



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

November 2025

905-666-3156

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

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Residents on Long-Term Care loved going to Windreach Farms in October and Connecting with all the animals.

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

Nov 1st - Sylvia All.
Nov 1st - Dennis Bay
Nov 3rd - Hung Cho
Nov 3rd - Seija Wol
Nov 4th - Betty Pla
Nov 4th - David Lee
Nov 4th - Bill Bod
Nov 4th - Kim Arm
Nov 5th - Jack Dan
Nov 6th - Bill O'Re
Nov 7th - Chris Mur
Nov 7th - Janet All

Nov 7th - Maggie Ree
Nov 8th - Roelie deJ
Nov 9th - Frank Wal
Nov 11th - Celita Sin
Nov 11th - Lorraine War
Nov 11th - Bernie Chi
Nov 11th - Gloria Ara
Nov 12th - George Mor
Nov 16th - Gordon Tho
Nov 17th - Hildegard Pap
Nov 20th - Cecilia Del
Nov 21st - Jane Jon

Nov 22nd - Joyce Hop
Nov 22nd - George Ric
Nov 26th - James Wat
Nov 27th - Brenda Win
Nov 30th - Grant Chi

Long Term Care Birthdays

November 4th Barbara Hu
November 10th Robert Ma
November 16th Leila Ch
November 18th Romana Vil
November 21st Masoom Ra
November 22nd Wendy Wil
November 23rd Jonathan McF
November 23rd David Sl
November 25th Jeannette Pel
November 28th Audrey Ha
November 28th Gary La
November 30th Andrew Wil



VOLUNTEER CORNER

With Greg Lyons – Volunteer Coordinator Ext. 5111

We  our
volunteers

VOLUNTEER In the Spotlight

This month, we're shining the spotlight on Jack Bolton for his wonderful contributions to Village life!

Every Saturday, Jack brings dedication and hard work to our greenhouse and garden, helping the plants flourish and creating a peaceful space for everyone to enjoy. On Wednesdays, he supports our Environmental Services team with laundry duties, lending a dependable hand wherever it's needed.

Jack's commitment and positive spirit reflect the heart of our Village—building community, fostering purpose, and helping everyone live well each day.

Thank you, Jack, for all that you do!

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

November 1 – Christian: All Saints'

Day: Honours all saints, known and unknown.

November 2 – Christian: All Souls'

Day: Commemorates all the faithful departed.

November 21 – Eastern Orthodox

Christian: The Entrance of the Theotokos into the Temple

Celebrates the presentation of Mary in the temple.

November 24 – Sikh: Martyrdom of Guru Tegh Bahadur Sahib: Honours the martyrdom of the ninth Sikh Guru.

November 30 – Christian: Advent

Marks the beginning of the Christian liturgical year leading up to Christmas.

In Memory



We remember...

Helen O
William "Bill" M
Camille L
Eva P

Spiritual/Uplifting Quotes

"You'll never find a Rainbow if you are looking down" -Charlie Chaplin

Next Celebration of Life...

November 26th at 2:30pm

in Town Hall

Poem of the Month
Written by: Patricia Bayley



NOVEMBER THE ELEVENTH

Remember the dead and honour their name.
All wars leave their victims , lives never the same.
Lives interrupted, changed by those led
into the action, three meals and a bed.
Idealism, the sound of the drum,
persistence, obedience, this war will be won.
Remember the carnage, picture the streets.
Remember the dead, it may hinder repeats.
Buying a poppy will show you remember
all of the fallen, on the eleventh of November.

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



November weather calls for a cozy cup of cappuccino and just so happens November 8th is national cappuccino day!!

Good news is this beverage provides a good source of calcium, and protein, and caffeine can help boost metabolism and mental alertness.



HAVE A
*brew*TIFUL
DAY!



What is a Cappuccino

A DELECTABLE FOAMY REVIEW

A standard drink on many cafe menus, most folks know that a cappuccino combines coffee and milk, but what exactly makes a cappuccino a cappuccino?

The drink actually varies quite a bit depending where it is made.



For example, in Italy, the cappuccino is typically no larger than six ounces with the milk portion being made up of half steamed milk and half milk foam.

However, in the United States and other areas around the world, the cappuccino is often available in many sizes larger than six ounces.



HOW TO MAKE A CAPPUCCINO



Pull your shot or shots of espresso into an espresso glass.



Fill your steaming pitcher with milk (whole milk is often used as the full fat content helps in the creation of foam) until the milk hits the lower nudge of the spout.



Hold the nozzle below the surface until the milk doubles in size and creates a lot of milk foam.



Clear your steam wand, place the nozzle just below the surface of the milk and turn the steam wand on.



Submerge the steam wand nozzle until the milk reaches approximately 150 degrees Fahrenheit.



Turn off the steam wand and whip with a clean, wet cloth.



Pour the frothed milk and milk foam into the espresso, making sure the milk to milk foam ratio is approximately 1:1.



Pour the espresso shots into your cappuccino cup.

PAL PARTICIPANT OF THE MONTH

RUTH THOMPSON

This month we are proud to recognize Ruth Thompson as our PAL Participant of the Month

Ruth Thompson is a passionate and dedicated participant in the PAL program. She regularly attends the Level 2 classes and enjoys taking part in the balance programs. She wants to stay active, healthy, and her commitment shows how much she values her well-being and her desire to remain independent and strong.

She believes these exercise classes help prevent falls and improve her overall strength and balance. Her favorite exercises are heel-to-toe, squats, and sit ups from the chair. The classes also give her a chance to focus on herself and socialize with other residents. After each session, she feels energized, confident, and proud of the progress she is making



Ruth's ultimate goal is to live a long and healthy life. She knows that being consistent with her exercise routine is key to maintaining her body and mind. By actively participating in the PAL program, she is building strength, improving her balance, and taking important steps to enjoy life to the fullest.

At the age of 97 she continues to show her strength and determination.

Congratulations Ruth!

Fall Prevention Month

Working Together to Keep Seniors Safe



November is **Fall Prevention Month**! This national initiative is all about raising awareness about fall risks and promoting safety for older adults, especially those living in long-term care and retirement homes. Falls are a leading cause of injury among seniors, but the good news is that most falls are preventable! Let's work together to keep our loved ones safe and thriving.

Why Fall Prevention Matters

Preventing falls is more than just avoiding injury. It's about promoting **mobility, confidence, and quality of life**. Everyone—team members, residents, and families—has a role to play in creating a safer environment.

Did you know? The Public Health Agency of Canada reports that 50-60% of seniors in care facilities experience at least one fall per year. These falls can lead to fractures, head injuries, or a fear of falling, which can reduce activity levels.

Common Causes of Falls

Understanding the causes of falls is the first step in prevention. Here are some common factors:

- Changes in balance or mobility
- Vision or hearing loss
- Side effects from medications
- Environmental hazards like poor lighting or clutter
- Improper footwear or unsteady mobility aids

Proactive Steps for Prevention

Taking proactive steps can significantly reduce the risk of falls:

- Balance and mobility exercise classes
- Home and room safety inspections
- Medication reviews with pharmacists or nursing staff
- Fall risk assessments with PAL Coordinators and Reg Team members

Move to Prevent Falls: Gentle Exercises

Movement is key to staying strong and steady! Try these gentle exercises to improve balance and strength:

- **Seated Leg Extensions:** Strengthens thigh muscles
- **Heel Raises:** Builds ankle and calf strength
- **Side Leg Raises:** Improves hip strength and balance
- **Seated Marching:** Encourages circulation and coordination
- **Standing Balance Exercises:** Performed with support from a chair or railing

Important: Always consult a healthcare provider or physiotherapist before starting new exercises.

Everyday Fall Prevention Tips

Small changes can make a big difference! Here are some everyday tips to help prevent falls:

- Wear supportive, non-slip footwear
- Keep living areas clutter-free and well-lit
- Use grab bars in bathrooms and handrails in hallways
- Keep frequently used items within easy reach
- Stay hydrated and eat well to maintain energy and balance
- Use mobility aids properly and ensure they're adjusted correctly

Let's work together to prevent falls and keep seniors strong, confident, and safe—not just in November, but all year round! Remember, small actions can create a safer environment for everyone.

Contact the PAL Team

For more information and resources, please contact the PAL team:

- Farah Sadiq (R. Kin) – 8016 | Farah.Sadiq@schlegelvillages.com
- Melissa McNally (R. Kin) – 8017 | Melissa.McNally@schlegelvillages.com
- Amelie Larochelle – 8017 | Amelie.Larochelle@schlegelvillages.com

Village Life *Last Month in Photos*



Thank you so much for the Food Drive you sponsored for the Pantry at Westminster United Church.

Our clients are very grateful! We couldn't do what we do without you. Your gift is an expression of love & compassion. Your generosity changes lives and helps build a better world. Blessings!

Joanne Mae

Joanne

"OUTREACH TEAM"



Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton_mills

Twitter @Taunton_Mills



The Mystery of Unexplained Falls

Falls are a major concern for older adults, often leading to poorer health and loss of independence. While we often think of falls being caused by a trip or slip, about 25 per cent of falls that lead to a hospital visit have no clear cause. These unexplained falls are more likely to result in hospital stays.

To better understand unexplained falls and their impact on older adults the RIA recently brought together 32 experts from across Canada — including healthcare providers, researchers, and policymakers — to share insights and develop a plan to better understand and prevent these falls.

Researching Better Solutions

The Think Tank identified four top areas for future research to tackle this problem:

1. Using data collected from wearable technologies to better understand the symptoms that happen right before an unexplained fall.
2. Creating a research network to establish standardized ways to check for and treat unexplained falls across Canada.
3. Identifying system-level tailoring of standardized diagnosis and treatment that works well across different patient groups and care settings.
4. Conducting a thorough review to summarize what is already known about screening, risk, interventions, and care for unexplained falls.



Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, presents his research at the Think Tank.

Ultimately, the goal is to develop a plan that includes screening (checking for things like hydration, thinking abilities, and low blood pressure), grouping people based on their level of fall risk, and individualized treatment.

Helpful Tips to Avoid Falls

- Ask for help! Use your call bell if you feel dizzy, unsteady, or need to get up, especially at night or when getting out of bed.
- Choose sturdy, non-skid shoes or slippers that fit well and have a closed back.
- Keep your room free of clutter, throw rugs, electrical cords, and anything else you could trip over.
- Regular, gentle exercise helps maintain strength and balance. Good hydration at eating regularly is also key, as dehydration and low blood sugar can contribute to dizziness.
- Take your time when going from lying down to sitting, and from sitting to standing.

As part of this work, the RIA is hosting the Aging Well in Place event on November 28. In addition to fall prevention, attendees will learn about nutrition. Attendees can attend virtually or in person at the Waterloo Community Pavilion. To learn more and register, visit the-ria.ca/events/aging-well-in-place or call 519.904.0660.

Schlegel Villages – CONNECTIONS



*Our freedom.
Their sacrifice.*

Each year on the 11th hour of the 11th day of the 11th month, our entire Schlegel Villages community pauses in quiet reflection. Across our Villages, we wear the red poppy as a visible symbol of remembrance and gratitude — a promise to hold close the memory of those who served.

Today, veterans of the Second World War are far fewer in number. Yet their stories, their courage, and their sacrifice remain deeply woven into our collective history. We honour not only them, but also the grandparents, sons, daughters, siblings, and spouses whose lives were shaped — and sometimes forever altered — by war. In every generation, we've known conflict and selfless people who have stepped up in service of their neighbours, and there are threads of memory, sometimes bold, sometimes faint, that connect us through grief, pride, loss, and hope.

Within our Villages, residents, team members, and families share in remembrance. We gather, we listen, and we reflect on all we cherish because of those who gave so much. We remember the names, the faces, the hopes deferred, and the enduring legacies of sacrifice. We honour the past, and we recommit to peace. As we witness conflict around the world, we are reminded that these men and women fought not for war itself, but for the promise of a more peaceful future. That promise is ours to uphold.

Let us hold in our hearts all those within our Villages who remember loved ones who served — the families, the descendants, the friends. And may we all, together, strive today and always to live in a way that honours their memory: with gratitude, reflection, compassion, and a steadfast hope for peace.

Schlegel Villages – CONNECTIONS

November is

FALLS PREVENTION MONTH



It takes a community to prevent a fall: **We all have a role to play!**

November is Falls Prevention Month, and across our Villages, we take this time to recognize the extraordinary efforts of our **Program for Active Living (PAL) team** members who lead the way in helping residents stay strong, balanced, and confident in their mobility.

Our kinesiologists and exercise therapists bring expertise and creativity alongside the clinical teams in every Village to guide residents through exercises and functional movements that build strength and reduce the risk of injury. Yet as they often remind us, falls prevention is truly everyone's responsibility. Every team member, every resident, and every loved one has a role to play — whether it's encouraging safe movement, removing a potential tripping hazard, or simply offering a steadying hand.

Falls can happen, but with awareness, teamwork, and the daily commitment of our PAL teams and all who support them, we can help reduce risk and keep our communities safer for everyone. This month, and always, we are grateful for the dedication of our PAL professionals and for the care and commitment that defines life in our Villages.



Questions?
Speak to **your PAL team.**



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
Jessica Baker– 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



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

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.

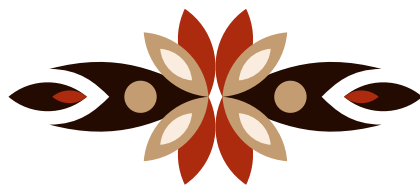
The Ruby is the perfect spot to host any special event or occasion.

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!**



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, Irene, Steph and Jessica. 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, Supervisor of Recreation.

If you have any questions, don't hesitate to
reach out to Steph at 905-666-3156 Ext.
8007

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
Jessica Baker 6848

Searching for November

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

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



MONTHLY RIDDLE

What is black when
it's clean and white
when it's dirty?

Last Month Riddle

Answer

What can you hold
in your left hand but
not in your right?

Answer:

Your Right Elbow

ACORNS	FEAST	REMEMBRANCE (Day)
AUTUMN	FIREPLACE	SAGITTARIUS
(Black) FRIDAY	GRATEFUL	SCORPIO
BEAVER (Moon)	LEAVES	THANKSGIVING (Day)
CHILLY	MAIZE	TOPAZ
DAYLIGHT (Saving)	MUMS	VETERANS (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	Heather Wagner Director of Wellness	5092
Katrina Amoranto Asst. Director of Care-IPAC	5107	Stella Montejo Wellness Coord -South	8069
Mellisa Burley Asst. Director of Care- BSO	5110	Wellness Coord - North	8034
Nikita Henry Resident support Coordinator	5109	Alysha Holland NH Coord- Egerton	8035
Diane MacLean NH Coord. Perry/Claremont	8018	Michelle Ivall NH. Coord- North	8026
Richard Brown NH Coord. Dryden/Dunlop	8019	Staci Wale 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
Steph Hamilton Recreation Supervisor	8007	Joan Brown Administrative Asst RET	8001
Gregory Lyons Volunteer Coordinator	5111	Judy Collard Admin. Coordinator	8002
Zibby Maintenance - LTC	5873	Jessica Baker 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	Sahara Kutu 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