



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

March 2025

905-666-3156

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

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Celebrating a special day! Our amazing team member shares a sweet treat with a resident on their birthday, complete with balloons and big smiles!

Birthdays

If you would prefer not to have your birthday displayed in the newsletter or village, please let Recreation know at ext. 8013

Retirement Birthdays

March 3rd- Desmond Ne.	March 15th- David Me.	March 27th- Marilyn Ma.
March 7th- Mary Kr.	March 17th- Ellie Ve.	March 29th- Sophie Me.
March 7th- Gerard La.	March 18th- Charles Da.	March 29th- Susan Gr.
March 7th- Ellen Wa.	March 18th- Daphne No.	March 30th- Cynthia Br.
March 8th- Victor D'Ag.	March 18th- Vivian Mc.	March 30th- Sandra Ag.
March 9th- Beverley Da.	March 19th- Walter Ko.	March 31st- Rosemary Sh.
March 10th- Rita Pe.	March 19th- Gordon Ma.	
March 11th- Kate Do.	March 20th- Pat Ay.	
March 12th- Henriette Wi.	March 20th- Elaine Me.	
March 12th- Gerald Sm.	March 24th- Betty Wa.	
March 12th- Gloria El.	March 27th- Blanche Bi.	
March 13th- Glenda Br.	March 27th- Mary He.	
March 13th- Linda Fo.	March 27th- Margaret Ne.	

Long Term Care Birthdays

March 1st- Glinda Fa
March 4th- Chu Nam Ki.
March 7th- Khondoker Im.
March 12th- Mario Du.
March 13th- Cecil K.
March 16th- Jean Jo.
March 17th- Patricia Co.
March 26th- Marino Fe.
March 29th- Leonard Jo.
March 29th- Bernhard Ho.
March 29th- Akke Pl.
March 31st- Doug We.



VOLUNTEER CORNER

With Greg Lyons – Volunteer Coordinator Ext. 5111

We  our
volunteers

VOLUNTEER  In the 
Spotlight

Gregory Lyons- Our New Volunteer Coordinator

We're excited to welcome Greg Lyons as our new Volunteer Coordinator starting February 4th! Greg has been part of the Village team since 2022, working as a Recreation Aide, and he's been a fantastic presence ever since. He has a real talent for connecting with residents, making their experience more enjoyable through fun and engaging activities. His ability to build strong relationships with both residents and co-workers has made him a key part of our community.

In his new role, Greg will take the lead in organizing volunteer efforts, helping create a rewarding experience for both volunteers and the people they support. He'll also continue some of his Recreation Aide duties, keeping that strong connection with residents while stepping into this new leadership role. We're thrilled to see him take on this opportunity and continue making a positive impact!

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

Islamic: Ramadan – March 1

Ramadan is a holy month of fasting, prayer, and self-reflection for Muslims, commemorating the revelation of the Quran to Prophet Muhammad. It is marked by abstinence from dawn to sunset, charity, and spiritual growth within the community.

Christian: Ash Wednesday – March 5

Ash Wednesday marks the beginning of Lent, a 40-day period of fasting and repentance leading up to Easter. Christians observe this day with prayer and the symbolic application of ashes, reflecting on humility and renewal.

Hindu: Holi – March 14

Holi, the Festival of Colours, celebrates the arrival of spring and the triumph of good over evil. Celebrated with vibrant colours, music, and gatherings, it's a joyful day of unity and forgiveness.

Islamic: Eid al-Fitr – March 31

Eid al-Fitr marks the end of Ramadan, celebrating a month of fasting and spiritual dedication. It is a joyous time for Muslims, who come together for prayers, feasting, and charitable giving.

In Memory



We remember...

Helen A.
Mary B.
Natalie J
Gina P.
Angela S.
Diane S.
Edna S.

“The most important time in the world is the time you make for yourself”

Next Celebration of Life...

May 1st at 2:30pm in
Town Hall



Impact

It's warming up, smiles at the ready,
Anti-bullying stop the fray.
Is the tune we sing today.
Guarding tongues, do as you say.
Be a friend, learn how to play.
Old and young with give and take
will influence all to reciprocate.
Follow values, we all know
shared from testaments long ago.
Humanity, united, modern theme,
all united is the dream.
National spirit raised of late.
Will spur our country, change our fate.
Let us make this planet great!

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



Cinnamon is a spice that very versatile and used in baking or to add flavour to drinks and offers many health benefits. One of my favourite uses are in cinnamon rolls! Last month for February's Alzheimer's awareness, Cinnamon Rolls were made to raise money and were enjoyed by all.

Cinnamon Rolls

Dough:

- 2 cups all-purpose flour, plus more as needed
- 2 tablespoons white sugar
- 2 teaspoons baking powder
- 1 teaspoon kosher salt
- 3 tablespoons unsalted butter, softened
- 2/3 cup whole milk

Filling:

- 1/4 cup white sugar
- 1/4 cup light brown sugar
- 2 teaspoons ground cinnamon

Frosting:

- 1 cup confectioners' sugar
- 4 ounces cream cheese, softened
- 1/4 cup unsalted butter, softened
- 1/2 teaspoon vanilla extract

Top 5 Benefits of Cinnamon

- 1 Contains anti-inflammatory properties
- 2 Supports healthy blood sugar levels
- 3 Helps inhibit certain bacteria and fungi
- 4 Boosts mood and energy levels
- 5 Supports healthy blood pressure and cholesterol levels

Dr. Tricia Pingel



4 ways to eat more CINNAMON

cinnamon is rich in manganese, iron, calcium and fiber!

1 HOT TEA

Add one to two teaspoons of ground cinnamon to a hot cup of green tea or cider.



2 BAKED GOODS

Incorporate cinnamon into your favorite holiday recipes



3 CEREAL

sprinkle a teaspoon on your morning cereal or oatmeal for added nutrients.



4 SOUPS

A dash or two of cinnamon added to soups such as lentil or black bean adds exotic flavor.



Did you know?

Just 1 tbsp of cinnamon provides 68% of your recommended daily intake!



1) Preheat the oven to 400 degrees F (200 degrees C). Brush an 8-inch square baking dish with 1 tablespoon of the melted butter.

2) To make the dough: Whisk flour, white sugar, baking powder, and salt together in a large bowl. Work 3 tablespoons softened butter into flour mixture using your hands until butter is lentil-sized. Pour milk into flour-butter mixture and stir with a rubber spatula until a soft dough forms.

3) Turn dough out onto a well-floured work surface and roll dough into a 10-inch square pan. Brush surface of dough with remaining 2 tablespoons melted butter.

4) To make the filling: Whisk 1/4 cup white sugar, brown sugar, and cinnamon together in a small bowl. Sprinkle 1 tablespoon cinnamon-sugar mixture in the bottom of the prepared baking dish. Sprinkle remaining cinnamon sugar over butter-brushed dough.

5) Roll dough around filling to form a log; cut log into 9 rolls about 1-inch wide; place rolls, cut-side up, in the prepared baking dish.

6) Bake in the preheated oven until rolls are puffed and lightly golden, 20 to 25 minutes.

7) To make the frosting: Beat confectioners' sugar, cream cheese, 1/4 cup softened butter, and vanilla extract together in a bowl until frosting is smooth. Spread over rolls

Village Life *Last Month in Photos*



Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton_mills

Twitter @Taunton_Mills



Medication Management Made Simple

Managing medications can be difficult as we age. Keeping track of prescriptions, understanding dosages, and ensuring safe use all require careful attention. Tejal Patel, pharmacist and Schlegel Specialist in Medication Management and Aging, shares expert advice to help you simplify the process and improve your medication safety.

Keeping Track of Medications

Maintaining an updated list of all medications is essential. This should include:

- Prescription drugs
- Over-the-counter medications
- Vitamins and supplements (e.g., ginseng, ginkgo)
- Any natural health products

Update this list whenever there is a change, such as a new medication, stopping a medication, or changing the dosage. Keep track of any side effects and discuss them with your doctor.

Getting the Right Support

If you have difficulties with medication use, talk to your pharmacist. They can help with:

- Opening bottles or blister packs
- Swallowing pills
- Reading medication labels



- Understanding instructions
- Organizing your pills

Pharmacists offer solutions, such as easy-open packaging or other ways of taking a medication.

Key Questions to Ask About a New Medication

1. Does this interact with any medications or supplements I take?
2. What side effects should I watch for?
3. When will I start to feel its effects?
4. What time of day should I take it, and should it be taken with food?
5. How should I stop taking it safely?
6. How often will I need a refill?
7. What happens if I miss a dose?
8. Are there any activities (e.g., driving) I should avoid while taking this medication?

By staying informed and seeking the right support, keeping track of medications can become an easier part of daily life.

Subscribe to updates from the RIA at the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.

Schlegel Villages – CONNECTIONS

INTERNATIONAL WOMEN'S DAY

On **March 8**, we celebrate the immeasurable impact of the women in our lives as we mark **International Women's Day**.

Within our Villages, women make up the majority of the population of both team members and residents, and we are forever grateful for the impact they have in our communities every day.

We also recognize March as **Nutrition Month**, and we wanted to pay special tribute to the many women who bring healthy and nutritious meals to the dining rooms of our Villages. They play such a vital role in the overall well-being of our residents, for they are essential in planning, preparing, and serving balanced meals that meet the needs of those we serve.

Through their dedication, they not only provide nourishment but also create a sense of comfort and care, bringing meaningful dining experiences to our residents every day.

SCAN TO LEARN MORE

about these five women, their diverse career stories and favourite recipes.



Alam Raymon
The Village of Humber Heights



Evelyn Marquez
The Village of Erin Meadows



Brigette Swaby
The Village of Erin Meadows



Madelaine Sperry
Erin Mills Lodge



Starr Albino
The Village of Wentworth Heights



Schlegel Villages – CONNECTIONS

Celebrating our CANADIAN ROOTS



Over the past several weeks, we've seen worrisome trends in the relationship between Canada and the United States. With all the talk of tariffs and trade imbalances, however, we have seen a surge in pride in the values we celebrate as Canadians, and we've been feeling it through Schlegel Villages, as well.

For more than 70 years, our Schlegel Family has grown, beginning with humble roots at our first care home in London, Ontario.



Egerton Private Hospital, London, ON, 1953

Today, we are 18 Villages strong and we're looking forward to opening more in the coming years, beginning in late 2025/early 2026 with The Villages of Ridgeview Court in Milton and Millers Creek in Ajax.

The diversity we celebrate in our Villages is a representation of the diversity we value so much in the communities around us, and it is something we, as Canadians, will always be proud of.



The Schlegel family
From left: Jamie, Ron, Barb, Brad and Rob¹¹

Advertisements



#ElderWisdom



Stories from the
GREEN BENCH
Podcast

Your seat on the green bench is ready and waiting.



SUBSCRIBE

Available on  Apple Podcasts  Google Podcasts  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
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





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!



Granting Unfulfilled Wishes to Seniors

We Are Young (WAY) is a charity dedicated to empowering seniors by improving age-related barriers such as social isolation and loneliness, enhancing mental and physical well-being, and restoring seniors' sense of purpose by creating transformative wish experiences. Through our work we are challenging societal perceptions of aging and fostering a culture of inclusivity and respect, creating meaningful experiences that inspires both individual and community level change.



Etta gets geared up to go skydiving!

What types of wishes do we grant?

We Are Young is a charity that grants **experience-based** wishes. These wishes encompass a range of heartfelt desires, such as realizing lifelong dreams, rediscovering passions, or fostering connections with loved ones. Types of wishes that we do not grant include material-based or physical items, service-based, or home renovation assistance. Visit our FAQ page online for more information!

Get In Touch



Email

info@weareyoung.ca



Visit Us

www.weareyoung.ca



Phone

+902-701-8848

Our Application Process

1 Submit an Application

Is there someone in your life you would like to nominate to have their wish fulfilled? Or, are you a senior with a wish you would like to see fulfilled? We Are Young (WAY) values diversity and inclusion, and encourages anyone who is eligible to apply through our online application at www.weareyoung.ca

2 Wish Committee Review

We Are Young's volunteer wish committee evaluates each wish to ensure the wish meets the mandatory criteria. If the individual does not meet the mandatory criteria, you will be notified by our team.

3 Interview

If the wish meets mandatory criteria, a We Are Young representative will connect with you to schedule a brief interview. This phone/video call will allow us to gather more information about the nominated senior and provide us with more details of their wish request.

4 Next Steps

You will be notified by We Are Young on the final status of your application. If we can support your wish request, the planning stages of your wish will begin. Although we are encouraged by the increasing number of wish applications that are submitted, we are unable to support every request we receive and therefore coordinate wishes the best we can based on feasibility, urgency, and wish logistics.



Buddy attends his first live NHL game, rooting for his favorite team!

Eligibility

Individuals who meet the following criteria are eligible to have their wish submitted:

- 70 years of age or older
- Permanent resident of one of the areas we serve (Atlantic provinces and Ontario)
- Has an experience-based wish they would like to see fulfilled
- Can not fulfill their wish on their own

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*****

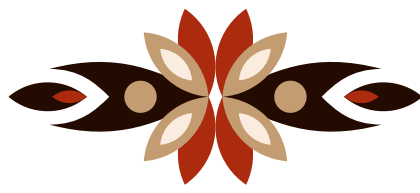
10oz Insulated Yeti Stainless Steel Rambler

\$25 plus tax (\$28.50)

Please contact

Frits Jansen for more information.

905-666-4942



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, 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 on 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

Searching for March

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



MONTHLY RIDDLE

Why don't you iron four leaf clovers?

Last Month Riddle Answer

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

Answer:

18

Someone's Heart

AQUAMARINE

DAFFODIL

PURIM

ARIES

DAYLIGHT SAVING

RENEWAL

BASKETBALL

EQUINOX

SHAMROCK

BIRDS

HOLI

SPRING

BLOSSOMS

MARDI GRAS

STORMS

CLOUDS

PISCES

ST. PATRICK'S DAY

Taunton Mills Team Directory

STAFF	EXT	STAFF	EXT
Charge Nurse LTC Perry	5005	Charge Nurses – North Tower Retirement – South Tower	5905 5100
Karen Burt Asst General Mgr - LTC	8008	Noëlla Black (Senior) General Manager	8003
Andrew Velasco Director of Care	8005	Emily Vasey Asst General Mgr - RET	8009
Ingrid Smithen Asst Director of Care- Quality Lead	8060	Lisa Furlong Director of Wellness	5092
Chris Marcelo Asst. Director of Care-IPAC	5107	Heather Wagner Wellness Coord -South	8069
Mellisa Burley Asst. Director of Care- BSO	5110	Mary Grace Hatt Wellness Coord - North	8034
Nikita Henry Resident support Coordinator	5109	Alysha Holland NH Coord- Egerton	8035
Diane MacLean NH Coord. Dryden/ Claremont	8018	Amanda Sturgeon NH. Coord- North	8026
Mitch Wolf NH Coord. Perry/Dunlop	8019	Donielle McLaren NC-Becker	5000
Rob Kennedy Chaplain	8011	Jenn Cain NH Coord. – Emma's	8065
Christal Leduc RAI MDS	8020	Adrienne Brooks NH Coord -South	8062
Susan de Leon Administrative Asst LTC	8012	Vergine Tumanyan Office/Team Exp. Coord.	6836
Allison Sauv� Recreation Supervisor	8007	Joan Brown Administrative Asst RET	8001
Gregory Lyons Volunteer Coordinator	5111	Judy Collard Admin. Coordinator	8002
Zibby Maintenance - LTC	5873	Steph Hamilton Director of Recreation	6848
Christine Arnold Nurse Practitioner	8089	Hobby Room (Art Studio)	8013
Ben McLeod Asst. Director of Environmental Services	8015	Dan Kennedy General Mgr at Millers Creek	8090
Farah Sadiq PAL Coordinator / Kinesiologist	8016	Dean Cantwell Director of Environmental Services	8006
Brenda Giambattista Village Health Ctr / Oksana Foot Clinic	905 665-0155 X8048	Russ, Brayden, Lucas & Rodel RH Maintenance	5871
RiverStone Spa & Hair Salon	8050	Melissa McNally North RH Kinesiologist	8017
<i>LTC – NEIGHBOURHOODS</i>		Amelie Larochele South RH PAL Coordinator	8017
PERRY	5108	<i>Retirement Neighbourhoods</i>	8036 / 8037
DRYDEN	8025	North Tower 1 st Floor Nursing Station Williamsburg Med Cert / PCA Egerton Med Cert / PCA	5865 / 5864 8040 / 5857 5002 / 5003
CLAREMONT	8028/8029	South Tower Williamsburg Emma's PCA Emma's Med Cert	5102-5103-5104 5105 / 5106
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
Colby Farrell Director of Hospitality	8014	Amy Haines Village Experience Coordinator	8058
Alister Dining Room Supervisor	5091	Vanessa Buslig Admin. Assistant/Student Coordinator	5113
Wine Bar – Fire Side Lounge	8039	Laundry	8052
Caf� 1st Floor Retirement	8044	Demonstration Kitchen	8069
RUBY'S Bar Direct line to RUBY'S Restaurant	8067 905 665-2072	School House	8071
General Store-RH	8055		
Main Kitchen	8021		