



hello 

APRIL

The Tansley Times

Issue No. 106



Donella MacMillan

Ante Kosta

George Stoyan

Mary Arntfield

Devinder Jhooti

Barry Repa

Rita Palfrey

Joseph Thomas

Pina Cerminara

Chris Cairns

John Fumio

Greg Lareau

John Dogan

John Nevans

Ruth Matthews

Carol Couse

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

April

By Emily Dickinson

An altered look about the hills;
A Tyrian light the village fills;
A wider sunrise in the dawn;
A deeper twilight on the lawn;
A print of a vermilion foot;
A purple finger on the slope;
A flippant fly upon the pane;
A spider at his trade again;
An added strut in chanticleer;
A flower expected everywhere;
An axe shrill singing in the woods;
Fern-odors on untravelled roads,
—All this, and more I cannot tell,
A furtive look you know as well,
And Nicodemus' mystery
Receives its annual reply.



Welcome to our new Residents:

Maria Cordeiro

John Fumio

Devinder Jhooti

Ivana Smyllie

welcome

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

Anthony Nusca

Rosina Sheppard

Bernice Grant

Roland Francoeur

Demetrios Tsounis

Chris Turnbull

*Rest
in
Peace*

VILLAGE EVENTS

THE TANSLEY TIMES

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

April 1st—April Fools Day

2:00 Scenic Drive

...

April 3rd

2:30 Happy Hour Karaoke—TH

...

April 5th

3:00 Brad Boland Performs—TH

...

April 9th

2:00 Williams Café Outing

2-4 Art Show—TH

...

April 11th—Pet Day

1:30 Hobby Hill Farm Visits—CC

...

April 12th—Passover Begins

3:00 Paula French Performs—TH

...

April 13th—Palm Sunday

...

April 14th

10:00 Mother Goose—TH

...

April 15th

2:00 Nickelbrook Outing

...

April 17th

3:00 Birthday Social—CC

...

April 18th—Good Friday

10:00 Good Friday Service—TH

...

April 19th

3:00 Natalie Marie Performs—TH

...

April 20th—Easter/Passover Ends

...

April 21st—Easter Monday

11:00 Easter Parade—MS

...

April 22nd—Earth Day

2:30 Terra Outing

...

April 24th

12:00 Diner's Club: Chinese Food—MS

3:00 Resident Council—CC

...

April 26th

3:00 Gerry Larkin Performs—TH

...

April 27—Volunteer Appreciation Week

...

April 30th

11:30 Piper Arms Lunch Outing

Hi everyone!

We have a few projects that the Leadership team has been working on diligently behind the scenes to help improve the quality of care and service you receive each day. Below are two projects in particular that we will be rolling out this spring:

Continence program led by Brett Kelly

This will be launching towards the end of April; the goal of this program is *“Each member of our team is dedicated to supporting residents in achieving their personal continence goals. We aim to provide thoughtful and respectful care, emphasizing comfort, skin health, and dignity throughout their entire journey”*.

Building the Foundation of Housekeepers led by Kyle Goodwin

This will be launching towards the end of April/Early May; the goal of this program is *“Housekeepers are knowledgeable about which chemicals to use in various situations and are equipped with the proper tools to perform their tasks effectively. They understand the difference between routine cleaning practices and those that require additional precautions. Our housekeeping standards are clearly defined and consistently followed in alignment with our policies and procedures.”*

Each year, Schlegel Villages sets aside a certain amount of funds to assist with capital projects for each village. We wanted to share an update to some of the projects we have recently completed.

1. New Mechanical Lifts

The Appleby and Nelson neighborhoods have been trialing a newer style of sit to stand and total mechanical lifts to improve the team member and resident experience. There was an overwhelming positive response to the trial that we have decided to purchase an entire fleet of lifts to replace them on all five neighborhoods. The reason we decided to change all the lifts at once is because the newer model of Arjo lifts require a different training for our team members compared to our Handi care lifts, so for safety reasons, we thought best to replace all at once and go with one brand of lifts.

2. Thoughtful Design Pillar of Living in My Today – Appleby Dining Room

The dining room is one of the most frequently used spaces within the neighborhood. Three times a day, residents are invited to this space for a meal that not only nourishes the body but can also feed the mind and soul in moments of interaction and social connection. This design supports the enjoyable mealtimes pillar of our signature program “living in my today” both by providing important navigation landmarks and communicating the purpose of the space.

The use of intentional food related art communicates a clear purpose for the dining room space. The addition of “Let’s Eat” provides an initiation or welcome. Frames are securely mounted to the

wall, and images can easily be changed through a slide out opening on the side. The absence of glass in front of the images means there is no distracting glare. Each frame comes with a collection of 4 season food images to reflect the changing of the seasons and awaken the taste buds.

3. Dining Room Floors

All 5 neighborhood dining rooms have gone through a “stripping and re-waxing” process. Floor stripping refers to the process of removing the floor's protective coatings to eliminate scratches, stains, and dirt that the floor has collected over time. Floor wax is then used to polish and finish the floor's surface.

4. New High Low Beds

Tansley woods has been replacing our manual beds with mechanical high low beds over the past several years with the goal of having all 144 residents with a high low bed. Typically, these beds function as a falls prevention intervention as we are able to lower the bed closer to the ground while the resident is asleep to potentially help mitigate risk of injury with falls. The priority of these beds will go to those residents who have a higher potential falls risk first. We have purchased and replaced 25 beds for the 2025 year and we will continue to work towards purchasing more in 2026.

Should you have any questions about any of the information in this segment of the newsletter, please do not hesitate to stop me in the hallways, let a team member know you wish to speak with me or connect with your Neighborhood Coordinator.

Warm Regards,
Ripu Phull



Fun Food Facts

Avocados Are Fruit

Avocados are classified as a berry with a large seed. Avocados must be picked when matured in order to ripen, which can take between 1-2 weeks. In Spain and Mexico avocados are called “alligator pears” due to their shape and bumpy, green skin, while in India and China, they are referred to as “butter pears”. This healthy food is good for you too! They’re a great source of vitamin C, E, K and B-6.



Spam

I’m not talking about the unsolicited emails you get, but that mysterious meat in a can. Ever wondered what it means? It’s short for “Spiced ham”.



Hot Dogs

It’s not clear where the hot dog originated from. Some say it was invented in the Austrian city of Vienna by two Austro-Hungarian immigrants who took the recipe with them when they left for Chicago. Others say that it originated from Frankfurt, Germany, while another state that a butcher from Coburg, Germany, invented the hot dog in the late 1600s.



In any case, Americans eat approximately 20 million hot dogs a year, especially during baseball games. About 18.5 million hot dogs were consumed during the 2015 Major League Baseball season!

Water

Drinking enough water every day can help you lose weight, helps reduce heart disease and cancer and helps flush toxins out of your body. Keeping your body hydrated can also help reduce cavities and tooth decay. At work, ensure you drink enough water as it will help you stay focused and concentrate on mental tasks.



ROSEMARY BRAISED LAMB SHANKS

Lamb shanks are slowly simmered with fresh rosemary, garlic, tomatoes and red wine. Great served with polenta or roasted garlic mashed potatoes – as you need something to soak up the wonderful sauce. A fantastic dish for company, as all the prep work is done at the beginning and then you just have to wait.

PREP: 30 min. COOK: 2 hours SERVING: 6

INGREDIENTS:

- | | |
|---|--|
| * 6 lamb shanks | * 1 (750 ml) bottle red wine |
| * Salt and Pepper to taste
juice | * 1 (28 ounce) can whole peeled tomatoes with
juice |
| * 2 tablespoons olive oil | * 1 (10.5 ounce) can condensed chicken broth |
| * 2 onions, chopped | * 1 (10.5 ounce) can beef broth |
| * 3 large carrots, cut into ¼ inch rounds | * 5 teaspoons chopped fresh rosemary |
| * 10 cloves garlic, minced | * 2 teaspoons chopped fresh thyme |

DIRECTIONS:

Sprinkle shanks with salt and pepper. Heat oil in heavy large pot or Dutch oven over medium-high heat. Working in batches, cook shanks until brown on all sides, about 8 minutes. Transfer shanks to plate.

Add onions, carrots, garlic to pot and sauté until golden brown, about 10 minutes. Stir in wine, tomatoes, chicken broth and beef broth. Season with rosemary and thyme. Return shanks to



Health & Wellness: Education and Resources Series

April 2025 – Highlighted Topic: Grief and Bereavement

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

Upcoming Educational Sessions at Tansley Woods:

EVENT	DATE & TIME	DESCRIPTION
Resource Booth Facilitated by: Kurtis Wilson <i>Registered Social Worker</i>	Tuesday, April 8th 10:00 - 3:00 pm in the Chapel	<i>A booth will be set-up in the Chapel for residents and family members to privately peruse resources related to grief and bereavement, such as helpful handouts, booklets, worksheets, and more information on community supports available.</i>
Grief and Bereavement Facilitated by: Emily Castracane, <i>Registered Psychotherapist (Qualifying)</i>	Thursday April 17th 10:30 - 12:00 pm in the Town Hall	Join Emily, Registered Psychotherapist (<i>Qualifying</i>), to learn more about the grieving process experienced following the loss of a loved one, as well as how to best care for yourself and others experiencing grief.

Upcoming Programs and Services at Tansley Woods

EVENT	DATE & TIME	DESCRIPTION
Bereavement Check-ins and Support	Call ext. 1808 to schedule a check-in visit with a Village Social Worker. <i>Leave a voicemail indicating:</i> <ul style="list-style-type: none">- Name & Room #- Request for support	Residents experiencing grief related to the loss of a loved one are encouraged to reach out for support. A social worker can meet with you to better understand your needs, and provide resources or referrals to community supports/services.

Do you have a suggestion for future education sessions or resource coordinating? Seeking Support? Let the Village Social Worker's know!

- **Retirement** → Email Kurtis.Wilson@schlegelVillages.com or Call ext. 1892
- **Long-term Care** → Email Karen.Savoy@schlegelVillages.com or Call ext. 1808

April 2025 – Highlighted Topic: **Grief and Bereavement**

External Community Events:

EVENT	OCCURRENCE	MORE INFORMATION
Peer Support Grief Group <i>(Salvation Army)</i>	Starting in: Fall 2025 Burlington	To learn more about grief supports available through The Salvation Army, please contact: Karen Galer (Facilitator) via email at kgaler72@gmail.com
<u>Bereavement Support Services</u> <i>(Acclaim Health)</i>	On-going Burlington	Upon self-referral, Acclaim Health can connect individuals experiencing grief to resources available, such as 1:1 support or a local support group. Link to Self-referral form: Bereavement Support Request
<u>Bereavement Programs and Supports</u> <i>(Bereaved Families of Ontario - South Central Region)</i>	On-going Burlington	Each program is led by a minimum of two highly-trained grief support facilitators providing peer-to-peer support. To learn more, contact Tara via: programming@bfoscr.com or 905-318-0070 <i>Available: Tues- Thurs, 10:30am- 2:30pm</i>
<u>Bereavement & Supportive Care</u> <i>(Carpenter Hospice)</i>	On-going Burlington	Offers compassionate, non-judgemental support to individuals and families experiencing loss. Their goal is to provide a safe, caring, and compassionate environment to allow individuals to express their feelings and move towards healing. To learn more, contact: Danni Kozela (Bereavement Care Coordinator) via - email: dkozela@thecarpenterhospice.com or - phone: 905-631-9994 ext 135

Additional External Community Resources and Information:

ORGANIZATION	MORE INFORMATION	ORGANIZATION	MORE INFORMATION
<u>MyGrief</u>	Online video modules available to help people understand and move through their grief.	<u>Widowed Friends</u>	A social community for widows to meet a supportive network of people in their local area who have also lost a spouse.
<u>Good Grief Resources</u>	Compiled resources related to varying types of grief, losses, and bereavement.	<u>Bereaved Families of Ontario Resources</u>	Compiled resources related to varying types of grief, losses, and bereavement.



Granting Unfulfilled Wishes to Seniors

We Are Young (WAY) is a charity dedicated to empowering seniors by improving age-related barriers such as social isolation and loneliness, enhancing mental and physical well-being, and restoring seniors' sense of purpose by creating transformative wish experiences. Through our work we are challenging societal perceptions of aging and fostering a culture of inclusivity and respect, creating meaningful experiences that inspires both individual and community level change.



Etta gets geared up to go skydiving!

What types of wishes do we grant?

We Are Young is a charity that grants **experience-based** wishes. These wishes encompass a range of heartfelt desires, such as realizing lifelong dreams, rediscovering passions, or fostering connections with loved ones. Types of wishes that we do not grant include material-based or physical items, service-based, or home renovation assistance. Visit our FAQ page online for more information!

Get In Touch



Email

info@weareyoung.ca



Visit Us

www.weareyoung.ca



Phone

+902-701-8848

5 ACTIVITIES FOR THE SPRING SEASON

1



Join Recreational Activities

2



Spend Time with Friends

3



Join an exercise class

1



Enjoy the Sunshine

5



Visit the Green House

Advance Care Planning Can Bring Peace to People Who are Dying

For many people, the thought of dying brings up feelings of fear and uncertainty, which may prevent them from finding peace as they face the end of life.

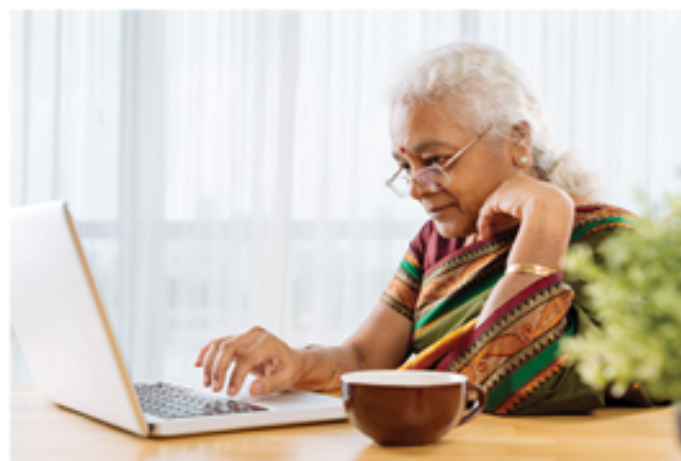
Nearly one in five older Canadians may not experience peace with dying, according to a recent data analysis of the Canadian Longitudinal Study on Aging at McMaster University. The analysis, published earlier this year, highlights the importance of end-of-life care and suggests advance care planning may help people feel more at peace before they die.

As people go through their end-of-life journey, their health and symptoms will change, and it is the responsibility of their healthcare team, family, friends, and care partners to ensure their end-of-life wishes are understood and honoured.

Heather Keller, Schlegel Research Chair in Nutrition and Aging, and her colleagues Dr. Allan Garland and Dr. George Heckman share important and helpful advice to empower you to make informed healthcare decisions ensuring your voice is heard and respected.

What is Advance Care Planning?

Advance care planning is about documenting your wishes and instructions for your present and future health should you be unable to speak for yourself. We understand these conversations can be difficult, but with



the right information and support, advance care planning can help you find peace at the end of your life. Below are some tips to help you make informed healthcare decisions.

Choose a substitute decision-maker

A substitute decision maker is a person or persons who will inform the care team about your wishes if you are unable to do so yourself. The substitute decision-maker must understand and represent your wishes for medical care and be able to provide consent for treatments.

Speak to your healthcare team and ask questions

Here are a few questions you may want to ask your healthcare provider:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- What will happen if I decide not to have the treatment and/or procedure?

For additional resources about Advance Care Planning, visit the-ria.ca/resources/babel/.

National Volunteer Week

April 27–May 3

Our Villages thrive because of the relationships that bloom in all of our neighbourhoods among all Villagers – our residents, team members, community partners, and, of course, our wonderful volunteers. At the end of April, we'll make extra time to pay a special tribute to the countless people who give their time, energy and love to the people who call our Villages home.

Volunteers Make Waves is the theme this year, and we think of the steady, ongoing force the waves of volunteers have in the lives of our residents and team members. That impact ripples over the course of time, and for the third year in a row, Villages across the province will offer the **Barb Schlegel Volunteer Award** in memory of the kind-hearted matriarch of the Schlegel Villages family, who always gave of herself in service of others.



We look forward to sharing a snapshot of the recipients at the end of that special week and invite you to visit our website featuring our 2024 recipients; be sure to take a moment to thank all of the volunteers who make our Villages such wonderful places to live and visit.

We  our
volunteers

#NVW2025



— APRIL IS — **PARKINSON'S** **DISEASE AWARENESS** — MONTH —

Across Canada, it's estimated that more than **110,000 people** are living with Parkinson's disease.

Within our Villages, we know and have known many who always inspire us with their tenacity and perseverance in the face of the challenges the disease can present.

A key aspect that rings true is the fact that the experiences of someone living with Parkinson's are as unique as the individual; there is no single path of progression of symptoms and no certainty in predicting the pace. What is common, however, is the fact that people living with the disease and their loved ones deserve every opportunity to make the most of every moment, and we're proud to support in any way we can.

April is marked across the country as Parkinson's Awareness Month, and we urge everyone to take some time to learn more about the many ways people living with the disease and their loved ones are affected.

Sharon Hunwick, a resident living at Erin Mills Lodge who was diagnosed with Parkinson's disease at the age of 43, shared her fascinating insights on the Stories from the Green Bench podcast.

This April, we join Canadians across the country in pursuit of more knowledge and research to help slow and hopefully eliminate the progression of this disease.

For more information and resources visit Parkinson Canada at parkinson.ca

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