



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*

## OCTOBER 2023

**905-666-3156**

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

**Page 2:** Resident Birthdays

**Page 3:** Volunteer Corner

**Page 4 & 5:** Poetry Corner

**Page 6:** Dining News

**Page 7 & 8:** Program for Active Living

**Page 9 & 10:** RIA Research Matters

**Page 11:** Village Events

**Page 12:** Village Life in Pictures

**Page 13:** Ads/Posters

**Page 14:** Just for Fun

**Page 15:** Village Team Directory



**Photo:** Team Members had a magical time at September's Connect the Dots Session.

# 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

October 1<sup>st</sup> – Anne Terwillegar  
October 2<sup>nd</sup> – Reg Harding  
October 5<sup>th</sup> – Elizabeth Campbell  
October 6<sup>th</sup> – David Shurtleff  
October 6<sup>th</sup> – Bob Robert  
October 6<sup>th</sup> – Ann Stapleford  
October 8<sup>th</sup> – Mary White  
October 9<sup>th</sup> – Ronald Brinkman  
October 10<sup>th</sup> – Paskal Ilkov  
October 10<sup>th</sup> – Frits Jansen  
October 11<sup>th</sup> – Roy Carlson  
October 12<sup>th</sup> – Joan Shadlock  
October 13<sup>th</sup> – Gord Terwillegar  
October 13<sup>th</sup> – Peter Collins  
October 14<sup>th</sup> – Jim Johnston  
October 14<sup>th</sup> – Carmen Downes  
October 14<sup>th</sup> – Joan Biergard  
October 15<sup>th</sup> – Dawn Thornton

October 16<sup>th</sup> – Margaret Young  
October 17<sup>th</sup> – Doreen Fenton  
October 18<sup>th</sup> – Jean Smith  
October 20<sup>th</sup> – Donna Wilson  
October 20<sup>th</sup> – Benjamin Mejorado  
October 21<sup>st</sup> – Doreen Howe  
October 21<sup>st</sup> – Audrey Richardson  
October 22<sup>nd</sup> – Norman Ireland  
October 23<sup>rd</sup> – Linda Shepherd  
October 24<sup>th</sup> – Dave Kuner  
October 25<sup>th</sup> – Elaine Evans  
October 26<sup>th</sup> – Micheal Hawrylow  
October 26<sup>th</sup> – Rita Ramos  
October 29<sup>th</sup> – Marilyn Moorhouse  
October 30<sup>th</sup> – Doreen Hurst  
October 31<sup>st</sup> – Tiny Sorichetti  
October 31<sup>st</sup> – Yussuf Bacchus  
October 31<sup>st</sup> – Chris Bosch

## Long Term Care Birthdays

October 1st Daisy K  
October 8th Edward D  
October 11 Miluska D  
October 15th Ron M  
October 18th Gertie B  
October 19th Beluah S  
October 19th Georgios K  
October 20th Alex S  
October 21st Liza B  
October 24th Carrie Dawson  
October 25th Nonna K  
October 27th Jackie w  
October 29th Desmond D

## *In Memoriam*

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

Catherine Crossey  
Charles de Manbey  
Dena Di Cesare  
Mary Hilbig  
Jim Kelly  
Jean Kurtz  
Erhard Witzke  
Maureen Carruthers  
Alex Juhasz  
Peter Wiltshire

# VOLUNTEER CORNER

With Lisa Jackson – Volunteer Coordinator

We  our  
volunteers

## VOLUNTEER In the Spotlight

### Catherine Phillips

Catherine has recently joined our volunteer team and right away has gone above and beyond; helping in all ways possible. She can be spotted in the general store – Mondays evenings, greeting all shoppers with a large smile. Catherine can also be seen on Sundays when she comes in for Catholic Communion, in the laundry room, or in Perry's dining room. Even though she has only been here a couple months, she has slid right into her volunteer role and has created bonds with others; making time for them each time she is in the village. We are very lucky to have Catherine as part of our volunteer team.

Thank you for having a huge heart and for being there for our residents Catherine!

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

### *Benefits of volunteering*

- Volunteering connects you to others.
- Volunteering is good for your mind and body. Volunteering brings fun and fulfillment to your life.



Schlegel Villages'  
**volunteers**

*Poem of the Month*  
*Written by: Patricia Bayley*



**Rise and Fall.**

The new child was tickled under the chin,  
a sweet toothless smile, what a way to begin!  
Born when the leaves were heralding Fall  
contrasting earth's quiet time Autumn's recall.  
The whispers so gentle in houses around,  
withdrawal, goodbyes from the deep underground.  
High laughter of Summer matured, past a grin,  
to smiles and encouragement from, deep, deep within.  
There's softness and comfort and stark cool of night  
twigs breaking, bare trees and sweet morning light.  
A time of transition as the season draws in, lights on,  
warmth welcomed, and soft babies' skin.

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



## Let's Talk Turkey!

Turkey is a staple at the majority of dinner tables at Thanksgiving. It's a great source of protein and low in fat as it's one of the leanest meats. Traditionally prepared by roasting in the oven, other methods can include bbq or even deep fried. A turkey is a large bird and can be utilized in other ways such as Turkey bacon, sausage and ground turkey to name a few. Enjoy your turkey this thanksgiving, however you choose to prepare it!



I am no cook. But I can follow the directions. Which said to let the bird chill in the sink for a few hours.



## Health Benefits of Eating Turkey

#1

### Rich in Protein

When you consume just one serving of turkey, it packs **about 65% of your recommended daily protein intake!**



#### Lack of protein causes

- Lack of energy
- Poor pallor
- Jitteriness
- Often feeling weak

#2

### Low in Saturated Fat

#### Did you know?

Turkey breast has less fat and calories than most other cuts of meat when compared by weight!



Saturated fat raises your **bad LDL cholesterol levels** so it is advised to eat less of foods containing it.

#3

### Counteracts Cancer



Turkey contains **selenium** which is important for your **thyroid** to function properly as well as your **immune system**.



#4

### Vitamins and Minerals



Vital for **brain development** during pregnancy, **immunity**, **liver health** and **metabolism**.

**Riboflavin** also aids in **converting food to energy** and plays an important role in **red blood cell production**.



A powerful **antioxidant**, **immunity booster** and **maintains normal endocrine function**.

#5

### Tryptophan is Not What Makes You Sleepy

Tryptophan helps create **serotonin** a brain chemical that can create a feeling of well-being and can convert into a brain chemical called **melatonin**, a brain chemical that regulates sleep cycles.



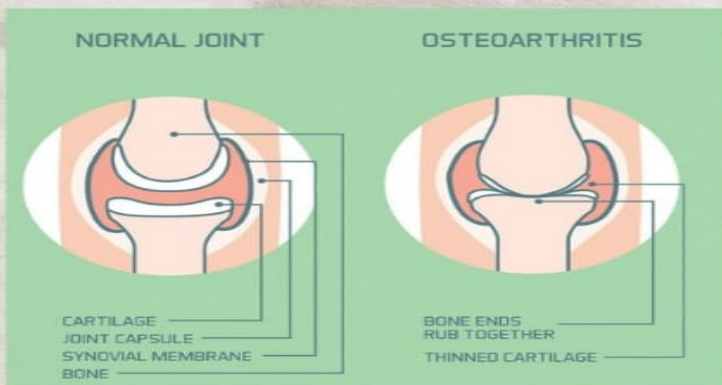


What is it?

How to prevent it?

## ARTHRITIS

Arthritis is defined as an acute or chronic joint inflammatory condition that co-exists with pain and structural damage. Anyone can get arthritis, including children and young people.



### RISK FACTORS

- Age (Common after 50s)
- Gender
- Obesity
- Previous injury
- Family History

### TYPES OF ARTHRITIS

#### Osteoarthritis

The most common form of arthritis, related to age.

#### Rheumatoid arthritis

#### Autoimmune disorder

causing inflammation to the joints.

#### Gout

build up of uric acid crystals in the joints.

#### Infection

occurs when bacteria, fungi, viruses enter the joints.

#### Spondyloarthritis

affects the spine

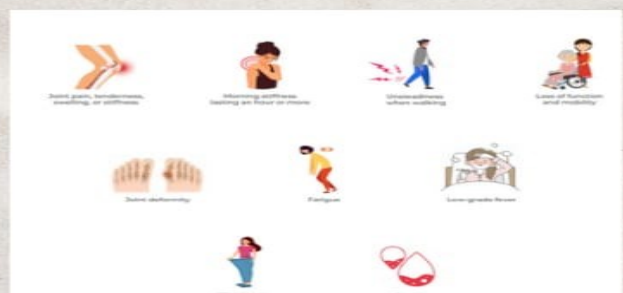
can cause the vertebrae to fuse together over time

#### osteoporosis

weakened bones more prone to fractures

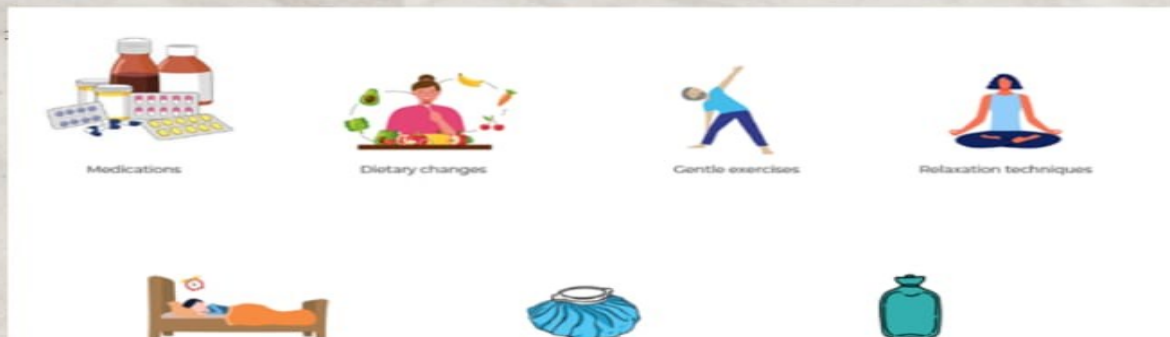
### SIGNS AND SYMPTOMS

- Pain, swelling, and stiffness in one or multiple joints..
- Morning stiffness around the affected joints lasting at least one hour.
- Reduced Range of Motion.
- Most commonly affected joints are: The small joints of the hands and feet, wrist, elbows, shoulders, knee, lower back, and hip.





## TREATMENTS



Vol No. 25

### TREATMENTS MAY INCLUDE

#### LIFESTYLE CHANGES

##### SUCH AS:

- Weight loss ( when needed )
- Cholesterol and BP control
- Quitting smoking
- And regular exercise
- All improve your health and quality of life

### MEDICINE

Medications such as Nonsteroidal anti-inflammatory drugs (NSAIDs) are the most-frequently used drugs to ease the pain, inflammation and stiffness that come with arthritis.

### PHYSICAL THERAPY/ EXERCISE

- Physical therapy focuses on the body's ability to engage in movement.
- Movement can be anything from getting in and out of chairs.
- To engaging in regular exercises, strength training, stretching, walking, biking or just activities of daily living.

### SURGERY

There are multiple surgeries such as: arthroscopy, synovectomy, osteotomy, and total joint replacement. All of these offer relief from pain, and joint replacement can improve both stability and mobility.



# Schlegel Villages – CONNECTIONS



## Give Thanks

The full change of seasons is upon us as we shift from September into October, and with the changing hues of Autumn and the fall of the leaves, we look ahead to a number of worthy occasions. Of course, a major theme in October is always one of gratitude, and we offer thanks for all that our team members, residents, family members, volunteers and community partners offer to make our communities so close and comfortable.

## October 3-9

### Active Aging Week

To kick start the month, we honour the importance of active aging, and in tandem we offer gratitude for our Program for Active Living team. During active aging week, be sure to take a few extra steps and speak with the PAL team about how you can be a little more active.



## INTERNATIONAL DAY OF OLDER PERSONS

On **October 1**, we recognize our residents, in particular on the UN's *International Older Persons Day*, for which the theme this year is ***Resilience of Older Persons in a Changing World***. Indeed, resilience is but one aspect of the wisdom we glean from residents throughout the year, and we're grateful for the example they offer us in this ever-changing world.



# RESEARCH MATTERS

RIA FEATURE

OCTOBER 2023

## Spotlight on Laura Middleton

Laura Middleton, Schlegel Research Chair in Dementia and Active Living, has been enhancing the lives of those living with dementia for years. Now, as one of our newest Schlegel Chairs, Middleton's work will benefit even more Canadians. We spoke with Middleton to hear about her drive, her research, and the difference she's making in the lives of older adults with dementia.

### What inspired you to pursue your research?

When my aunt was diagnosed with early-onset Alzheimer's Disease at 46, it significantly affected our family, especially my cousins who were just 12, 14, and 16 at the time. Seeing her experience, along with that of our family, motivated me to identify strategies to reduce the risk of dementia. Over time, this evolved to focusing on improving their supports so they can live as well as possible.

### What is the main focus of your current research?

I aim to identify strategies to reduce the risk of dementia, and improve the health and well-being of those living with dementia. I focus on physical activity, along with other lifestyle strategies such as nutrition, social interaction, leisure and mentally stimulating activity.

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

My research is rooted in community engagement. People living with dementia and their care partners, as well as broader community partners, are involved

with the research team from the beginning stages. Their insights shape everything we do from research objectives to how we do the research, and the outcomes we strive for.



Four years ago, I had the privilege of presenting a talk alongside Roger Marple, a person living with dementia. His quote has since been a guiding beacon for my research: "The learning process for dementia needs to include hope for living well and practical ways to achieve this. This should be taught first."

### What real-world impact has your research had on older adults and care partners?

Many participants in our exercise trials and programs, have experienced improved mobility, and some even started walking without walkers. They're feeling more confident. They found a supportive community among fellow participants and group leaders.

We've also seen a shift at the community level through a recent project (the [Dementia Inclusive Choices for Exercise project](#)) that aimed to train fitness leaders and community organizations to understand dementia and meet the needs of people living with dementia in their programming. You can really see a difference in the perspective of the fitness leaders - they now proactively plan for inclusion. To date, this training has reached over 1,000 individuals globally.

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Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews) to stay up-to-date on the latest news, events, and helpful resources.



# Village Life– Events & Outings

## **October 1st International Music Day**

### **October 3rd**

2:30-3:30 Oktoberfest LTC Entertainment  
With Ryan Andrews-MS

2:30-3:30 Oktoberfest RH Entertainment  
with Janette DeSousa-TH

7pm Alzheimer's Education-TH

### **October 4th National Taco Day**

10am LTC Taco Program-CC

### **October 6th World Smile Day**

### **October 7th**

230pm RH Monthly Birthday Party-TH

### **October 8th**

3pm RH Thanksgiving Social-Café

### **October 9th Happy Thanksgiving**

11am Music Appreciation with Patricia-Lib  
230-330 LTC Wine and Cheese Social-MS

### **October 10th World Mental Health Day**

2pm Music Appreciation with Ron and  
Tony-TH

### **October 11th**

1030am RH Leaf Tour & Chemong Outing  
(Sign Up)

7pm Guess Speaker Leanne Harris  
'Superstitions'-TH

### **October 12th**

230pm Guest Speaker Katrina "Our  
Taunton Mills Chiropodist"

5:30pm RH Night of Elegance-Ruby

### **October 15th**

2pm Fireside Reading with  
Pauline-Fireside Lounge

### **October 16th Active Aging Week**

230pm LTC shuttle bus to Walmart  
2:30pm RH Guest Speaker "Archeology in  
it's role in History"

### **October 17th**

230-330pm LTC Resident Calendar  
Planning Meeting

230pm RH Guest Speaker Shannon  
"Halloween around the world"-TH

### **October 18th**

10:30am Celebration of Life-TH

12pm LTC Dryden NH Ruby Outing  
(Sign up)

### **October 19th**

1030am Anglican Church Service-TH

1:45 RH Food Committee -TH

2:30 RH Resident's Council-TH

230-330 LTC Monthly Birthday Party with  
Bill Dickinson-MS

### **October 20th**

10am Catholic Mass

2pm Mobile Clothing Fashion Show-TH

### **October 22nd**

2:30 Dixieland Ent. TH

**October 23rd Decorate your Door Con-**  
**test on RH**

### **October 24th**

**230 RHRA Presentation and Q & A**

### **October 25th**

630-730pm LTC Pub Night with Jack  
Garson

### **October 26th**

230pm RH Hymn Sing-TH

### **October 30th**

2pm RH Halloween Bingo-TH

230-330 LTC Halloween Party with Keith  
Kirkpatrick

7pm RH A Capella Entertainment-TH

### **October 31st Happy Halloween!**

10am Costume Parade-Starting on LTC  
Main Street

7pm RH Halloween Party-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

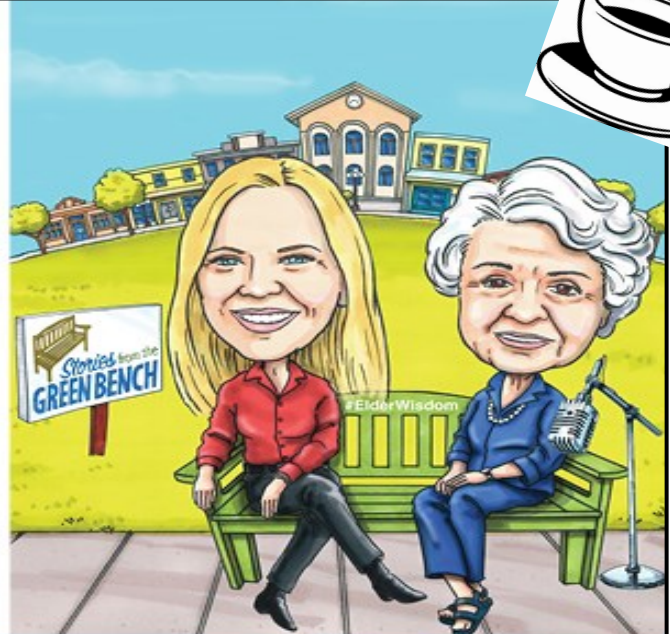
Your seat on the green bench is ready and waiting.



**SUBSCRIBE**



ElderWisdom.ca



**TO ASSIST IN THE GENERAL STORE  
1 shift per week.**

**Duties would include:**

**Opening the store, handling small cash purchases, greeting customers and assisting them with their items. Keeping an accurate record of daily sales.**

**\*\*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**



## 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

# Autumn

## WORD SEARCH

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

SCARF	APPLE	BOOTS
TREE	FALL	RAKE
ACORN	PUMPKIN	PIE
HAY	SWEATER	LEAF

## Quote of the Month

“It must be October, the trees are falling away and showing their True Colours”

-Charmaine J Forde

## MONTHLY RIDDLE

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

## Last Month Riddle answer

I don't have locks, but I  
have keys. I have no room,  
but I have space. I can't go  
outside but I can enter.  
What Am I?

**Answer:**  
A Keyboard

# Taunton Mills Team Directory

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