



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

FEBRUARY 2024

905-666-3156

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

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Photo: Long Term Care Held their Very First Night of elegance in Our Ruby Restaurant; "A Night Under the Stars." What a truly Beautiful Evening!

Birthdays

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

Retirement Birthdays

February 3rd- W. Houghton
February 3rd- G. Crockett
February 3rd- A. Gillies
February 5th- E. Staite
February 5th- P. Bugden
February 6th- F. Zupancic
February 6th- P. McQueen
February 8th- M. Bonello

February 9th- R. Ormond
February 10th- R. Kelington
February 10th H. Oriold
February 11th- B. Irwin
February 12th- R. Cornett
February 14th- M. Van Der Vecht
February 16th- R. Iuliani
February 17th- K. Burger
February 17th- B. McGary
February 18th- E. Pulis

February 21st- Y. Traas
February 23rd- Y. Jerrett
February 23rd- L. Kelleher
February 24th- F. Graziano
February 26th- A. Wilson
February 27th- H. Neff
February 27th- M. Arnold
February 27th- J. Altounian
February 28th- P. Reed

Long Term Care Birthdays

February 3rd- D. Sumner
February 4th- J. Wagg
February 5th- T. Rorabeck
February 7th- J. Pompili
February 8th- B. Harley
February 9th- I. Conway
February 11th- M. Barlow
February 16th- F. Egan
February 21st- A. Nolan
February 27th- E. Pegutter



VOLUNTEER CORNER

With Lisa Jackson – Volunteer Coordinator

We  our
volunteers

VOLUNTEER In the Spotlight

Maryam Hashmat

Maryam has only been volunteering with us a short time but has made a huge impact. We know we can always count on her to arrive for her scheduled assignment on Long-Term Care, Monday evenings. She is very flexible and willing to help in all ways needed. Maryam is a very compassionate, friendly and hard working. We appreciate all that you do for the village, residents, and team members. We are glad that you choose us, for you volunteer journey.

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 at the very core of being a human. No one has made it through life without someone else’s help.”

— Heather French Henry



Schlegel Villages'
volunteers

Chapel News & EVENTS

UPCOMING Chapel Events

February 5th– 6th-

Tu BiShvat

February 13th–

Shrove Tuesday

February 15th-

Nirvana Day

February 14th–

Ash Wednesday

February 16th-

Catholic Mass

February 17th-

Lailat al Miraj

February 23rd-

Anglican Service

In Memory



We remember...

Louis Black

Ruth Hale

Barbara Jamieson

Bill Irwin

Doris Lundrigan

Bert Michel

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

Celebration of Life

Tuesday, February 6th

2:30pm

Town Hall

Poem of the Month
Written by: Patricia Bayley



THE WAITING GAME.

The catalogue came with its pictures of flowers.

gardeners plan and start counting the hours.

A worthy endeavour inside in the warm, outside the sky
tells of an impending storm.

There are those who enjoy their fun out in the cold, with
sliding toboggans and sleighs as of old.

Others prepare indoors in their different ways,
reading and baking, planting seedlings on trays.

Everyone busy with the routine of their lives waiting, an-
ticipating green on the trees. The balance, the seasons
gift of sunshine and breeze.

The pattern of life includes learning to wait.

The seeds, underground, sleep, and then germinate .

February's message; to which we relate.

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



February may be the shortest month of the year but it's full of fun holidays with lots of fun food ideas to compliment those days.

Valentine's day, Family Day and Chinese New year are all to be celebrated and what better way, then with food. February 10th is Chinese New year and a variety of Chinese food is tradition, especially the fortune cookie received during a meal. A fortune cookie is a crisp and sugary cookie wafer made from flour, sugar, vanilla, and sesame seed oil with a piece of paper inside, a "fortune". They do contain sugar and are as sweet as they can be, believe it or not, fortune cookies do have



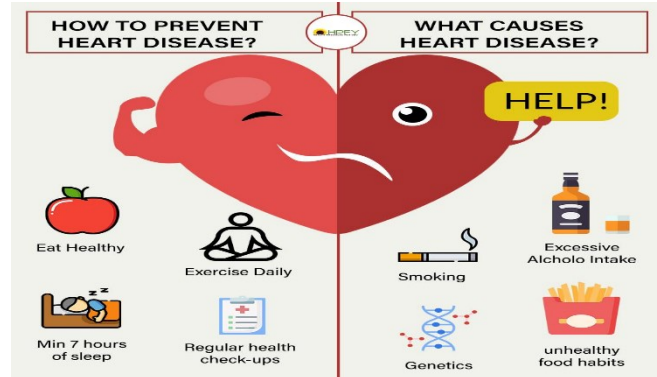
FUN FACTS

- fortune cookie didn't originate from China
- They get their shape after being baked
- 3 billion cookies are produced each year

Fortune Cookies Recipe



Healthy Heart - Happy YOU!



Stress reduction: exercise is known for reducing stress. Your body releases hormones called endorphins which are often referred to as “feel good” hormones because it is known to improve mental state. People experience a wide range of emotions including loneliness, anxiety and depression due to various life changes, and the endorphin boost can help improve mood. Older adults also often experience chronic stress from a variety of factors such as health concerns, lifestyle changes or social isolation. Exercise helps in regulating the stress hormones like cortisol and adrenaline.

Improved sleep: Exercise, especially aerobic activities like walking, strength training with weights, and chair yoga lowers the stress hormones like cortisol and adrenaline which can improve sleep.

Healthy Eating for Healthy Heart

- Eat less saturated fat - Cut back on fatty meats and high fat dairy products. Limit foods like pizza, burger and creamy sauces or gravy
- Cut down on sodium (salt)- read the nutrition facts label and choose foods that are lower in sodium look for food. Labeled low sodium or no salt added

Get more fiber - eat vegetables, fruits, beans and whole grains to add fiber to your diet

Eat a variety of vegetables and fruits

Whole grains

Proteins

Healthy fats and oil

Beetroot juice - Beets are high in nitrates which research suggests improve cardiovascular health in several ways. Some studies show beetroot juice supplementation may lower blood pressure and increase blood flow. It increases oxygen uptake, lengthening the time it takes to become fatigued, which allows people to stay active longer.

Exercises for healthy heart

Balance and Stability Exercises:



- Tai Chi
- NUstep
- Seated March
- Neck Stretch
- Torso Twists

Village Life *Last Month in Photos*



Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton_mills

Twitter @Taunton_Mills





CONNECT*the*DOTS
The Schlegel Villages Customer Experience

Success Awards

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioned from our Success Awards to the newly designed **CONNECT the Dots Success Awards**.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

Credo values – award categories



Know Me means to...

- Understand and anticipate my needs
- Support my WELL-BEING
- EXCEED my expectations
- Make me feel SPECIAL



Earn Trust means to...

- Demonstrate YOU care
- Take Responsibility for those we serve
- Create a sense of SAFETY AND COMFORT
- DELIVER on your/our promises



Be Present means to...

- Be PATIENT and practice LISTENING
- Let ME guide the conversation
- ASK me my expectations and needs
- Focus on Me in the moment



Follow Through means to...

- Show me my concerns are IMPORTANT
- Confirm that I am VALUED as a customer
- Let me know I will be TAKEN CARE OF
- Create MEMORABLE MOMENTS



Walk in My Shoes means to...

- Hear what I HEAR
- See what I SEE
- Feel what I FEEL
- CONNECT with me

Look for additional information posted around the Village and remember to nominate a deserving team member who continuously demonstrates the values of the credo!

Schlegel Villages – CONNECTIONS

SCHLEGEL VILLAGES ACKNOWLEDGES

BLACK HISTORY MONTH

The roots of Black History Month are found in the remarkable legacies of two men whose contributions to black history are monumental. Frederick Douglass was born into slavery on a February day in 1817 or 1818 – there was no official record but he wrote that he marked his birthday as the 14th of February because his mother always called him her “little Valentine.” Douglass would become one of the most powerful abolitionist voices in history when he became a free man, and his speeches and writings offer an incredible first-person account of the struggles of history.

Abraham Lincoln, who was born on February 12, 1809, is immortalized in history in large part because the emancipation proclamation he signed in 1863 was a major catalyst for the official end to slavery in the United States.

Black communities in the United States began to celebrate the contributions of these two titans of history on their birthdays, and eventually Black History Month would be recognized in February in the United States and beyond.

Equality has been an elusive ideal, however, and within our Villages we have residents and team members who continue to represent the black community with distinction in all they do. We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.

NATIONAL Heart Month ♥ FEBRUARY ♥

The heart is the image of Valentine's Day, and during the month of February Canadians shine a spotlight on the importance of a healthy lifestyle to promote good heart health.

We're proud that we have the Michael T. Sharratt Program for Active Living (PAL) in our Villages as a core signature program, and encourage all residents to take advantage of the experience we have in our PAL teams to help everyone stay active and healthy.



Advertisements



Stories from the
GREEN BENCH
Podcast

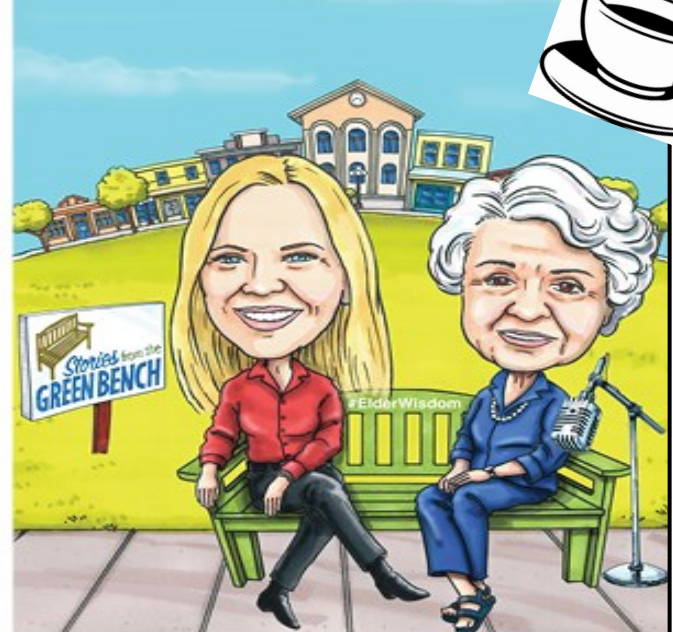
Your seat on the green bench is ready and waiting.



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**

CUP HOLDER FOR WALKERS

Don't Miss Out!

Interested in
purchasing a
walker cup
holder?

Please sign up and pay at
the village office.

If you have any questions,
please contact Frits Jansen
at 905-666-4942



1. Order will go out on the 15th of the month
2. \$22.50 tax included (not for profit)
3. Installation is included if required
4. Product fits well on most walker types and is suitable for holding cups and water bottles to avoid spillage and free up your hands!

Note: Even if
you don't pur-
chase a Yeti
 Rambler,
please use the
Ceramic Mugs
in the Café to
help us.....

Stop
Wasting
Paper Cups

*****NEW*****

10oz Insulated Yeti Stainless Steel Rambler

\$25 plus tax (\$28.50)

Please contact

Frits Jansen for more information.

905-666-4942



HEARING CLINIC DATES 2024

EVERY TUESDAY *HOLIDAYS EXCEPTED*

JANUARY 9, 16, 23, 30

FEBRUARY 6, 13, 20, 27

MARCH 5, 12, 19, 26

APRIL 2, 9, 16, 23, 30

MAY 7, 14, 21, 28

JUNE 4, 11, 18, 25



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
Steph Hamilton 6848



Love doesn't make
the world go round.
Love is what makes
the ride worth while.

- Franklin P. Jones

Happy Valentine's Day

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



LOVE
CHOCOLATE
CANDY
VALENTINE
FRIENDS

CUPID
HUG
FLOWERS
HEART
ROSES

FROM:

MONTHLY RIDDLE

What did the paper
clip say to the mag-
net?

Last Month Riddle Answer

Where can you go to
practice math on
New Years Eve?

Answer:
Times Square

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	Alysha Holland 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
Allison Sauv� Recreation Supervisor	8007	Judy Collard Admin. Coordinator	8002
Lisa Jackson Volunteer Coordinator	5111	Steph Hamilton Director of Recreation	6848
Zibby Maintenance - LTC	5873	Hobby Room (Art Studio)	8013
Gregory Lyons 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 Caf� 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