



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

April 2025

905-666-3156

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

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Heart warming moments ❤️ A smile, a furry friend, and a little creativity—pure joy in the simple things!



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

Birthday	Birthday	birthday
April 1st – Mary-Elin Mil	April 15th – Brian Har	April 27th – Ann Fro
April 2nd – Diane Sin	April 15th – Diane Mav	April 28th – Isobel Fra
April 10th – Ernie Jer	April 16th – Doris McA	April 29th – Diane Sew
April 10th – Erika Bas	April 19th – Lila Sul	
April 13th – Ben Mul	April 19th – Bernadet Bai	
April 13th – Gay Ada	April 20th – Margaret Wid	
April 15th – Betty Wat	April 21st – Bill Hun	
April 15th – Muriel Mas	April 23rd – Eunice Sto	
April 15th – Dale War	April 23rd – Roy Sin	

Long Term Care Birthdays

April 1st- Sigfried Fi.
April 4th- Jeff He.
April 5th- Arthur We.
April 7th- Elisa Pe.
April 11th- Claire We.
April 11th- Lise Ma.
April 14th- Zena St.
April 21st- Cathy Bu.
April 22nd- Lorel Ha.
April 22nd- Bonita Co.
April 23rd- Maria Mo.
April 25th- Elizabeth Th.
April 26th- Brian Re.
April 27th- Vincenzo Ci.
April 28th- Sylvia Co.



VOLUNTEER CORNER

With Greg Lyons – Volunteer Coordinator Ext. 5111

We  our
volunteers

VOLUNTEER In the Spotlight

Charles “Chuck” Guest

This month, we’re thrilled to shine the spotlight on a resident volunteer who goes above and beyond to make our village a more connected and welcoming place.

Chuck is a dedicated volunteer who brings joy and energy to our village in so many ways. Whether assisting with lively sing-alongs in the Egerton Neighbourhood, lending a helping hand in the dining room, or assisting with mail delivery, he’s always ready to support fellow residents and team members.

On Thursday nights, you’ll find Chuck helping out with Curling, showing his enthusiasm for sports and teamwork. He’s also an active member of the VAT Team and even competed in our Village Summer Olympics, demonstrating his commitment to both service and fun!

Chuck’s generosity, kindness, and community spirit truly make a difference.

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

April 13-20 – Jewish: Passover

Celebrates the liberation of the Israelites from Egyptian slavery.

April 14 – Sikh, Hindu:

Vaisakhi

Marks the Sikh New Year and celebrates the spring harvest.

April 20 – Christian: Easter

Celebrates the resurrection of Jesus Christ.



In Memory

We remember...

Lai Wan Ch.

Louis Ci.

Blanche Bi.

Olga Nu.

June Sa.

Gordon Sw.

The way is not in the sky;
the way is in the heart.

Next Celebration of Life...

May 1st at 2:30pm in

Town Hall

Poem of the Month
Written by: Patricia Bayley



Spring

April umbrellas ! Yes Spring's on its way.
These shapely coverings protect those through the day
to carry out business, to shop, and to play.
It is lambing season, and snow's washed away.
Wet asphalt reflecting the street lights at night
gives way to the warmth of the rising sun's light.
The shrubs all need care now to save them from harm
and protect rustling creatures, so quick to alarm.
Yet the drama's soon over , sunny days are a treat
as Winter withdraws now, its appetite replete.
Walks in the garden refreshed by the rain
give everyone pleasure as Spring comes again.

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

With Spring here and Easter around the corner, There is a lot to celebrate this month! But first, we would like to acknowledge a special celebration from last month, when we surprised an LTC resident with granting his birthday wish. His wish was to have his favourite childhood treat... Congo squares. These are easy to make and would make a delicious addition to your easter table!



Hey, Everybunny...
IT'S EASTER!
PUT THESE FUN FACTS IN YOUR BASKET

Easter Eats & Treats By the Numbers

 16 Billion Jellybeans <small>These could easily circle the globe.</small>	 700 Million Peeps™ Marshmallows <small>Yellow is most popular.</small>
 100 Million Cadbury™ Chocolate Crème Eggs <small>Eggs—tremely popular since 1875!</small>	 90 Million Chocolate Easter Bunnies <small>Listen up: 89% of Americans eat ears first.</small>
 50 Million Ghirardelli™ Chocolate Squares <small>The first Ghirardelli store was in Peru!</small>	 25 Million Toblerone Swiss Chocolate Bars <small>There's a bear hidden in the logo. Hunt for it!</small>

Congo Squares



Ingredients

2 ¼ cups packed light brown sugar
¾ cup unsalted butter, melted
3 eggs
2 ¾ cups all-purpose flour
2 ½ teaspoons baking powder
½ teaspoon salt
1 cup chopped walnuts
6 ounces semi-sweet chocolate chips

Instructions

1. Preheat the oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking pan.
2. Combine brown sugar and melted butter in a large bowl; cool slightly. Beat in eggs, one at a time.
3. Combine flour, baking powder, and salt in a separate bowl. Add to brown sugar mixture; mix well.
4. Stir in walnuts and chocolate chips. Pour into the prepared baking pan.
5. Bake in the preheated oven for 25 to 30 minutes. When almost cool, cut into 48 squares.

February NuStep Challenge

NuStep Challenge Scores

Group Participants:

- S+L (Sybil & Lou) **#1**
 - **302,171 Steps**
- The Robins (Carol S. & Maggie R.) **#2**
 - **138,450 Steps**
- D & M (Dennis B. & Mike) **#3**
 - **107,605 Steps**
- The Blue Belles (Ruth T. & Maureen M.)
 - **92,993 Steps**
- Charles. G, Gerard. L, & Evelyn M.
 - **23,514 Steps**

Individual Participant:

- Maria F.
 - **37,550 Steps**



What is the NuStep?

The NuStep Cross Trainer is a cardio exercise machine that is designed to help build strength, endurance, and mobility in one's lower legs.

About the NuStep Challenge

The NuStep challenge runs all month long. You'll usually need a partner to join the contest. The objective of the challenge is to see how many steps you can acquire before the month is over. Every time that you go on the NuStep you record the number of steps you did for that session and place it into a ballot box to be recorded later on. By the end of the month which ever team has the most steps wins the challenge.

PAL PARTICIPANT OF THE MONTH

LOU MARZOLA



We are proud to recognize Lou Marzola as our PAL Participant of the Month. His commitment to fitness, perseverance, and positive attitude serves as an inspiration to those around him.

As Lou wisely puts it, **“Do your best and see what happens”**.

At 77 years old, Lou Marzola shows clear dedication to an active lifestyle. His fitness journey began at the age of two when his grandfather gifted him a wheel barrel, which he filled with bricks and carried around the house—unknowingly laying the foundation for a lifetime of physical activity. Throughout his life, Lou has remained deeply involved in sports, both as a player and a coach. He has competed in hockey, bowling, triple jump, and the 100m dash in track and field. As a baseball coach, he played a key role in expanding his league from approximately eight teams to forty teams. Today, Lou continues to prioritize his health by regularly attending Men’s Strengthening fitness and Level 2 exercise classes. His motivation stems from a desire to stay engaged and active each day. **This month, he has fully embraced the NuStep challenge, participating three times a day. His competitive spirit drives him to push his limits and maintain his overall well-being.**

Village Life *Last Month in Photos*



Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton_mills

Twitter @Taunton_Mills



Advance Care Planning Can Bring Peace to People Who are Dying

For many people, the thought of dying brings up feelings of fear and uncertainty, which may prevent them from finding peace as they face the end of life.

Nearly one in five older Canadians may not experience peace with dying, according to a recent data analysis of the Canadian Longitudinal Study on Aging at McMaster University. The analysis, published earlier this year, highlights the importance of end-of-life care and suggests advance care planning may help people feel more at peace before they die.

As people go through their end-of-life journey, their health and symptoms will change, and it is the responsibility of their healthcare team, family, friends, and care partners to ensure their end-of-life wishes are understood and honoured.

Heather Keller, Schlegel Research Chair in Nutrition and Aging, and her colleagues Dr. Allan Garland and Dr. George Heckman share important and helpful advice to empower you to make informed healthcare decisions ensuring your voice is heard and respected.

What is Advance Care Planning?

Advance care planning is about documenting your wishes and instructions for your present and future health should you be unable to speak for yourself. We understand these conversations can be difficult, but with



the right information and support, advance care planning can help you find peace at the end of your life. Below are some tips to help you make informed healthcare decisions.

Choose a substitute decision-maker

A substitute decision maker is a person or persons who will inform the care team about your wishes if you are unable to do so yourself. The substitute decision-maker must understand and represent your wishes for medical care and be able to provide consent for treatments.

Speak to your healthcare team and ask questions

Here are a few questions you may want to ask your healthcare provider:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- What will happen if I decide not to have the treatment and/or procedure?

For additional resources about Advance Care Planning, visit the-ria.ca/resources/babel/.

National Volunteer Week

April 27–May 3

Our Villages thrive because of the relationships that bloom in all of our neighbourhoods among all Villagers – our residents, team members, community partners, and, of course, our wonderful volunteers. At the end of April, we'll make extra time to pay a special tribute to the countless people who give their time, energy and love to the people who call our Villages home.

Volunteers Make Waves is the theme this year, and we think of the steady, ongoing force the waves of volunteers have in the lives of our residents and team members. That impact ripples over the course of time, and for the third year in a row, Villages across the province will offer the **Barb Schlegel Volunteer Award** in memory of the kind-hearted matriarch of the Schlegel Villages family, who always gave of herself in service of others.



We look forward to sharing a snapshot of the recipients at the end of that special week and invite you to visit our website featuring our 2024 recipients; be sure to take a moment to thank all of the volunteers who make our Villages such wonderful places to live and visit.

We  our
volunteers

#NVW2025



— APRIL IS — **PARKINSON'S** **DISEASE AWARENESS** — MONTH —

Across Canada, it's estimated that more than **110,000 people** are living with Parkinson's disease.

Within our Villages, we know and have known many who always inspire us with their tenacity and perseverance in the face of the challenges the disease can present.

A key aspect that rings true is the fact that the experiences of someone living with Parkinson's are as unique as the individual; there is no single path of progression of symptoms and no certainty in predicting the pace. What is common, however, is the fact that people living with the disease and their loved ones deserve every opportunity to make the most of every moment, and we're proud to support in any way we can.

April is marked across the country as Parkinson's Awareness Month, and we urge everyone to take some time to learn more about the many ways people living with the disease and their loved ones are affected.

Sharon Hunwick, a resident living at Erin Mills Lodge who was diagnosed with Parkinson's disease at the age of 43, shared her fascinating insights on the Stories from the Green Bench podcast.

This April, we join Canadians across the country in pursuit of more knowledge and research to help slow and hopefully eliminate the progression of this disease.

For more information and resources visit Parkinson Canada at parkinson.ca 13

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



The Ruby

SCHLEGEL VILLAGES' HIDDEN GEM



Dining options

Dine at The Ruby

Break bread with us.
Enjoy a delicious meal with a
breathtaking view in our
comfortably elegant dining room.

or

Take-out meals

Get it while it's hot.
Pick up a freshly cooked meal
and enjoy it in your room or
out in the courtyard.

Wednesday – 4–6:30 p.m.

Thursday–Saturday – Noon–2 p.m. | 4–6:30 p.m.

Ruby on the run

Grab and eat now.
Enjoy freshly baked goodies
and sweet treats.

Every Wednesday on Main Street
11:30 a.m.–2 p.m.

Catering

Celebrate special moments.
The Ruby is the perfect spot to
host any special event or occasion.
905-665-2072 x 8067
judith.gray@schlegelvillages.com

Reservations are recommended but
walk-ins are welcome!**905-665-2072 x 8067**

**Join us on the
top floor!**



Please join us for

“GATHER”

group

Life Transitions

Thursday April 17th, 2025

6PM LTC Board Room

Please contact Nikita to RSVP

Nikita.Henry@schlegelvillages.com



GATHER group – Life Transitions

Designed for those experiencing changes in their life circumstances which might include a move to the Village, losing a driver's license or a health challenge. Life transitions sometimes result as independence changes, more help is needed and the future looks different. This group creates a safe space to talk about the life transitions you are experiencing with others who share this experience and to explore support and coping strategies together





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*****

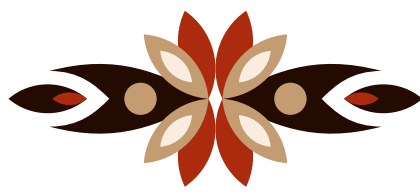
10oz Insulated Yeti Stainless Steel Rambler

\$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 April

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



MONTHLY RIDDLE

I trick and tease but mean no harm,
One day only—it's my charm.

Last Month Riddle

Answer

Why don't you iron four leaf clovers?

Answer:

You don't want to press your luck.

APRIL FOOLS' DAY

ARBOR DAY

ARIES

BASEBALL

DAISY

DIAMOND

EARTH DAY

EASTER

KITE

PASSOVER

RAINBOWS

SHOWERS

SPRING

SPROUT

TAURUS

TAXES

THAW

TULIPS

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
Asst. Director of Environmental Services	8015	Dan Kennedy General Mgr at Millers Creek	8090
Farah Sadiq PAL Coordinator / Kinesiologist	8016	Ben McLeod 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
LTC – NEIGHBOURHOODS		Amelie Larochelle South RH PAL Coordinator	8017
PERRY	5108	Retirement Neighbourhoods	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
FOOD SERVICES		Marketing Dept.	
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 Caf� 1st Floor Retirement	8039 8044	Laundry	8052
RUBY'S Bar Direct line to RUBY'S Restaurant	8067 905 665- 2072	Demonstration Kitchen	8069
General Store-RH	8055	School House	8071
Main Kitchen	8021		