



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.



905-666-3156

LTC: 3800 Brock Street North

Retirement: 3790 Brock
Street North

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Celebrating our incredible resident volunteer, Chuck Guest, as he receives the Barb Schlegel Award! Chuck's dedication, warmth, and unwavering spirit make our Village a better place every day. Congratulations, Chuck — this honour is so well deserved!



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

June 1st – Cyril Bea
June 1st – Ellen Chi
June 2nd – Carol Sam
June 4th – Anne Lou
June 4th – Marjorie Bos
June 6th – Alan Won
June 6th – Kathe Seg
June 7th – Mary Ste
June 8th – Terry Ker
June 8th – Audrey Car
June 9th – Jack Hya
June 10th – Agnes Wen

June 11th – Bob Ell
June 12th – Henry Nas
June 14th – Dan Bon
June 15th – Bernice Joh
June 15th – Sybil Pug
June 18th – Violet Sei
June 19th – Evangeline His
June 19th – John Cha
June 20th – Margaret Che
June 20th – Patricia Sil
June 22nd – Sandy Mac
June 24th – Doreen Mar
June 25th – Richard Smi

June 26th – Dorothy New
June 26th – Sheila Gre
June 26th – Sheila Wes
June 27th – Rose Ful
June 27th – Ashton McM
June 28th – Mary Row
June 28th – Ed Mos
June 28th – Rita Woo
June 30th – Pat Cre

Long Term Care Birthdays

June 3rd - Koontie Mah.
June 4th - Ed Hop.
June 9th - Guyatree Goc.
June 11th - Suzanne Mck.
June 12th - Marc Tot.
June 21st - Lisa Ran.
June 21st - Ron Dal.
June 27th - Helen O'Re.
June 28th - Thomas Tea.
June 28th - Rolande Ros.
June 30th - Rebecca Kel.



Chapel News & EVENTS

UPCOMING Chapel Events

Jewish: Shavuot – June 2

Shavuot celebrates the giving of the Torah at Mount Sinai, a central event in Jewish history. Observed with study, prayers, and dairy meals, it's a time to reflect on the teachings and values of the Torah.

Islamic: Eid al-Adha – June 7

Eid al-Adha, the Festival of Sacrifice, commemorates Prophet Ibrahim's willingness to sacrifice his son in obedience to God. Muslims observe this day with prayers, charitable giving, and the sharing of meals to honor faith and compassion.

Christian: Pentecost – June 8

Pentecost marks the descent of the Holy Spirit upon the apostles, celebrated as the "birthday" of the Christian Church. Christians observe this day with prayers, gatherings, and reflections on spiritual empowerment and community.

Roman Catholic: Feast of Corpus Christi – June 19

The Feast of Corpus Christi celebrates the Eucharist and the presence of Christ in the sacrament, central to Catholic worship. It's marked by processions, prayer, and adoration, affirming faith in the sacred nature of the Eucharist.

Christian: St. Peter and St. Paul Day – June 29

This day honors the apostles Peter and Paul, celebrated as foundational figures in Christianity. Christians remember their dedication, courage, and contributions to the early Church through prayer and gatherings.

In Memory



We remember...

Cathy Bug.

Glinda Far.

Dennis Lud.

Fiona Lyo.

Marilyn Moo.

Doug Web.

Delphina Won.

"Faith is taking the first step even when you don't see the whole staircase." – Martin Luther King Jr.

Next Celebration of Life...

July 24th at 2:30pm in

Town Hall

Poem of the Month
Written by: Patricia Bayley



Deep Thoughts

**Misty ocean...silent...deep.
Beneath it, happenings as we sleep.
Wonderful sights few ever see,
expressing biodiversity.
The sounds are meant for other ears,
with memories of days gone by,
absorption bringing joy and tears .
Creatures with eyes and fins and gills
who sing strange songs with different trills
that reach the ears of frogs on land
who tap their toes and join the band,
sense the rhythm and make a stand.
Although the changes happen fast |
the dance reminds that life will last.
That challenge to our youth is passed.
Their strengths and courage may we cherish.
Adaptation means Life will never perish.**

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 Summer here and nice BBQ weather approaching, it brings local Rib fests with smoky aromas filling the air. Whether it be beef or pork ribs, there is many ways to cook and flavour this summer time favourite. Slow cooking, braising, smoking or grilling. You could season with a dry rub or baste with sauce. With Father's day this month, why not celebrate with delicious BBQ ribs!

Sweet and Spicy Rib Sauce

- 1 ½ cups ketchup
- 3 tablespoons apple cider vinegar
- 2 tablespoons worcestershire sauce
- ¼ cup brown sugar
- 1 teaspoon paprika
- ¼ teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 2 teaspoons onion powder
- 1 teaspoon salt
- 3 tablespoons molasses
- 2 teaspoons mustard water, as needed, optional



Directions: Whisk together all ingredients in a medium sauce pan.

Bring to a boil, then reduce to a simmer, cover and cook 15

minutes stirring occasionally. As the sauce simmers, feel free to add a few tablespoons of water to thin sauce to desired consistency.

Sauce may be served immediately but if you have some extra time, cover and chill for at least 1 hour for best flavor. Enjoy!

Joke:

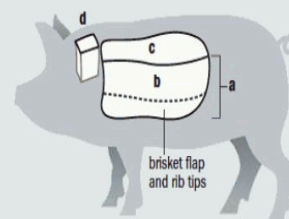
Why don't ribs ever get lost?

They have a spare rib!



Classifying pork ribs

Pork ribs come in a variety of styles, determined by the part of the pig where they originate. Different ribs are cooked for different lengths of time, depending on the size and tenderness of the meat, and the amount of connective tissue.



a. Spareribs

Spareribs are cut from the bottom portion of the ribs. With longer bones, they have less meat than baby backs – but a superior flavor, according to many people.



b. St. Louis-style ribs

A subspecies of spareribs, St. Louis-style ribs omit the rib tips and brisket flap of spareribs – yielding slabs of a uniform shape.



c. Baby back ribs

The most popular ribs in the United States, baby back ribs are cut from the top portion of the rib cage. They have more meat and take less time to cook than spareribs.



d. Country-style pork ribs

Country-style ribs are thickly cut, sometimes from the loin but usually from the shoulder. Some folks consider them chops, not true ribs.

PAL PARTICIPANT OF THE MONTH

Reginald J. Harding



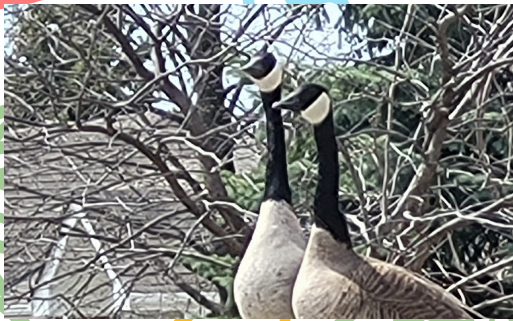
At 92 years of age, Reginald Harding, also known as 'Reg' among retirement residents and staff, is the heartbeat of the Village. He is a living story of strength, resilience, and lifelong passion for movement. Reg suffered a stroke in April 2024 affecting his speech and mobility. Rather than giving up, he worked diligently to regain his mobility and strength. Physical activity has always been a priority in Reg's life. In his school days, he played both soccer and cricket with the kind of energy that turns heads. He continued being active bicycle racing as a college student and was known for his speed. Reg tries to attend as many exercise classes as possible. When he is not at an exercise class, you can find him walking on Main St. or using the Nustep bike, some days twice a day! From balance to resistance training, he shows up with enthusiasm and makes the room a little brighter.

We are proud to recognize Reg as our PAL participant of the month.

He is the true image of our PAL program and what residents' can accomplish no matter their age!

"It's not about how fast you go, it's about never GIVING UP!"

Village Life *Last Month in Photos*



Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton_mills

Twitter @Taunton_Mills



Meet Aaron Jones, RIA's Newest Researcher

Earlier this year, the Schlegel-UW Research Institute for Aging (RIA) welcomed Aaron Jones to their world-class research team, as the Schlegel Chair in Clinical Epidemiology and Aging. Let's get to know the newest member of the RIA's researcher team.

Question: Tells us about you and your work?

Answer: I am a health services researcher and biostatistician with expertise in the use of health administrative data and data science methodologies. My research focuses on the health service use of older adults with ongoing care needs, with the aim of discovering how to better organize, manage, and deliver the care older adults need in their preferred location. This could mean improving care in the emergency department to better support people with higher needs, making sure older adults with trouble reaching a family doctor can access effective primary care, and striving for more efficient and clear communication among health care professionals.

Question: What inspired you to pursue research in the field of aging?

Answer: I didn't start out with a specific interest in aging. Originally, I was more drawn to the science of statistics but moved away from the theoretical to the practical because I wanted to have a real-world impact. I was working in health analytics for the government of Ontario when I realized that our health care system was not designed or set up to best meet the



needs of older adults, particularly those with greater care needs such as people living with dementia. This realization inspired me to pursue a career in health research to address this gap.

Question: What is the primary focus of your current research?

Answer: My primary focus is investigating ways we can better organize, manage, and care for older adults. Currently, my two main focus areas are:

1. Geriatric care in the emergency department. I'm exploring the availability and effectiveness of geriatric-trained nurses to improve patient experiences and outcomes in the emergency department.
2. Primary care for older adults with functional impairment. I'm looking at various models of primary care for older adults who have difficulty visiting a doctor or medical office, including home visits and virtual visits.

To read more about Aaron Jones and his work, visit the-ria.ca.

Schlegel Villages – **CONNECTIONS**



Join the **CELEBRATION**

We are honouring ten years of **#ElderWisdom**, a program dedicated to challenging the stigma and ageism that older adults often face in our society.

For the past 10 years, we have celebrated **Senior's Month** each June with our **#ElderWisdom** campaign, and for our 10th Anniversary, we're excited by the events we have coming up.

A key component of the campaign is always the **Green Bench movement**, where residents from Schlegel Villages sit on a signature green bench in public spaces to share their life experiences and insights with the community. This initiative fosters meaningful conversations between older and younger generations, helping to challenge stereotypes about aging and we're excited about each of the events the Villages are hosting this month.

This year, however, we are expanding the impact by incorporating a new, exciting element to our campaign: **the Green Bench travels**. Selected residents will have the opportunity later this summer to return to places of personal significance—whether it be their hometowns or dream destinations, such as Newfoundland, Ottawa, and London, England.

We intend to document these adventures through storytelling in our Village Voice and through a documentary we hope to showcase at film festivals and within the senior's care sector.

Continued on page 2

Schlegel Villages – CONNECTIONS

Many years ago, Ron Schlegel challenged our teams to find meaningful ways to showcase the amazing wealth of knowledge older adults harbour, suggesting that **“the greatest untapped resource in Canada, if not the world, is the collective wisdom of our elders.”**

#ElderWisdom is dedicated to challenging the stigma and ageism that older adults often face in our society. It reminds us of the wealth of wisdom that seniors offer and helps restore them to a place of reverence and respect. We're grateful for everyone who helps make these events such a success!

To learn more about the program, find a local event and/or take the #ElderWisdom pledge, **scan the QR code** or visit **elderwisdom.ca**



SPREAD LOVE
NOT HATE

PRIDE MONTH

We stand with our 2SLGBTQIA+
team and family.

Advertisements



Please Welcome
George
our Pharmacist
to our
General Store
Every Tuesday
10:00am–2:00pm



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.

Take-out meals

or 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!

Warm weather facts



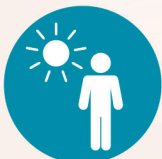
WHO IS AT RISK

Anyone can get heat stroke, but infants and the elderly are at higher risk as their bodies may not be able to regulate temperature effectively.



COPING MECHANISM

Your ability to cope with extreme heat depends on the strength of your central nervous system.



OCCUPATION

People with occupations that require physical labour in hot environments are susceptible to heat strokes.



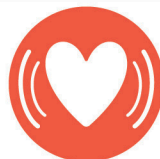
MEDICATION

Diuretics, sedatives, tranquilizers, and heart and blood pressure medications affect your body's ability to regulate temperatures.



BEVERAGES

Caffeine (stimulant) and alcohol increase the risk of warm weather-related illness.



MEDICAL CONDITIONS

Sleep disorders, and problems with the heart, lungs, liver, kidneys, thyroid, or blood vessels increase the risk.



CLOTHING

Wearing heavy and tight clothing can increase the risk. Opt for light-colored, loose-fitting clothing made of natural fibers (cotton/silk/linen).



DISEASES

Certain diseases increase risk; cystic fibrosis, for example, affects the ability to sweat.

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



Please join us for

“GATHER” group

Grief and Loss

Wednesday, June 25th 2025

2:30 PM-RH In the Chapel

Contact Donielle to RSVP

donielle.mclaren@schlegelvillages.com

or @ Ext. 5000



GATHER group – Grief and Loss

Designed for those experiencing the effects of grief and loss upon losing someone important in their life. Grief may be fresh and new, or in the past but still a constant companion. This group creates a safe space to talk about your grief with others who share and understand this experience, and to explore support and coping strategies together.





Please join us for

“GATHER” group

Care Partner

Wed June 11, 2025
3:30PM-RH In the Main Chapel

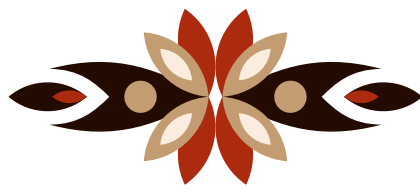
Contact Donielle to RSVP
donielle.mclaren@schlegelvillages.com
or @ Ext. 5000



GATHER group – Care Partner

Designed for those who support and care for someone they love. Being a caregiver has its own set of challenges, questions and rewards. This group creates a safe space to talk about your care giving journey with others who share and understand this experience and to explore support and coping strategies together.





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!





We are honouring ten years of **#ElderWisdom**, a program dedicated to challenging the stigma and ageism that older adults often face in our society.

Join the CELEBRATION

Be a part of our community event!
Have a seat on the bench and enjoy
insightful conversation with a senior!

**Wednesday
June 4th**

10:00 a.m. – 1:00 p.m.

Whitby Public Library

405 Dundas St W, Whitby ON L1N 6A1



Hosted by:





TIMELESS RECIPES, *endless stories*

PURSUIT OF PASSIONS 2025

**JOIN US FOR A
CELEBRATION
OF FOOD, CULTURE,
AND COMMUNITY!**

Our residents will share
their treasured recipes and
the stories behind them —
from family traditions to
cultural favorites.

**4 Residents are needed to share a
recipe with us.**
**These recipes will be prepared and
featured at an event in July and be
added into the Schlegel Recipe Book!**



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



Famous June Birthdays

The following people were born in June. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Morgan **FREEMAN**
- B. Judy **GARLAND**
- C. Nathan **HALE**
- D. Waylon **JENNINGS**
- E. Heidi **KLUM**
- F. Vince **LOMBARDI**
- G. George **MALLORY**
- H. Dean **MARTIN**
- I. Cole **PORTER**
- J. Joan **RIVERS**
- K. Kathleen **TURNER**
- L. Brian **WILSON**

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

Bonus: Match the person to the correct clue.

- | | |
|---|--|
| 1. Rat Pack member ____ | 7. Beach Boys member ____ |
| 2. Mountain climber ____ | 8. <i>Romancing the Stone</i> actress ____ |
| 3. German supermodel ____ | 9. Comedian/actress ____ |
| 4. <i>The Wizard of Oz</i> actress ____ | 10. Football coach ____ |
| 5. Actor ____ | 11. Revolutionary war hero ____ |
| 6. Country singer ____ | 12. Composer/lyricist ____ |



MONTHLY RIDDLE

I'm a precious stone
that's historically given
on 1st and 60th wedding
anniversaries. What am
I?

Last Month Riddle

I melt the snow and
bring the bloom,
Longer days replace the
gloom.

What am I?

Answer:

Spring

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 Sauvé 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
Francis Mugerwa 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
		Amelie Larochelle South RH PAL Coordinator	8017
LTC – NEIGHBOURHOODS		Retirement Neighbourhoods	8036 / 8037
PERRY	5108	North Tower 1 st Floor Nursing Station Williamsburg Med Cert / PCA Egerton Med Cert / PCA	5865 / 5864 8040 / 5857 5002 / 5003
DRYDEN	8025	South Tower Williamsburg Emma's PCA Emma's Med Cert	5102-5103-5104 5105 / 5106
CLAREMONT	8028/8029		
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 Alister Dining Room Supervisor	8014 5091	Amy Haines Village Experience Coordinator	8058
Wine Bar – Fire Side Lounge Café 1st Floor Retirement	8039 8044	Vanessa Buslig Admin. Assistant/Student Coordinator	5113
RUBY'S Bar Direct line to RUBY'S Restaurant	8067 905 665- 2072	Laundry	8052
General Store-RH	8055	Demonstration Kitchen	8069
Main Kitchen	8021	School House	8071