

Hello



April

The Tansley Times

No. 95



April 1st - Easter Monday

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...

April 20th

April 3rd

3:00 Ukrainian Dance Group - TH

2:00 Nickel Brook Outing

...

...

April 21st

April 8th - Eid al-Fitr

2:00 Parang Band - TH

10:30 Mother Goose - TH

...

3:15 Solar Eclipse Gathering Outside

April 22nd - Earth Day & Passover

...

10:30 Mother Goose - TH

April 10th

...

2:00 Spltzville Outing

April 23rd

...

12:00 Diner's Club: McDonalds

April 11th - Pet Day

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2:30 Little Rays Reptile Zoo Visit - MS

April 26th

...

2:30 Cookie Decorating with Tee - CC

April 12th

...

2:30 Sing A Long Melodies - TH

April 27th

...

3:00 Gerry Larkin Performs - TH

April 13th

...

3:00 Jay Franco Performs - TH

April 29th

...

10:30 Mother Goose - TH

April 14th-20th - Volunteer Appreciation Week

2:00 Spring Ridge Farm Outing

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April 15th

April 30th

10:30 Mother Goose - TH

3:00 Wine Time Social - CC

2:00 Scenic Drive Outing

April

By Emily Dickinson

An altered look about the hills;
 A Tyrian light the village fills;
 A wider sunrise in the dawn;
 A deeper twilight on the lawn;
 A print of a vermilion foot;
 A purple finger on the slope;
 A flippant fly upon the pane;
 A spider at his trade again;
 An added strut in chanticleer;
 A flower expected everywhere;
 An axe shrill singing in the woods;
 Fern-odors on untravelled roads, —
 All this, and more I cannot tell,
 A furtive look you know as well,
 And Nicodemus' mystery
 Receives its annual reply.



Welcome to our new Residents:

- Nayyar Awan
- Vern Dueck
- Katherine Hill
- Eileen Phillips
- Garry Fullerton
- Michael Pentland

welcome

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

- James Carr
- Janice Daniels
- Alexander Olender
- Susanne Glazier
- Margaret Paisley
- Robert Watson

*Rest
in
Peace*



Donella MacMillan

Mary Arntfield

Rita Palfrey

Barry Repa

Pina Cerminara

Joe Thomas

Roland Francoeur

Chris Cairns

John Dogan

Ian Nevans

Debbie McLaughlin

Carol Couse

Ante Kosta

Jim Lah

Bill Grossman

Muriel Snyder

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

Updated Recreation Contact Information

We would like family members and others close to the residents to be aware of a contact change for the recreation team.

We are no longer using the email Tansley.LTCRecreation@SchlegelVillages.com

Our emails are now neighbourhood specific and are listed below:

Appleby: TWApplebyRec@SchlegelVillages.com

Bronte: TWBronteRec@SchlegelVillages.com

Nelson: TWNelsonRec@SchlegelVillages.com

Brant: TWBrantRec@SchlegelVillages.com

Oaklands: TWOaklandsRec@SchlegeVillages.com

We also have new emails for the following special service team members:

Angela Randall, Music Therapy: TWMusicTherapy@Schlegelvillages.com

Audrius Sarka, Chaplain: TWChaplain@SchlegelVillages.com

Rebecca Hipple, Horticulture Therapy: TWHorticulture@Schlegelvillages.com

Stefanie Ly, Art Therapy: TWArtTherapy@Schlegelvillages.com

Lindsay Fitzgerald, our Art and Horticulture Therapist for the last year and a half, will be starting her maternity leave April 5th. We welcome Rebecca and Stefanie to the team!

For any recreation inquiries, please do not hesitate to reach out to your neighbourhood recreation or the Recreation Supervisor at Trish.Holmes@SchlegelVillages.com or ext. 1810

Thank you!



Sunshine Fun Time!



Activities that you can do this spring that benefit your physical and mental health!



Go for a walk outside



Join a fitness class



Visit the greenhouse



Play games with friends



Go birdwatching



Spend some time in the sun

National Volunteer Week

April 14-20

April is a time of such excitement with the promise of spring unfolding, and it's also a time when we celebrate the countless gifts and contributions of the many volunteers who help make our Villages such wonderful places to live and work.

National Volunteer Week is April 14-20 this year, and the theme "Every Moment Matters" certainly resonates within our Village communities. We see every day how a quiet moment between volunteer and resident can have a resounding impact. It is something Barb Schlegel, who helped found our organization, lived and breathed every day.

We  our
volunteers

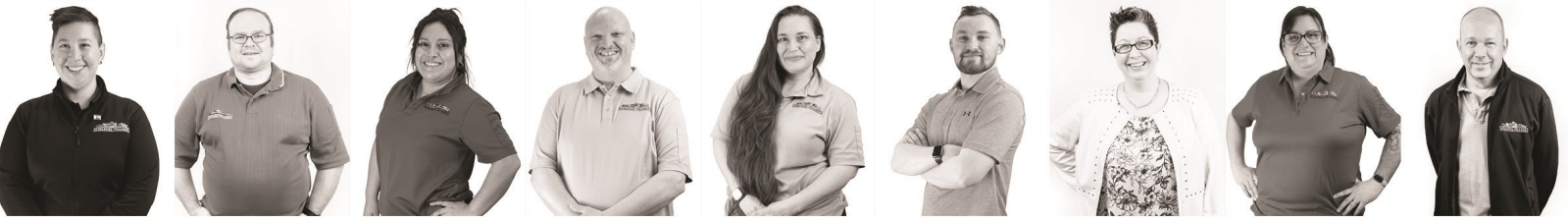


This will be the second year that Villages across the province will offer the Barb Schlegel Volunteer Award in Barb's memory, and we look forward to sharing all of the recipients at the end of that special week. In the meantime, please take a moment to revisit the award page on our website with our 2023 recipients, and be sure to thank all of the volunteers who make your visit special!

schlegelvillages.com/volunteer

#NVW2024

Schlegel Villages – CONNECTIONS



Thank our **CAREGIVERS**

Caregivers week is a special time in May dedicated to recognizing and thanking our remarkable team members for their unwavering dedication and care!

This year, we invite everyone to express their gratitude by submitting a short video (under 2 minutes) to honor and appreciate the hard work and compassion of our Caregivers across all the Villages.

These heartfelt messages will be compiled and shared with our team members throughout the week of May 12-18, creating a powerful reminder of the impact they make every day.

Let's come together to celebrate the incredible difference our caregivers make in the lives of so many!



Scan the QR code or visit the link below to upload your video.

schlegelvillages.com/thank-caregivers

The deadline for submissions is Tuesday, April 30.



Sometimes we hear this affirmation: “My food spoils before I can eat it”. Here are a few useful tips for keeping your produce fresh longer.

1. Unripe avocados, bananas, melons, peaches, pears and tomatoes should live on the counter. When they ripen, put all but bananas in the fridge.
2. Cruciferous veggies: (broccoli, cauliflower, cabbage) go in the fridge. Put fruit in a separate drawer, as the ethylene gas some give off as they ripen can cause veggies to spoil.
3. Leafy greens do best rinsed, wrapped in a towel and refrigerated in a bag.
4. Potatoes and onions need to live separately in a cool, dry spot. Both release moisture, which causes them to spoil faster.
5. Carrots and celery can be cut and stored in water in the fridge.
6. Fresh berries are highly perishable, so don't let them linger. Store them in the fridge, and rinse before eating.

Change Your Oil!

Diets rich in plant-based oils are low in saturated fat and high in antioxidants can help reduce the risk of major chronic illnesses including diabetes, many cancers, Alzheimer's disease and heart disease. These winners fit the bill.

- Corn oil. If you are going to sauté, use corn oil. It's packed with plant sterols, compounds that have been linked to improving heart health by lowering “bad” LDL cholesterol.
- Canola oil. Less expensive and more shelf-stable than olive oil, canola oil is versatile. It's also a good source of vitamin E, an antioxidant linked to memory and brain function.
- Sesame oil. This Asian-cuisine go-to has anti-inflammatory phytonutrients and may help regulate blood pressure. Stir-fry in canola or corn oil, but add this at the end for flavor.
- Extra Virgin Olive Oil. Research has shown that the chemical makeup of this salad and cooking staple can help reduce blood sugar as soon as two hours after your meal.

Maggie Jakab

Food Services Manager



The Village of
TANSLEY WOODS

4100 Upper Middle Road, Burlington, Ontario L7M 4W8
Tel: 905-336-9904 Fax: 905-336-7143 www.schlegelvillages.com

Message from the AGM

Dear Tansley Residents & Families,

As we embrace the arrival of spring's warmth and sunshine, we extend our hopes for joy and renewal to all. Here's a glimpse of the upcoming events and updates for the month of April, including a recap of the final week of March where we bid farewell to two beloved members of our team:

Carrington Milne, Our Assistant Director of Environmental Services and Director of Quality Improvement after 10 years of exceptional service. We will miss her dearly and wish her the best.

Bhumika Bassi, Our Day Charge Nurse, who has moved on to pursue new opportunities after 2 years of dedicated service. We extend our heartfelt wishes for success in her endeavors.

Upcoming Events:

Easter Monday - April 1st: A Christian holy day commemorating the resurrection of Jesus.

Eid - April 8th: A Muslim celebration marking the end of Ramadan.

Pet Day - April 11th: The recreation team will be bringing in Little Rays Reptile Zoo for a reptile show on Main Street.

Volunteer Appreciation - April 14th: Join us for a special dinner where we'll also present the Barb Schlegel Award to the deserving volunteer.

Passover – April 22nd-30th: A Jewish holiday that celebrates the Biblical story of the Israelites' escape from slavery in Egypt.

Thank you for being part of our community, and we look forward to sharing these memorable moments with you throughout April!

Please know that you can reach out to me at anytime whether it be for a visit, concern or question. My office is located at the front office on Mainstreet and I can be reached at ext. 1803.

Sincerely,

Navdeep Kaur Grewal

Interim Assistant General Manager - LTC



The Village People

Tansley Woods Family Council

What is a Family Council?

An organized group of families and friends of the residents of a Long-Term Care Home

Our Purpose

To improve the quality of life for Long-Term Care residents and support their families and friends

Why Join the Family Council?

- Mutual support
- Educational opportunities
- Engage in advocacy on behalf of residents
- Information and idea sharing
- Further understanding of policies
- Enhance knowledge regarding addressing concerns with the management team

If you would like to join, please email

Tansley.FamilyCouncil@SchlegelVillages.com



Empowered aging: A guide to advance care planning

Making future health-care decisions can be challenging, but with the right information and guidance, it can lead to care that honours your wishes and safeguards your dignity. [Dr. George Heckman](#), Schlegel Research Chair in Geriatric Medicine, shares important and helpful advice about advance care planning to empower you to make informed health-care decisions, ensuring your voice is heard and respected.

Understanding advance care planning

Advance care planning is about sharing your values and wishes about health care if you become unable to speak for yourself. It includes conversations with your doctor, family, friends and care partners to help you think about, talk about, and write down how you wish to be cared for. Sharing your wishes can help guide your care partner and doctor to respect your choices, so your care aligns with your desires at times where you are unable to communicate.

Choosing a substitute decision maker

A substitute decision maker is someone who will share your medical wishes to your doctor, and not their own wishes for you. It's important to choose someone who understands and respects your desires.

Questions to ask your doctor

Advance care planning involves sharing your choices around specific health conditions that you are likely



to have. In order to make these choices, it's important to understand your health, your health care options, and what to expect. Some questions you may want to ask your doctor include:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- How can I prepare for these anticipated problems?
- What types of treatments and/or procedures are available?
- What are the benefits, risks and side effects of these treatments and/or procedures?
- What can I realistically anticipate after these treatments and/or procedures, especially as it regards my quality of life?
- What will happen if I decide to not have the treatment and/or procedure?

By talking about future health-care wishes early and making sure those who care for you understand your desires, you can face this journey with confidence and dignity.

To get more tips about advance care planning, explore the BABEL resources at www.the-ria.ca/resources/babel



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

In the Health clinic by appointment only

March 26

April 9,30

May 14,28

June 4,18

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

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|-------------------------|--|------|
| Brett Kelly | Assistant Director of Nursing Care | 1884 |
| Christine Gomisa | Administrative Assistant | 1801 |
| Charlie Burns | Assistant Director of Environmental Services | 1809 |
| Grace Castro | Resident Support Coordinator | 1808 |
| Jai Shankar | Neighbourhood Coordinator Bronte & Appleby | 1836 |
| Jessica Barlas | Neighbourhood Coordinator Nelson | 1806 |
| Joanna Gurd | General Manager | 1877 |
| Maggie Jakob | Food Services Manager | 1811 |
| Nehal Dave | Physiotherapist | 1853 |
| KerryAnn Greenwood | Neighbourhood Coordinator Brant & Oaklands | 1848 |
| Laura Burmazovic | Nurse Practitioner | 1966 |
| Navdeep Grewal | Interim Assistant General Manager | 1803 |
| Hartley Miller | Assistant Director of Nursing Care | 1875 |
| Kyle Goodwin | PAL Coordinator | 1814 |
| Staci Todd & Liz Cheong | RAI/QI | 1893 |
| Renny Sunny | Interim Director of Nursing Care | 1815 |
| Trish Holmes | Recreation Supervisor | 1810 |
| | Nelson Nurse | 1829 |
| | Brant Nurse | 1823 |
| | Oaklands Nurse | 1817 |
| | Appleby Nurse | 1505 |
| | Bronte Nurse | 1835 |
| | Riverstone Salon & Spa | 1924 |
| | Health Centre | 1997 |
| | Pharmacy | 1924 |