



JUNE

Celebrating Senior's Month & Pride Month

The Tansley Times

Issue No. 109



VILLAGE EVENTS

THE TANSLEY TIMES

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

June 1st - Intergenerational Day & Savuot

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June 2nd - Savuot

2:00 Elder Wisdom Virtual Opening Ceremony - TH

...

June 3rd - Savuot

2:30 Scenic Drive Outing

...

June 6th

2:30 Movie Matinee: Mrs. Doubtfire - TH

...

June 7th

3:00 Natalie Marie Performs - TH

...

June 9th

10:00 Mother Goose - TH

...

June 11th - Schlegel Pride Day

2:30 Pride Drag Queen Happy Hour - TH

...

June 13th

2:00 Sunshine Donuts Outing

...

June 14th

3:00 Gerry Larkin Performs - TH

...

June 15th - Father's Day

2:30 Beer Tasting & Mini Putt - MS

...

June 16th

2:30 Caribbean Drum Workshop - TH

...

June 17th

2:30 Concerts in Care - TH

...

June 18th

11:30 Hutch's Fish & Chips Lunch Outing

...

June 20th - First Day of Summer

...

June 21st - National Indigenous Peoples Day

3:00 Escapade Trio Performs - TH

...

June 23rd

12:00 Diner's Club: Mary Brown's - MS

...

June 24th

3:00 Birthday Social - CC

...

June 25th

2:30 Golden Years Social: Celebrating Seniors Month - TH

...

June 26th

3:00 Resident Council - CC

...

June 27th - Muharram

...

June 28th

3:00 Prince Performs - TH

...

June 30th

2:00 Spencer Smith Park Outing

*Please note that on June 8, 15, & 22 church service will be at 10:30AM in the Town Hall

A Night in June

By Madison Cawein

I

White as a lily moulded of Earth's milk
 That eve the moon bloomed in a hyacinth sky;
 Soft in the gleaming glens the wind went by,
 Faint as a phantom clothed in unseen silk:
 Bright as a naiad's leap, from shine to shade
 The runnel twinkled through the shaken brier;
 Above the hills one long cloud, pulsed with fire,
 Flashed like a great enchantment-welded blade.
 And when the western sky seemed some weird land,
 And night a witching spell at whose command
 One sloping star fell green from heav'n; and deep
 The warm rose opened for the moth to sleep;
 Then she, consenting, laid her hands in his,
 And lifted up her lips for their first kiss.

II

There where they part, the porch's steps are strewn
 With wind-blown petals of the purple vine;
 Athwart the porch the shadow of a pine
 Cleaves the white moonlight; and like some calm rune
 Heaven says to Earth, shines the majestic moon;
 And now a meteor draws a lilac line
 Across the welkin, as if God would sign
 The perfect poem of this night of June.
 The wood-wind stirs the flowering chestnut-tree,
 Whose curving blossoms strew the glimmering grass
 Like crescents that wind-wrinkled waters glass;
 And, like a moonstone in a frill of flame,
 The dewdrop trembles on the peony,
 As in a lover's heart his sweetheart's name.

Welcome to our new Residents:

Jeffrey Chorley
 Claude Desjardins
 Karen Mason
 Donna Vukelich
 Christine Whitehead
 Peter Hughes
 Joesph Brulja

welcome

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

Harold Gillis
 Sheila McLaughlin
 Sherry Mototsune
 Joan Ritchie

*Rest
 in
 Peace*



Susan Pezik

Christine Whitehead

Elizabeth Lansdown

Nayyar Awan

Kwang-Yoon Kim

Sharon Bartram

Suzette Cresencia

Ruth Almas

Valerie Ukrainec

Pavel Lahvicka

Barbara Pyykko

Maria Mruck

Claude Desjardins

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

GOLDEN YEARS SOCIAL



Wednesday, June 25th at 2:30PM
Town Hall

**We're celebrating five glorious decades from
the 40s - 80s to celebrate the upbringings of
our residents!**

**Dress up as your favourite decade and join us
for some fun with entertainer James Cormier!**

4 Benefits of Exercise for Seniors



1. Improves cardiovascular health:

Strengthens the heart and improves blood circulation.

2. Increases strength and endurance:

Develop stronger muscles and improve physical endurance.

3. Promotes mental health:

Reduces stress, anxiety and improves mood.



4. Improves Balance

Exercise can help improve posture and balance, which reduces the risk of falls.



Schlegel Villages – CONNECTIONS



Join the CELEBRATION

We are honouring ten years of **#ElderWisdom**, a program dedicated to challenging the stigma and ageism that older adults often face in our society.

For the past 10 years, we have celebrated **Senior's Month** each June with our **#ElderWisdom** campaign, and for our 10th Anniversary, we're excited by the events we have coming up.

A key component of the campaign is always the **Green Bench movement**, where residents from Schlegel Villages sit on a signature green bench in public spaces to share their life experiences and insights with the community. This initiative fosters meaningful conversations between older and younger generations, helping to challenge stereotypes about aging and we're excited about each of the events the Villages are hosting this month.

This year, however, we are expanding the impact by incorporating a new, exciting element to our campaign: **the Green Bench travels**. Selected residents will have the opportunity later this summer to return to places of personal significance—whether it be their hometowns or dream destinations, such as Newfoundland, Ottawa, and London, England.

We intend to document these adventures through storytelling in our Village Voice and through a documentary we hope to showcase at film festivals and within the senior's care sector.

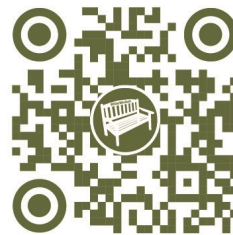
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Schlegel Villages – CONNECTIONS

Many years ago, Ron Schlegel challenged our teams to find meaningful ways to showcase the amazing wealth of knowledge older adults harbour, suggesting that **“the greatest untapped resource in Canada, if not the world, is the collective wisdom of our elders.”**

#ElderWisdom is dedicated to challenging the stigma and ageism that older adults often face in our society. It reminds us of the wealth of wisdom that seniors offer and helps restore them to a place of reverence and respect. We're grateful for everyone who helps make these events such a success!

To learn more about the program, find a local event and/or take the #ElderWisdom pledge, **scan the QR code** or visit **elderwisdom.ca**



PRIDE MONTH

We stand with our 2SLGBTQIA+ team and family.

SPREAD LOVE
NOT HATE

Succulent Strawberries

What makes these little heart-shaped berries so irresistible is the mouth-watering blend of sweet and tart flavours that spring from this comparatively wee, seed-laden, tender fruit.

It's the magical crop of the season. The flavour is unmatched. If you want the luscious, delicious goodness on your tongue combined with the sweet scent of strawberries, local is the only way to go.

Here is a great recipe you can share with your loved ones on this coming BBQ season:

Strawberry Shrimp Ceviche

Yield: 1 portion

5 strawberries (small dice)

¼ piece of avocado (small dice)

¼ piece of red onion (small dice)

15 leaves baby arugula

1 lemon

10 shrimp, 21/30 size (small dice)

8 pistachios (crushed)

Jalapeno, to taste (fine dice)

Olive oil and salt to taste



Method:

Zest and juice the lemon, keep both separated.

In a small bowl combine strawberries, red onion, shrimp, jalapeno and lemon juice.

Stir the mixture until everything is coated in lemon juice (the acidity of the lemon juice will essentially cook the shrimp). Allow this mixture to sit for 8 minutes or until your shrimp turns white and is no longer translucent.

Pour your marinated ceviche into a serving bowl and top it with avocado, arugula, pistachios, lemon zest, baby arugula and olive oil. Sprinkle a little salt, if preferred.

Enjoy!

This Summer Step into Healthy Living:

A question we should all ask ourselves is what have we done for our health lately? It's not enough to recognize that we can take steps to improve our health, we actually have to turn those good intentions into action. Regular physical activity reduces the chance of suffering from heart disease by half. Simply walking more often can make a difference to someone who usually moves around very little. The positive effect of an active lifestyle improves heart health even for those who have a family history of heart disease.

HAPPY SUMMER TO ALL!!!

Maggie Jakob

Food Services Manager





The Village of **TANSLEY WOODS**

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Memorandum

I'd like to share a few updates regarding the Leadership Team—not only to keep everyone informed, but also to reassure you that we remain fully committed to ensuring a smooth transition with minimal disruption to our day-to-day operations. Quality of care remains a top priority for us at the Village, and each of our leaders plays a vital role in upholding that standard.

PAL Coordinator

Caleb Ramey has returned from parental leave and has resumed his responsibilities as PAL Coordinator. We're thrilled to welcome Caleb back and appreciate the dedication he brings to supporting residents through the PAL program. His leadership helps ensure that the Program for Active Living delivers on its goals and objectives.

Director of Nursing Care

Karen Forbes has now fully transitioned into her role and taken over complete responsibilities for the Nursing Department. Karen's leadership ensures a continued focus on clinical excellence, regulatory compliance, and resident-centered care. Please connect with Karen directly for any questions or support related to nursing. Her commitment to quality and team engagement is already making a strong impact.

Assistant General Manager

Ripu Phull is now based at the Support Office, where she will be supporting change management initiatives across all Schlegel Villages. This expanded role allows her to influence improvements on a broader scale, helping to strengthen systems that support quality and consistency across the organization.

At the Village level, I've assumed the role of Assistant General Manager in Long-term Care. I have experience both in clinical and operational leadership and I was first hired at Schlegel Villages in 2009. During my time at Schlegel Villages, I have served in different roles including at The Village of Tansley Woods as Assistant General Manager from 2013 till 2018.

I look forward to work with the residents, family members, and our team members. Please reach out for any reason.

Please join me in supporting all our leaders as they take on these important roles.

Warm regards,
Augustin James



Warm weather facts



WHO IS AT RISK

Anyone can get heat stroke, but infants and the elderly are at higher risk as their bodies may not be able to regulate temperature effectively.



COPING MECHANISM

Your ability to cope with extreme heat depends on the strength of your central nervous system.



OCCUPATION

People with occupations that require physical labour in hot environments are susceptible to heat strokes.



MEDICATION

Diuretics, sedatives, tranquilizers, and heart and blood pressure medications affect your body's ability to regulate temperatures.



BEVERAGES

Caffeine (stimulant) and alcohol increase the risk of warm weather-related illness.



MEDICAL CONDITIONS

Sleep disorders, and problems with the heart, lungs, liver, kidneys, thyroid, or blood vessels increase the risk.



CLOTHING

Wearing heavy and tight clothing can increase the risk. Opt for light-colored, loose-fitting clothing made of natural fibers (cotton/silk/linen).



DISEASES

Certain diseases increase risk; cystic fibrosis, for example, affects the ability to sweat.

Meet Aaron Jones, RIA's Newest Researcher

Earlier this year, the Schlegel-UW Research Institute for Aging (RIA) welcomed Aaron Jones to their world-class research team, as the Schlegel Chair in Clinical Epidemiology and Aging. Let's get to know the newest member of the RIA's researcher team.

Question: Tells us about you and your work?

Answer: I am a health services researcher and biostatistician with expertise in the use of health administrative data and data science methodologies. My research focuses on the health service use of older adults with ongoing care needs, with the aim of discovering how to better organize, manage, and deliver the care older adults need in their preferred location. This could mean improving care in the emergency department to better support people with higher needs, making sure older adults with trouble reaching a family doctor can access effective primary care, and striving for more efficient and clear communication among health care professionals.

Question: What inspired you to pursue research in the field of aging?

Answer: I didn't start out with a specific interest in aging. Originally, I was more drawn to the science of statistics but moved away from the theoretical to the practical because I wanted to have a real-world impact. I was working in health analytics for the government of Ontario when I realized that our health care system was not designed or set up to best meet the



needs of older adults, particularly those with greater care needs such as people living with dementia. This realization inspired me to pursue a career in health research to address this gap.

Question: What is the primary focus of your current research?

Answer: My primary focus is investigating ways we can better organize, manage, and care for older adults. Currently, my two main focus areas are:

1. Geriatric care in the emergency department. I'm exploring the availability and effectiveness of geriatric-trained nurses to improve patient experiences and outcomes in the emergency department.
2. Primary care for older adults with functional impairment. I'm looking at various models of primary care for older adults who have difficulty visiting a doctor or medical office, including home visits and virtual visits.

To read more about Aaron Jones and his work, visit the-ria.ca.

Augustin James	Assistant General Manager	1803
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 Nelson & Appleby	1836
Jefferdie Fiesta	Director of Quality & Innovation	1856
Jessica Barlas	Neighbourhood Coordinator Bronte	1806
Jo-Anna Gurd	General Manager	1877
Karen Forbes	Director of Nursing Care	1815
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
Staci Todd & Liz Cheong	RAI	1893
Trish Holmes	Recreation Supervisor	1810
	Nelson	1829
	Brant	1823
	Oaklands	1817
	Appleby	1505
	Bronte	1835
	Riverstone Salon & Spa	1924
	Health Centre	1997
	Pharmacy	1924