



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*

**JANUARY 2025**

**905-666-3156**

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

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LTC Residents enjoy decorating gingerbread cookies and singing Christmas carols at their holiday social!



# 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

January 1<sup>st</sup> – Anne Bu

January 1<sup>st</sup> – David Ke

January 2<sup>nd</sup> – Maria Sl

January 3<sup>rd</sup> – Anne Br

January 4<sup>th</sup> – Lou Wa

January 5<sup>th</sup> – Cameron Ma

January 6<sup>th</sup> – Frieda Ke

January 7<sup>th</sup> – Jean Ba

January 8<sup>th</sup> – Margaret Se

January 8<sup>th</sup> – Roza Kr

January 9<sup>th</sup> – Jim Ca

January 9<sup>th</sup> – Doanld Mc

January 9<sup>th</sup> – Paul Po

January 11<sup>th</sup> – Maria Pi

January 11<sup>th</sup> – Margaret Bo

January 11<sup>th</sup> – Mary Le

January 13<sup>th</sup> – Irene Ch

January 14<sup>th</sup> – Dianne Ha

January 15<sup>th</sup> – Donna Ro

January 17<sup>th</sup> – Jean Pe

January 18<sup>th</sup> – Shirley St

January 19<sup>th</sup> – Velma Go

January 19<sup>th</sup> – Marina Pa

January 19<sup>th</sup> – Lou Ma

January 21<sup>st</sup> – Jerry Du

January 24<sup>th</sup> – Janice Bo

January 25<sup>th</sup> – Fred Ha

January 25<sup>th</sup> – Mildred Ha

January 26<sup>th</sup> – Nish Ya

January 27<sup>th</sup> – Vicky Re

January 28<sup>th</sup> – Joan Do

January 28<sup>th</sup> – Joyce Pa

January 29<sup>th</sup> – Joe Bo

January 29<sup>th</sup> – Shirley Th

January 30<sup>th</sup> – Annita Le

January 30<sup>th</sup> – Charion Pr

January 30<sup>th</sup> – Patricia Ol

## Long Term Care Birthdays

January 1st- Bruce Ed.

January 5th- Marion Sl.

January 12th- Haiganouch Ke.

January 15th- Helen Ch.

January 27th- Edith We.

January 28th- Philip Mc.



# VOLUNTEER CORNER

With Lisa Jackson – Volunteer Coordinator

We  our  
volunteers

## VOLUNTEER In the Spotlight

### A Heartfelt Thank You to Our Incredible Volunteers!

In 2024, the Village of Taunton Mills has been truly blessed by the dedication, compassion, and energy of our amazing volunteers. Your generosity in sharing your time and talents has made a profound difference in the lives of our residents in both Retirement and Long-Term Care.

From lending a listening ear to brightening days with activities, events, and kind gestures, you help create a vibrant, caring community that feels like home. Your efforts remind us all of the power of connection and kindness.

On behalf of the entire Village of Taunton Mills family, thank you for all that you do. You are the heart and soul of our community, and we couldn't do it without you.

### *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

### 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

### January 6 – Christian: Epiphany

Celebrates the visit of the Magi to the baby Jesus.

### January 7 – Coptic Orthodox Christian: Christmas

Marks the birth of Jesus Christ according to the Julian calendar.

### January 14 – Hindu: Pongal

A harvest festival thanking the Sun God for the agricultural abundance.

### January 14 – Buddhist: Mahayana New Year

Celebrates the Buddhist New Year in Mahayana traditions.

### January 17 – Sikh: Guru Gobind Singh Gurburab

Celebrates the birth of Guru Gobind Singh, the Sikhs' 10th master and teacher.

## In Memory



### We remember...

John F.

John D.

Ramal N.

Anne G.

Maude J.

Robert H.

George C.

Hope is praying for rain, but  
faith is bringing an umbrella.



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



## Counting the Seconds

Sitting around still stuffed as can be,  
December twenty-fifth , it's just happened you see.  
Our tummies rebelling we couldn't agree  
what to blame all the bloat on, until we tried tea.  
Taking care with the portions, Sherry, fruit cake and Egg  
Nogg, there's no denying we lived high off the hog.  
The air had aromas of sweet smelling fog.  
The turkey resplendent, cranberry sauce, so sublime,  
brought home from the feast for the very first time .  
'It won't be the last," that was somebody's chime.  
To wash it all down choices came down to three,  
Ginger Ale, Irish coffee, or inevitably tea.  
After a board game and a walk up the street  
people required something savoury to eat.  
Of British extraction the group did agree  
to finish the feast with a nice cup of tea.  
Let's blame it on tea!

# 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 Healthy New year! January is a time for Staying warm, fighting off cold season, and adding more vitamin rich foods into our diet after indulging in holiday goodies, but doesn't mean the traditions have to end! Here is some new year fun foods to bring in the new year and keep with traditions.

## New Years Lucky Foods

### Start the year off right



#### Grapes

Eating twelve grapes, one for each chime of a clock. The grape ritual is said to guarantee sweetness and fortune in the year ahead. If you happen to get a sour grape along the way, it is said to predict that month will be a challenging one in 2010.

Eating black eyed peas on New Years is said to bring good fortune. Eat green lentils as well, as they are round which is said to represent coins and green for the color of money.



#### Black Eyed Peas

#### Greens



Greens are said to "Show you the money!" Cooked collard, spinach, cabbage and kale are all said to represent paper money

Eat pasta noodles for longevity and make sure they are long and in one piece. In China the New Year's meal always include noodles...remember you need a big pot as you want to boil them whole so they are long.



#### Long Noodles

#### Round Fruit



Round fruits such as oranges and pomegranates are believed to also symbolize coins and bring a prosperous New Year. Figs are said to be a symbol of fertility.



Looking for Main Course options?

Fish is a good choice since most swim forward, and the scales are believed to symbolize silver. Another theory is that since many fish swim in schools, it's a sign of abundance. Pickled herring is a popular dish on New Years. No lobster or crab - remember they walk sideways and backwards.

If you eat meat, pick pork over chicken or beef on New Year day, because pigs dig with their snout, it is said to represent forward movement or progress

#### Other Options

# RECAP OF FIT-MAS

Fit-mas was a series of exciting Christmas themed exercise classes held from Dec 2nd - Dec 6th. The group exercise classes that were held are Christmas Drum-fit, Jingle Ball Exercise, Christmas Dance, Christmas Walk, Mystery Workout, and Balance Obstacle Course.





# Village Life *Last Month in Photos*



## Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton\_mills

Twitter @Taunton\_Mills



# GRAND SLAM OF CURLING

## Schlegel Villages' Day

**Thursday, January 16**

11:30 a.m. | Sleeman Centre, Guelph

Through the long Canadian winter, two sports bring energy to small towns and communities across the nation; hockey, of course, is the great Canadian game, but alongside the hockey arena nearly every small town in the country boasts a curling rink.

Curling has always been a way to draw communities together and this year **Schlegel Villages is proud to be a key sponsor** of the WFG Masters Grand Slam of Curling event in Guelph from **January 14–19**, which will bring the global curling community together with some of the world's top athletes.



January 16 will be Schlegel Villages' Day at the bonspiel. We expect to have more than 500 people connected to our Villages at the Sleeman Centre that day, showcasing our love of competition and the way our communities are connected, despite the distances that separate our 18 Villages.

### Interested in attending?

Reach out to the director of recreation or general manager at your Village.

**We hope to see you there!**



**#ElderWisdom  
10th Anniversary**

### *Resident submission*

Share your story, your connection to your hometown, and the places you've always dreamed of visiting, with us!



# Schlegel Villages – CONNECTIONS



## Alzheimer's Awareness Month

 **January** marks a month of awareness around Alzheimer's disease and other forms of dementia in our Villages.

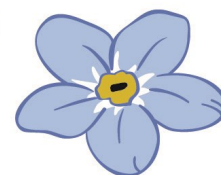
People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease and how to offer meaningful support.

LIMT, our signature dementia program, is coming to life within our Villages. ME forms, sharing our resident's life stories, are the first step in the Supportive Approaches to Care pillar of the program. This is ME top 10 frames are being installed to help us develop personal relationships with residents during care interactions.

The Meaningful and Active Engagement pillar is enhanced with new resources for Neighbourhood Time, a program that will be introduced across our Villages in 2025, where anyone in the neighbourhood can be involved in engaging residents!

GATHER support groups foster connections among residents, encouraging mutual support, and linking care partners with others who share similar experiences.

There are many LIMT successes to build on in 2025!



## Words of Wisdom offer Dementia Support

When facing a dementia diagnosis, big questions start to surface: *What happens next? How do I plan for the future? How will this change my relationships?* For care partners, the experience can be just as overwhelming.

The new Words of Wisdom resources are here to help throughout the dementia journey.

The idea for the resources started with a special event series, “People Living with Dementia Share Their Wisdom.” People from across Canada came together to share their experiences with dementia — from their diagnosis, to planning for the future, to handling stigma. Their heartfelt stories were full of wisdom, and it became clear that they should be shared with more people. The resulting collection of eight resources offer support for both people living with dementia and the people who support them.

For people living with dementia, the guides focus on topics like:

- Tips for handling common misunderstandings about dementia.
- What to expect after getting a diagnosis and where to find support.
- How to plan for future care and support as needs change.
- Simple ways to stay active and take care of mental, emotional, and physical health.



The “People Living With Dementia Share Their Wisdom” panel discussions were spearheaded by dementia advocate Myrna Norman.

For care partners, the guides cover:

- What it means to be a care partner and how to take care of yourself too.
- How to advocate for a loved one through the diagnosis process.
- Tips for care partners to stay healthy and manage stress.
- How to prepare for important care decisions.

Each guide is filled with simple steps people can take right away, like ideas for talking about future care, making a daily routine, and finding support in their community. Through the real quotes and reflections from people living with dementia and care partners, these voices show that while dementia can bring challenges, it is still possible to live well, find joy, and feel connected to others.

Whether you are a person living with dementia or supporting one, these guides are here to empower, inform, and inspire you. Find them at [the-ria.ca/resources/words-of-wisdom](https://the-ria.ca/resources/words-of-wisdom)

# Advertisements



#ElderWisdom  
**Stories from the GREEN BENCH**  
Podcast

Your seat on the green bench is ready and waiting.



**SUBSCRIBE**

Available on Apple Podcasts | Listen on 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

## January

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

AQUARIUS  
 CAPRICORN  
 COLDEST MONTH  
 FIRST MONTH  
 GREGORIAN  
 IANUARIUS  
 JANUS  
 JUVENALIA  
 ROMAN MYTHOLOGY  
 THIRTY ONE DAYS  
 WINTARMANOTH  
 WULF-MONATH

CALENDARS  
 CERVULA  
 DOOR TO THE YEAR  
 GARNET  
 IANUA  
 JANUARY  
 JULIAN  
 NEW YEARS DAY  
 SNOW  
 WARMEST MONTH  
 WOLF MONTH



## MONTHLY RIDDLE

I am often broken, but always made.

## Last Month Riddle Answer

Who makes toy guitars and sings "Blue Christmas"?

**Answer:**  
 Elfis Presley



# 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>
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>Colby Farrell</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>