



A festive Halloween-themed illustration. At the top, a witch flies on a broomstick, carrying a black cat. To the right, a large jack-o'-lantern with a smiling face is surrounded by autumn leaves and a spiderweb. In the center, the text 'HELLO OCTOBER' is written in a large, orange, serif font. Below it, 'THE TANSLEY TIMES' and 'ISSUE NO. 113' are written in a smaller, orange, serif font. To the left of the text is a jack-o'-lantern with a sad face. Below the text is a green ghost with a sad face. To the right of the ghost is a jack-o'-lantern with a screaming face. At the bottom, there is a silhouette of a haunted house, a witch standing next to a broom, a graveyard with several tombstones, and a large, gnarled tree with a skull-like face. The background is a light beige color with various Halloween motifs like spiders, webs, and leaves scattered throughout.

# HELLO OCTOBER

THE TANSLEY TIMES  
ISSUE NO. 113





Ivana Smyllie

Katherine Krupka

Teresa Kacpura

Frank Szenasi

Ana Cavassa

Elaine Butt

Eva Coles

Megan Carmichael

Fred Young

Carolyn Passmore

Catherine Holland

Donelda Rhynolds

Carol Dunnett

Carla Lowe

Senija Bjelosevic

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

## October

By Marion Louise Bliss

October is a tawny leopard;  
A yellow leopard, in the sun sprawling.  
His tail gently taps the tall stalks  
Where of late the yawning yellow of the sunflowers  
Held out their gilded fingers, and turns to the semaphore, the sun.

October is a laughing leopard;  
A lazy leopard, in the sun, fawning.  
He may bare white fangs on frosty mornings,  
But by noon he is sleep as summer,  
Basking before the red stars if the brazen bittersweet.

October is a savage leopard;  
A spotted leopard, stealthily crawling...  
Leaping from the days of sunshine to days of cold cloud,  
Leaping from a blur of blueness into grayness.  
Then it is he stalks winter and snarls into the wind.

### Welcome to our new Residents:

Larry Pettipiece  
Frank Szenasi

*welcome*

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

George Hayhurst  
Karen Irvine

*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

October 1st - International Day for Older Persons

10:30 Coffee Social - CC

1:30 AGB Exhibit Tour Outing

October 2nd - Yom Kippur

October 3rd - World Smile Day

3:00 Laughter Yoga - TH

October 4th

1:00-3:00 Classic Car Show & BBQ

3:30 Brent Meidinger Performs - TH

October 5th

10:00 The Addams Family Movie - TH

October 6th - Active Aging Week & Sukkot

October 8th

11:30 Chuck's Lunch Outing

October 10th - World Mental Health Day

1:30 Little Hobby Hill Farm Animal Visits - CC

October 11th - World Hospice & Palliative Care Day

3:00 Geri Defoe Performs - TH

October 13th - Thanksgiving

October 15th - International Pronouns Day

10:00 Autumn Catholic Mass - TH

1:30 Hanes Farm Outing

October 16th

2:30 BINGO - MS

October 17th

12:00 Diner's Club: Chik-Fil-A - MS

October 18th

3:00 Escapades Performs - TH

October 19th - Spiritual Care Week

10:00 The Addams Family Values Movie - TH

October 20th - International Infection Prevention Week

Diwali

10:30 Mother Goose - TH

2:30 Diwali Party - MS

October 21st

1:30 Resident Council - CC

3:00 Golden Horseshoe Choir Performs - TH

October 22nd

2:30 Volleyball Smash - MS

October 25th

3:00 Natalie Marie Performs - TH

October 27th

2:30 Halloween Happy Hour - CC

October 28th

2:00 Williams Café Outing

October 29th

2:30 Birthday Social - CC

October 31st

10:30 Halloween Parade - MS

2:00 Scenic Drive Outing

# ACTIVE AGING WEEK!

**OCTOBER**

**2025**

**MON  
6TH**

**NUSTEP RACE!**

Time: 2:30pm-4:30pm

**VOLLEYBALL TOWN HALL!**

Time: RH 11am-12pm

Time: LTC 2pm - 3:00pm

**TUES  
7TH**

**THURS  
9TH**

**SMOOTHIES!**

Time: 11:00am @Hobbyshop

**NERF GUN SHOOTING COMPETITION!**

Time: 3:30pm-4:30pm @Social  
Club

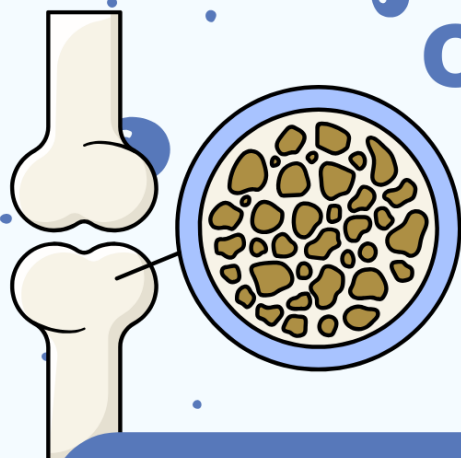
**THURS  
9TH**

**FRI  
10TH**

**CHAIR DANCE VIDEO!**

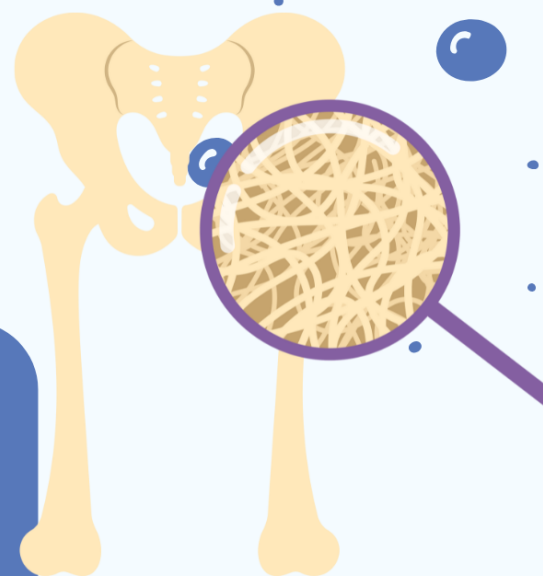
Time: 11:00am RH & LTC

# World Osteoporosis Day



## What is Osteoporosis?

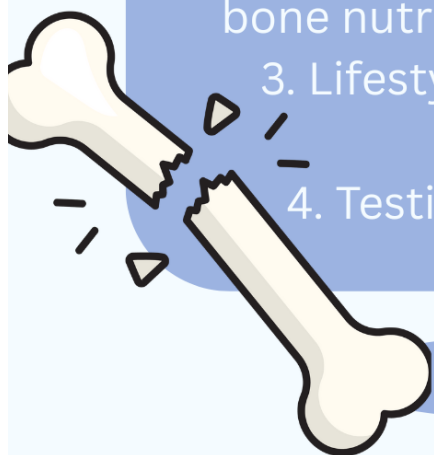
Osteoporosis is a musculoskeletal disease that causes your bones to become weak and fragile, increasing the risks of a fracture.



**October 20th**

## 5 Steps To Prevent Osteoporosis !

1. Exercise Daily – Participate in Muscle strengthening classes, balance classes & Cardio classes.
2. Nutrition - make sure your diet consists of good portions of bone nutrient foods, such as vitamin D (Sunshine) and protein.
3. Lifestyle - Maintain a healthy weight and avoid smoking & drinking alcohol.
4. Testing & Treatment - Get tested if you are at high risk.



Don't you just like sweater weather! Time to bundle up and make some delicious warm, comfort foods.

And of course, don't forget Thanksgiving and Halloween are important events in October. Enjoy the fall colors and changing scenery-it may be hard to say goodbye to summer, but there are good things ahead!

How to store October fruits & vegetables:

Did you know pears ripen from the inside out? That's why skin color isn't the best way to judge if a pear is ripe. Gently press the stem end of the pear to see if it is soft and ripe.

If you have more fresh cranberries than you can use, freeze them as is and store in an air-tight bag for months. Fresh and frozen cranberries are pretty much interchangeable in most recipes.

Apples and pears will last longer when stored in the fridge but they'll taste sweeter at room temperature. Keep a few in a fruit basket or take out of fridge 30 minutes before eating.

When buying Brussel sprouts look for green, firm and compact heads that are heavy for their size. Smaller sprouts are often sweeter than bigger ones.

Turnips and rutabagas are hardy root vegetables that can be stored for many weeks in cold storage. Rutabagas have rougher skin and are bigger but taste milder than turnips.

If your garden veggies got hit by frost before harvest, watch them carefully in storage, they may not last as long compared to veggies harvested before frost.



Maggie Jakab, Food Services Manager

## Palliative Care Week

October 13–19, 2025

Palliative care is about comfort, dignity, and compassion. It's not just for end-of-life care — it's about improving quality of life for residents with serious illnesses.

Our approach:

- Resident-centered care: We listen to each resident's wishes and values.
- Family involvement: Families are part of the care team. Your voice matters.
- Emotional and spiritual support: We offer support through our care team, social workers, and spiritual services.

Special events:

- Reflection and remembrance ceremony: Honouring residents we've lost with love and respect.
- Comfort cart showcase: Learn about the items we use to bring comfort

## Infection Prevention and Control Week

October 20–26, 2025

At our home, keeping residents safe and healthy is a top priority. This week, we're highlighting the importance of infection prevention and control (IPAC), which is a vital part of our daily care.

What we're doing:

- Education sessions: Short, friendly talks on how infections spread and how we prevent them.
- Celebrating our IPAC team: A thank-you to our dedicated team who work tirelessly to keep our home safe.
- Hand hygiene campaign: Staff, residents, and visitors are encouraged to practice proper handwashing.

How you can help:

- Wash your hands when entering and leaving the home.
- Stay home if you're feeling unwell.
- Ask questions. We're happy to share how we keep your loved ones safe.

## Stay Connected

We welcome your feedback and questions. Please reach out to our care team or administration if you'd like to learn more about our infection control practices or palliative care services.

Hartley Miller, Assistant Director of Nursing Care

Hartley.Miller@schlegelvillages.com or x1875





*The Village of*  
**TANSLEY WOODS**

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# Memorandum

Dear all,

With summer almost behind us, we now enter the beautiful fall season.

The teams at the Village of Tansley Woods have been busy will rolling out new initiatives and sustaining old ones.

Here is a brief summary of two major projects that are rolled out now. First is the dedicated assignment. This has been rolled out to the south tower's three neighbourhoods. The planning, implementation, and the launch has gone well. We have not entered the sustainability phase. The teams will be supported to work through any challenges that arise. In the very near future, RIA (Research Institute for Aging) will initiate their evaluation process to see the effectiveness of this program. They will reach out to all stakeholders including the Resident and the Family councils. We will keep you up to date with the progress.

The second major project that is now live is the LTCF. This is a provincial directive on changing the RAI/MDS process. This includes some of the assessments, their measures and quality reports. This is a change that all the LTC homes are expected to complete by early 2026.

We have educated all team members on these new changes except for those not available due to LOA, maternity leaves, or vacation. We have a plan in place to educate them upon their return.

I am also happy to share that we have a Director of Care apprentice position at Tansley and our Charge Nurse Rona has taken that position. This is a program that Schlegel Villages is investing in to build capacity within the organization and the system. The team at Tansley Woods is very excited about this opportunity. At this point, this position will be in place at least till the end of the year.

Please reach out to any one of us at the Village if you have any questions.

Warm regards,  
Augustin James



# Schlegel Villages – CONNECTIONS



there's always  
SOMETHING  
TO BE  
*thankful*  
FOR

As we move into October, we are filled with the spirit of gratitude that naturally emerges as the leaves turn colour and the autumn days grow cooler. At Schlegel Villages, we always have so much to be thankful for, and 2025 is no exception.

Day-to-day life in our Villages is filled with countless moments where team members and residents connect in meaningful ways. Each is worthy of gratitude, though they often pass without a second thought – this is simply Village life unfolding.

There are also moments and events that shine a brighter spotlight on the mission that drives us forward. These require planning, effort, commitment and dedication from residents, team members, volunteers, families and friends.

Our celebrations of the **Wisdom of the Elder Signature Program** this year were shining examples.

Continued on page 2.

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# Schlegel Villages – CONNECTIONS

In 2025, we marked the **10th Anniversary of our Green Bench #ElderWisdom campaign** with events in every city where our Villages are found. Hundreds of people had the opportunity to sit upon the Green Bench and be reminded of all that our Elders have to offer.

Beyond our own communities, the bench travelled to Elmira, to our nation's capital, to the edge of Canada on the coast of Newfoundland, and even overseas to England. With a documentary crew capturing each adventure, we look forward to sharing the final product with all of our Village communities.

As we look toward Thanksgiving this October, we are grateful for everyone who helps bring our passion for the Wisdom of the Elder to life. We know how much our oldest generations have to offer, and through our collective efforts, we are proud to share this wisdom with the world.

**WISDOM** *of the*  
**ELDER**



Doug Robinson and Bob Harrison in Brighton Beach, England.



Tom Farr visiting his childhood home in Elmira, Ontario.



## Healthy Aging: Why Nutrition Matters as We Age

Malnutrition might not be the first thing you think of when you think about aging—but it's more common than you realize. A [recent study showed that one-third of Canadians aged 55 or older are nutritionally at risk](#), potentially leading to more hospital stays, emergency visits, and physician consultations.

Changes in our appetite, medications, or health conditions can all impact how and what we eat.

"As you age, your body changes, and so do the nutrients your body needs to stay healthy," said Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA). "Eating nutrient-dense meals can help you stay healthy and independent."

Below are five nutrient-dense foods you can add to recipes or enjoy on their own.

### Almonds

Add them to salads, granola, trail mix, yogurt, cereal, or as a topping for desserts. They're a great source of vitamin E – a powerful antioxidant that is also important for the health of your brain and eyes.

### Dark chocolate

Dark chocolate (at least 70 per cent) is loaded with magnesium and iron. Magnesium is important for your muscles, keeps your heart beating daily, and strengthens



your immune system. Iron helps preserve many essential functions in the body.

### Wheat Germ

Add wheat germ to your diet—yogurt, oatmeal, meatballs or meatloaf, smoothies, muffins, granola, or parfait toppings. Wheat germ is an excellent source of omega-3, an essential nutrient for immune function, and bone, muscle, and heart health.

### Flax seeds

Flax seeds can easily be added to baked goods such as muffins, breads, loaves, or topped on yogurt, salads, or cereal. They contain a lot of fibre, a nutrient crucial for digestion and regular bowel movements.

### Lentils and beans

Add lentils and beans to salads, rice dishes, chili, and tacos, or puree them to make a dip. They are rich in protein, fibre, and iron. Protein is important for maintaining muscles, brain health, and much more.

For additional resources, visit [the-ria.ca/nid](https://the-ria.ca/nid).

To receive updates from the RIA, subscribe to our newsletter at [the-ria.ca/subscribe](https://the-ria.ca/subscribe).





## *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**

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**Visit Us**

[www.weareyoung.ca](http://www.weareyoung.ca)



**Phone**

+902-701-8848

Anu Babu	Administrative Assistant	1801
Augustin James	Assistant General Manager	1803
Brett Kelly	Assistant Director of Nursing Care	1884
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
Melanie Dimitrovski	PAL Coordinator	1814
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