



Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose.

The Village Chronicle

NOVEMBER 2023

905-666-3156

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

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Photo: Christmas bazaar crafting is underway at the Village!

Birthdays & In Memoriam

If you would prefer not to have your birthday displayed in the newsletter or village, please let Recreation know at: extension 8013

Retirement Birthdays

November 1st – Dennis Bayley
November 1st – Gerry Fialka
November 2nd – Bob Irwin
November 2nd – Nancy Antaya-Gauder
November 3rd – Seija Wolf
November 3rd – Shiu-Hung Chow
November 4th – Ruby Andrews
November 4th – Joan Edwards
November 4th – Betty Plaskitt
November 4th – David Lee
November 6th – Bill O'Reilly
November 7th – Chris Murphy
November 7th – Janet Allingham
November 7th – Maggie Reedijk
November 9th – Frank Wallis
November 11th – Lorraine Ward
November 11th – Bernie Chisholm

November 16th – Harold O'Halloran
November 17th – Albert Heywood
November 17th – Hildegard Papist
November 18th – Roger Maggs
November 19th – Edith Bradford
November 19th – Marion Irwin
November 20th – Cecilia Del Genio
November 21st – Wasylyna Cormack
November 21st – Jane Jones
November 22nd – Doreen Woodside
November 22nd – Joyce Hopf
November 24th – Martha Morton
November 26th – Klaas Zwiers
November 27th – Brenda Winstanley
November 29th – Bill McEachen
November 30th – Grant Childerhose

Long Term Care Birthdays

November 6th Barbara Jamieson

November 6th Geddes Chimming

November 13th John McGrath

November 15th Nizarali Ramal

November 16th Leila Churchill

November 18th Raul Fernandez

November 23rd Edith Doherty

November 23rd David Slater

November 28th Audrey Hall

In Memoriam

As a Village, we extend
our heartfelt condolences to their
loved ones.

Sylvia Athaide
Wallace Cribb
Paul Curle
Diasy Kelley
Maria Manzo
Lorraine Marchand
Eileen Greenaway
George Sullivan

VOLUNTEER CORNER

With Lisa Jackson – Volunteer Coordinator

We  our
volunteers

VOLUNTEER In the Spotlight

Asher Galante

Asher has been a volunteer at the village since August 2023 and has shown outstanding acts of volunteerism, with almost completely her mandatory school hours within a month time. Asher has deviated her time assisting in with laundry services and can always be counted on. She has shown that she is self motivated, hard working and gets along with others. She has a passion for helping other and it truly shows. We are truly thankful for Asher and all that she does for that resident and the village. Thank you for volunteering with us!

PLEASE WELCOME ALL OUR NEW CO-OP STUDENTS INTO
THE VILLAGE! THANK YOU FOR CHOOSING US TO BE YOUR
PLACE TO LEARN, GROW AND DISCOVER.

Looking to get involved in the village? Volunteer with us!

If you are interested in becoming a Resident Volunteer, please speak with one of the Recreation Team Members to find out how you can help out. We would love to have you involved, making the Village of Taunton Mills a community of belonging.

Volunteer Opportunities

- Assisting LTC Rec with Church Service – taking residents back to neighbourhoods
- General Store (Retirement)
- Mail delivery
- Decorating
- Companionship
- Assisting in LTC dining room during breakfast (8am)

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in”

Author – Unknown



Schlegel Villages'
volunteers

Poem of the Month
Written by: Patricia Bayley



More To Remember.

The Holy Book has an added treasure.
The photograph placed there still gazed at, respected.
Remembered with pleasure each detail inspected.
Cap on the table and stick in his hand
The family hero had taken a stand.
November eleventh, eleven o'clock, a pause
to remember the sacrifice made,
young men and women consigned to the grave.
Remembrance events with the pageantry and calm
contrasting with battle destruction and harm.
Missiles and drones are used today
to desecrate, destroy, and slay.
Still rubble, blood and tears,
anxiety passing through the years.
Results displacement, families mourning,
distrust continued; caution, warning.
Generations have not learned,
reason and common ground hard earned.
Essential that we mark the day,
Rouse, remembering may affect the play.

L.Patricia Bayley.

Poetry Appreciation Group ALL WELCOME

The poetry appreciation group is the first Monday of the month at 11am.

Participants are invited to bring a copy of their choice of poem. It can be read aloud by them or a person of their choice for the enjoyment of attendees.

The facilitator of the group will be Patricia Bayley, resident, who will also read some of the poetry she selects.

Classic Poems, Modern Poems, Serious and Funny, and so much more!

You are most welcome to attend and share your favourite poems.

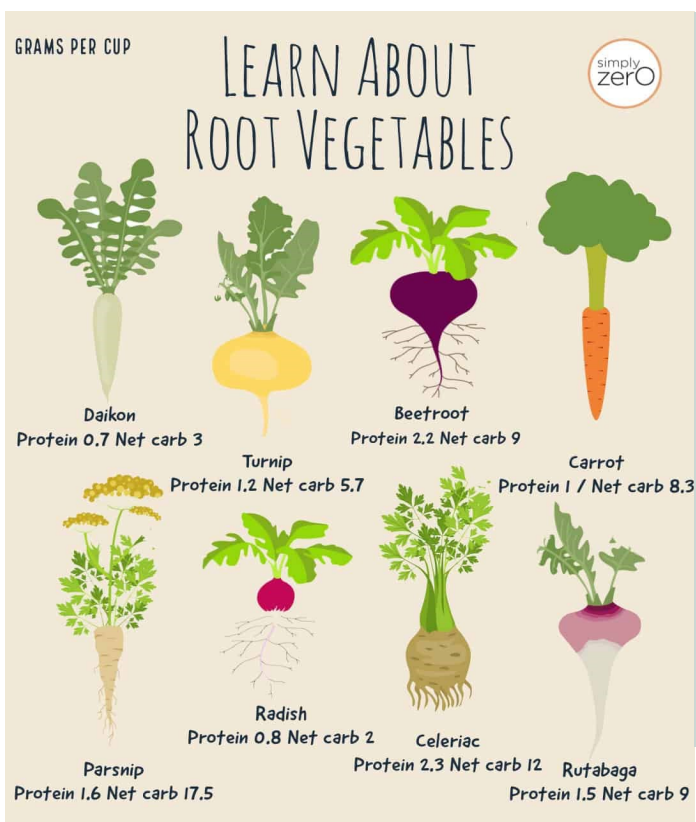
A Message from Food Services

Marie Sawatzky *Food Service Manager*

EXT.8004



November is a good time of year for Root vegetables. After the fall harvest, these vegetables can keep for months throughout the winter, if stored properly. Root vegetable such as carrots, parsnips, turnips, potatoes, sweet potatoes, and beets are packed with **fiber and antioxidants, and low in calories, fat, and cholesterol**. Root vegetables are also excellent sources of carotenoids which are naturally occurring pigments that may decrease the risk of certain cancers and help protect your eyes. Not only will A Hearty bowl of soup to warm up this winter is a perfect use for all your harvested vegetables but will also be nutritious and taste great.



Roasted Root Vegetable Soup

Ingredients

- 2 celery ribs, chopped
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 2 medium leeks (white portion only), chopped
- 1 cup cubed peeled sweet potato
- 2 medium parsnips, peeled and chopped
- 2 medium carrots, peeled and chopped
- 2 small turnips, peeled and chopped
- 3 cans (14-1/2 ounces each) vegetable broth
- 2 tablespoons minced fresh parsley
- 1 garlic clove, minced
- 1/2 teaspoon white pepper
- 1/2 teaspoon ground coriander

Directions:

1. Saute the celery, onion, green pepper and leeks in Olive oil until tender. Roast the sweet potato, parsnips, carrots and turnips; then add into pot and cook and stir over medium heat for 10 minutes.
2. Add the broth, parsley, garlic, white pepper and coriander; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until vegetables are tender. Ladle soup into bowls.



Michael T. Sharratt Program for Active Living: It Takes A Village To Care and we believe exercise and regular physical activity within the Villages is a key element in one's overall well being.

Active Aging Week is to Highlighting older adult health and wellness, more important now than ever before. In October we celebrated Active aging week in Taunton Mills LTC and RH (Oct 16th-20th).

As per Dr. William Shrank "Regardless of age or health condition, staying active and engaged in all areas of life is an important component of overall health". Active Aging Week provides valuable opportunities for older people to continue to engage, encouraging their efforts to maximize and enjoy their later years. It also serves as a reminder that the most successful communities leverage the strengths and skills of all their residents and that every generation has an important contribution to make in vibrant, strong societies.

During active aging week Taunton Mills Residents enjoyed Seated boxing, seated balloon boxing, brain fitness, Tai Chi, Parachute launch fitness, seated badminton, Handball competition and many more fitness activities.



LTC AGM Dan Kennedy send congratulations for successful Active Aging week “Great job to the whole team in making this event happen, the residents were laughing and really expressing a lot of joy which is what life is all about.”



***CONGRATULATION TO LTC RESIDENTS (TEAM JOHN) FOR WINNING
HANDBALL COMPETITION (LTC VS RH).***



RESEARCH MATTERS

RIA FEATURE

NOVEMBER 2023

Spotlight on Tejal Patel

Did you know that 50 per cent of older adults don't take their medications correctly? It might sound surprising, but older adults take 7-9 medications a day on average, and there are often special rules to follow, like taking pills with or without food, in the morning or at night, and once or several times per day, just to name a few. Some pill bottles are tricky to open, and some pills are hard to swallow.

All these factors and more can make it tough to take medications as prescribed.

This is where Tejal Patel, the RIA's new Schlegel Specialist in Medication Management and Aging, comes in. She's been a pharmacist for over 25 years, specializing in health conditions that affect older adults.

What inspired you to pursue your research?

Early in my career, I saw that there wasn't enough research on how pharmacists can best manage medications for older adults with conditions like Parkinson's, epilepsy, stroke, and dementia. This gap in knowledge inspired me to find solutions to common medication problems, such as taking too many medications, interactions between medicines, and using the wrong ones.

What is the main focus of your current research?

I'm working on ways to make it easier for older adults to take their medications correctly at home.

We know there are challenges, like finding the motivation to take pills, opening difficult pill bottles, and dealing with memory issues. With all these complexities, it's not always easy to stay on track.

We're developing strategies that help not only pharmacists and doctors but also older adults themselves manage their medications effectively at home.

How do you ensure older adults and their care partners are involved in your research?

Our approach emphasizes the involvement of older adults. I always ask if they're interested in helping with studies.

In one of our recent studies, we invited older adults with dementia and their care partners to help us come up with research questions based on their own experiences and needs. In one of our studies, two older adults are considered co-investigators and help with every part of the study, including interpreting results and sharing knowledge gained. We invited them to present the results alongside us at conferences.



Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on research participation opportunities, events and helpful resources.

RIA RESEARCH
INSTITUTE
for AGING
Schlegel • UWaterloo • Conestoga

Enhancing Life

250 Laurelwood Drive, Waterloo, ON
519-904-0660 | info@the-ria.ca
www.the-ria.ca

Charitable Registration # 841471212 RR0001

Schlegel Villages – CONNECTIONS

2023 OPERATIONAL PLANNING



GENIUS of the &

PEOPLE • CARE • QUALITY



As an organization, Schlegel Villages is extremely grateful to have hosted some 500 leaders, team members and residents for our annual Operation Planning Retreat in early October. This time together is meant to inspire us to harness our collective energy in the quest for improvement in the service of residents and families. The three themes of People, Care and Quality focused our minds on attracting and retaining the best and brightest of team members, learning from our residents on what excellent care truly looks like, and refocusing on quality improvement.

If you look to our website under schlegelvillages.com/village-voice-stories you'll find stories that connect to Operational Planning and much more.

Schlegel Villages – **CONNECTIONS**

November 11
Lest we forget

Our freedom. Their sacrifice.

With endless appreciation and gratitude, thank you for serving our country and protecting our freedom.



In the month of November, Remembrance Day is always near the front of our minds. There are many of us who have been in the service of our elders for a number of years and recall visiting with veterans of The Second World War, hearing their stories of loss and sacrifice and their reverence for those they served alongside. As time moves on, the make-up of our Village families has changed and there are very few of these veterans left to share their stories, which is why Remembrance Day is so important. We remember them, but we also know there are countless other veterans who served long after the

last World War ended, from Korea to the Balkans and stations all around the world through the height of the Cold War. We have loved ones of veterans living with us as part of our wide family – sons, daughters, nieces and nephews – and we think of all who have been touched by the sacrifice of war as we pause on November 11. More than a century later as we look to current affairs and the senseless, ongoing struggles in the Middle East, Ukraine and other parts of the world, we see lessons have yet to be learned. In our remembrance, let us come together in collective hope for a peaceful future.

Village Life– Events & Outings

November 1st

Happy 15 year Anniversary to Retirement!
2-4pm Celebration on Main Street and Town Square

November 1st Movember Month Begins

November 2nd

230pm Ret, Falls Prevention Education-TH

November 3rd

230-330pm LTC Entertainment with Dave Friedman-MS
230pm Retirement Happy Hour-Come say Best wishes to Emily Daley-CA

November 4th

230pm Ret. Nov. Bday Celebration-TH

November 5th Daylight Savings

(Change Clocks back 1 hour)

November 6th

230-330 LTC Shuttle to Walmart (Sign up)
7pm Ret. Guest Speaker-TH

November 8th

630-730pm LTC Pub Night with Mike Barnes-MS

November 9th

11am Ret. Durham Region Police Fraud Questions and Answer Booth-MS

November 11th “Lest we Forget”

November 13th-15th

All Day Christmas Decorating

November 14th

10:45 Ret. Ask a Foodie-MS

November 15th

4pm Ret. Wheelchair and Walker Cleaning-SC

November 16th

1030am Anglican Church Service-TH
1:45 Ret. Food Committee-TH
2:30 Ret. Resident’s Council-TH

November 17th

10am Catholic Mass-TH

November 18th

10am-2pm Christmas Bazaar

November 19th International Men’s Day

November 20th

230pm LTC Shuttle to Superstore (Sign up)

November 21st

830 Ret. Breakfast Club-Pick up in Cafe
230-330pm LTC Monthly Birthday Party with Keith Kirkpatrick-MS

November 22nd

12:30 Ret. Movember Fundraising (Sign UP)-Ruby

November 28th

230-330pm “I love you and it hurts” Play in Town Hall

November 29th

3pm Ret. Laura Nashman on the Flute-TH

November 30th

7pm Ret. Entertainment with Absolutely Choir-TH

Village Life *Last Month in Photos*



Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton_mills

Twitter @Taunton_Mills



Advertisements



Stories from the
GREEN BENCH
Podcast

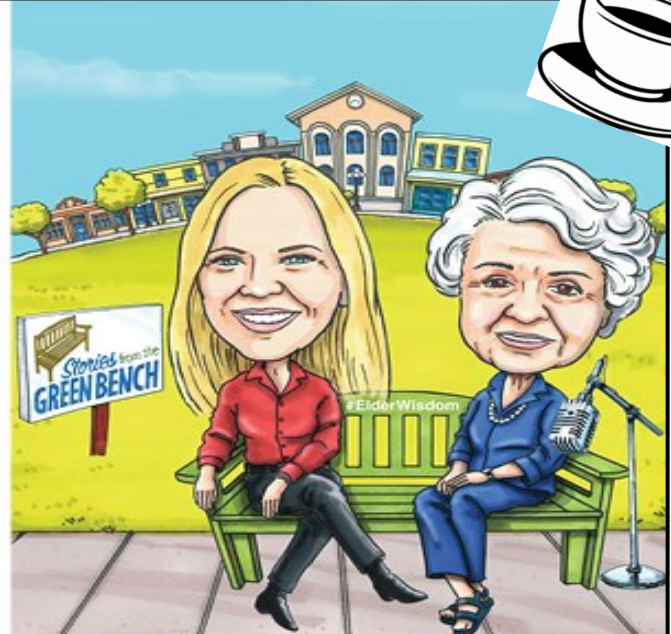
Your seat on the green bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca



Taunton Mills General Store Manager

Duties would include:
Managing General Store Volunteers with help
of Volunteer Coordinator

****The general store is only open if a volunteer
is
present****

If interested in learning more, please contact
Lisa Jackson – Volunteer Coordinator at 5111
or
Nicole Lock – Director of Recreation at 6848



**We're
Searching for
Volunteers**

Christmas Parties

December 6th

Perry Neighbourhood

12pm Lunch

1pm Musical Entertainment with Country Kenny

Dunlop Neighbourhood

5pm Dinner

6pm Musical Entertainment with Mike Barnes

Claremont Neighbourhood

5pm Dinner

6pm Musical Entertainment with Janette DeSousa

Dryden Neighbourhood

5pm Dinner

6pm Musical Entertainment with Bill Dickinson

We are excited to announce that we are able to have family members return!!!

Due to Limited space, we can allow 2 family members per resident. The price per family member is \$25

Please RSVP to Susan DeLeon in the Main LTC Office
NO LATER THEN:

November 30th

Christmas Gala

December 14th
2pm-4pm

Entertainment, Sweet and
Savory food, drinks and so
much more!

*Come enjoy an afternoon
of
Christmas delight!*

THE VILLAGE OF TAUNTON MILLS

CHRISTMAS *Bazaar*

Saturday, November 18th
10:00am - 2:00pm

Community,
Residents,
Team & Family
Members
Welcome!



On Main Street Retirement & Long Term Care

Hot Lunches | Bake Sale | Vendors | Hot Drinks |
Pictures with Santa | Raffle & 50/50 Sale | & More!

3800 Brock Street N, Whitby, ON L1R 3A5



TAUNTON MILLS
CHRISTMAS BAZAAR

Bakers Needed

COMMUNITY, RESIDENT, TEAM & FAMILY
MEMBER BAKED GOODS ACCEPTED
PLEASE DROP OFF BAKED GOODS ON THE
MORNING OF THE CHRISTMAS BAZAAR
BEFORE 9:00AM



Saturday, November 18th



Main Hobby Room



Contact 905-666-3156 Ext. 8013
for more Information



CHRISTMAS PLANT SALE



Hand in your order sheets from the Poinsettia
Catalogue to the Front Desk.

Sales open to everyone! (Team Members, Family
Members, Residents, etc.)

Please have your orders in by

Friday, November 17th

Your Poinsettia Orders will be Delivered on:

Monday, December 4th



GENERAL STORE

Come check out the General Store as we have a variety of great items. We really have something for everyone, so stop by and say hello!

We are keen to find Residents who would volunteer to shop for the store.

If interested please contact

Nicole Lock 6848

Quote of the Month

"In November, the trees are standing all sticks and bones. Without their leaves, how lovely they are, spreading their arms like dancers. They know it is time to be still."

-Cynthia Rylant-

MONTHLY RIDDLE

I add 5 to 9 and get 2. The answer is correct, so what am I?

Last Month Riddle answer

What breaks but never falls, and what falls yet never breaks?

Answer:
Night and Day

Remembrance Day Word Search

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

love	armistice	Ceasefire	conflict
country	flanders	Forgiveness	freedom
memorial	November	peace	poppy
remember	sacrifice	service	silence
war	wreath		

Taunton Mills Team Directory

STAFF	EXT	STAFF	EXT
Charge Nurse LTC Perry	5005	Charge Nurses – North Tower Retirement – South Tower	5905 5100
Dan Kennedy Asst General Mgr - LTC	8008	Noëlla Black (Senior) General Manager	8003
Sonia Toohey Director of Care	8005	Emily Vasey Asst General Mgr - RET	8009
Ingrid Smithen, Andrew Velasco & Mellisa Burley Asst Director of Care/ Assistant Director of Care/ Behavioural Supports ON	8060/5110/5107	Heather Wagner Wellness Coord -South Mary Grace Hatt Wellness Coord - North	8069 8034
Ava Smith Ellis Resident support Coordinator	5109	Michelle Ivall NH Coord- Egerton	8035
Diane MacLean NH Coord. Dryden/ Claremont	8018	Staci Wale NH. Coord- North	8026
Mitch Wolf NH Coord. Perry/Dunlop	8019	Jenn Cain NH Coord. – Emma's	8065
Rob Kennedy Chaplain	8011	Adrienne Brooks NH Coord -South	8062
Christal Leduc RAI MDS	8020	Emily Daley Office/Team Exp. Coord.	905 441-8382
Susan de Leon Administrative Asst LTC	8012	Joan Brown Administrative Asst RET	8001
Steph Hamilton Recreation Supervisor	8007	Judy Collard Admin. Coordinator	8002
Lisa Jackson Volunteer Coordinator	5111	Nicole Lock Director of Recreation	6848
Zibby Maintenance - LTC	5873	Hobby Room (Art Studio)	8013
Ben Mcleod Asst. Director of Environmental Services	8015	Fred Upshaw Dir. Environmental Svcs	8006
Farah Sadiq Fitness Club / Kinesiologist	8016	Russ, Brayden, Lucas & Rodel RH Maintenance	5871
Brenda Giambattista Village Health Ctr / Oksana Foot Clinic	905 665-0155 X8048	Melissa McNally North RH Kinesiologist	8017
RiverStone Spa & Hair Salon	8050	Amelie Larochelle South RH Kinesiologist	8017
LTC – NEIGHBOURHOODS		Retirement Neighbourhoods	
PERRY (call 5005 during day)	8022/8023	North Tower 1 st Floor Nursing Station Williamsburg Med Cert / PCA Egerton Med Cert / PCA	8036 / 8037 5865 / 5864 8040 / 5857
DRYDEN	8025	South Tower Williamsburg Emma's PCA Emma's Med Cert	5002 / 5003 5102-5103-5104 5105 / 5106
DUNLOP	8031/8032	Laundry	8052
FOOD SERVICES		Marketing Dept.	
Marie Sawatzky Food Services Manager	8004	Rosemary Coolen, Crystal Saunders & Sharon Port Director of Lifestyle Options - Marketing	8043
Lee Stewart Director of Hospitality Alister Dining Room Supervisor	8014 5112	Amy Haines Village Experience Coordinator	8058
Wine Bar – Fire Side Lounge Café 1st Floor Retirement	8039 8044		
RUBY'S Bar Direct line to RUBY'S Restaurant	8067 905 665-2072	Laundry	8052
		Demonstration Kitchen	8069
		School House	8071
		General Store-RH	8055