

Large green tropical leaves, including monstera and palm fronds, frame the top corners of the page.

THE TANSLEY TIMES

AUGUST 2025

A vibrant beach scene illustration. The top half shows a bright yellow sun setting or rising behind dark blue hills, flanked by palm trees. The middle section is a blue ocean with two colorful beach balls. The bottom section shows a sandy beach with a lifeguard stand on the left, a red and white striped beach chair on the right, and a small white seagull standing in the center. Green foliage is at the bottom corners.

AUGUST 2025
ISSUE NO. III

August

MON	TUE	WED	THU	FRI	SAT	SUN
				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
Aug 5	3:00 PM	Ron Tansley	Emma's East / Egerton
Aug 7	3:00 PM	Peter Harding	Emma's West
Aug 18	7:15 PM	Brad Boland	Fergusson Town Hall
Aug 26	2:15 PM	Brassworks	Pond Gazebo
Aug 28	7:15 PM	The Goodtime Guys	Fergusson Town Hall

Vendor This Month

August 8: Mom's Time Out 10 AM - 3 PM

August 21: Made for You by Jo 10 AM - 3 PM



August Special Events

August 4—Wilfred Schlegel Day (Civic Holiday)

Wilfred Schlegel Day is a day to give back to our direct community! Stay tuned for pop up events or posters in the Village to learn more about how you can give back to our surrounding community.

August 6—Root Beer Float Day

Sip, scoop & smile! Join us for a bubbly blast from the past at our Root Beer Float Social — a sweet treat and a great time to mix and mingle! Find us in the Town Square starting at 2:00 pm on this day.



August 20—National Lemonade Day

When life gives us lemons... we bring the cart! Celebrate National Lemonade Day with a refreshing sip on wheels! Our travelling lemonade cart is coming to the Williamsburg neighbourhood—bringing sunshine, smiles, and ice-cold lemonade right to your door!

August 28—Men's & Women's Patio Social

This month, the Men's and Women's Clubs are joining forces for one fun-filled gathering! Join us on the patio for great conversation, laughs, and community spirit—because everything's better when we're together!



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: Parick

When: When serving

Where: Dining room

Parick is a real Gem and lights up the room with his smile.

Shooting Star

Who: Monika

When: Always

Where: Health Center

Monika is always warm and approachable, and her eagerness to help makes her a wonderful asset in any setting.



The summer we were looking forward to all winter is here. I hope you have all been out enjoying our beautiful grounds and all the flowers. There is such a variety to see.

The evening with live musical entertainment by the pond was most enjoyable.

I have a garden box which I enjoy. I've never been much of a garden person, but I am learning how to grow things and experimenting with new ideas. I have used Google a lot to try to find tips on what works and what doesn't.

The evenings out in the patio area are especially pleasant, watching the squirrels and listening to the birds. It's even more enjoyable when other folks come along to chat!

Alice Wells



Happy August Tansley!

As we continue to enjoy the warm weather, we want to remind you to stay cool and take care of yourselves during this summer season. Here are some tips to beat the heat: wear loose, light clothing, stay hydrated by keeping water handy, and consider enjoying outdoor activities during cooler parts of the day.

For summer days that are not as hot/humid it is highly recommended to get some fresh air and soak up some sunlight! Enjoying the sunshine is not only relaxing, but it provides a number of health benefits. Some of these benefits include: increased levels of vitamin D, a reduction in stress and improvements to overall mood, and improvements to sleep quality.

There are a number of activities to take part in while outside. Morning walks around the neighborhood, gardening, putting on the putting green, picnics with friends, and bird watching out on the patio are all great ways to enjoy some fresh air. Whatever way you decide to spend your time outdoors, you are exposed to many positive health benefits!

Stay cool, stay active, and enjoy the summer season.

Warm regards,

Your PAL Team

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

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.

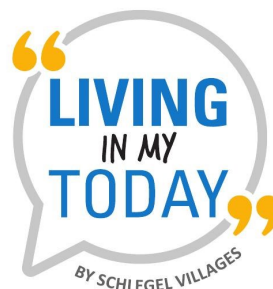
Future webinar
November 25



Hosted by

Heather Luth

Director of Dementia Services
and Knowledge Integration
Schlegel Villages





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.

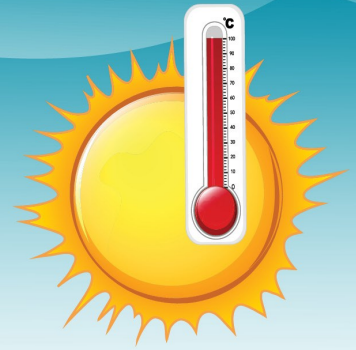
Sessions will include:

- 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

RESEARCH
MATTERS

RIA FEATURE

August 2025

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.

Word Scramble

GAUTUS

ERMSUM

RNUSGIF

AEGCB

August Word Search

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

August
Books
Family
Holidays
Lemonade
Popsicle
San
Sunny

Beach
Camping
Fishing
Kayak
Marshmallows
Puzzles
Shorts
Swimming

Biking
Cottage
Hammock
Lake
Pool
Relax
Strawberries
Watermelon

Hello August

- Authenticity starts with
- Understanding your worth and
- Glowing in your way because a
- Unique, imperfect, and different
- Self is much better
- Than the perfect clone



- Beverley & Richard Simpson
- Ann Fleming
- Anthony Dereck Bonney
- Carmela & Fred Martorano
- Connie Bovair
- Jack Rietveld
- Jacqueline Fenner
- John "Jack" Segart
- Maria Pimentel

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

- Ruth E. Shorten
- Cyril Pearce
- Ines Verdone





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

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

Questions Regarding Your Monthly Statement: 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 1 877 467 5827 Option #5.

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 dinner on Wednesdays, and for lunch & dinner on Thursdays, Fridays and Saturdays. You can buy Ruby gift cards and reload them as much as you want. Open to 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:

Physician - Dr. Ghobara

Physician - Dr. Moghaddam-Abrishami

Nurse Practitioner - Laura Burmazovic

Physiotherapy - Nehal Dave

Osteopathy - Andrew Soumbos

Massage Therapy - Vaidehi Dave

Dental Hygienist - Salvia Kelada

Foot Care Clinic

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 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	Ben Weiler Bhavini Mistry Melanie Dimitrovski	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	Shakeelahemad Siddique	Ext. 1988
Village Office Coordinator	Pennie Pryce-Jones	Ext. 1851
Administrative Coordinator	Helen Sanger	Ext. 1802
Administrative Assistant	Paige Epp-Ruitenber 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. 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