



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 2024**

**905-666-3156**

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

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October's Night of Elegance was Fall Themed. It was both beautiful and enjoyable!

# 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

November 1<sup>st</sup> – Maria Pi

November 1<sup>st</sup> – Dennis Ba

November 3<sup>rd</sup> – Seija Wo

November 3<sup>rd</sup> – Shiu-Hung Ch

November 4<sup>th</sup> – Betty Pl

November 4<sup>th</sup> – David Le

November 4<sup>th</sup> – Kim Ar

November 4<sup>th</sup> – Bill Bo

November 6<sup>th</sup> – Bill O'R

November 7<sup>th</sup> – Chris Mu

November 7<sup>th</sup> – Maggie Re

November 8<sup>th</sup> – Roelie de

November 9<sup>th</sup> – Frank Wa

November 9<sup>th</sup> – Celita Si

November 11<sup>th</sup> – Lorraine Wa

November 11<sup>th</sup> – Bernie Ch

November 11<sup>th</sup> – Gloria Ar

November 14<sup>th</sup> – Shirley Ha

November 16<sup>th</sup> – Gordon Th

November 17<sup>th</sup> – Albert He

November 17<sup>th</sup> – Hildegard Pa

November 20<sup>th</sup> – Cecilia De

November 21<sup>st</sup> – Wasylyna Co

November 21<sup>st</sup> – Jean Ma

November 21<sup>st</sup> – Jane Jo

November 22<sup>nd</sup> – Doreen Wo

November 22<sup>nd</sup> – Joyce Ho

November 25<sup>th</sup> – Suzanne Wo

November 26<sup>th</sup> – Klaas Zw

November 27<sup>th</sup> – Brenda Wi

November 29<sup>th</sup> – William Mc

November 30<sup>th</sup> – Grant Ch

## Long Term Care Birthdays

November 15th– Nizarali Ra

November 16th- Leila Ch

November 16th– Harold O'H

November 21st– Masoom Ra

November 23rd– Edith Do

November 23rd– Jonathan Mc

November 23rd– David Sl

November 25th– Jeannette Pe

November 28th– Audrey Ha



# VOLUNTEER CORNER

With Lisa Jackson – Volunteer Coordinator

We  our  
volunteers

VOLUNTEER  In the  
Spotlight 

## Polly Compton

Polly has maintained an outstanding level of commitment and dedication as a volunteer since 2016, consistently demonstrating reliability and a willingness to help. While typically found in the general store on Sunday mornings, she is always available to support other initiatives. Her warm smile and kindly heart are assets to our organization. We sincerely appreciate Polly's valued contributions to our volunteer community.

Polly, we are grateful for your volunteer commitment!

*We extend our sincerest appreciation to Taunton Mills volunteers for their unwavering commitment. Your service improves the well-being of village residents.*

### ***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

November 1st — All Saints Day

November 2nd- All Souls Day

November 4th- Diwali

November 5th- RET HYMN Sing @  
2:30pm

November 6th- Birthday of Bab

November 7th- Birthday of Baha'u'llah

November 11th Remembrance Day

- RH Service @10:30 in Town Hall
- LTC Service @2:30 in Town Hall

November 30th St. Andrew's Feast  
Day

## In Memory



### We remember...

David S.

Valerie F.

Elizabeth F.

Nira Y.

“Faith can move  
Mountains”

### Next Celebration of Life:

November 20th

@ 2:30pm

Town Hall

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



**Will They Ever Learn**

The results are the same. Civilians maimed.  
Men dead on the ground, a loud roaring sound.  
The wails of those left. The intake of breath,  
A cry in the night, alarm at the light.  
Buildings destroyed, eggs left as they fried.  
How many lied? How many tried?  
The world seems on fire. Folks join in the choir.  
Nothing much changed. As history states.  
A record of change; fighting abates.

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



**Hot chocolate season is among us!!**

**There is nothing more comforting in the cooler months than a cup of Hot chocolate to keep you warm! It tastes delicious, there is many different varieties and also has health benefits, believe it**



## How to spice up your **HOT CHOCOLATE**

### 1 Peppermint



### 2 Orange



### 3 Vegan



### 4 Aztec



### 5 Peanut Butter



### 6 Pumpkin Spice



### 7 Nutella



### 8 Caramel



### 9 Lavender White



### 10 Irish



## HEALTH BENEFITS OF HOT CHOCOLATE

- Improves blood flow to brain
- High in antioxidants
- Improves blood sugars

# NOVEMBER IS FALL PREVENTION AWARENESS MONTH



## CAUSES OF FALLS

As we age, our likelihood of falling increases.

The following factors can lead to falls: muscle weakness, changes with balance, poor vision, environmental factors (such as poor lighting, clutter, slippery surfaces), chronic or acute illnesses.

## HOW TO PREVENT FALLS

### 1) Move your body

Engaging in regular physical activity helps to:

- strengthen the body, improve flexibility and balance/coordination

Examples of exercises:

- Yoga/tai chi
- Resistance training (i.e. weights/resistance bands)
- Walking or swimming

### 2) Assess your home

Make sure to assess and modify your living environment by:

- removing loose rugs and clutter
- adding assistive device to help with ADLs (such as grab bars)
- adequate lighting
- using mobility aids (cane/walker)
- wearing supportive non-slip footwear

### 3) Check your health

- Review your medications with a doctor or health care provider to identify any medication that may cause dizziness or changes in balance.
- Hearing and vision assessment

Contact PAL Coordinators at extension 8016 (LTC) or 8017 (RET) for any questions



# Village Life *Last Month in Photos*



## Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton\_mills

Twitter @Taunton\_Mills



## Supporting your neighbours: Preventing social isolation

As we age, the risk of social isolation—a lack of meaningful contact with others—can increase. However, feeling disconnected doesn't have to be part of getting older.

Social isolation can negatively affect health and well-being. Older adults who are isolated may be more likely to fall, experience depression, struggle with daily tasks, and have difficulty thinking clearly. They are also at a higher risk of developing dementia and may visit the emergency department more frequently.

Staying connected is key to maintaining health and happiness. This can be achieved through personal connections, community programs, faith-based organizations, or social services. Reducing social isolation helps ensure a fulfilling life.

### Signs of Social Isolation

How can you tell if a neighbour might be socially isolated? Here are some things to watch for:

- Have they mentioned feeling lonely or cut off from others?
- Are they getting dressed or staying in the same clothes/pajamas for long periods of time?
- Has their behaviour changed or have they recently stopped going to social events they used to enjoy?



### How You Can Help

Sometimes, an older adult may just need someone to talk to. Other times, they may need more support. Here are a few ways you can make a difference:

- Be a friend—take time to listen and show you care.
- Recommend a community program or service.
- Check in with a visit or phone call.
- Introduce them to new social opportunities.
- Talk with their family or care partners to find out how you can support them.

Read the Supporting Your Neighbours: A Community Conversation Guide for more information about the health impacts of social isolation, signs to look out for, common barriers, and tips to help.

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.

# Schlegel Villages – CONNECTIONS

## Why we wear the poppy

After losing a friend in the 1915 Battle of Ypres along the Western Front of the First World War, a humble doctor was inspired by the loss of a friend and the red poppies that managed to grow throughout the desiccated battlefield.

Lt. Col. John McCrae would use that inspiration to write *In Flanders Fields*, the most iconic poem in the English language to honour the sacrifice of countless soldiers in the ongoing effort to preserve freedom. We hear the solemn beginning words each year:

*“In Flanders Fields the poppies blow,  
between the crosses, row on row . . .”*

and we are transported to a terrible dark period that now only lives in history books and the memories passed down through generations.

The red poppy Canadians wear upon their lapels from the last Friday in October until we mark the end of that terrible war on November 11th symbolizes our commitment to always remember those who served, not only in that war but in those that followed and the times of peace we cherish.

The Royal Canadian Legion raises approximately \$20 million across the country each year through the annual Poppy Campaign. These funds directly support veterans and their families at a local level and help each Legion Branch ensure the words **“Lest We Forget”** carry the weight of remembrance always.

We wear the poppy with pride and gratitude, honouring those who give of themselves for the benefit of all.

*Our  
freedom.  
Their  
sacrifice.*



*November 11*  
**Lest we forget**

# Schlegel Villages – CONNECTIONS



## Success Awards

In early October, leadership team members from across Schlegel Villages gathered in Niagara Falls for the organization’s annual Operational Planning retreat. There were residents and family members among the crowd of more than 500 people, and their insights were fantastic, but we were also grateful for the invaluable contributions of the Village Success Award Winners who were also part of the event.

These amazing direct support team members were recognized at the Village level for their commitment to the five key values that define our Connect the Dots customer service credo:

**Know Me; Earn Trust; Be Present; Follow Through; and Walk in My Shoes.**

The dedication and commitment of these team members and the passion they bring to the Villages every day makes them the ideal experts to contribute to the upcoming operational goals of each Village. We’re thankful for their leadership and all they do to inspire us all to live our values every day.



**Congratulations**  
*winners!*

# 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 15<sup>th</sup> 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  
purchase 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](mailto: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

## Fall Word Search

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

FALL  
LEAVES  
TREE  
PUMPKIN

APPLE  
ACORN  
CORN  
SWEATER

JACKET  
PINECONE  
HARVEST  
SQUASH

BROWN  
YELLOW  
ORANGE  
NUTS

## MONTHLY RIDDLE

I grow tall in the farmer's field. In autumn, I give a bountiful yield.

What am I, nature's shield?

## Last Month Riddle Answer

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?

**Answer:**  
A Coffin

# 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>Susanna Lambert</b> Director of Wellness <b>Heather Wagner</b> Wellness Coord -South <b>Mary Grace Hatt</b> Wellness Coord - North	<b>5092 8069 8034</b>
<b>Ava Smith Ellis</b> Resident support Coordinator	<b>5109</b>	<b>Alysha Holland</b> NH Coord- Egerton	<b>8035</b>
<b>Diane MacLean</b> NH Coord. Dryden/ Claremont	<b>8018</b>	<b>Amanda Sturgeon</b> NH. Coord- North <b>Dean Cantwell</b> NC-Becker	<b>8026 5000</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>Vergine Tumanyan</b> Office/Team Exp. Coord.	<b>6836</b>
<b>Susan de Leon</b> Administrative Asst LTC	<b>8012</b>	<b>Joan Brown</b> Administrative Asst RET	<b>8001</b>
<b>Allison Sauv�</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>Steph Hamilton</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>Christine Arnold</b> Nurse Practitioner			
<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 PAL Coordinator	<b>8017</b>
<i>LTC – NEIGHBOURHOODS</i>		<i>Retirement Neighbourhoods</i>	
<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>CLAREMONT</b>	<b>8028/8029</b>		
<b>DUNLOP</b>	<b>8031/8032</b>	<b>Laundry</b>	<b>8052</b>
<i>FOOD SERVICES</i>		<i>Marketing Dept.</i>	
<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>Caf� 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>General Store-RH</b>	<b>8055</b>	<b>Demonstration Kitchen</b>	<b>8069</b>
		<b>School House</b>	<b>8071</b>