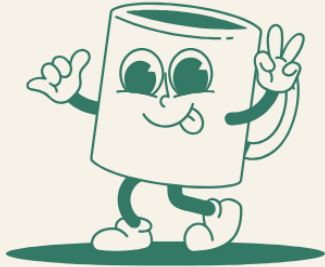
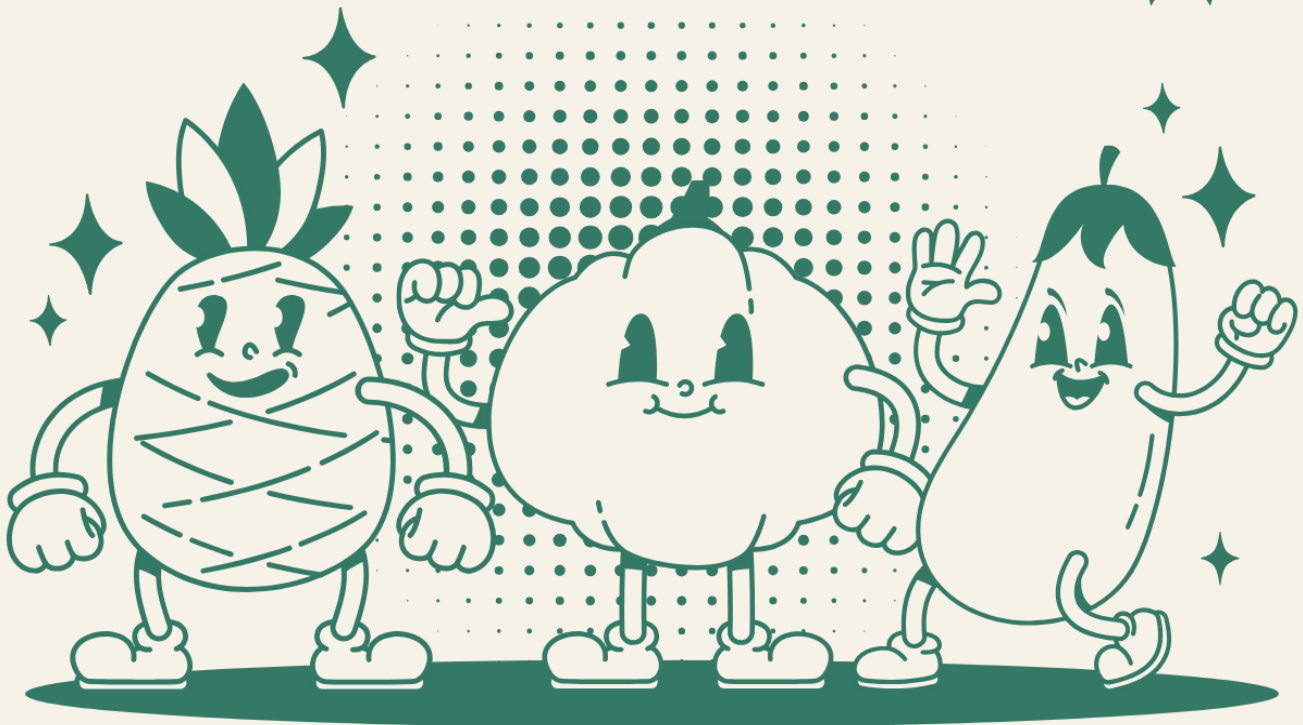


The Tansley Times



Welcome To Our Village



August 2025 Newsletter



Issue No. 111



SchlegelVillages.com

@tansley_woods



Annelise Samson

Karl Linton

Joan Chaikoff

Maria Brandner

Elease Smuk

Bill Law

David Marsh

Karen Irvine

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

A Something in a Summer's Day

By Emily Dickinson

A something in a summer's day,
As slow her flambeaux burn away,
Which solemnizes me.

A something in a summer's noon, —
An azure depth, a wordless tune,
Transcending ecstasy.

And still within a summer's night
A something so transporting bright,
I clap my hands to see;

Then veil my too inspecting face,
Lest such a subtle, shimmering grace
Flutter too far for me.

The wizard-fingers never rest,
The purple brook within the breast
Still chafes its narrow bed;

Still rears the East her amber flag,
Guides still the sun along the crag
His caravan of red,

Like flowers that heard the tale of dews,
But never deemed the dripping prize
Awaited their low brows;

Or bees, that thought the summer's name
Some rumor of delirium
No summer could for them;

Or Arctic creature, dimly stirred
By tropic hint, — some travelled bird
Imported to the wood;

Or wind's bright signal to the ear,
Making that homely and severe,
Contented, known, before

The heaven unexpected came,
To lives that thought their worshipping
A too presumptuous psalm.

Welcome to our new Residents

Linda Casey
Judith Trimble
Elaine Butt
George Hayhurst
Teresa Kacpura

welcome

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

Walter Metson
Juliette Mackay
Janina Zdaniewicz
Joseph Thomas
Jo-Ann Gisel

*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

August 1st

10:00 Gratis Shoppe Jewelry Vendor - MS

August 2nd

3:00 Brad Boland Performs - TH

August 3rd - Watermelon Day

August 4th - Wilfred Schlegel Hope Day

August 5th

2:00 Hutch's Outing

August 9th

3:00 Geri Defoe Performs - TH

August 11th

10:30 Mother Goose - TH

August 13th

12:00 Diner's Club: Pita Nutso - MS

August 15th

2:00 Scenic Drive Outing

August 16th - Tell A Joke Day

3:00 Zach Erikson Performs - TH

August 18th

2:00 Spencer Smith Park Outing

August 19th - Beach Day

3:00 Happy Hour & Entertainment - TH

August 20th - Lemonade Day

2:30 BINGO - MS

August 21st

2:00 Spitsville Outing

August 26th

1:30 Williams Café Outing

August 27th

2:30 Birthday Social - CC

August 28th

2:00 Summer Carnival - Patio

August 29th

3:00 Peach Sundae Social - MS

LIVE QUARTERLY WEBINAR



Care Partners Connection



Tuesday, August 26

6–7:30 p.m.

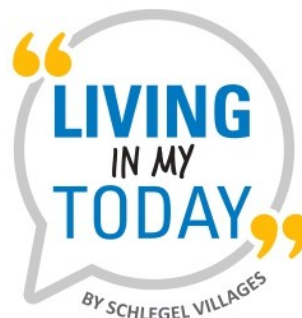
REGISTER NOW

*Do you know someone
living with dementia?*

You're not alone! Join us as we share
**tips to engage your loved one
living with dementia.**

Register to attend and submit questions
for expert panelists. Each webinar
includes education, guest speakers,
resources, and a Q&A panel.

Future webinar
November 25



Hosted by

Heather Luth

Director of Dementia Services
and Knowledge Integration

Schlegel Villages





The Village of **TANSLEY WOODS**

4100 Upper Middle Road, Burlington, Ontario L7M 4W8
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Memorandum

Summer is in full swing, and we are grateful for the warm weather.

At the Village of Tansley Woods, we are ensuring that residents can enjoy it safely. We're also working on two high-impact projects.

The first project is Dedicated Assignment.

In collaboration with the RIA and leaders from the support office, we are implementing this initiative in the South Tower. The goal is to create a positive impact for residents, families, and team members alike.

This project will be rolled out in two phases:

- Phase One focuses on dedicated care assignments for personal care. This means fewer unique team members will provide intimate care to each resident. Our aim is to promote consistent caregiving, preserve resident dignity, and build trusting relationships—leading to better outcomes for both residents and staff.
- Phase Two will expand this concept across broader areas of care.

The second project is the province-led implementation of the InterRAI LTCF assessment system. All long-term care homes must adopt this standardized approach for resident assessments and quality indicator tracking. The goal is to gather more real-time data on residents' health status and related quality measures.

To support this change, nursing team members and leaders—including RNs, RPNs, and PSWs—will undergo retraining. The leadership team is being trained this month, and we will begin rolling out the initiative in October.

This change will affect CIHI reporting on quality indicators, though the full impact is not yet known. We will share more information as it becomes available. Several Schlegel Villages have already implemented the system, and we are learning from their experiences.

If you have any questions about these or other initiatives, please reach out.

Warm regards,
Augustin James



In August, you can enjoy a variety of delicious and in-season foods. Some excellent options include corn, tomatoes, watermelon, peaches, and raspberries. These fruits and vegetables are at their peak flavor and nutritional value in August.

Here's a more detailed look at why these are great choices for August:

Corn: Sweet corn is a summer staple, perfect for grilling or enjoying on the cob.

Tomatoes: August is prime tomato season, offering a wide variety of sizes, shapes, and colors to choose from. I encourage you to try the Heirloom tomatoes as each variety of heirloom has a unique taste.

Watermelon: This refreshing fruit is perfect for hot summer days, offering hydration and a sweet treat.

Peaches: Enjoy the juicy sweetness of peaches in season during August, perfect for eating fresh or baking into desserts.

Raspberries: These delicate berries are a delicious addition to breakfast, desserts, or as a healthy snack.

WATERMELON FETA SALAD

Ingredients:

¼ cup extra virgin olive oil
2 Tbsp. red wine vinegar
½ tsp kosher salt
3 cups cubed seedless watermelon
1 cup crumbled feta
1 cup finely chopped cucumbers
½ cup chopped mint
½ cup thinly sliced red onion
Flaky sea salt (optional)

Directions:

Step 1

In a small bowl, whisk oil, vinegar, and kosher salt. Add watermelon, feta, cucumber, mint, and onion and toss to coat.

Step 2

Top with more mint and sea salt (if using).



The Benefits of YOGA



Yoga is a practice which utilizes physical, mental and spiritual methods.

Yoga aims to build strength, flexibility and reduce stress. It originated in India where the practice was passed down through teacher to student. Fundamental movements in yoga are characterised as slow and stretched out poses which engages the muscles and helps increase range of motion of limbs.

Benefits of doing Yoga include;



Better Quality of sleep



Reduced stress and anxiety



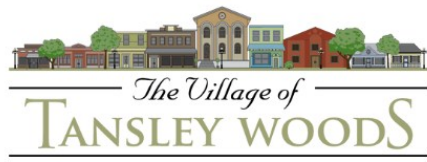
Improvement of many medical conditions

Other Benefits:

- improves flexibility and balance
- strengthens body
- helping self-esteem
- better posturing and body awareness

A great way to get involved in yoga activities is through group classes! On Thursday at 1:45pm, LTC PAL program hosts an Group Fitness class focused on seated yoga in the Fitness Centre. LTC Residents who are interested are free to join!





An Update from the Quality Improvement Team

Hello Tansley Woods residents, families and team members! Meet Kristin Becquer de Dios and Jefferdie Fiesta, your Co-Directors of Quality and Innovation. As a RPN, Kristin has been a part of the Tansley Woods team since 2010, and Jefferdie has been a Schlegel team member since 2009. We started our role as directors of Quality & Innovation in May 2024. Our job is to lead the planning, coordination, evaluation, and development of the Village's continuous quality improvement program. We're dedicated to ensuring we continuously enhance resident care and maintain high standards across all village operations.

See our villages current successes below:

- New Arjo lifts: Implemented on March 18, 2025, for improved safety.
- New continence program rolled out- training to PSW's and nurses provided in April 2025
- Innovation Catalyst Program: Resident engagement experiments underway- sharing at September Summit!
- Nursing station renovations in the Appleby and Oaklands neighbourhoods in December 2024 and April 2025 aim to create a more open space for residents, family members, and team members to interact.
- Continuous Quality Improvement Initiative Report Published: See our commitment to excellence at schlegevillages.com/ltc





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

Most every time I enter Tansley Woods, my eyes are drawn to the memorial board near the fireplace room. Not long ago, on April 23, 2025, it was my turn to have my husband's picture in that memorial frame. When I saw it, I placed my hands on it, and cried. Vern was 67 years old and had been cared for in Bronte for 13 months, living with Parkinson's Disease and dementia.

All caregivers are invited to attend Family Council on Thursday, September 11th at 6:00pm as we will be having team members of Tansley Woods scheduled to speak about Palliative Care and navigating End-of-Life. Palliative Care is a big concept, and definitions of when it begins can vary, so it is important to be familiar with this reality in your caregiver journey.

Another member of Family Council, Laura Gillis, described how quickly the end seemed to come for her 90-year-old father Harold, who was "young at heart and very sociable." He had been battling UTI's, type II diabetes, and had a few falls – the last resulting in a hip fracture requiring surgery.

"The staff followed the code level I had designated for my father diligently, accurately, and quickly. They did their utmost to make sure everything possible was done to take care of him and keep him comfortable, with compassion, care and professionalism," said Laura.

Planning and conversations to prepare for the end of life are a sad reality of our role as caregivers to our family.

At Schlegel Villages, a Communication at End-of-Life (CEoL) program has been specifically designed for Personal Support Workers as part of their training. Schlegel's doctors spend time with family on preparing for end of life and your individualized Care Conferences can help you in planning good quality of life for all stages in the journey.

I've been helped by learning from the online work of Dr. Kathryn Mannix who reminds me that it is "never too early to say I love you, to speak the important conversations, but it can be too late." A letter template from Dr. Mannix can help those words come easier to your process of saying I love you, and that final goodbye. A copy of the template is provided on the back of this page.

It's a sensitive subject, but one that the Family Council knows we all must prepare for. We welcome you to join us at the September 11th 6:00pm meeting for some learning time on this stage in the journey.

Lorna Dueck / Co Chair / Family Council - Village of Tansley Woods

Date

Dear

I want you to know that I have always appreciated

.....
.....

What I particularly love about you is

.....
.....

I hope you have forgiven me for

.....
.....

Please don't worry about

.....
.....

When you think about me, I hope you will remember

.....
.....

For your future, what I wish for you is

.....
.....

Thank you for being such an important part of my life.

Love from

My contact details:



September 16–17

DoubleTree by Hilton
30 Fairway Road South, Kitchener

**Schlegel Villages and the
Research Institute for
Aging (RIA)** are excited to
be hosting our **10th annual
Innovation Summit!**

Join us as we celebrate 10 years of
innovation, improvement and research
and help us envision the next decade!

Team members, residents and family
are welcome to attend this event!
If you are interested in attending, speak
with your General Manager or Assistant
General Manager at your Village as there
is a limit to the number of attendees
from each Village.

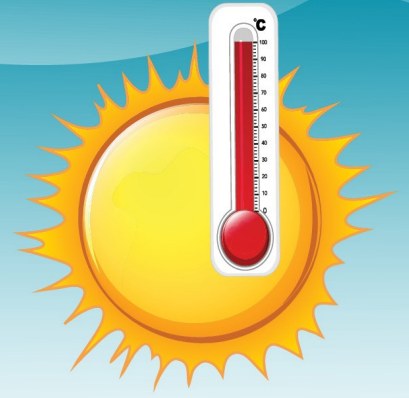
Sessions will include:

- Highlights of innovations over the past decade
- Co-creating future research with the RIA
- 2025 Innovation Catalyst and Innovation Challenge presentations
- The evolution and future of technology and AI
- Envisioning the future using Appreciative Inquiry

**We look forward to
seeing you there!**



Stay hydrated!



FACTS



With the weather finally getting warmer, proper hydration is of increased importance for everyone but especially our residents



Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration



Evidence tells us that our residents need to drink at least 6-8 cups or 1500-2000 ml of water per day



Water in beverages (e.g. milk, coffee or tea) and foods counts!

TIPS



Drink water throughout the day



Eat foods with high water content such as fruit and vegetables



Drink together – when you consume water with others you are likely to drink more



Remind others to drink water regularly



Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking

Schlegel Villages – CONNECTIONS



WILFRED
SCHLEGEL

Monday, August 4

Day

The **Civic Holiday in Canada** on the first Monday of August is intended to be more than just a welcome summer long weekend. Its purpose is to encourage a spirit of community and to inspire Canadians to reflect on how they can contribute to the well-being of those around them. This makes it a meaningful occasion for Schlegel Villages to celebrate Wilfred Schlegel Day—a tribute to the man whose values continue to shape the organization.

In 1953, Wilfred purchased the Schlegel family's first home dedicated to supporting older adults, setting in motion a legacy of care. His example inspired his son Ron and grandsons Rob, Brad, and Jamie to carry that commitment forward, strengthening their dedication to community through Schlegel Villages and their wider work in business and philanthropy.

This year as the Civic Holiday approaches, we encourage Villages take a moment to reflect on the many ways we see residents and team members supporting others and giving back to their community. There are knitting circles that continually use their skills to create warm booties and hats for newborns at local hospitals; we've seen residents raise funds for local shelters, food banks, and supportive housing organizations; others volunteer their time to support neighbours within the Village.

It is a beautiful gift we offer when we give of ourselves for the betterment of our community, and we're grateful for the many ways our Schlegel Villages family does this throughout the year.

Schlegel Villages – CONNECTIONS



As the July sun shone over a hazy Toronto skyline, residents and team members from several Schlegel Villages set sail for the annual Boat 4 Hope fundraiser in support of the **Wilfred Schlegel Hope Fund**.

Led by the team at The Village of Riverside Glen, the event has raised over \$120,000 since launching in 2019. It's more than just a day on the water—it's a celebration of community spirit and a reminder of the impact of collective generosity in times of crisis.

May Lui, representing presenting sponsor SGP Group Purchasing, spoke about the deep sense of connection this cause inspires. She was especially moved by the story of Tami Gunn, a team member from Coleman Care Centre who received support last fall after an explosion destroyed her home and injured her partner.

"There are not many programs that support employees like this during emergencies," May said. "It's quite special—and to be part of it, we feel like family."



Created in 2018, the Hope Fund is supported through voluntary payroll donations matched by the Schlegel family. **To date, it has provided more than \$1.3 million in aid to over 400 team members facing unexpected hardships**—thanks to the generosity of team members, residents, families, and community partners who continue to support events like Boat 4 Hope.

WILFRED SCHLEGEL
Hope Fund

Sip Smart: Tips to Stay Hydrated

As we age, drinking enough fluids becomes increasingly important yet more difficult. Some people only drink water when they feel thirsty, but staying hydrated is essential for helping us digest food, control our body temperature, heal wounds, improve sleep quality, mood, and energy levels, and more.

Not drinking enough water can leave us feeling weak, tired, dizzy, constipated, confused, and even cranky.

Did you know that dehydration is estimated to affect half of long-term care (LTC) residents, as many do not consume the recommended 6 to 8 cups of fluid daily. This can happen for several reasons, such as limited access to fluids, ignoring dry mouth or other thirst signals, difficulty drinking due to challenges swallowing or holding a cup, and even drinking less to avoid going to the washroom.

Tips to stay hydrated

Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA), shares some ways you can avoid dehydration and sip smarter:



Make it a habit. Try drinking water:

- When you wake up
- After brushing your teeth
- During and after activities
- With medications
- Between meals and snacks
- With friends!
- Choose beverages that you enjoy
- Eat foods with high fluid content, such as cucumbers, berries, tomatoes, and soups
- Carry a reusable water bottle or your favourite cup to drink from on the go
- Plan for washroom access

To learn more about Heather's research on improving hydration among residents, visit the-ria.ca/resources/promote-hydration.

Augustin James	Assistant General Manager	1803
Brett Kelly	Assistant Director of Nursing Care	1884
Caleb Ramey	PAL Coordinator	1814
Anu Babu	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