



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*

**DECEMBER 2024**

**905-666-3156**

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

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Santa visited the Village on November 16th for the Village's Annual Christmas Bazaar.

# 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

December 1<sup>st</sup> – Ivone Ga  
 December 4<sup>th</sup> – Evelyn Ro  
 December 4<sup>th</sup> – Evelyne St  
 December 4<sup>th</sup> – Gloria Mc  
 December 6<sup>th</sup> – John Ba  
 December 7<sup>th</sup> – Dick Do  
 December 7<sup>th</sup> – Marian La  
 December 8<sup>th</sup> – Fern Al  
 December 8<sup>th</sup> – Valentina  
 Ch  
 December 9<sup>th</sup> – Howard Fl  
 December 10<sup>th</sup> – Hans Bo  
 December 12<sup>th</sup> – Wilfred  
 Br  
 December 12<sup>th</sup> – Gail Ch

December 13<sup>th</sup> – Julie Ha  
 December 14<sup>th</sup> – Betty Bo  
 December 14<sup>th</sup> – Muriel Jo  
 December 15<sup>th</sup> – Patricia  
 Ba  
 December 16<sup>th</sup> – Shirley  
 Mi  
 December 16<sup>th</sup> – John Le  
 December 17<sup>th</sup> – Betty Fo  
 December 18<sup>th</sup> – Joe Ri  
 December 19<sup>th</sup> – Bob Ru  
 December 20<sup>th</sup> – Bill Ry  
 December 21<sup>st</sup> – Jeanne  
 Bo  
 December 22<sup>nd</sup> – Ruth Th  
 December 22<sup>nd</sup> – Evelyn Mc

December 23<sup>rd</sup> – Theo Th  
 December 25<sup>th</sup> – Ruth Sp  
 December 26<sup>th</sup> – Rita Ra  
 December 29<sup>th</sup> – Jean Cl  
 December 29<sup>th</sup> – Margaret  
 Ur  
 December 29<sup>th</sup> – Stella Ch  
 December 30<sup>th</sup> – Anne Pe

## Long Term Care Birthdays

Dec 7th- Etta Go  
 Dec 18th- Victoria Wa  
 Dec 21st- Camille Li  
 Dec 21<sup>st</sup> - Ruth O’N  
 Dec 25<sup>th</sup> - Delphina Wo  
 Dec 25<sup>th</sup> - Noella Ch  
 Dec 28th- Ursula Vi  
 Dec 29<sup>th</sup> - Pat Br  
 Dec 29<sup>th</sup> - Pam Pa  
 Dec 31<sup>st</sup> - Susan Ho



# VOLUNTEER CORNER

With Lisa Jackson – Volunteer Coordinator

We  our  
volunteers

VOLUNTEER  In the   
Spotlight

## Kingston Henry

Kingston has quickly become an integral part our volunteer team, making outstanding contributions since joining two months ago. Supporting Sunday worship services and Monday evening bingo events, he provides exceptional support, consistently demonstration patience and compassion while taking the time to get know others.

We appreciate his time and exceptional volunteer efforts.

Kingston, we extend sincere gratitude for volunteering with us!

*We're grateful for Taunton Mills volunteers' tireless efforts. 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

### December 8 – Bodhi Day

This Buddhist holiday remembers the day that Gautama Buddha is believed to attain enlightenment. Also celebrated on the lunar date January 18, 2024.

### December 21 to January 1 – Yule

Pagans and Wiccans celebrate the winter solstice today.

### December 25 – Christmas

Happy Birthday Jesus! This important Christian remembers the birth of their Lord and Savior.

### December 26 – January 2\* – Hanukkah

The 8-day Jewish celebration of the victory of Jews over Syrian Greeks begins today.

### December 26 – January 1 – Kwanzaa

This seven-day cultural celebration focuses on seven main principles, Nguzo Saba. They all correspond to values that they believe help a person, their family, and their community to prosper.

## In Memory



### We remember...

Ted F.

Cromwell C.

Desmond D.

John K.

Gerald M.



**“December is a time to reflect on the blessings of the past year and to embrace the opportunities of the coming one.”**

— Oprah Winfrey

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



## Christmas Will Come

We're heading for home, and the vessel near lost.  
The sea's riding high and we're all tempest and tossed.  
A wave lifts the ship 'neath the eye of the storm.  
It's suddenly quiet and still no alarm.  
The darkness still hovers, prayer working, and grace  
defeats rising fear and changes the pace.  
As chaos continues, solutions are found.  
The Captain, to guide us, we won't run aground.  
The compass proves true, we head north to the bay.  
While high in the sky with reindeer and a sleigh.  
Santa's up there with gifts on his way,  
bringing hope and good cheer for a great Christmas Day.

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

The first red and white striped candy canes were made at the turn of the 19th century. At the same time the first striped candy canes appeared, the candy makers added the peppermint flavour which became a traditional flavour rather quickly. Candy canes may not be the most nutritious treat, however if you compare them to other seasonal treats, they do tend to be less calorically dense.

Candy that's mostly sugar will have fewer calories than sweets like chocolate, which also contains fat and small amounts of protein.

So while enjoying this festive treat, think of the positive elements, and how far back the history goes for this well known Christmas candy.

Happy  
Holidays from  
the Food  
Service  
Department!



## Candy Cane Recipe

### You will need...

Bowl

Weighing Scales

Whisk / mixer

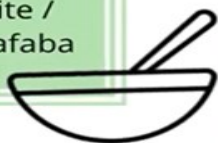
Sieve

Tray



### Step 1

Whisk Egg  
white /  
Aquafaba



### Step 2

Sieve in  
sugar and  
add  
extract, mix

### Step 3

Split into 2  
(or more!)  
and colour

### Step 4

Roll out and  
shape!



### Step 5

Place on  
sugar-dusted  
tray to set



1 Egg white / 2  
tbspoons  
Aquafaba

Icing Sugar  
400g

Peppermint  
Extract (few  
drops)

Food Coloring  
- your choice!

### Ingredients

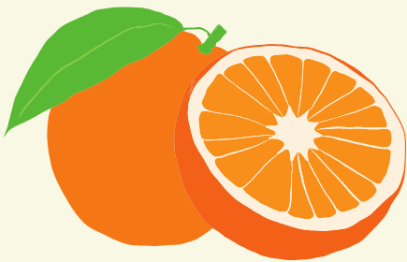
Step 6  
GIFT!



# Vitamin C

## WHAT IS VITAMIN C?

A super-powered vitamin that keeps your immune system strong, skin glowing, and helps your body heal faster!



## HOW TO GET MORE VITAMIN C

Enjoy Vitamin C-packed foods like:

- 🍊 Oranges and citrus fruits
- 🥦 Broccoli and bell peppers
- 🍓 Strawberries and kiwis
- 💊 Add a daily supplement if needed (consult your doctor).



## SIGNS YOU MIGHT BE DEFICIENT

- 🩸 Gums that bleed easily
- 😴 Fatigue or feeling weak
- 👐 Dry, rough, or scaly skin
- 🤧 Getting sick more often



## DID YOU KNOW?

Vitamin C is water-soluble, meaning your body doesn't store it—so you need it every day to stay healthy!





# Village Life *Last Month in Photos*



## Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton\_mills

Twitter @Taunton\_Mills





## Using Nutrition to Improve Bone Health

Did you know that over 80 per cent of all fractures in people over the age of 50 are caused by osteoporosis?

It's important to consume enough calcium and vitamin D each day to maintain bone health, and to include protein at every meal to build and repair muscles and bones.

Check out these easy tips to improve your bone health from Lora Giangregorio, PhD, Schlegel Research Chair in Mobility and Aging, and Heather Keller, RD, PhD, Schlegel Research Chair in Nutrition and Aging, that you can incorporate into your life.

### Protein at every meal and snack

Aim for ~20-30 grams at breakfast, lunch, and dinner. Or, eat small amounts of protein more often. 20 grams of protein are equivalent to three eggs, or half a cup of peanuts.

### Get calcium through foods

It is better to get calcium through your diet - only take a supplement if you cannot get enough. Cow, almond, or soy milk, yogurt, cheese, white beans and almonds are high in calcium.

### Ask your healthcare provider about Vitamin D

Adults over the age of 50 should take a daily supplement containing 400 IU (10 µg) of vitamin D



because there are few food sources that contain enough of this essential vitamin. Some people may need more – talk to your doctor or nurse practitioner about how much vitamin D you need.

### Manage your weight

Avoid unintended weight loss. When you lose weight, you can lose muscle and bone. Weigh yourself at least monthly to monitor your weight.

If you are losing weight, or don't have much of an appetite, there are several evidence-based tips that can help: You can eat small amounts and more frequent meals or snacks; instead of water or tea, drink fluids with protein and calories like milk or high-protein drinks; eat foods higher in nutrients and calories like avocado, nuts or nut butter, or cheese.

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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.



# Advertisements



#ElderWisdom  
**Stories from the  
GREEN BENCH**  
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Your seat on the green  
bench is ready and waiting.

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Google Podcasts | Listen on  
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 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 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](mailto: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



- |           |           |
|-----------|-----------|
| CANDLES   | REINDEER  |
| COOKIES   | RIBBON    |
| GIFTS     | SLEIGH    |
| HOLIDAYS  | STOCKINGS |
| JOY       | TRAVEL    |
| LIGHTS    | TREATS    |
| MILK      | WINTER    |
| ORNAMENTS | WREATH    |

## MONTHLY RIDDLE

Who makes toy guitars and sings “Blue Christmas”?

### Last Month Riddle Answer

I grow tall in the farmer’s field. In autumn, I give a bountiful yield. What am I, nature’s shield?

**Answer:**  
Corn!

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

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# 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>