

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

October 2026

**1401 Harwood Ave. North  
Ajax, ON  
L1T 4T9  
365-297-1480**



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The Millers Creek Team Welcomes You! This is all Leaders and 260+ Team Members excited to Welcome each resident into the Village!

# VOLUNTEER CORNER

Raul Souza- Volunteer Coordinator



***Looking to get involved in the village?  
Volunteer with us!***

**If you are interested in becoming a Resident Volunteer or a Community Volunteer, please speak with one of the Recreation Team Members or to Raul Souza, to find out how you can help out.**

**We would love to have you involved, making the Village of Millers Creek a community of belonging.**

## **Volunteer Opportunities**

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- Assisting Recreation with Special Events and programs**
- Assisting in dining rooms (8am/12pm/5pm)**
- Friendly Visits**





# Chapel News & EVENTS



## Multi-Faith Calendar Events

**October 2nd**

### **Hoshana Rabbah**

Hoshana Rabbah is the seventh and final day of the Jewish holiday of Sukkot, marked by special prayers, seven circuits around the synagogue, and the beating of willow branches.

**October 12<sup>th</sup>**

### **Thanksgiving Day**

The history of Thanksgiving in Canada traces back to 1578, when English explorer Martin Frobisher held a formal ceremony in what is now Nunavut to give thanks for his fleet's safe passage through arctic ice and storms

**October 31<sup>st</sup>**

### **Reformation Day**

Reformation Day is a Protestant Christian holiday celebrated on October 31 to remember the start of the Protestant Reformation

## **In Memory**



**We remember...**

All those that we  
have lost in  
October 

### **Spiritual/Uplifting Quote**

"Nothing is impossible, the word itself says 'I'm possible.'" -Audrey Hepburn

Please reach out to Don Kennedy, Our Spiritual Care Lead if you have any questions.

## A Message from FOOD SERVICES



Food Service Manager

Marie Sawatzky Ext.8004

Assistant Food Service Manager

Katrina Hagos Ext.8015

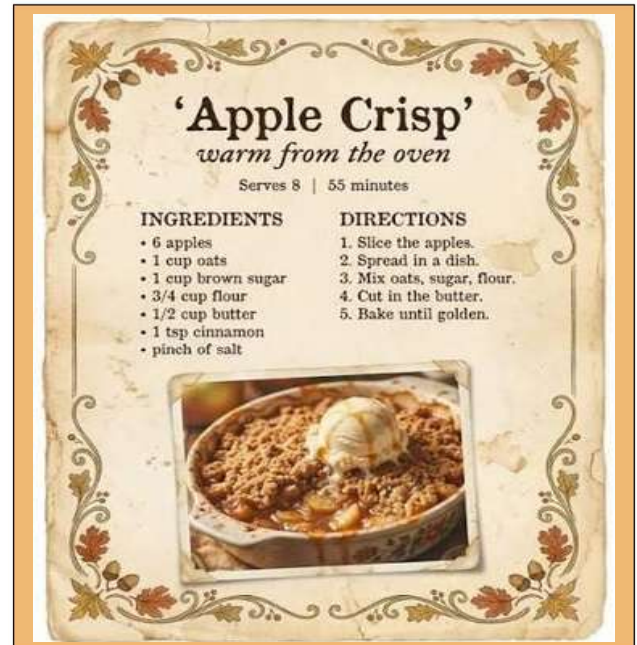
Registered Dietitian

Carleigh Mulligan Ext.8016

## FALL FLAVOURS

October starts a season of fall foods that center around cozy, hearty, and seasonal ingredients like squash, pumpkin, apples, and roasted meats.

combining rich, and comforting flavors warms the soul and the heart with the deep nostalgia of shared family traditions. May your table always be full with friends, family, food and full hearts



## Why Fall Food Comforts Us

### Aromas and Memories:

Scents like rosemary, sage, cinnamon, and roasting turkey fill a home, instantly bringing back memories of past celebrations and loved ones.



### Body and Mind Warmth:

As the weather turns cold, hot dishes like soups, stews, and casseroles help our bodies maintain core temperature while satisfying an emotional desire for coziness.



### Connection to the Harvest:

Traditional meals celebrate the changing season and bring people together around a shared table to pause, give thanks, and enjoy good company.



Good Food ♥ Warm Hearts ♥ Stronger Together

# ABOUT ME



Hi everyone! My name is Charlize and I am an incoming 3rd year kinesiology student at the University of Waterloo. I am doing my first official co-op placement here at Millers Creek, and I am very excited to be joining the team!

I will be working alongside the PAL team and supporting residents through group exercise classes. Our team has the pleasure of meeting every resident that walks through the door. I have already met so many wonderful people and made beautiful connections with our residents and team members. I can not wait to continue to give a warm welcome to all our new residents here at Millers Creek!

During my placement, one of my biggest goals is to make exercise feel less like a task and more like something to enjoy. I want to encourage residents to move in ways that feel fun, comfortable and rewarding, while helping them feel confident in what their bodies can do.

There is nothing better than seeing a resident smile while doing something they may have not thought they could do. I am grateful to be a part of a team that encourages movement, independence and an active lifestyle, and I hope to bring lots of positivity and encouragement along the way!

# Village Life *Last Month in Photos*



## Connect with Millers Creek

Facebook @ The Village of Millers Creek

Instagram @ millers\_creek



## Mental Health Matters at Every Age: Recognizing the Signs This World Mental Health Day

While conversations around mental health and wellness have grown significantly in recent years, older adults are often [left out of the conversation](#). Generational stigma and the belief that profound sadness, hopelessness, loneliness, or fatigue are “a normal part of aging” often prevent people from seeking the support they need and deserve. Coexisting medical conditions can further complicate this, making mental health issues harder to detect, treat and manage.

This October 10, [World Mental Health Day](#) offers an opportunity to challenge those assumptions, raise awareness and break the silence. The reality is, depression is not a natural part of aging. Yet, according to the [Canadian Coalition for Seniors Mental Health](#), up to 20 per cent of older adults experience symptoms of depression, with that number doubling for people in hospitals or long-term care (LTC) homes. As we age, [several risk factors can impact our mental health](#), such as [losing a loved one or friend](#), cognitive challenges, or a life-changing diagnosis.

### Recognizing the Symptoms

We all have bad days and times when we feel down. But clinical depression is a serious, persistent condition where you may feel sad all the time and lack interest in activities that used to bring joy. Symptoms can range from mild to severe. For care partners, family members, and older adults, recognizing the signs is the first step in providing support.



Watch for these common symptoms:

- Significant sleep issues, such as sleeping too much or struggling with insomnia.
- Noticeable changes in eating habits, including a sudden loss of appetite or excessive eating.
- Lingering, intense feelings of guilt or worthlessness.
- Finding absolutely no joy in activities, hobbies, or routines you once loved.
- A noticeable decline in personal hygiene and daily self-care.
- Trouble concentrating, focusing, or finishing simple, everyday tasks.

### Taking Action and Finding Support

Starting a conversation about mental health can feel scary, especially if you feel ashamed to open up or ask questions. Normalizing conversations around mental health will shift societal perceptions and reduce stigma, ensuring older adults feel more comfortable addressing their concerns without fear or judgment.

By checking in on our family, friends, and neighbours, we can reduce the social isolation and loneliness that can fuel depression and impact mental health. Check out the [social isolation community conversation guide](#) for helpful tips on supporting those around you.

For more detailed guidance, explore the Schlegel-UW Research Institute for Aging’s (RIA) expert insights on [demystifying depression in older adults](#).

# Schlegel Villages – CONNECTIONS



## REMEMBERING RON

— Our father, our founder, our friend. —

With October upon us, our minds shift to the season of gratitude and the spirit of Thanksgiving. We're especially touched as we reflect on the passing of Ron Schlegel, the man who inspired the Villages we call home today.

When news hit that Ron had passed, the outpouring of support from across the Villages was keenly felt by the entire Schlegel family, and the memories being shared across the Villages have been wonderful to hear. Team members spoke of how he loved to sit with everyone at Team Member appreciation events, and he always wanted to take photos with everyone. Others reflect on the days when he and his lovely wife, Barb, would travel from Village to Village after church on Sundays. Barb would be making new friends with residents, while Ron would be asking team members about their passions outside of the Village, or what they felt could be done to improve life within. Perhaps the biggest wave of gratitude rises when one considers the values that drive Schlegel Villages forward in all we do.

**Hard-working and Hands-On** was how Ron lived every day, from his time in his youth working on the farms outside of Ailsa Craig, to his many entrepreneurial ventures later in life.

There is no better example of **Genuine and Humble** than the way Ron carried himself in all he did. No matter if he was speaking with the Governor General of Canada or the cashier at his local Sobeys, he genuinely cared for others, and the conversation was never about him.

The **Caring Relationships** at the heart of Village Life are a testament to the vision Ron had for the Villages, and the outpouring of love we've heard after his passing shows how much he was cared for.

**Persistence and Passion** are at the root of any success, and one cannot find success in life without overcoming great challenges and staying true to one's passion. Ron's true passion was community building.

The last of the Schlegel Villages values is **Creative and Innovative**, and when we consider the world-renowned Research Institute for Aging that Ron and his family founded, and the Village model we thrive in, there are few better words to describe him.

This October, we lean into gratitude, and we are thankful to carry Ron's values forward, always in the pursuit of building strong, inclusive communities for all.



## 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 Volunteer

Coordinator Raul Souza



ACORN  
APPLE  
AUTUMN  
BONFIRE  
CHESTNUT  
CIDER  
CORNUCOPIA  
CRANBERRY  
CRISP

FESTIVAL  
FOLIAGE  
FOOTBALL  
GOURD  
HALLOWEEN  
HARVEST  
HAYRIDE  
LEAVES  
MAPLE

NOVEMBER  
ORANGE  
ORCHARD  
PUMPKIN  
RAKE  
SCARECROW  
SQUASH  
SUNFLOWER  
SWEATER



## MONTHLY RIDDLE

What has to be broken before you can use it?

## Last Months Riddle

What comes once in a minute, twice in a moment, but never in a thousand years?

**Answer:**

The letter M

# Meaningful and Active Engagement Program Descriptions

## Program Descriptions

### Neighbourhood Time

Neighbourhood time sets up shared living spaces with resources to catch resident's attention and invite them to give them a try.

### In The Kitchen

Creates moments of opportunity for reminiscence, learning, and fellowship through its recognition that the kitchen is not only used to prepare and consume food. Replaces; Baking, cooking, etc.

### Circle of Friends

Creates intentional opportunities for residents to cultivate new connections in a supportive environment that promotes shared experiences and camaraderie. Replaces; Tea & Chats, News & Views, etc.

### Brains & Banter

A stimulating and social activity, combining engaging brain games with lively conversation. Replaces; Trivia, Word Games, & Puzzles.

### Musical Moments

Supports residents to engage with music in meaningful ways. Replaces; Music on Demand, Sing-Alongs, etc.

## Program Descriptions

### Stepping Out

A guided walk that supports residents to enjoy the outdoors and village community. Replaces; Walk & Talks, Walks on Main Street, etc.

### You & I

Replaces One to One & Friendly Visits

### For the Fun of Fit

Fitness activities that focus on having fun and building relationships, while also challenging hand-eye coordination, balance, and range of motion. Replaces; Active Games, Mini Putt, Bean Bag Toss, etc.

### Express Yourself

Honours creativity and creates a supportive environment for residents to explore and express themselves. Replaces; Crafts or anything creative.

### Soothing Sensations

A program that focuses on sensory enrichment. Replaces; Sensory programming

### For the Soul

Spiritual programs that connect us to others. Replaces; Spiritual programs, Gratitude Circles, & Joke programs.



THE VILLAGE OF MILLER'S CREEK  
Tel: (365) 297-1480, Fax: (365) 297-1492  
LTC: 1401 Harwood Avenue North L1T 4T9, Ajax ON  
Residents Line: 365-297-1490

| STAFF                                                                        | EXT         |  | STAFF                                                        | EXT         |
|------------------------------------------------------------------------------|-------------|--|--------------------------------------------------------------|-------------|
| <b>Noella Black</b><br>General Manager                                       | <b>8003</b> |  | <b>Charge Nurse LTC</b>                                      | <b>5505</b> |
| <b>Jennifer Cain</b><br>General Manager                                      | <b>8003</b> |  | <b>Alister Fernandes</b><br>Director of Quality & Innovation | <b>8012</b> |
| <b>Chris Marcelo</b><br>Director of Nursing Care                             | <b>8005</b> |  | <b>Steph Hamilton</b><br>Director of Recreation              | <b>8007</b> |
| <b>Holliness Ehikpehae</b><br>Nurse Practitioner                             |             |  | <b>Farah Sadiq, R.Kin</b><br>Director of PAL                 | <b>8008</b> |
| <b>Ingrid Smithen</b><br>Asst. Director of Nursing Care<br>Skin & Wound Lead | <b>8009</b> |  | <b>Scott Valentim</b><br>PAL Coordinator                     | <b>8041</b> |
| <b>Ashley MacDonald</b><br>Asst. Director of Nursing Care<br>IPAC Lead       | <b>8011</b> |  | <b>PT</b><br>Physio Department                               | <b>8040</b> |
| <b>Rosemarie Bynoe</b><br>Asst. Director of Nursing care<br>PERT Lead        | <b>8010</b> |  | <b>Nikita Henry, R.SSW</b><br>Resident Support Coordinator   | <b>8037</b> |
| <b>Theresa Cholewa</b> Neighbourhood<br>Coordinator<br>Brougham/Carruthers   | <b>8019</b> |  | <b>Raul Souza</b><br>Student/Volunteer Coordinator           | <b>8018</b> |
| <b>Nancy Downes</b><br>Neighbourhood Coordinator<br>Kinsale/Audley           | <b>8025</b> |  | <b>Don Kennedy</b><br>Chaplain                               | <b>8048</b> |
| <b>Sekinat Ajibike</b><br>Neighbourhood Coordinator<br>Greenwood/Duffins     | <b>8031</b> |  | <b>Kurtis Kehoe</b><br>Director of Environmental Services    | <b>8006</b> |
| <b>Taylor Rideout</b><br>RAI-MDS/ Admission Coordinator                      | <b>8022</b> |  | <b>Nikhil Kapadia</b><br>Maintenance-LTC                     | <b>8017</b> |
| <b>Stacey Beeton</b><br>RAI-MDS/ Admission Coordinator                       | <b>8028</b> |  | <b>RiverStone Spa &amp; Hair Salon</b>                       | <b>8047</b> |
| <b>LTC – NEIGHBOURHOODS</b>                                                  |             |  | <b>Administration Team</b>                                   |             |
| <b>Brougham NH</b>                                                           | <b>8020</b> |  | <b>Danielle Wessels</b>                                      | <b>8002</b> |
| <b>Brougham Servery</b>                                                      | <b>8021</b> |  | Administrative Coordinator                                   |             |
| <b>Carruthers NH</b>                                                         | <b>8023</b> |  | <b>Kristan Keefe</b>                                         | <b>8038</b> |
| <b>Carruthers Servery</b>                                                    | <b>8024</b> |  | Team Experience Coordinator                                  |             |
| <b>Kinsale NH</b>                                                            | <b>8026</b> |  | <b>Sahara Kutu FT/ Priscilla Ige PT</b>                      | <b>8014</b> |
| <b>Kinsale Servery</b>                                                       | <b>8027</b> |  | Scheduling Coordinator                                       |             |
| <b>Audley NH</b>                                                             | <b>8029</b> |  | <b>Sade Ahmade</b>                                           | <b>8001</b> |
| <b>Audley Servery</b>                                                        | <b>8030</b> |  | Administrative Assistant                                     |             |
| <b>Greenwood NH</b>                                                          | <b>8032</b> |  |                                                              |             |
| <b>Greenwood Servery</b>                                                     | <b>8033</b> |  |                                                              |             |
| <b>Duffins NH</b>                                                            | <b>8035</b> |  |                                                              |             |
| <b>Duffins Servery</b>                                                       | <b>8036</b> |  |                                                              |             |
| <b>FOOD SERVICES</b>                                                         |             |  | <b>Team &amp; Leadership Areas</b>                           |             |
| <b>Marie Sawatzky</b><br>Food Services Manager                               | <b>8004</b> |  | <b>Team Room</b>                                             | <b>8044</b> |
| <b>Katrina Hagos</b><br>Asst. Food Services Manager                          | <b>8015</b> |  | <b>Board Room</b>                                            | <b>8013</b> |
|                                                                              |             |  | <b>Laundry Room</b>                                          | <b>8045</b> |
| <b>Carleigh Mulligan, RD</b><br>Dietician                                    | <b>8016</b> |  | <b>Community Centre</b>                                      |             |
| <b>Main Kitchen</b>                                                          | <b>8046</b> |  | <b>Library</b>                                               | <b>8043</b> |