



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

APRIL 2024

905-666-3156

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

Page 2: Village Birthday List

Page 3: Volunteer Corner

Page 4: Chaplain News & Events

Page 5 & 6: Poetry Appreciation

Page 7: Food Services Announcement

Page 8 & 9: Program for Active Living

Page 10: Village Life in Pictures

Page 11 & 12: Schlegel Village Connections

Page 13: Ads/Posters

Page 17: Just for Fun

Page 18: Village Team Directory



Photo: Keaton is a Volunteer who came and shared his passion for racing with the LTC residents during their PS5 Racing Program! Thanks Keaton!

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

April 5th – Arthur W
April 10th – Aldona S
April 10th – Ernie J
April 12th – Joyce W
April 13th – Gay A
April 15th – Muriel M
April 15th – Dale W
April 15th – Brian H
April 15th – Diana M

April 16th – Doris M
April 19th – Ruth S
April 19th – Bernadet B
April 20th – Natalie J
April 20th – Margaret W
April 21st – Bill H
April 23rd – Roy S
April 23rd – Eunice S
April 24th – Ann O

April 27th – Ann F
April 28th – Isobel F
April 28th – Marilyn T

Long Term Care Birthdays

April 1st - Sigfried F.
April 4th - Jeffery H.
April 7th - Gina P.
April 7th - Elisa P
April 11th - Claire W.
April 19th - Louis C.
April 22nd - Lorel H.
April 23rd - Joyce G.
April 25th - Elizabeth T.
April 26th - Brian Reynolds
April 27th - Vincenzo C.



VOLUNTEER CORNER

With Lisa Jackson – Volunteer Coordinator

We  our
volunteers

VOLUNTEER In the Spotlight

ALL OF TAUNTON MILLS VOLUNTEERS

Volunteers bring so much to our Village life, helping out in so many ways! We see it every day, Volunteers of Taunton Mills leading the way, encouraging residents to experience the joys of Village life. We see, Volunteers leading neighbourhood activities, Volunteers keeping the General stores open, Volunteers visiting people, Volunteers helping with decorating, Volunteers knitting for the Northern Schools. You, our volunteers lift the spirits of our residents', families and team members.

We are so proud to have such a diverse group of people, generously giving their time; helping make our Village an amazing place. Thank you so much for your kindness. We truly are lucky to have some many wonderful resident and community volunteers. April is the month we celebrate you but know all year long WE APPRECIATE YOU! National Volunteer Appreciation week is April 14th – 20th. Be sure to thank our volunteers!

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)

Heartfelt 
THANKS
TO OUR VOLUNTEERS!



Schlegel Villages'
volunteers

Chapel News & EVENTS

UPCOMING Chapel Events

April 1st

Easter Monday

April 9th-10th

Eid al-Fitr

April 18th

10:30am Anglican Service

April 19th

10:00am Catholic Mass– TH

April 23rd–

2:30pm Celebration of Life– TH

April 22nd– April 30th

Passover

In Memory



We remember...

Ellie Singer

John Kuk

Marta Juhasz

Helen Anderson

Martha Morton

Joseph Mundy

“What lies behind us and what lies
before us are tiny matters
compared to what lies within us.” –
Ralph Waldo Emerson

Let my teaching fall like rain and
my words descend like dew, like
showers on new grass, like abun-
dant rain on tender plants.

Deuteronomy 32:2

Poem of the Month
Written by: Patricia Bayley



TWISTS AND TURNS

April is a trickster. It's message hard to learn.
A flame that lights the darkness the touch of it can burn.
It starts with pranks and mischief from dawn 'til noon first day,
but escalates its tricks because it wants to stay and play.
April Fool's Day with its gifts of smiles and its confusion
brings fun for some but others sense the pull of retribution.
Inspired perpetrators, some egos, big and grand
can cause a heap of trouble doing what few can understand.
A gifted agitator, bringing laughter, joy, and tears,
this joker aggravates with memories and fears.
This distorter of truth steals soft Summer light,
then impersonates Winter with its fierce, frosty, bite.
The wind catches his eye, and lessens his pride
with a gust and a blow, he is tossed well aside.
The habitual deceiver, skips off with a grin,
with a touch to his cap as May gently floats in.

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

Fiddleheads

the springtime delicacy

Fiddleheads are the young, tightly coiled fronds of ferns, resembling the curled scroll of a violin, hence the name. They are harvested before they fully unfurl and grow into mature ferns. Not only are fiddleheads visually stunning, but they also offer a unique taste and texture that is both earthy and slightly nutty. They have a relatively short season beginning in late April and last a few weeks. Fiddleheads should never be eaten raw and should always be properly handled and thoroughly cooked, they are high in nutritional value with an excellent source of potassium, vitamin K, and folate, a good source of iron and high in fibrous carbohydrates which is great for digestion. If you decide to hunt for some, keep in mind they grow near wetlands and can grow up to 3-6 inches in length. Happy Harvesting!



Fiddlehead ferns are the not-yet-unfurled, young fronds of edible ferns—usually Ostrich ferns—that make an appearance for a brief window in spring. Their grassy, earthy flavor is often likened to asparagus, green beans, even mushrooms—spring in a bite.



FINDING THEM

Fiddleheads are mostly foraged from the wild in the northeast, midwest, and Canada. Keep an eye out at farmers' markets when the weather starts to turn warm—early April in southern areas; into the summer farther north. You can pick them yourself, but go with someone experienced—lots of inedible ferns look similar. Look for small, firm, bright green curled fronds.

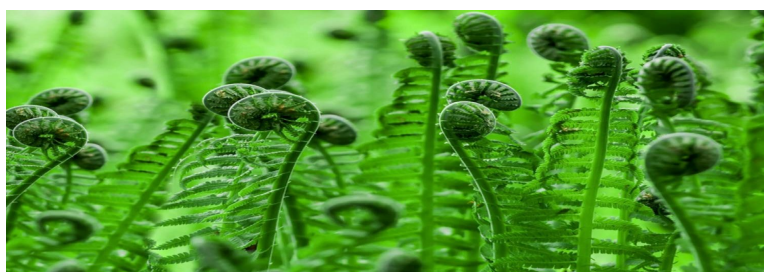
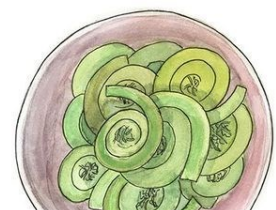
PREP

Snap the stem in excess of an inch or so and rinse well; some may have a fuzzy or papery brown covering that needs to be removed. Since fiddleheads don't store well, buy them no more than a couple days before you plan to use them.

Fiddleheads are high in vitamins A+C, fiber, and fatty acids.

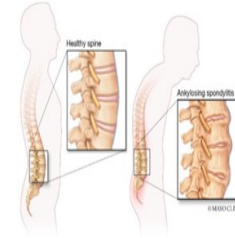
COOKING THEM

Fiddleheads always need to be cooked. Blanch or steam them for at least 5 minutes. Sauté them and serve them like asparagus, with lemon butter or hollandaise, or with a little soy sauce and sprinkle of toasted sesame seeds. Pickle them in apple cider vinegar with shallots, garlic, salt, and dill and add them to salads. They're also delicious chopped and added to quiches and frittatas, although you lose their beautiful curled shape.



Ankylosing spondylitis

Ankylosing spondylitis (AS) is a type of arthritis that causes inflammation in certain parts of the spine. Ankylosing means stiff or rigid. Spondyl means spine. It refers to inflammation. The disease causes inflammation of the spine and large joints, resulting in stiffness and pain. The disease may damage the joint between the spine & the hipbone(sacroiliac joint). It may also cause bony bridges to form between vertebrae in the spine, fusing those bones. Bones in the chest may also fuse.



Causes:

The exact cause of AS is unknown.

But researchers think that genetics play a role. A gene called HLA-B27 is found in most white Americans who have AS.

Spondylosis is caused by chronic wear on the spine. This includes the disks or cushions between the neck vertebrae and the joints between the bones of the cervical spine. Over time these changes can press down on (compress) one or more of the nerve roots. In advanced cases, the spinal cord becomes involved.

What are the symptoms of ankylosing spondylitis? Symptoms of AS tend to come and go over time. Symptoms can occur a bit differently in each person. Many of these symptoms may be caused by other health problems. Make sure to see your healthcare provider for a diagnosis. Symptoms may include:
 Back pain, usually most severe at night during rest
 Early morning stiffness
 Stooped posture in response to back pain (bending forward tends to relieve the pain)
 Straight and stiff spine
 Inability to take a deep breath, if the joints between the ribs and spine are affected
 Appetite loss, Weight loss, Fatigue, Fever, Anemia, Joint pain, Mild eye inflammation, Organ damage, such as to the heart, lungs, and eyes, Skin rashes, Digestive illness (such as Crohn's or ulcerative colitis)

Who is at risk for ankylosing spondylitis? AS is more common among people ages 17 to 35. It can happen in children and older adults, as well. The disease affects more young men than women. It tends to run in families.

- Nonsteroidal anti-inflammatory drugs (NSAIDs), to ease pain and inflammation
- Short-term use of corticosteroids, to ease inflammation
- Short-term use of muscle relaxants and pain relievers, to ease severe pain and muscle spasms
- Surgery to replace a joint, place rods in the spine, or remove parts of the thickened and hardened bone
- Maintaining of proper posture
- Regular exercise, including exercises that strengthen back muscles

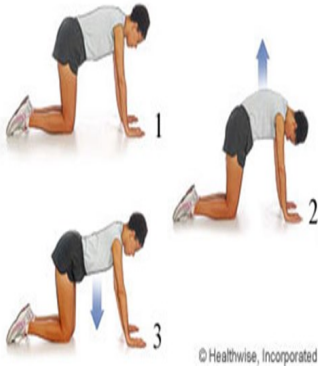
TREATMENT

Why Exercise When You Have AS? "Exercise strengthens the paraspinal muscles and the core.

Maintaining strong paraspinals and core take pressure off the joints of the back, which is especially important in joint-generated pain syndromes like AS,"
 improving posture

FLEXIBILITY EXERCISES

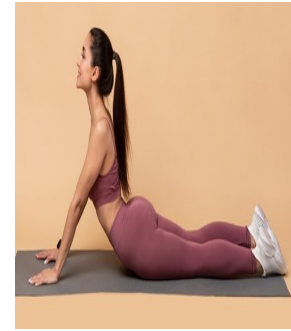
BACK STRETCH



UPPER BACK AND SHOULDERS NECK STRETCH

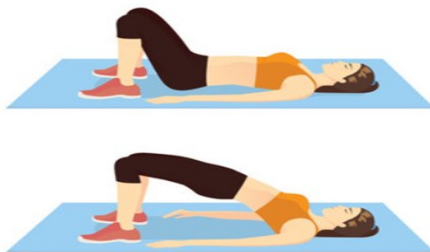


COBRA POSE



STRENGTHING EXERCISES

BRIDGING



BIRD DOG



HIP AND PELVIS ROTATION



5 This exercise will help you to stretch your lower back. Lie on your back, hands above your head. Bend your knees and roll them slowly to one side, keeping your feet on the floor

and your upper knee directly above your lower knee. Hold for five seconds. Repeat five times on each side.

LEG RAISES



6 This exercise will help with your posture and strengthening your back muscles. Lie on your front, looking straight ahead, with your hands by your sides (you may put a pillow under your chest in order to get comfortable).

Raise one leg off the ground, keeping your knee straight. Repeat five times for each leg. It may help to have the opposite arm stretched out in front of you.

• By Payal Modi and Kulwant Kaur – PAL students

Village Life *Last Month in Photos*



Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton_mills

Twitter @Taunton_Mills



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.



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

We  our
volunteers

#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.



Advertisements



#ElderWisdom
Stories from the GREEN BENCH
Podcast

Your seat on the green bench is ready and waiting.

SUBSCRIBE

Available on Apple Podcasts, Google Podcasts, and Spotify Podcasts.

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

For the last few years, there has been a team here at Taunton Mills working to deliver Gifts to First Nations Schools in North Spirit Lake.

The Village Committee is Dennis, Rosemary, Lee, Nicole (Steph) and Irene and including their 2024 shipment, they in collaboration with contacts up North, they have reached **1000 kids** with their backpacks of Joy.

What we are looking for is:

#4 Wool that the Knitting Club uses to make all the Warm Hats, Mitts and Scarves. (Can't be thin wool)

Please Drop off any donations to The Village to Steph Hamilton, Director of Recreation. If you have any questions, don't hesitate to reach out to Steph at 905-666-3156 Ext. 6848 or Steph.Hamilton@SchlegelVillages.Com



Thank you In Advance for Donating to Our Special Project!





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



April

Word Search

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

| | | | |
|----------|--------|-------------|-----------|
| RAINBOWS | EGGS | RABBIT | EARTH DAY |
| CLOUDS | CHICKS | APRIL FOOLS | GRASS |
| SPRING | TULPIS | JACKET | PUDDLES |

“April rains transform fields from plain, to lovely wildflower-filled terrain.”— Unknown

MONTHLY RIDDLE

What kind of bow can't be tied?

Last Month Riddle
Answer

What's small, lucky, and green all over?

Answer:
A Leprechaun

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 | Vergine Tumanyan Office/Team Exp. Coord. | 6836 |
| Susan de Leon Administrative Asst LTC | 8012 | Joan Brown Administrative Asst RET | 8001 |
| Allison Sauvé 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 |
| Christine Arnold Nurse Practitioner | | | |
| 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 PAL Coordinator | 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 |