



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

FEBRUARY 2025

**905-666-3156**

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

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Long Term Care residents and Team Members brought in the New Year with a Dance Party.



# 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

February 1 <sup>st</sup> – Peter Br	February 10 <sup>th</sup> – Ron Ke	February 18 <sup>th</sup> – Esther Pu
February 3 <sup>rd</sup> – Gail Cr	February 10 <sup>th</sup> – Heidi Or	February 20 <sup>th</sup> – Donna Bo
February 3 <sup>rd</sup> – Anne Ha	February 11 <sup>th</sup> – Bob Ir	February 21 <sup>st</sup> – Yvonne Tr
February 3 <sup>rd</sup> – Ann Gi	February 12 <sup>th</sup> – Ruth Co	February 23 <sup>rd</sup> – Yvonne Je
February 5 <sup>th</sup> – Ella St	February 12 <sup>th</sup> – John Mi	February 23 <sup>rd</sup> – Larry Ke
February 5 <sup>th</sup> – Phyllis Bu	February 12 <sup>th</sup> – Mary Jane Em	February 24 <sup>th</sup> – Frances Gr
February 5 <sup>th</sup> – Olga Me	February 13 <sup>th</sup> – Joan Mc	February 26 <sup>th</sup> – Anita Wi
February 6 <sup>th</sup> – Frederick Zu	February 14 <sup>th</sup> – Tilly Va	February 27 <sup>th</sup> – Hanna Ne
February 6 <sup>th</sup> – Patricia Mc	February 16 <sup>th</sup> – Roy lu	February 27 <sup>th</sup> – Mary Ar
February 8 <sup>th</sup> – Mary Bo	February 17 <sup>th</sup> – Katharina Bu	February 27 <sup>th</sup> – Jackie Al
February 8 <sup>th</sup> – Maria De	February 17 <sup>th</sup> – Brenda Mc	February 28 <sup>th</sup> – Pauline Re
February 9 <sup>th</sup> – Roy Or	February 17 <sup>th</sup> – Lloyd Mo	

## Long Term Care Birthdays

February 3<sup>rd</sup> - Doug Su.  
February 5<sup>th</sup> - Thomas Ro.  
February 8<sup>th</sup> - Brenda Ha.  
February 9<sup>th</sup> - Iona Co.  
February 11<sup>th</sup> - Margaret Ba.  
February 16<sup>th</sup> - Frances Eg.  
February 22<sup>nd</sup> - Martin O'M.  
February 23<sup>rd</sup> - Don El.





Barb Schlegel  
**Volunteer Award**



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

# Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

## March 1–15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you  
for your  
nomination!**

  
**SCHLEGEL VILLAGES**

# Chapel News & EVENTS

## UPCOMING Chapel Events

### **The Presentation of Christ – February 1**

This day commemorates the presentation of the infant Jesus at the Temple, symbolizing his dedication to God. It's a time for Eastern Orthodox Christians to reflect on faith, family, and renewal.

### **Imbolc – February 1\***

Imbolc marks the midpoint between the winter solstice and the spring equinox, celebrating the return of light and the stirrings of new life.

### **Parinirvana – February 15**

Parinirvana, or Nirvana Day, commemorates the Buddha's passing into final Nirvana after his physical death. It's observed through meditation and teachings, reflecting on impermanence and compassion.

### **The Great Lent – February 24**

The Great Lent is a period of fasting, prayer, and repentance, leading up to Easter in the Coptic Orthodox faith. It's a time of spiritual discipline, reflection, and seeking closer communion with God.

### **Maha Shivaratri – February 26**

Maha Shivaratri honors Lord Shiva, celebrating his divine power and significance in Hinduism. Devotees fast, chant, and hold night vigils, dedicating the day to reflection and spiritual growth.

## In Memory



### **We remember...**

Margaret B.

Stella W.

Etta G.

Helen A.

Martti L.

David M.

Patrick N.

Shirley H.

The most beautiful experience we can have is the mysterious – the fundamental emotion which stands at the cradle of true art and true science.

Albert Einstein

**Next Celebration of Life...**  
**February 12th at 2:30pm in**  
**Town Hall**

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



The Elephant In The Room

To see an elephant is great, they're bigger than aunt Alice.

She was my favourite sight to see until I saw a palace.

The elephant was in the zoo located at the back,  
the house I slept in, had a yard compared to this, a shack.

Its house was extra roomy with space for it to roam

It didn't want to leave it because it liked its home.

At eight, I saw it, beauty, rough, hide, and trunk to reach

It didn't need a knife or spoon to feed itself a peach.

It's tiny eyes were staring. It slowly flapped an ear.

Oh goodness.! It was mighty. I stood and watched, no fear.

Elephants have great memory, you know that I assume.

It visits very often when people gather in a room.

It has a look upon its face and recognizes me.

Attendees talk around us, pretending not to see

the truth, embodied, staring out Its power controlled for now.

The wait is just beginning for truth will out somehow.

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

**Love is in the air, and so is the love of truffles.**

February is here, and valentines day is around the corner. The two most popular treats surrounding this time of year is Strawberries and Chocolate truffles. Why not combine the two and create something special with the recipe below and share the love!

## White Chocolate Facts

Rich in calcium  
Contains cocoa butter and milk solids  
Invented in 1936  
Vanilla is added for flavour



## Strawberry Cheesecake Truffles

- 1 and 1/2 cups (150g) **graham cracker crumbs** (about 10 full sheet graham crackers)
  - 4 ounces (113g) full-fat brick **cream cheese**
  - 1/3 cup (40g) **confectioners' sugar**
  - 1/3 cup (55g) finely diced **strawberries\***
  - 10 ounces (280g) **white chocolate**, coarsely chopped\*
  - **optional:** 1 drop red or pink food coloring
1. Using a handheld mixer, mix the graham cracker crumbs, cream cheese, and confectioners' sugar together until forms a ball, stir in the strawberries.
  2. Drop balls—about 1.5 – 2 teaspoons of mixture per truffle—onto a lined baking sheet. Chill in the refrigerator for 30 minutes. During this time, the truffles will “set” making them easier to roll into smooth balls. Roll into smoother balls after they've been refrigerated. Place back into the refrigerator as you melt the chocolate.
  3. **Coat in chocolate:** Melt the white chocolate in a double boiler or the microwave. If using the microwave: place the chocolate in a medium heat-proof bowl. Melt until completely smooth
  4. Dip each truffle completely into the chocolate using fork. When lifting the ball out of the chocolate, remember to tap the fork gently on the side of the bowl to allow excess chocolate to drip off. Place balls back onto the baking sheet after you dip each one. Stir food coloring into any leftover white chocolate, then drizzle over truffles. Refrigerate for 30 minutes until set.

## DID YOU KNOW?

**STRAWBERRIES**  
ARE BELIEVED TO HELP  
REDUCE THE RISK OF  
HEART DISEASE AND  
CERTAIN CANCERS.

- **LOW IN CALORIES**
- **HIGH IN VITAMINS C, B6 & K**
- **HIGH IN FIBER**
- **HIGH IN FOLIC ACID**
- **HIGH IN POTASSIUM**
- **HIGH IN AMINO ACIDS**

Natural News



## HEART MONTH - FEBRUARY -

FEBRUARY IS CANADIAN HEART MONTH, A GOOD TIME TO THINK ABOUT THE FACTS ABOUT HEART DISEASE

**1 IN 3**  
 Adults are currently living with a type of a heart disease

**HEART DISEASE AFFECTS MEN AND WOMEN DIFFERENTLY**

**83%**  
 Men are 2x more likely to experience a heart attack

**17%**  
 Women have a lesser chance on receiving a heart attack ranging by %17

**GOOD NEWS**  
 The number of Canadian adults newly diagnosed with heart disease have declined rapidly from 217,600 to 162,780

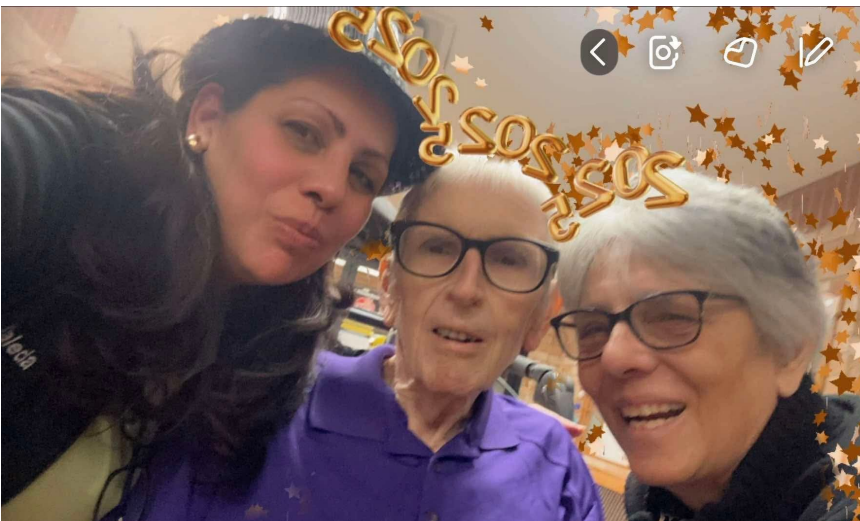
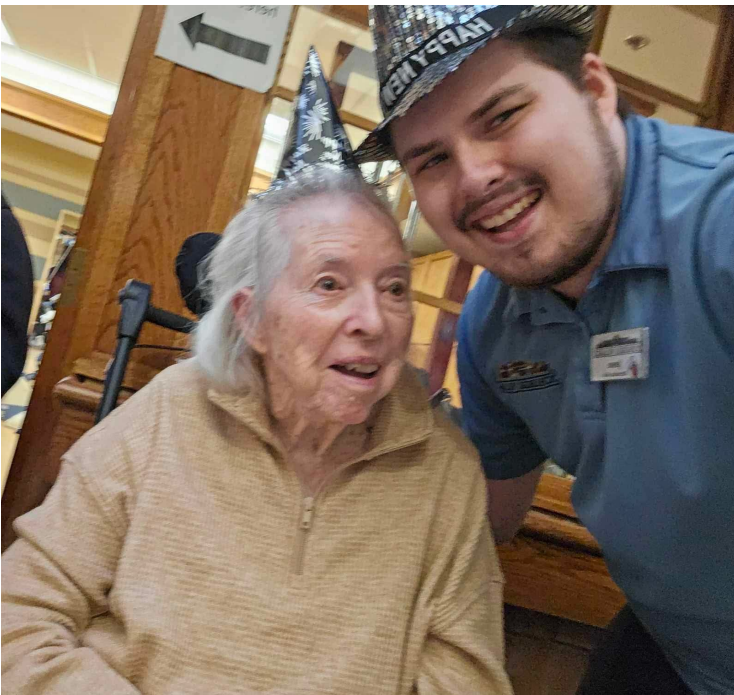
**REDUCE THE CHANCE**

- Attend fitness class
- Get regular health screenings
- Eat a healthy diet
- Get enough sleep

ANY QUESTIONS?? CONTACT PAL COORDINATORS ON 8017 (RH) OR 8016 (LTC)



# Village Life *Last Month in Photos*



## Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton\_mills

Twitter @Taunton\_Mills



## How to have a healthy heart

February is Heart Month, a time to raise awareness about the importance of heart health.

Heart disease is a leading cause of death in Canada. While family history can play a role, other factors can harm your heart health.

Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, shared simple ways to keep your heart healthy and strong, as well as warning signs to look out for.

### What's the most important thing you want older adults to know about their heart health?

Heart health and overall health go hand in hand. Include physical activity and good nutrition every day to keep your heart healthy. A strong heart will help you heal after an injury or illness.

### What activities are best for improving heart health?

Walking at least 30 minutes every day. Be sure to include stair climbing, uphill, or faster walking at least 5 days per week. Challenge yourself to do more than you did last week, and if possible, avoid long periods of sitting, immobility, or bed rest.

### What warning signs should older adults and care partners look for?

Fatigue or shortness of breath when walking at a speed that used to be comfortable could be a sign of heart trouble. Some problems with heart health,



such as high blood pressure, are not obvious, so it is important to check in with your doctor or nurse practitioner regularly.

### What does your research seek to understand when it comes to heart health?

My research focuses on the arteries, which move blood through the body and also help with memory and thinking. Everyone's arteries get stiffer as they age, but not everyone's arteries get stiffer at the same rate. Exercise and good nutrition help keep arteries "younger."

Taking care of your heart is one of the best investments you can make in your health.

### Try adding these five foods to support heart health:

1. Almonds
2. Dark chocolate
3. Wheat germ
4. Flax seeds
5. Lentils and beans

For more information about aging well visit [the-ria.ca](http://the-ria.ca).

## Aspiration LAUNCH

Nearly 15 years ago, Schlegel Villages began a focused effort to transform and reshape the way care and support is offered for the residents who make their home in the Villages. This deliberate shift away from an “institutional model of care” towards what we define as a “social model of living” has always been guided by **eight aspirations**, developed collaboratively with the early pioneers of our change journey.

### The aspirations are to:

- Create Opportunities for Meaningful and Shared Activities;
- Foster Authentic Relationships;
- Promote Resident Empowerment;
- Honour Cultural Diversity;
- Connect Research and Innovation to Village Life;
- Offer Flexible Dining;
- Promote Cross-Functional Teams;
- Offer Flexible Living.

Throughout the Villages, we see these aspirations come to life in countless ways, but through 2025, as an organization we have chosen to



focus on one aspiration in particular: **Create Opportunities for Meaningful and Shared Activities**. Later in February, expect to see team members throughout the Villages wearing their special aspiration t-shirts, and we encourage everyone to consider what this aspiration means to each one of us.

What activities are meaningful to you and how can our team members, residents, family members and partners consciously embrace the moments that can help spread that meaning so we can learn from each other and create lasting impact and memories? Life within our Villages is best defined by the relationships we enjoy within, and when we share what’s meaningful to us, our relationships grow stronger and more defined.

# Schlegel Villages – CONNECTIONS

SCHLEGEL VILLAGES ACKNOWLEDGES

# BLACK

# HISTORY MONTH

Honouring our vast cultural diversity within the Villages is an aspiration that guides us every day, and the celebration of Black History Month in February is another opportunity to reflect on the importance that diversity represents.

We encourage our team members and residents across the Villages to take advantage of the educational opportunities shared throughout the month, and we'd love to hear what more we can do to honour the inspirational legacy of the black community in our Villages and in the wider Canadian context.

We recognize that true equity is a goal we must all work together to achieve, and within our Villages we have residents and team members who represent the black community with distinction in all they do.

We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.

# Advertisements



#ElderWisdom



*Stories* from the  
**GREEN BENCH**  
Podcast

Your seat on the green bench is ready and waiting.



**SUBSCRIBE**

Available on:   

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  
Steph Hamilton – Director of Recreation  
Ext. 6848



## Guest meal pricing

**Tickets are available for purchase at the Village Office.**

While we request 24 hours' notice for guest meals, when possible, we will make every effort to accommodate last-minute requests.

	Retirement	Long-term Care
Breakfast	\$10.50	\$10.50
Lunch	\$16.80	\$13.65
Dinner	\$19.95	\$16.80





**CONNECT** *the* **DOTS**  
The Schlegel Villages Customer Experience

# Success Awards

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioned from our Success Awards to the newly designed **CONNECT the Dots Success Awards**.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

## Credo values – award categories



### Know Me means to...

- Understand and anticipate my needs
- Support my WELL-BEING
- EXCEED my expectations
- Make me feel SPECIAL



### Earn Trust means to...

- Demonstrate YOU care
- Take Responsibility for those we serve
- Create a sense of SAFETY AND COMFORT
- DELIVER on your/our promises



### Be Present means to...

- Be PATIENT and practice LISTENING
- Let ME guide the conversation
- ASK me my expectations and needs
- Focus on Me in the moment



### Follow Through means to...

- Show me my concerns are IMPORTANT
- Confirm that I am VALUED as a customer
- Let me know I will be TAKEN CARE OF
- Create MEMORABLE MOMENTS



### Walk in My Shoes means to...

- Hear what I HEAR
- See what I SEE
- Feel what I FEEL
- CONNECT with me

Look for additional information posted around the Village and remember to nominate a deserving team member who continuously demonstrates the values of the credo!

# 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

# February

## Searching for February

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

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



## MONTHLY RIDDLE

What can be touched, but can't be seen?

## Last Month Riddle Answer

I am often broken, but always made.

**Answer:**

- |                       |                   |                   |
|-----------------------|-------------------|-------------------|
| AMETHYST              | GROUNDHOG (Day)   | ROMANCE           |
| AQUARIUS              | HEARTS            | SNOW              |
| BLACK HISTORY (Month) | HIBERNATE         | SUPER BOWL        |
| CANDLEMAS             | ICICLE            | VALENTINE'S (Day) |
| COLD                  | PISCES            | VIOLET            |
| FROST                 | PRESIDENTS' (Day) | WINTER            |



# BLACK HISTORY MONTH

# 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>Karen Burt</b> - Asst General Mgr - LTC	<b>8008</b>	<b>Noëlla Black</b> (Senior) General Manager	<b>8003</b>
<b>Andrew Velasco</b> Director of Care	<b>8005</b>	<b>Emily Vasey</b> Asst General Mgr - RET	<b>8009</b>
<b>Ingrid Smithen</b> Asst Director of Care <b>Chris Marcelo</b> Asst. Director of Care-IPAC <b>Mellisa Burley</b> Behavioural Supports ON	<b>8060 5110 5107</b>	<b>Lisa Furlong</b> Director of Wellness <b>Heather Wagner</b> Wellness Coord -South <b>Mary Grace Hatt</b> Wellness Coord - North	<b>5092 8069 8034</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>Donielle McLaren</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>8089</b>		
<b>Ben McLeod</b> Asst. Director of Environmental Services	<b>8015</b>	<b>Dean Cantwell</b> Director of Environmental Services	<b>8006</b>
<b>Farah Sadiq</b> PAL Coordinator / 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>
<b>LTC – NEIGHBOURHOODS</b>		<b>Retirement Neighbourhoods</b>	
<b>PERRY</b>	<b>5108</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>
<b>FOOD SERVICES</b>		<b>Marketing Dept.</b>	
<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>Alistar</b> Dining Room Supervisor	<b>8014 5091</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>Vanessa Buslig</b> Admin. Assistant/Student Coordinator	<b>5113</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>Main Kitchen</b>	<b>8021</b>	<b>School House</b>	<b>8071</b>