



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

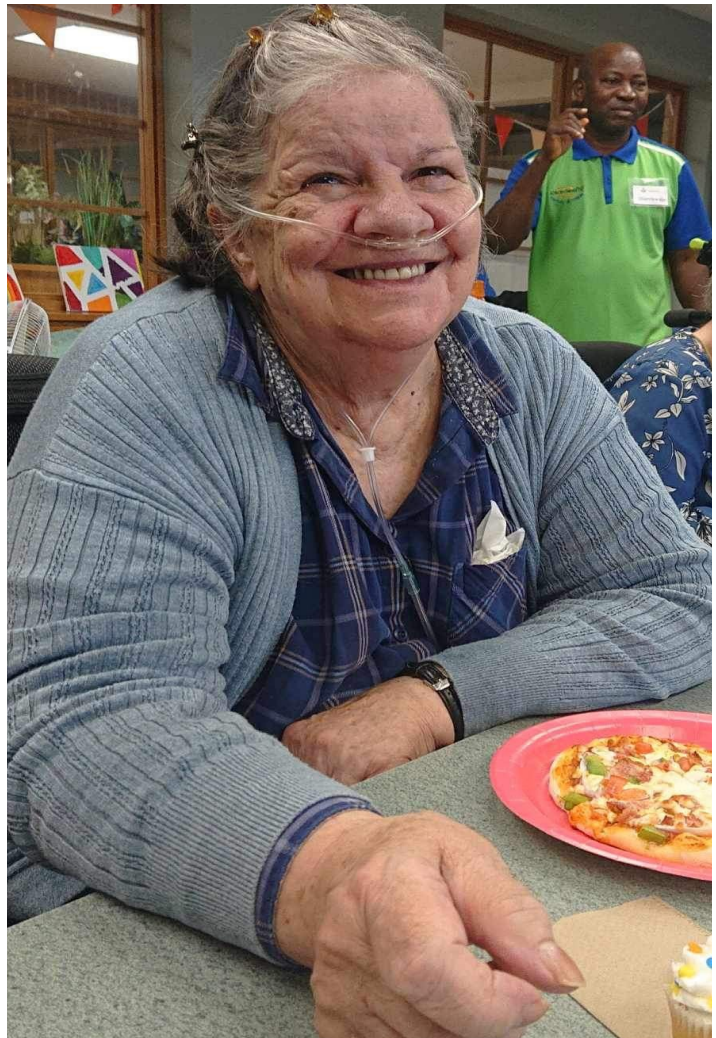
OCTOBER 2024

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:** Program for Active Living
- Page 9:** Village Life in Pictures
- Page 10:** RIA
- Page 11 & 12:** Schlegel Village Connections
- Page 13:** Ads/Posters
- Page 17:** Just for Fun
- Page 18:** Village Team Directory



Rolande was all smiles at the Pizza Diner's Club on Long-Term Care. Why wouldn't she be.... It was delicious!!!

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

October 1 – Anne Te.

October 2 – Reg Ha.

October 2 – Bernard Bo.

October 5 – Elizabeth Ca.

October 6 – Ken Ba.

October 6 – David Sh.

October 6 – Bob Ro.

October 6 – Ann St.

October 7 – Bonny Fe.

October 8 – Mary Wh.

October 8 – Leo Ch.

October 9 – Ronald Br.

October 10 – Frits Ja.

October 11 – Roy Ca.

October 13 – Gord Te.

October 13 – Jane Sw.

October 14 – Joan Bi.

October 14 – Jim Jo.

October 14 – Carmen Do.

October 14 – Lillian Fr.

October 15 – Dawn Th.

October 16 – Margaret Yo.

October 17 – Doreen Fe.

October 18 – Jean Sm.

October 20 – Benjamin Me.

October 21 – Audrey Ri.

October 21 – Doreen Ho.

October 21 – Russ Ba.

October 23 – Carolyn De.

October 23 – Linda Sh.

October 24 – Dave Ku.

October 25 – Elaine Ev.

October 26 – Margaret Ha.

October 29 – Marilyn Mo.

October 30 – Zib Hu.

October 31 – Tiny So.

October 31 – Yussuf Ba.

October 31 – Chris Bo.

Long Term Care Birthdays

October 5th - Muriel Bu.

October 8th - Alice St.

October 8th - Ed Di.

October 11th - Mila Dr.

October 15th - Ron Ma.

October 18th - Gertie Bo.

October 19th - Beulah Sh.

October 19th - Georgios Ko.

October 20th - Alex Si.

October 24th - Carrie Da.

October 25th - Nonna Ke.

October 26th - Victor Ph.

October 27th - Jackie We.

October 29th - Desmond Da.



VOLUNTEER CORNER

With Lisa Jackson – Volunteer Coordinator

We  our
volunteers

VOLUNTEER In the Spotlight

Amari Wynter

Amari has been a volunteer with us for 8 months and has been a great addition to our volunteer team. He goes above and beyond when assisting in the dining room and always ensures he looks his best. He takes his time when going around with tea and coffee ensuring that he has reached everyone. Amari is now in culinary school and we hope that he will be able to gain more experience in that area by assisting in the kitchen. Amari was also a huge help in the laundry room, coming in every other week to assist with folding items. He is a very patient, polite and passionate person, who we are grateful to have at the village. If you see Amari, please be sure to let him know that he is doing an outstanding job and to keep up the good work.

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)

Looking for an F Class Driver for the village.

Minimum 3 Years Experience

Please contact Lisa Jackson at Ext. 5111 or Steph Hamilton at Ext. 6848



Schlegel Villages'
volunteers

Chapel News & EVENTS

UPCOMING Chapel Events

October 3 – Navratri

October 3-4 –
Rosh Hashanah

October 12 –
Yom Kippur

October 17 – 23 –
Sukkot

October 31 – November 4 –
Diwali

In Memory



We remember...

James B.

Joyce G.

Natale O.

Ernst P.

Kate M.

David S.

“Do anything, but let it
produce joy.”
— Walt Whitman



Poem of the Month
Written by: Patricia Bayley



RETAIL RUSH

The large chocolate boxes are back in the store.
The colourful ones that we all just adore.
There are pictures portrayed of Santa's and elves
wedged in together on all the store shelves
with seasonal treasures and boxes and teddies.
Sales are the game so shell out with the readies.
It's the 5th of October. Halloweens next.
They're rushing Christmas and mothers are vexed.
No separate planning causes distress.
Present confusion makes each even less.
Folks grabbing the boxes just adds to the mess.
Old country customs; celebrations today
cause discomfort among those who want things their way.
Usually it's those with plenty to say.
Generally accepted all things that are fun,
wreath making, candles, gift giving, the sun.
We embrace the Yule boar now the ham on our table;
the greenery hanging in hall and the gable.
Dwellings are beautified inside and out
adapted from customs some know little about.
Jingle Bell Rock is the song of the season,
half a beat slow and they don't need a reason.
People do as they please no matter the season.
Christianity traditionally shares the good news.
A baby boy born with a lowly estate
almost destroyed by one meddling too late.
Intervention ordained by the "Mighty I AM",
Sorrow and happiness part of the plan.

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



Happy Fall flavours! When I think of thanksgiving, food and family come to mind. A lot of times we associate our most memorable moments in life with the comfort of food, and the family traditions during those moments. As thanksgiving approaches this month, and you surround yourself with those who mean the most and the memories you will make, think of what food will fuel those memories. Some of my personal favourites are traditional turkey, mashed potatoes, stuffing, and lemon pie, you may even see some of those items on the menu at the Ruby this month, So allow us to take care of the cooking with all those favourite fall flavours and take more time to create meaningful memories with those who mean the most.



Happy Thanksgiving

\$35

per person + tax

Join us for a **Thanksgiving brunch** in The Ruby! Come for a day filled with family, good food and great times.

**Sunday,
October 13**

11 a.m.–3 p.m. | The Ruby

Call for a reservation

Join us on the top floor!

The Ruby
SCHLEGEL VILLAGES' HIDDEN GEM



TERRY FOX WALK AT THE VILLAGE OF TAUNTON MILLS LTC & RH

On Sep 16th The Village of Taunton Mills LTC and RH celebrated the annual Terry Fox walk and fundraising by joining their mission “Driven by Terry’s courage and determination, we collaborate with and inspire people around the world to support and fundraise for bold, extraordinary research to end cancer”.

In total we raised \$830 and will be donating to the Terry Fox foundation to continue with their vision “Bringing Canadians together to realize Terry Fox’s dream of a world without cancer.” It was incredible to see LTC Residents participation and encouragement to walk for Terry Fox, great opportunity to keep our residents active and enhance physical and mental well being.



Village Life *Last Month in Photos*



Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton_mills

Twitter @Taunton_Mills



Understanding Insomnia and How to Treat It

As we age, we often sleep less and experience poorer quality sleep. Many older adults struggle with insomnia, meaning they have trouble falling asleep, staying asleep, or waking up too early. Chronic insomnia, which lasts for more than three months, can significantly impact our health and quality of life because sleep is essential for our bodies and minds to recover.

Dr. Sophiya Benjamin, Schlegel Chair in Mental Health and Aging, studies these sleep changes and offers advice on managing insomnia.

- **Go to bed only when you're sleepy**, and if you're awake in bed for more than 20 minutes, get up and do something quiet like reading or listening to soft music until you feel sleepy again. Try to wake up at the same time every day to keep a regular sleep schedule.
- **Spend less time in bed if you can't sleep.** If you're lying in bed but not sleeping, try spending less time in bed. For example, if you're usually in bed for 9 hours but only sleep for 5.5 hours, try reducing your time in bed to 6 hours. This method works by increasing your body's sleep drive. You can slowly increase your time in bed as your sleep improves.
- **Relax before bed.** Try deep breathing, tensing and then relaxing your muscles, or



mindfulness exercises to help calm your mind and body. Remind yourself that it's okay to have a bad night's sleep once in a while. Your body will catch up, and being relaxed about it can actually help you sleep better.

- **Keep naps short.** If you need to nap, try to keep it under 20 minutes and avoid napping after 3 p.m.
- **Watch what you drink.** Avoid coffee or other caffeinated drinks after noon.
- **Talk to your pharmacist or doctor** to see if your medications might be affecting your sleep.

Understanding and accepting these natural changes in sleep as we age can help us take steps to improve our sleep quality. For more resources, visit mysleepwell.ca or consult with your doctor.

For more helpful content to enhance your life, subscribe to updates from the RIA at www.the-ria.ca/enews.

Schlegel Villages – CONNECTIONS



THERE'S
always
SOMETHING TO BE
thankful
FOR

With the colours of Autumn marking another change of season, we reflect on the spirit of gratitude we have within Schlegel Villages. We are grateful so many people choose to make their home with us and we know that without the dedication, compassion and commitment of our amazing team members, we couldn't offer the care our residents deserve. We are thankful for all they do every day.

We are also grateful that this year we have seen fast progress in the construction of four new long-term care Villages, which when complete will allow us to expand upon our mission to offer our social model of living and our concept of Village Life to more of our neighbours. Across Ontario, there is a great need for new long-term care capacity, and Schlegel Villages is proud to be part of the solution.

Schlegel Villages – CONNECTIONS

ACTIVE AGING — WEEK —

The **Michael T. Sharratt Program for Active Living (PAL)** is one of the three Signature Programs that distinguishes Schlegel Villages among care providers, and during **Active Aging Week** from **September 30 to October 6**, we are reminded how fortunate we are to have such a program.

Our kinesiologists and exercise therapists work with partners and other team members to create individualized approaches to physical well-being for the residents we serve, and we encourage everyone to take advantage of the opportunities they offer. We see the impact of their efforts in many ways, and take this opportunity to share our gratitude for all of our PAL team members.



Schlegel Olympics, Summer 2024

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
Steph Hamilton – 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

The Ruby

SCHLEGEL VILLAGES' HIDDEN GEM



Dining options

Dine at The Ruby

Break bread with us.

Enjoy a delicious meal with a breathtaking view in our comfortably elegant dining room.

or

Take-out meals

Get it while it's hot.

Pick up a freshly cooked meal and enjoy it in your room or out in the courtyard.

Wednesday – 4–6:30 p.m.

Thursday–Saturday – Noon–2 p.m. | 4–6:30 p.m.

Ruby on the run

Grab and eat now.

Enjoy freshly baked goodies and sweet treats.

Every Wednesday on Main Street
11:30 a.m.–2 p.m.

Catering

Celebrate special moments.

The Ruby is the perfect spot to host any special event or occasion.

905-665-2072 x 8067
judith.gray@schlegelvillages.com

Reservations are recommended but walk-ins are welcome! **905-665-2072 x 8067**

**Join us on the
top floor!**

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!





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

HALLOWEEN WORD SEARCH



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

“There’s a little witch in all of us.”

— Alice Hoffman, “Practical Magic”

MONTHLY RIDDLE

The person who built it sold it. The person who bought it never used it. The person who used it never saw it. What is it?

Last Month Riddle Answer

I can be crunchy or soft, in desserts, I’m key, In technology, though, an icon I be. What am I?



boo	spider	ghost	treat	bat
witch	spooky	haunted	zombie	candy
creepy	mummy	trick	broom	costume

Answer:
An Apple.

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	Susanna Lambert Director of Wellness Heather Wagner Wellness Coord -South Mary Grace Hatt Wellness Coord - North	5092 8069 8034
Ava Smith Ellis Resident support Coordinator	5109	Alysha Holland NH Coord- Egerton	8035
Diane MacLean NH Coord. Dryden/ Claremont	8018	Amanda Sturgeon NH. Coord- North Dean Cantwell NC-Becker	8026 5000
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			
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 PAL Coordinator	8017
<i>LTC – NEIGHBOURHOODS</i>		<i>Retirement Neighbourhoods</i>	
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
CLAREMONT	8028/8029		
DUNLOP	8031/8032	Laundry	8052
<i>FOOD SERVICES</i>		<i>Marketing Dept.</i>	
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
General Store-RH	8055	Demonstration Kitchen	8069
		School House	8071