



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

August 2025

905-666-3156

LTC: 3800 Brock Street
North

Retirement: 3790 Brock
Street North

Page 2: Village Birthday List

Page 3: Volunteer Corner

Page 4: Chaplain News &
Events

Page 5 & 6: Poetry Appreciation

Page 7: Food Services
Announcement

Page 8: Program for Active
Living

Page 9: Village Life in Pictures

Page 10: RIA

Page 11 & 12: Schlegel Village
Connections

Page 13-22: Ads/Posters

Page 23: Just for Fun

Page 24: Village Team Directory



Our LTC residents enjoyed an outing
to the WindReach Farms.

SUMMER

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

Aug. 1st – Patricia Pro.

Aug. 1st – Joan Lan.

Aug. 1st – Rosemarie Hum.

Aug. 5th – Marjorie Gar.

Aug. 6th – Carl Mac.

Aug. 6th – Jane Bir.

Aug. 7th – Tony Sib.

Aug. 7th – Ellie Mac.

Aug. 9th – Laura Pat.

Aug. 10th – Sallie Bau.

Aug. 11th – Moira Can.

Aug. 12th – Bill All.

Aug. 12th – Chuck Mill.

Aug. 14th – Will Wes.

Aug. 14th – Dorothy Wal.

Aug. 14th – Mary Sim.

Aug. 14th – Noemi Jen.

Aug. 15th – Ron But.

Aug. 15th – Launi Ell.

Aug. 17th – Lorne Moo.

Aug. 18th – Anna Cla.

Aug. 19th – Don Sut.

Aug. 20th – Perri Pea.

Aug. 20th – Peter She.

Aug. 21st – Nancy Hag.

Aug. 23rd – Maria Fil.

Aug. 23rd – Bill Dav.

Aug. 23rd – Donna Dwy.

Aug. 24th – Johann Bur.

Aug. 24th – Evelyn Bla.

Aug. 25th – Blanche Sze.

Aug. 25th – Jane McD.

Aug. 28th – Barbara Mon.

Aug. 28th – Donna Swa.

Aug. 28th – Lorne Ste.

Aug. 28th – Agnes Wil.

Aug. 29th – Rae Hyd.

Aug. 30th – Carl McI.

Aug. 30th – Cynthia Wat.

Long Term Care Birthdays

August 4th - Jenny Fli.

August 21st - Ed Boa.



VOLUNTEER CORNER

With Greg Lyons – Volunteer Coordinator Ext. 5111

We  our
volunteers

VOLUNTEER In the Spotlight

Chioma Anya

Chioma Anya brings care and consistency to her volunteer work to both dietary services and environmental services at our Village. Whether it's lending a hand to our laundry & housekeeping team, or offering her assistance in the kitchen, Chioma is always there to give it her all!

Chioma's presence reflects the heart of Village life—building relationships, nurturing well-being, and helping residents live well each day.

Thank you, Chioma, for making a real 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



Multi-Faith Calendar Events

August 1 – Pagan and Wiccan:

Lughnasadh

Celebrates the beginning of the harvest season.

August 15 – Roman Catholic:

Feast of the Assumption

Celebrates the assumption of the Virgin Mary into heaven.

August 16-17 – Hindu: Krishna

Janmashtami

Celebrates the birth of Lord Krishna.

August 21 – Jain: Paryushana begins

Marks an important Jain festival focused on fasting and forgiveness.

August 27 – Hindu: Ganesh Chaturthi

Celebrates the birth of Lord Ganesh.

In Memory



We remember...

Fred Bar.

Katharina Bur.

Muriel Bun.

Marino Fer.

Brenda Har.

Marie Joy.

Anne Pea.

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

Next Celebration of Life...
September 18th at 2:30pm
in Town Hall

Poem of the Month
Written by: Patricia Bayley



A Hot Summer's Day

We are checking the forecast first thing. We're free like
the birds on the wing.

It's early to rise with the sun in our eyes as we pull back
the drapes with a swing The trees in full leaf with the
rooftops off scene the height of the branches providing a
screen.

Fences are grey standing over the way, guarding property
lines from encroachment A buffer of green with a path in
between helps prevention of further reproachment.

That path is the way we will follow to reach the best
beach in the hollow.

There are buckets and spades and sandwiches made and
ice cream is melting all over the place and nobody cares
and smiling agree as towels wipe the faces from those
wanting tea.

The young folk are splashing. The teenagers dashing and
dad says that mother's a peach. Grandma's adoring and
grandpa is snoring . A typical day at the beach.

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.

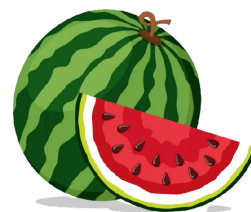


A Message from Food Services

Marie
Sawatzky

Food Service
Manager

EXT.8004



Cool down from all the heat this August with a refreshing drink ! Watermelon is a great way to keep hydrated during those extra hot summer days, it can be messy to eat so why not try making a drink with it! Although mostly made up of water, it has many vitamins and nutrients and a rich source of antioxidants.

WATERMELON MINT MOCKTAIL

INGREDIENTS

- 2 fresh Mint leaves plus more for garnish
- Ice
- 3/4 cup Watermelon Juice
- ½ cup Club Soda
- Small slice of Watermelon for garnish

DIRECTIONS

Mash 2 mint leaves in the bottom of a large cocktail glass or pint glass with a muddler or small wooden spoon. Fill the glass one-third full of ice; add 3/4 cup watermelon juice. Top with 1/2 cup club soda and garnish with a watermelon slice and more mint leaves, if desired.

Prep Time: 5 mins

Total Time: 5 mins

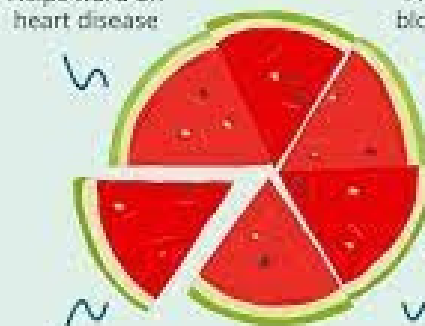
Servings: 1 Yield: 1 mocktail

Nutrition Profile: Low-Carb Nut-Free Dairy-Free Soy-Free Vegan Vegetarian Egg-Free Gluten-Free

Health Benefits of Watermelon

Helps ward off heart disease

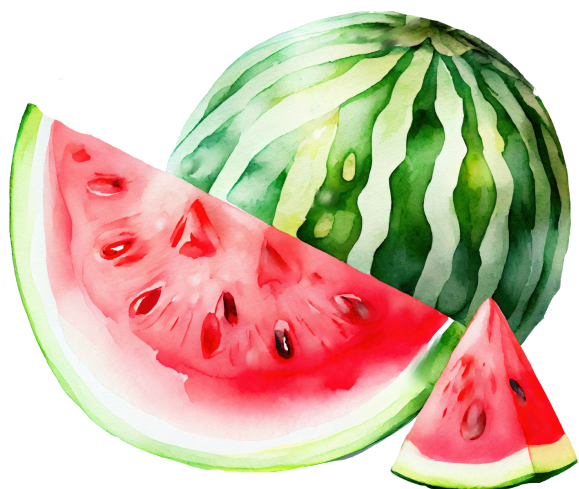
Prevents high blood pressure



Reduces inflammation

Promotes hydration

HEALTHYHEALTH



PAL PARTICIPANT OF THE MONTH AUGUST Mary Lenius

In 2018, Mary faced a serious setback – she broke her ankle with an 80% chance of losing her foot to infection. She spent some time in the wheelchair and realized that she cannot spend the rest of her life in a wheelchair. She refused to accept it as her final chapter. This led to her commitment to daily exercise at home, as well as, with her physiotherapist.



An Inspiring Daily Routine

Mary nevermisses an exercise session whether it's a Stretch and Strengthen class or a Level 2 Fitness Class.

She keeps a small agenda and sets reminders in her phone to not miss any classes. She gives it her all during each class and keeps a brisk pace. We are entirely grateful for Mary when she volunteers to offer a hand and assists PAL team during hand therapy.

Dancing her way to well-being Mary beams when she is dancing. She loved the Scottish dance which also helps in staying fit and healthy. It is social, mentally engaging, and joyous reflecting Mary's lively personality.

A life full of adventure and connection Mary was a hiker, a camper, and a swimmer. She was adventurous and carries the same spirit today. She likes to keep her mind active by engaging in activities like board games and cards.

Independent living is her top goal. She refused to rely on a wheelchair. She walks a lot while keeping a brisk pace.

Mary continuously looks out for her fellow residents and believes that kindness comes from within. She always offers to assist with exercise programs!

We thank Mary for leading by example⁸ and showing that her heart, mind and spirit are timeless!

Village Life *Last Month in Photos*



Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton_mills

Twitter @Taunton_Mills



Sip Smart: Tips to Stay Hydrated

As we age, drinking enough fluids becomes increasingly important yet more difficult. Some people only drink water when they feel thirsty, but staying hydrated is essential for helping us digest food, control our body temperature, heal wounds, improve sleep quality, mood, and energy levels, and more.

Not drinking enough water can leave us feeling weak, tired, dizzy, constipated, confused, and even cranky.

Did you know that dehydration is estimated to affect half of long-term care (LTC) residents, as many do not consume the recommended 6 to 8 cups of fluid daily. This can happen for several reasons, such as limited access to fluids, ignoring dry mouth or other thirst signals, difficulty drinking due to challenges swallowing or holding a cup, and even drinking less to avoid going to the washroom.

Tips to stay hydrated

Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA), shares some ways you can avoid dehydration and sip smarter:



Make it a habit. Try drinking water:

- When you wake up
- After brushing your teeth
- During and after activities
- With medications
- Between meals and snacks
- With friends!
- Choose beverages that you enjoy
- Eat foods with high fluid content, such as cucumbers, berries, tomatoes, and soups
- Carry a reusable water bottle or your favourite cup to drink from on the go
- Plan for washroom access

To learn more about Heather's research on improving hydration among residents, visit the-ria.ca/resources/promote-hydration.

Schlegel Villages – CONNECTIONS



WILFRED
SCHLEGEL

Monday, August 4

Day

The **Civic Holiday in Canada** on the first Monday of August is intended to be more than just a welcome summer long weekend. Its purpose is to encourage a spirit of community and to inspire Canadians to reflect on how they can contribute to the well-being of those around them. This makes it a meaningful occasion for Schlegel Villages to celebrate Wilfred Schlegel Day—a tribute to the man whose values continue to shape the organization.

In 1953, Wilfred purchased the Schlegel family's first home dedicated to supporting older adults, setting in motion a legacy of care. His example inspired his son Ron and grandsons Rob, Brad, and Jamie to carry that commitment forward, strengthening their dedication to community through Schlegel Villages and their wider work in business and philanthropy.

This year as the Civic Holiday approaches, we encourage Villages take a moment to reflect on the many ways we see residents and team members supporting others and giving back to their community. There are knitting circles that continually use their skills to create warm booties and hats for newborns at local hospitals; we've seen residents raise funds for local shelters, food banks, and supportive housing organizations; others volunteer their time to support neighbours within the Village.

It is a beautiful gift we offer when we give of ourselves for the betterment of our community, and we're grateful for the many ways our Schlegel Villages family does this throughout the year.

Schlegel Villages – CONNECTIONS



As the July sun shone over a hazy Toronto skyline, residents and team members from several Schlegel Villages set sail for the annual Boat 4 Hope fundraiser in support of the **Wilfred Schlegel Hope Fund**.

Led by the team at The Village of Riverside Glen, the event has raised over \$120,000 since launching in 2019. It's more than just a day on the water—it's a celebration of community spirit and a reminder of the impact of collective generosity in times of crisis.

May Lui, representing presenting sponsor SGP Group Purchasing, spoke about the deep sense of connection this cause inspires. She was especially moved by the story of Tami Gunn, a team member from Coleman Care Centre who received support last fall after an explosion destroyed her home and injured her partner.

"There are not many programs that support employees like this during emergencies," May said. "It's quite special—and to be part of it, we feel like family."



Created in 2018, the Hope Fund is supported through voluntary payroll donations matched by the Schlegel family. **To date, it has provided more than \$1.3 million in aid to over 400 team members facing unexpected hardships**—thanks to the generosity of team members, residents, families, and community partners who continue to support events like Boat 4 Hope.

WILFRED SCHLEGEL
Hope Fund



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

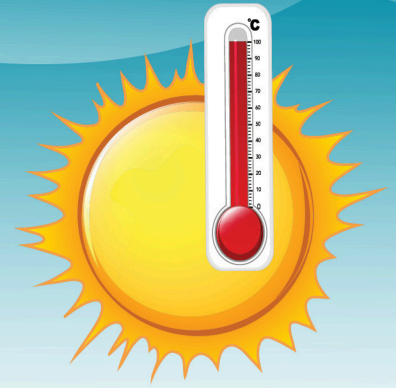
Tickets are available for purchase at the Village Office.

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



Stay hydrated!



FACTS



With the weather finally getting warmer, proper hydration is of increased importance for everyone but especially our residents



Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration



Evidence tells us that our residents need to drink at least 6-8 cups or 1500-2000 ml of water per day



Water in beverages (e.g. milk, coffee or tea) and foods counts!

TIPS



Drink water throughout the day



Eat foods with high water content such as fruit and vegetables



Drink together – when you consume water with others you are likely to drink more



Remind others to drink water regularly



Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking

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!**

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*****

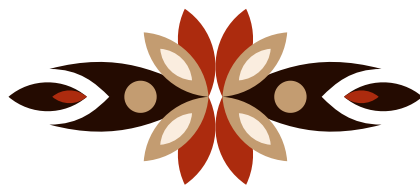
10oz Insulated Yeti Stainless Steel Rambler

\$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!





September 16–17

DoubleTree by Hilton
30 Fairway Road South, Kitchener

**Schlegel Villages and the
Research Institute for
Aging (RIA) are excited to
be hosting our 10th annual
Innovation Summit!**

Join us as we celebrate 10 years of innovation, improvement and research and help us envision the next decade!

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

Sessions will include:

- Highlights of innovations over the past decade
- Co-creating future research with the RIA
- 2025 Innovation Catalyst and Innovation Challenge presentations
- The evolution and future of technology and AI
- Envisioning the future using Appreciative Inquiry

**We look forward to
seeing you there!**

LIVE QUARTERLY WEBINAR



Care Partners Connection



Tuesday, August 26

6–7:30 p.m.

REGISTER NOW

*Do you know someone
living with dementia?*

You're not alone! Join us as we share
**tips to engage your loved one
living with dementia.**

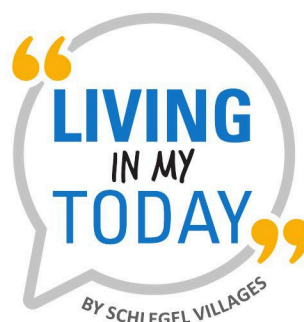
Register to attend and submit questions
for expert panelists. Each webinar
includes education, guest speakers,
resources, and a Q&A panel.



Hosted by

Heather Luth

Director of Dementia Services
and Knowledge Integration
Schlegel Villages



Future webinar
November 25



Please join us for

“GATHER” group

Care Partner

Wed Aug 6, 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.





Please join us for

“GATHER” group

Life Transitions

Wed Aug 13th 2025

6PM-LTC Board Room

Contact Nikita to RSVP

**Nikita.Henry@schlegelvillages.com
or @ Ext. 5109**



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.





Please join us for

“GATHER” group

Grief and Loss

**Wed Aug 20, 2025
3:30 PM-RH In the Chapel**

**Contact Donielle to
RSVP**

or at Ext. 8013

donielle.mclaren@schlegelvillages.com



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.





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 August

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

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



MONTHLY RIDDLE

I rise high but never fall,
I bring warmth to one
and all.
You'll find me out on
summer days,
Turning skin to golden
rays.

What am I?

Last Month Riddle Answer

What type of pine has
the longest needles?

Answer:

A Porcupine ²³



BEACH	GLADIOLUS	POPSICLES
BOATING	GOLF	SUNBLOCK
FAIRS	LEMONADE	SUNSHINE
FAMILY	LEO	SWIMMING
FIREFLIES	PEACHES	TRIPS
GARAGE SALE	PERIDOT	VIRGO

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	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. Perry/Claremont	8018	Amanda Sturgeon NH. Coord- North	8026
Mitch Wolf NH Coord. Dryden/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
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		
FOOD SERVICES		Laundry	8052
Marie Sawatzky Food Services Manager	8004	Marketing Dept.	
Colby Farrell Director of Hospitality	8014	Rosemary Coolen, Crystal Saunders & Sharon Port Director of Lifestyle Options - Marketing	8043
Alister Dining Room Supervisor	5091	Amy Haines Village Experience Coordinator	8058
Wine Bar – Fire Side Lounge	8039	Vanessa Buslig Admin. Assistant/Student Coordinator	5113
Café 1st Floor Retirement	8044		
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