

Hello October

The Tansley Times

Issue No. 124



VILLAGE EVENTS

THE TANSLEY TIMES

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

October 1st-3rd Active Aging Week

October 1st

10:30 Bazaar Craft Drop-In - CC

October 1st

3:00 Indian Delights - CC

October 2nd World Smile Day

October 3rd

3:00 Ron Tansley Performs - TH

October 6th

5:30 Bazaar Crafts - F

October 7th

10:00 Catholic Mass - TH

2:30 Apple Fest - MS

October 8th

10:00 Gratis Shoppe - MS

2:00 Bazaar Craft Drop-In - CC

2:00 Appleby & Nelson Hanes Farm Outing

October 9th

2:00 Geri Defoe Performs - TH

October 12th Thanksgiving

October 13th

12:00 Ruby Diner's Club

5:30 Bazaar Crafts - F

October 14th

2:00 CWA Bikes

2:30 Tim Hortons Drive Thru - MS

October 15th

2:00 Brant & Bronte Hanes Farm Outing

2:00 Bazaar Craft Drop-In - CC

October 17th

3:00 Jeff Giles Performs - TH

October 19th

10:30 Mother Goose - TH

6:30 Happy Hour - CC

October 20th

5:30 Bazaar Crafts - F

October 21st

3:00 Caribbean Drumming Class - TH

October 22nd Country Western Day

October 23rd

1:30 Little Hobby Hill Farm - CC

October 24th

3:00 Paula French Performs - TH

October 25th - 31st Spiritual Care Week

October 26th

2:30 Birthday Social - CC

October 27th

6:00 Halloween Crafts - CC

October 28th

2:00 CWA Bikes

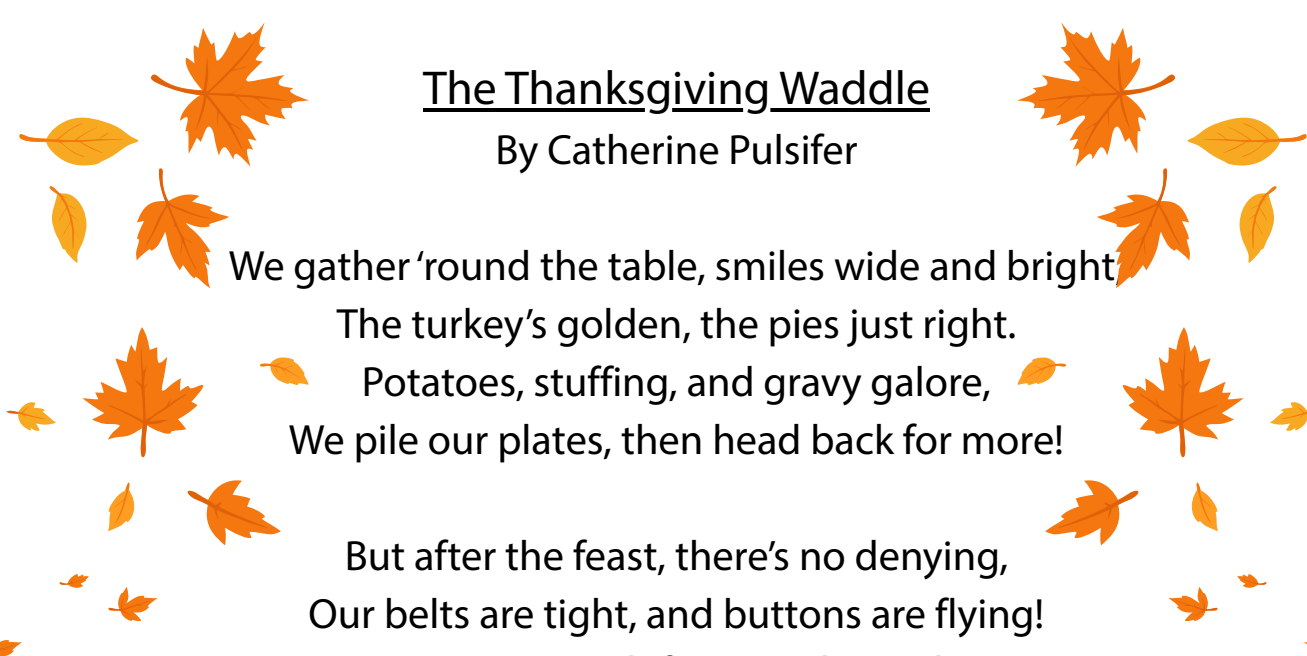
2:00 Bazaar Craft Drop-In - CC

October 29th

2:00 Oaklands Hanes Farm Outing

October 31st

3:00 Spooky Escapade Trio Performs - TH



The Thanksgiving Waddle

By Catherine Pulsifer

We gather 'round the table, smiles wide and bright

The turkey's golden, the pies just right.

Potatoes, stuffing, and gravy galore,

We pile our plates, then head back for more!

But after the feast, there's no denying,

Our belts are tight, and buttons are flying!

We've eaten enough for a week, maybe two,

Now all we can do is waddle on through.

We laugh as we sway, stuffed to the brim,

With thanks in our hearts, though walking's quite grim!

But that's Thanksgiving, full of joy and cheer —

We waddle away, but we'll be back next year!

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

Paul Downey
Elizabeth Martin
John Nevans
Judith Trimble



Welcome to our new Residents:

Steven Carubba
Anna Hastic
Nancy Moore

welcome



HAPPY BIRTHDAY

Edward Anczurowski
Teresa Kacpura
Ana Cavassa
Mary Mathews
Evangeline Coles
Shirley Zivanovic
Catherine Holland
Carol Dunnett

Senija Bjelosevic
Katherine Krupka
Elaine Butt
Megan Carmichael
Katharine Stoyan
Carolyn Passmore
Donelda Rhynold
Nick Chalaturnyk
Carla Lowe

Join us in celebrating your birthday on
October 26th at 3:00pm in the Community Centre

May the joy that you have
spread in the past come back
to you on this day!

If there is one thing I have learned at Schlegel Village, it is this: everyone has a story.

Every resident, family member, volunteer, and team member carries a lifetime of memories, joys and sorrows, hopes and dreams, lessons learned, and lives touched. As I walk through the Village, I often notice small things that quietly tell those stories. A family photograph opens the door to cherished memories of parents, children, and grandchildren. A wedding picture recalls a beloved spouse whose presence is still deeply felt. A military medal speaks of service and sacrifice. A treasured keepsake, favourite book, or symbol of faith often reveals the people, experiences, and beliefs that have shaped a person's life. As I listen, I am reminded that no story stands alone. Every life is connected to other lives.

Those stories continue here within our Village. They are reflected in the PSW who helps a resident begin the day, the nurse who offers reassurance, the recreation team that brings laughter and friendship, the dietary team who remembers a favourite meal, the housekeeper who helps make a room feel like home, and the volunteers who generously give their time. Each person brings their own story and becomes part of someone else's.

Every story is unique, yet each reveals something important about what gives a person meaning, strength, comfort, and hope. When we take the time to listen to these stories, we begin to understand what matters most to a person. This is where spiritual care begins. It is the practice of slowing down, listening with attention, and walking alongside one another through life's joys and burdens, reminding each other that we are not alone.

For some, spiritual care includes prayer, worship, and faith traditions. For others, meaning is found through relationships, music, nature, memories, personal values, reflection, or the presence of someone willing to listen.

As we reflect on Spiritual Care Week, I am filled with gratitude for the residents who have entrusted me with their stories, for families whose love continues to surround those they cherish, and for the team and volunteers whose kindness is woven into everyday life.

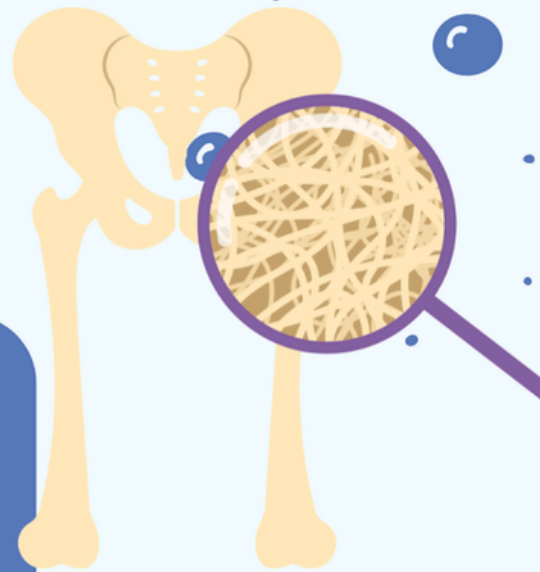
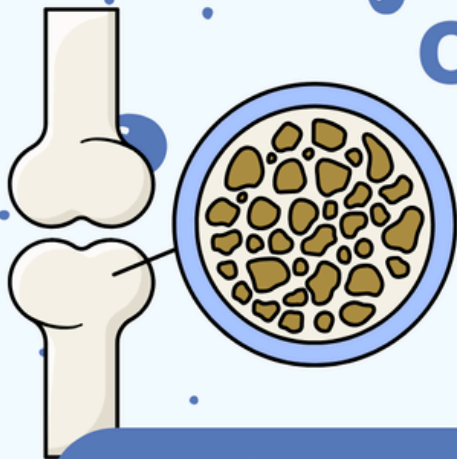
A meaningful life is not measured only by the years we have lived, but by the love we have shared, the relationships we have built, and the lives we have touched along the way.

This is what makes a Village truly a community: not simply the care we provide, but the stories we share and the Presence we offer one another along the way.

A Village woven together by stories.

Blessings,
Audrius+

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.
- Testing & Treatment - Get tested if you are at high risk.



“Boost your immune system” is a familiar fall message. It’s beneficial to strengthen your body’s ability to fight off germs at this time of the year.

The nutrients involved in the growth of immune cells include the following:

- Vitamins C and D
- Minerals Zinc and Iron
- Amino acid glutamine
- Zinc, copper, iron, selenium and vitamins A, D, B6 and B12 also play a role in the immune response to viral infections.

The Mediterranean diet is rich in these immune-supportive- immunomodulatory effects.

Embrace a diet rich in vegetables and fruits (vitamins C, A), fish (vitamins D, B6, B12, glutamine), lean meats (protein), legumes (iron), and nuts and seeds (selenium, zinc, copper)

Avoid ultra - processed foods with a high content of fat, sugar, salt and additives.

These substances can increase inflammation and impair immune function.

Here are 7 unexpected habits that make you harder to infect:

1. Spend time outdoors to reduce systemic inflammation and improve innate immunity.
2. Take a brief walk in cold weather to modulate immune responses.
3. Get dirty in the garden to diversify microbial exposure, which contributes to immune modulation.
4. Hum or sing daily to stimulate the sinuses’ production of nitric oxide, which has antimicrobial and antiviral properties.
5. Use a humidifier set between 40 and 60% to avoid dry indoor air, which enhances viral transmission.
6. Prioritize social connection, which is associated with increased antiviral immunity.
7. Use a sauna to enhance respiratory health and reduce the risk of respiratory conditions.

Maggie Jakob
Food Services Manager



Flu Season Is Here — Let's Stay Prepared Together

As the weather turns, so does flu season. Our team is preparing now, not waiting for the first case. Residents will be offered flu vaccination clinics in the coming weeks, and we're reinforcing hand hygiene, screening, and early symptom reporting across all neighbourhoods. Families are reminded: if you're feeling unwell, please postpone your visit; it's the simplest way to protect the people we all care about. Watch for vaccine clinic dates coming soon.

Introducing the MedLine Skin Care Program

We're rolling out the MedLine Skin Care Program across the Village this month. This means a more consistent, evidence-based approach to skin integrity and wound prevention for every resident. Nurses and PSWs are completing hands-on education sessions to build a shared standard of practice, so residents benefit from the same high-quality skin care no matter which team member is supporting them. This is a meaningful step forward for resident comfort and dignity.

Continued Progress: Antipsychotic Reduction and Pain Management

Our work on antipsychotic reduction and pain management continues, and we're seeing real study progress. These two initiatives go hand in hand: better pain identification and management often reduces the behavioural symptoms that antipsychotics were historically overused to address. Thank you to our nursing and care teams for their careful, resident-by-resident work on this.

Remembering Ron Schlegel

It is with heavy hearts that we share the passing of Ron Schlegel, who passed away peacefully on Saturday, September 19, at The Village of Winston Park in Kitchener, the very Village he helped launch. Ron built Schlegel Villages into the organization it is today, growing from the seniors' care roots his father Wilfred first planted in 1953 into the Village model we now call home. He was named an Officer of the Order of Canada for his work in seniors' care and research, and he leaves behind his sons Rob, Brad, and Jamie, and their families.

Those who knew him remember a man who never stopped asking questions, of residents, team members, and strangers alike, always genuinely curious about their stories. His vision for connected, belonging-centred communities is the foundation Tansley Woods stands on today. Our thoughts are with the Schlegel family and everyone across the Village family during this time.

Holiday Season Prep Is Underway

Tansley Woods is already gearing up for the holidays, with planning for our Christmas Bazaar in full swing. The Village is engaging with the Residents, Team members, and Volunteers for this Preparation. As always, we are looking for a big celebration.

Augustin James RN
Assistant General Manager

Tansley Woods Family Council: September 2026 Meeting Highlights

As a council we have been expanding our awareness and understanding of the Inspection Reports posted online by the Ministry of Long Term Care (LTC). We realize that some of our concerns are echoed in these reports, and we are working on how to better incorporate this into our advocacy efforts for all residents.

Keep an eye out for Family Council members wearing name tags around the site — feel free to say hello! We'll also have a table set up at the November Bazaar, so drop by if you have questions or would like to meet us in person.

We're always looking for new members to join us! Every perspective adds something valuable — whether you can attend every meeting or just drop in when you can, we'd love to hear from you.



DID YOU KNOW?

Our meeting minutes are located on the Family Council bulletin board on Main Street.

HEAR FROM A MEMBER

“ I joined Family Council shortly after Mom entered LTC. As a daily butterfly at LTC, I successfully incorporated three projects across all neighbourhoods, and I believe every member can make a difference for their loved one, and all residents. Our participation isn't just about a better life today, but shaping these Homes for our future — we need to build, stay strong, and do it right! Life is short!

– SHARON

Our next meeting:

**Thursday, October 8
6 pm**

in the Community Centre on Main Street



JOIN ONLINE

Our meetings are also broadcasted via Microsoft Teams, so you can from home

Family Council is a safe space for sharing concerns and providing feedback. Together, we advocate for solutions that support the Long Term Care residents at The Village of Tansley Woods, and collaborate with the leadership team to ensure residents' needs are heard and addressed.

THE VILLAGE OF TANSLEY WOODS

Family Council

**INTERESTED IN JOINING THE
FAMILY COUNCIL? EMAIL US:**

TWLTCFC@gmail.com

Schlegel Villages – CONNECTIONS



REMEMBERING RON

—Our father, our founder, our friend.—

With October upon us, our minds shift to the season of gratitude and the spirit of Thanksgiving. We're especially touched as we reflect on the passing of Ron Schlegel, the man who inspired the Villages we call home today.

When news hit that Ron had passed, the outpouring of support from across the Villages was keenly felt by the entire Schlegel family, and the memories being shared across the Villages have been wonderful to hear. Team members spoke of how he loved to sit with everyone at Team Member appreciation events, and he always wanted to take photos with everyone. Others reflect on the days when he and his lovely wife, Barb, would travel from Village to Village after church on Sundays. Barb would be making new friends with residents, while Ron would be asking team members about their passions outside of the Village, or what they felt could be done to improve life within. Perhaps the biggest wave of gratitude rises when one considers the values that drive Schlegel Villages forward in all we do.

Hard-working and Hands-On was how Ron lived every day, from his time in his youth working on the farms outside of Ailsa Craig, to his many entrepreneurial ventures later in life.

There is no better example of **Genuine and Humble** than the way Ron carried himself in all he did. No matter if he was speaking with the Governor General of Canada or the cashier at his local Sobeys, he genuinely cared for others, and the conversation was never about him.

The **Caring Relationships** at the heart of Village Life are a testament to the vision Ron had for the Villages, and the outpouring of love we've heard after his passing shows how much he was cared for.

Persistence and Passion are at the root of any success, and one cannot find success in life without overcoming great challenges and staying true to one's passion. Ron's true passion was community building.

The last of the Schlegel Villages values is **Creative and Innovative**, and when we consider the world-renowned Research Institute for Aging that Ron and his family founded, and the Village model we thrive in, there are few better words to describe him.

This October, we lean into gratitude, and we are thankful to carry Ron's values forward, always in the pursuit of building strong, inclusive communities for all.

Mental Health Matters at Every Age: Recognizing the Signs This World Mental Health Day

While conversations around mental health and wellness have grown significantly in recent years, older adults are often [left out of the conversation](#). Generational stigma and the belief that profound sadness, hopelessness, loneliness, or fatigue are “a normal part of aging” often prevent people from seeking the support they need and deserve. Coexisting medical conditions can further complicate this, making mental health issues harder to detect, treat and manage.

This October 10, [World Mental Health Day](#) offers an opportunity to challenge those assumptions, raise awareness and break the silence. The reality is, depression is not a natural part of aging. Yet, according to the [Canadian Coalition for Seniors Mental Health](#), up to 20 per cent of older adults experience symptoms of depression, with that number doubling for people in hospitals or long-term care (LTC) homes. As we age, [several risk factors can impact our mental health](#), such as losing a loved one or friend, cognitive challenges, or a life-changing diagnosis.

Recognizing the Symptoms

We all have bad days and times when we feel down. But clinical depression is a serious, persistent condition where you may feel sad all the time and lack interest in activities that used to bring joy. Symptoms can range from mild to severe. For care partners, family members, and older adults, recognizing the signs is the first step in providing support.



Watch for these common symptoms:

- Significant sleep issues, such as sleeping too much or struggling with insomnia.
- Noticeable changes in eating habits, including a sudden loss of appetite or excessive eating.
- Lingering, intense feelings of guilt or worthlessness.
- Finding absolutely no joy in activities, hobbies, or routines you once loved.
- A noticeable decline in personal hygiene and daily self-care.
- Trouble concentrating, focusing, or finishing simple, everyday tasks.

Taking Action and Finding Support

Starting a conversation about mental health can feel scary, especially if you feel ashamed to open up or ask questions. Normalizing conversations around mental health will shift societal perceptions and reduce stigma, ensuring older adults feel more comfortable addressing their concerns without fear or judgment.

By checking in on our family, friends, and neighbours, we can reduce the social isolation and loneliness that can fuel depression and impact mental health. Check out the [social isolation community conversation guide](#) for helpful tips on supporting those around you.

For more detailed guidance, explore the Schlegel-UW Research Institute for Aging's (RIA) expert insights on [demystifying depression in older adults](#).

Anu Babu	Administrative Assistant	1801
April Clipston	Program for Active Living (PAL) Director	1887
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
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
Kyle Goodwin	Assistant Director of Environmental Services	1809
Laura Burmazovic	Nurse Practitioner	1966
Maggie Jakab	Food Services Manager	1811
Lucas Moffat	Program for Active Living (PAL) Coordinator	1814
Trish Holmes	Recreation Supervisor	1810
	Nelson	1829
	Brant	1823
	Oaklands	1817
	Appleby	1883
	Bronte	1835
	Riverstone Salon & Spa	1924
	Health Centre	1997