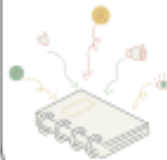
What this will look like

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 March, Tansley!

March is Nutrition Month, and this is a great time to focus on the importance of eating healthy. Good nutrition helps us maintain energy levels, improve overall health, and can aid in the management and prevention of chronic diseases. Keep an eye out for the PAL Calendar for exciting nutrition workshops where we will be making some delicious and nutritious snacks!

In honor of Nutrition Month, here are 4 nutrition tips from the Canadian Food Guide:

1. Eat a variety of foods, including vegetables, whole grains, and foods rich in protein.
2. Ensure you are drinking enough water. Older adults tend to feel less thirsty as they age, but it's still important to drink water. To stay hydrated, drink water throughout the day and enjoy fruits and vegetables to help keep you hydrated.
3. Get enough protein! Protein helps maintain muscle and strength. Older adults should aim to include protein in each meal, such as lean meat, chicken, fish, legumes, or even dairy products like milk or yogurt.
4. When shopping, check the nutrition facts label, compare products, and try to opt for foods lower in sodium, added sugar, and saturated fats. Aim for foods higher in fiber, protein, calcium, and unsaturated fats.

(Health Canada, 2022)

As we celebrate Nutrition Month, let's continue to make mindful choices that nourish our bodies and keep us feeling our best. Remember, small changes can make a big difference in your health and well-being. Here's to a month of healthy eating and vibrant living!

Stay well,

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



Success Awards

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioned from our Success Awards to the newly designed **CONNECT the Dots Success Awards**.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

Credo values – award categories



Know Me means to...

- Understand and anticipate my needs
- Support my WELL-BEING
- EXCEED my expectations
- Make me feel SPECIAL



Earn Trust means to...

- Demonstrate YOU care
- Take Responsibility for those we serve
- Create a sense of SAFETY AND COMFORT
- DELIVER on your/our promises



Be Present means to...

- Be PATIENT and practice LISTENING
- Let ME guide the conversation
- ASK me my expectations and needs
- Focus on Me in the moment



Follow Through means to...

- Show me my concerns are IMPORTANT
- Confirm that I am VALUED as a customer
- Let me know I will be TAKEN CARE OF
- Create MEMORABLE MOMENTS



Walk in My Shoes means to...

- Hear what I HEAR
- See what I SEE
- Feel what I FEEL
- CONNECT with me

Look for additional information posted around the Village and remember to nominate a deserving team member who continuously demonstrates the values of the credo!



RESEARCH MATTERS

RIA FEATURE

MARCH 2025

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.

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, Registered Dietician	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, Food Services Manager Mike Killip, Director of Hospitality Ric Salvacion, Dining Room Supervisor	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)	(2nd Tuesday of Each Month) Tuesday March 11th 9:00am Hobby Shop	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!
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.	<u>Restaurant Hours:</u> Wednesdays: <ul style="list-style-type: none"> • 5 - 7pm Thursdays- Saturdays: <ul style="list-style-type: none"> • 11:45am - 3:30pm • 5:00 - 8:00 pm 	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! Catering Available: Celebrate Special Moments! The Ruby is the perfect spot to host any special event or occasion. Contact: 905 -336- 9904 ext. 1874 nimal.piyarathna@schlegelvillages.com
Cafe Treats	Every day in the Cafe 2:00 - 4:00pm	Join us in the Cafe every day of the week to pick up fruit or fresh baked goods!
REC Food Programs	Tues. March 4th at 11am	Ban Pancake Treats in the Hobby Shop
	Sun. March 9th 12:30pm	Afternoon Tea in the Ruby (**Sign-up)
	Fri. March 28th 11:00am	Soup Series in the Hobby Shop
PAL Nutrition Programs	Wednesday March 5th & 16th 11:00am in the Hobby Shop	Join the PAL team for a nutritional treat!
Themed Night: Caribbean Dinner!	Thursday March 13th 1 Seating, 5:00 - 6:00pm	Join us for a fun themed-dinner night! Residents not on a meal plan can purchase a meal ticket to enjoy a special meal.
Ruby on the Run!	Every Wednesday 11:30am - 2:30pm In Town Square <i>(Located Beside the Cafe)</i>	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!
Lunch & Dinner Outings	All outing locations & dates are posted at the Activities Board!	Sign-up to take part in meal outings, with transportation provided by the Village bus!

Independent Living Resource Fair

MARCH 12TH 10:00AM - 12:00PM
LOCATED IN THE TOWN HALL

JOIN US AND:

- Meet the students
- Talk to memory-care specialists
- Learn about equipment and technology to support your independent-living



HOSTED BY:

OTA/PTA students



Burlington

Family Health Team



Word Scramble

CKLYU

UEHPARLECN

RAWBNOI

LGOD

March Word Search

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

Affectionate

Cloves

Fishnets

Isolate

Lion

Parade

Price

Shamrock

Birds

Cobbler

Green

Lamb

March

Patricks

Rainbow

Spring

Carefully

Cold

Irish

Laugh

Pancake

Peach

Sagacity

Treasure

Hello March

May the early spring
Awaken your soul and
Remind you to
Celebrate the season with the
Hope and Joy it brings



- Carol Socha
- Dawn Zachar
- Don & Ethel Garratt
- Dorothy Rudkowski
- Elizabeth George
- Gail O'Connell
- Jacqueline Bullock
- Janet Gray
- Joan Horn
- Joseph & Margarite Birett
- Judy Szyiko
- Lorraine & Stanley Long
- Margaret Lesarge
- Nitsa & Ted Athanasopoulos
- Eugene & Helen Oriente

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

- Marion White
- Elsbeth Viksne
- Alexander "Stuart" Kelman
- Gloria Coombes
- Joan Ackroyd





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-Abrishami - 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-Abrishami	Ext. 1997
Volunteer Coordinator	Sharon Montgomery	Ext. 1960
Social Worker	Kurtis Wilson	Ext. 1892
Village Neighbourhood Pharmacy		Ext. 1995
Riverstone Spa		Ext. 1924