



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*

**MARCH 2024**

**905-666-3156**

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

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**Photo: Residents on Long Term Care are thoroughly enjoying the new PS5 purchased by our Program for Active Living Coordinator Farah Sadiq.**

# Birthdays

If you would prefer not to have your birthday displayed in the newsletter or village, please let Recreation know at: extension 8013

## **Retirement Birthdays**

March 2<sup>nd</sup> – Evelyn de M.  
March 3<sup>rd</sup> – Prudy S.  
March 4<sup>th</sup> – Albert S.  
March 7<sup>th</sup> – Mary K.  
March 7<sup>th</sup> – Gerard L.  
March 7<sup>th</sup> – Ellen W.  
March 8<sup>th</sup> – John D.  
March 8<sup>th</sup> – Jean O'H.  
March 9<sup>th</sup> – Beverley D.  
March 10<sup>th</sup> – Rita P.  
March 11<sup>th</sup> – Kate D.

March 12<sup>th</sup> – Henriette W.  
March 12<sup>th</sup> – Gerald S.  
March 12<sup>th</sup> – Gloria E.  
March 13<sup>th</sup> – Shirley W.  
March 13<sup>th</sup> – Glenda B.  
March 13<sup>th</sup> – Linda F.  
March 15<sup>th</sup> – David M.  
March 17<sup>th</sup> – Elly V.  
March 18<sup>th</sup> – Charles D.  
March 18<sup>th</sup> – Daphne N.  
March 18<sup>th</sup> – Vivian M.  
March 19<sup>th</sup> – Walter K.

March 19<sup>th</sup> – Gordon M.  
March 20<sup>th</sup> – Pat A.  
March 22<sup>nd</sup> – Morris O'R.  
March 24<sup>th</sup> – Betty W.  
March 27<sup>th</sup> – Mary H.  
March 27<sup>th</sup> – Margaret N.  
March 28<sup>th</sup> – Ann V.  
March 29<sup>th</sup> – Sophie M.  
March 29<sup>th</sup> – Susan G.  
March 30<sup>th</sup> – Cynthia B.  
March 30<sup>th</sup> – Sandra A.  
March 31<sup>st</sup> – Rosemary S.

## **Long Term Care Birthdays**

March 1<sup>st</sup> - Elizabeth D.  
March 2<sup>nd</sup> - Glinda F.  
March 2<sup>nd</sup> - John F.  
March 3<sup>rd</sup> - Edna S.  
March 4<sup>th</sup> - Chu Nam K.  
March 12<sup>th</sup> - Mario D.  
March 13<sup>th</sup> - Cecil K.  
March 16<sup>th</sup> - Jean J.  
March 22<sup>nd</sup> - Martti L.  
March 28<sup>th</sup> - Marta J.  
March 29<sup>th</sup> - Leonard J.  
March 29<sup>th</sup> - Bernhard H.  
March 30<sup>th</sup> - Akke P.  
March 31<sup>st</sup> - Doug W.



# VOLUNTEER CORNER

With Lisa Jackson – Volunteer Coordinator

We  our  
volunteers

VOLUNTEER  In the   
Spotlight

## Alina Gulam Sakhi

Alina has gone above and beyond her volunteer commitment, with providing 98 hours of community involvement to the village. She started volunteering with us in August 2023. She truly has made a difference, ensuring residents are happy and having fun. She is always willing to help where ever is need with a friendly attitude. Alina can be find helping in many different areas throughout the village like assisting Recreation with manicures, bingo, active games, and also in the dining rooms and does it all with a smile on her face.

Thank you for all you time, compassion and hard work. We appreciate you volunteering with us!

### *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 neighbour-hoods
- General Store (Retirement)
- Mail delivery
- Decorating
- Companionship
- Assisting in LTC dining room during  
breakfast (8am)

“The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.”  
– Helen Keller



Schlegel Villages'  
**volunteers**



Barb Schlegel  
**Volunteer Award**



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

# Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

## March 1-15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you  
for your  
nomination!**

# Chapel News & EVENTS

## UPCOMING Chapel Events

**March 11th-**

First Day of Ramadan

**March 15th-**

10:00am Catholic Mass

**March 17th-**

St. Patrick's Day

**March 21st-**

10:30am Anglican Service

**March 24th-**

Palm Sunday

**March 29th-**

Good Friday

**March 31st-**

Easter Sunday

## In Memory



### We remember...

Alfred H.

Alfred P.

Joan E.

Bill H.

Peter S.

As a Village, we extend our heartfelt condolences to their loved ones.

### Matthew 5:16

“In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.”

*Poem of the Month*  
*Written by: Patricia Bayley*



**IT'S MARCH.**

**It's looking alright with the sun shining bright.**

**In contrast to yesterday's look ,seeming night.**

**Cars speeding by now in clear morning light.**

**The gray road inviting, snow pushed to the side**

**a white bordered edging, framework applied.**

**Crosswalks and bus stops easily seen showcasing**

**white rooftops with tiles red or green.**

**People are walking, despite wind and chill,**

**colourful clothing indicating good will,**

**The view is uplifting in line with the shine of the cars**

**bodywork, dazzling, headlights look fine.**

**It promotes a desire to be part of the show.**

**Life involvement at all stages important all know.**

**Faith in the future, Spring will come, as it will.**

**The pattern is obvious, hope's here with us still.**

**Good transcends evil, despite media news,**

**life works as it should because people can choose.**

**Serenity settles if trust has its way,**

**expansion and wrinkles small prices to pay.**

**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

**Cabbage** is one of the vegetables that is grown longer than most, and is in season starting June and remaining until April. There are many varieties which can be used in different types of dishes, especially known to accompany Irish dishes as it is the second most popular vegetable in Ireland, so on March 17th try some with your St. Patrick's day meal!



## Irish Fried Cabbage

### Ingredients

- 1 package of Bacon
- 1 small cabbage, cored and chopped
- Salt and pepper to taste

### Directions

1. Cook bacon in a deep skillet over medium heat until crisp, 5 to 7 minutes. Remove bacon from skillet and drain on a paper towel-lined plate. Reserve 1/4 cup drippings in skillet.
2. Add cabbage to hot bacon drippings; cook and stir over medium heat until cabbage wilts, 5 to 7 minutes.
3. Crumble bacon over cabbage. Stir and simmer until bacon is warmed, 2 to 3 minutes. Season with salt and black pepper.

## Types of cabbage



Cauliflower



Savoy cabbage



Spinach



Radicchio



Red oak lettuce



Red cabbage



Kohlrabi



White cabbage



Cabbage



Napa cabbage



Broccoli



Brussels sprouts

## Health Benefits Of Cabbage

Good for the skin

Acts as an anti-inflammatory agent

Protects against radiation

Takes care of your eyes

Fights cancer

Helps in weight loss

Helps improve your brain health

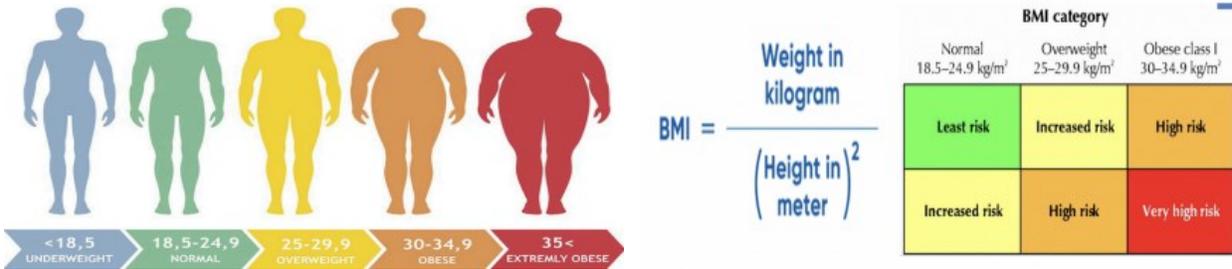
Helps with digestion

Takes care of your bones

Helps regulate blood pressure



## OBESITY



### Statistics

In 2018: 26.8% of Canadians 18 and older were obese. Another 36.3% of Canadians 18 and older were overweight. The proportion of overweight or obese men (69.4%) is higher than that of women (56.7%) **Increased illness.**

Obesity increases the risk for many other serious chronic diseases and severe illnesses including COVID-19, 900,000 adult COVID-19 hospitalizations occurred in the United States between the beginning of the pandemic and November 18, 2020. 271,800 (30.2%) of these hospitalizations were attributed to obesity.

**Here's what the Canadian Food Guide recommends :) 1**



Classifying Obesity Typically Obesity is determined by several factors, including but not limited to **waist circumference** (Men: >102cm and Women >88cm), **BMI** (Body Mass Index: Total Weight in Kilograms Divided by Total Height in Meters Squared) and **Body Fat %** (This can be determined via many methods).

### Treatments For Obesity?

PLEASE SPEAK TO YOUR HEALTH CARE PROFESSIONAL BEFORE ATTEMPTING/STARTING ANY EXERCISE



**Obesity can be treated** in many ways; **exercise**, I.e., going for a walk for 30mins 5-7 days a week, **diet**, I.e., eating according to the Canadian food guide (see above image), **medications**; some people are given prescribed medicine to treat obesity by their Health Care Professional (please do not self-prescribe over the counter drugs), and **patience**; be patient with yourself... **Fitness isn't a sprint, it's a marathon.**

### Types of Exercise

Regarding types of exercises to treat obesity for all populations, the following have been proven to be effective:

**Resistance training**, I.e., weight training/resistance bands. Some resistance training exercises include (but are not limited to); seated bicep curls, leg raises, and lateral raises.

**Cardio**, I.e., going for a jog for 15mins, rollerblading, or ice skating.

**Flexibility training (Yoga)**, I.e., performing stretches such as the downward dog or joining a yoga studio/fitness program.

American Heart Association (AHA) and ACSM states that **all adults (18–65+ yrs)** need moderate-intensity **aerobic activity (Cardio)** for 30 minutes on at least 5 days per week or 20 minutes of vigorous activity on at least 3 days per week.

**Strength training & flexibility** are also recommended for 2-3 days per week; 25mins of strength training and 15mins of flexibility. Individual fitness needs may vary from seen recommendations.

**Unlocking the Power of Physical Activity: A Guide for Healthy Living**

Understanding the Importance of Physical Activity

Physical activity is a cornerstone of a healthy lifestyle, offering a multitude of benefits for individuals of all ages. From enhancing cardiovascular health to boosting mental well-being, its impact is profound. According to the Canadian guidelines for physical activity, adults and seniors are encouraged to engage in various forms of exercise to maintain optimal health and vitality.

**Diversifying Your Exercise Routine**



To adhere to Canadian guidelines for physical activity and reap the maximum benefits, it's essential to diversify your exercise routine. Incorporating a variety of activities ensures holistic fitness and reduces the risk of overuse injuries. Here are some types of exercises recommended for adults and seniors:

1. **Walking:** A simple yet effective way to increase daily activity levels, walking improves cardiovascular health, strengthens muscles, and enhances overall well-being.
2. **Cycling:** Whether on a stationary bike or outdoors, cycling provides an excellent low-impact workout that targets the lower body muscles while boosting endurance.
3. **Swimming:** Ideal for individuals with joint pain or mobility issues, swimming offers a full-body workout, improves flexibility, and enhances cardiovascular health.
4. **Strength Training:** Incorporating resistance exercises such as weightlifting or bodyweight workouts helps build muscle mass, increase bone density, and improve metabolism.
5. **Yoga:** Known for its mind-body benefits, yoga promotes flexibility, balance, and relaxation. It's particularly beneficial for improving joint health and reducing stress.

By incorporating a mix of these exercises into your weekly routine, you can meet the Canadian guidelines for physical activity while enjoying a well-rounded fitness regimen tailored to your needs and preferences.

**Canadian Guidelines for Physical Activity**

The Canadian Society for Exercise Physiology (CSEP) provides evidence-based guidelines for physical activity, offering recommendations for adults and seniors to achieve optimal health outcomes. Here's an overview:

For Seniors (65 years and older):

- Aim for at least **150 minutes** of moderate to vigorous aerobic activity per week, in bouts of **10 minutes** or more (always consult with physician before starting any new activity).
- Incorporate activities that enhance balance and flexibility, in addition to muscle and bone-strengthening activities, at least two days per week.

These guidelines serve as a blueprint for maintaining and improving physical health throughout adulthood and into the senior years, emphasizing the importance of regular physical activity for overall well-being.

By adhering to the Canadian guidelines and diversifying your exercise routine, you can unlock the transformative power of physical activity, leading to a healthier, more vibrant life.

**By: Nicholas Rutt and Ashil Fernandez PAL Students**

# Village Life *Last Month in Photos*



## Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton\_mills

Twitter @Taunton\_Mills





**CONNECT** *the* **DOTS**  
The Schlegel Villages Customer Experience

# Success Awards

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioned from our Success Awards to the newly designed **CONNECT the Dots Success Awards**.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

## Credo values – award categories



### Know Me means to...

- Understand and anticipate my needs
- Support my WELL-BEING
- EXCEED my expectations
- Make me feel SPECIAL



### Earn Trust means to...

- Demonstrate YOU care
- Take Responsibility for those we serve
- Create a sense of SAFETY AND COMFORT
- DELIVER on your/our promises



### Be Present means to...

- Be PATIENT and practice LISTENING
- Let ME guide the conversation
- ASK me my expectations and needs
- Focus on Me in the moment



### Follow Through means to...

- Show me my concerns are IMPORTANT
- Confirm that I am VALUED as a customer
- Let me know I will be TAKEN CARE OF
- Create MEMORABLE MOMENTS

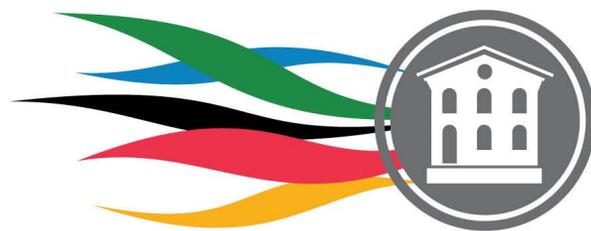


### Walk in My Shoes means to...

- Hear what I HEAR
- See what I SEE
- Feel what I FEEL
- CONNECT with me

Look for additional information posted around the Village and remember to nominate a deserving team member who continuously demonstrates the values of the credo!

# Schlegel Villages – CONNECTIONS



## SCHLEGEL OLYMPICS *Summer* 2024

There's a competitive edge in all of us, no matter our age, and the Schlegel Olympics taps into this spirit among our residents. As part of our Wisdom of the Elder Signature Program, the Schlegel Olympics is a vibrant opportunity to celebrate the passion of our residents.

We're thrilled to announce plans for these exciting events to take place again this summer, so save the dates and keep in touch with your recreation teams for more information to come.

**Tuesday, July 30**

The Village of Glendale Crossing  
(West Villages)

**Thursday, August 1**

The Village of Taunton Mills  
(East Villages)

WISDOM  
*of the*  
ELDER

# Schlegel Villages – CONNECTIONS

## INTERNATIONAL WOMEN'S DAY

March is an exciting time of year with the renewal of Spring just around the corner, and it's also a time to reflect on the important contributions the women in our lives make every day to enhance our communities.

**International Women's Day is Friday, March 8**, and within our Schlegel Villages Community, we think of the countless inspiring women who bring our mission and vision to life and model our values in all they do.

Indeed, the Schlegel Family's quest to build strong communities has always been guided by the stalwart influence of strong women. Max Becker and Wilfred Schlegel, grandfathers to the three brothers who now operate Schlegel Villages,

were hardworking, entrepreneurial community builders whose partners in life, Florence and Emma respectively, were the guiding beacon that helped foster success. Schlegel Villages founder, Ron, also relied on his wife Barb to ensure his path forward would help their vision become reality.

In our current Schlegel Villages landscape, we're proud that more than 2/3 of the team members and leaders within our Villages and our Support Office team are women helping move our mission forward.

Whether it's our residents or team members, we are surrounded by dedicated, compassionate women who make our Villages better through their example. We honour them all on International Women's Day.

### Women in our organization

**67%**

are senior  
leaders

**66%**

are  
leadership

**68%**

are from  
Support Office (SO)

**74%**

are GM/AGM's

**86%**

Overall  
(not including SO)



## Bringing culture to the table

The food we eat is often tied to our culture or where we come from. If our meals don't match the smells and tastes we know and love, we might not eat or drink enough. This can affect quality of life and overall health. As the population of older adults grows and becomes more diverse, it's important for long-term care homes to offer a variety of foods that everyone can enjoy.

That's why Safura Syed, registered dietician and University of Waterloo PhD student, is leading a study focused on culturally inclusive food in long-term care homes.

"Not serving food that aligns with an older adults' cultural background can make them feel left out," explains Syed, a member of Heather Keller's Nutrition and Aging Lab. **"Food is important because it's part of who we are and where we come from."**

In her study, Syed is researching the challenges and supports food service managers and dietitians face in creating diverse menus.

Syed is also talking to residents and their families about how being served food from their culture affects their sense of belonging and makes them feel more at home. She's



using what she learns to help figure out the best way for LTC homes to include foods from all cultures in their meals.

Syed has found that personalized menus, acknowledging various holidays and religious days, and giving residents a chance to share their input, all help meet residents' cultural preferences.

"Eating food that tastes like home can make people eat better and stay healthier," says Syed. "By making sure everyone has food they enjoy and are familiar with, we can help everyone feel better and respected."

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Subscribe to updates from the RIA at [www.the-ria.ca/eneews](http://www.the-ria.ca/eneews) to find out how you can help researchers like Syed and to stay up-to-date on the latest news, events, and helpful resources.

# 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, and 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  
Lisa Jackson – Volunteer Coordinator at 5111  
or  
Nicole Lock – Director of Recreation at 6848

**We're  
Searching for  
Volunteers**

# 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 15<sup>th</sup> 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**



# HEARING CLINIC DATES 2024

EVERY TUESDAY \*HOLIDAYS EXCEPTED\*

**JANUARY 9, 16, 23, 30**

**FEBRUARY 6, 13, 20, 27**

**MARCH 5, 12, 19, 26**

**APRIL 2, 9, 16, 23, 30**

**MAY 7, 14, 21, 28**

**JUNE 4, 11, 18, 25**



## GENERAL STORE

Come check out the General Store as we have a variety of great items. We really have something for everyone, so stop 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

The best of luck is the luck we make for ourselves.

- Author Unkown

## MONTHLY RIDDLE

What's small, lucky, and green all over?

### Last Month Riddle

#### Answer

What did the paper clip say to the magnet?

#### Answer:

I find you attractive.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**DIRECTIONS:**  
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

## Saint Patricks Day

### MarCh 17th

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




BLARNEY	GOLD	LUCK
CHARM	GREEN	MARCH
CLOVER	IRELAND	PARADE
DANCE	ISLE	RAINBOW
DUBLIN	LEPRECHAUN	SHAMROCK
EMERALD	LIMERICK	

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# Taunton Mills Team Directory

STAFF	EXT	STAFF	EXT
<b>Charge Nurse LTC Perry</b>	<b>5005</b>	<b>Charge Nurses – North Tower Retirement – South Tower</b>	<b>5905 5100</b>
<b>Dan Kennedy</b> Asst General Mgr - LTC	<b>8008</b>	<b>Noëlla Black</b> (Senior) General Manager	<b>8003</b>
<b>Sonia Toohey</b> Director of Care	<b>8005</b>	<b>Emily Vasey</b> Asst General Mgr - RET	<b>8009</b>
<b>Ingrid Smithen, Andrew Velasco &amp; Mellisa Burley</b> Asst Director of Care/ Assistant Director of Care/ Behavioural Supports ON	<b>8060/5110/5107</b>	<b>Heather Wagner</b> Wellness Coord -South <b>Mary Grace Hatt</b> Wellness Coord - North	<b>8069 8034</b>
<b>Ava Smith Ellis</b> Resident support Coordinator	<b>5109</b>	<b>Alysha Holland</b> NH Coord- Egerton	<b>8035</b>
<b>Diane MacLean</b> NH Coord. Dryden/Claremont	<b>8018</b>	<b>Staci Wale</b> NH. Coord- North	<b>8026</b>
<b>Mitch Wolf</b> NH Coord. Perry/Dunlop	<b>8019</b>	<b>Jenn Cain</b> NH Coord. – Emma's	<b>8065</b>
<b>Rob Kennedy</b> Chaplain	<b>8011</b>	<b>Adrienne Brooks</b> NH Coord -South	<b>8062</b>
<b>Christal Leduc</b> RAI MDS	<b>8020</b>	<b>Vergine Tumanyan</b> Office/Team Exp. Coord.	<b>6836</b>
<b>Susan de Leon</b> Administrative Asst LTC	<b>8012</b>	<b>Joan Brown</b> Administrative Asst RET	<b>8001</b>
<b>Allison Sauvé</b> Recreation Supervisor	<b>8007</b>	<b>Judy Collard</b> Admin. Coordinator	<b>8002</b>
<b>Lisa Jackson</b> Volunteer Coordinator	<b>5111</b>	<b>Steph Hamilton</b> Director of Recreation	<b>6848</b>
<b>Zibby</b> Maintenance - LTC	<b>5873</b>	<b>Hobby Room (Art Studio)</b>	<b>8013</b>
<b>Christine Arnold</b> Nurse Practitioner			
<b>Gregory Lyons</b> Asst. Director of Environmental Services	<b>8015</b>	<b>Fred Upshaw</b> Dir. Environmental Svcs	<b>8006</b>
<b>Farah Sadiq</b> Fitness Club / Kinesiologist	<b>8016</b>	<b>Russ, Brayden, Lucas &amp; Rodel</b> RH Maintenance	<b>5871</b>
<b>Brenda Giambattista</b> Village Health Ctr / Oksana Foot Clinic	<b>905 665-0155 X8048</b>	<b>Melissa McNally</b> North RH Kinesiologist	<b>8017</b>
<b>RiverStone</b> Spa & Hair Salon	<b>8050</b>	<b>Amelie Larochelle</b> South RH Kinesiologist	<b>8017</b>
<b>LTC – NEIGHBOURHOODS</b>		<b>Retirement Neighbourhoods</b>	
<b>PERRY</b> (call 5005 during day)	<b>8022/8023</b>	<b>North Tower</b> 1 <sup>st</sup> Floor Nursing Station Williamsburg Med Cert / PCA Egerton Med Cert / PCA	<b>8036 / 8037 5865 / 5864 8040 / 5857</b>
<b>DRYDEN</b>	<b>8025</b>	<b>South Tower</b> Williamsburg Emma's PCA Emma's Med Cert	<b>5002 / 5003 5102-5103-5104 5105 / 5106</b>
<b>DUNLOP</b>	<b>8031/8032</b>	<b>Laundry</b>	<b>8052</b>
<b>FOOD SERVICES</b>		<b>Marketing Dept.</b>	
<b>Marie Sawatzky</b> Food Services Manager	<b>8004</b>	<b>Rosemary Coolen, Crystal Saunders &amp; Sharon Port</b> Director of Lifestyle Options - Marketing	<b>8043</b>
<b>Lee Stewart</b> Director of Hospitality <b>Alister</b> Dining Room Supervisor	<b>8014 5112</b>	<b>Amy Haines</b> Village Experience Coordinator	<b>8058</b>
<b>Wine Bar – Fire Side Lounge</b> <b>Café 1<sup>st</sup> Floor Retirement</b>	<b>8039 8044</b>		
<b>RUBY'S Bar</b> Direct line to RUBY'S Restaurant	<b>8067 905 665-2072</b>	<b>Laundry</b>	<b>8052</b>
		<b>Demonstration Kitchen</b>	<b>8069</b>
		<b>School House</b>	<b>8071</b>
		<b>General Store-RH</b>	<b>8055</b>