



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

DECEMBER 2024

905-666-3156

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

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Santa visited the Village on November 16th for the Village's Annual Christmas Bazaar.

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

December 1st – Ivone Ga
 December 4th – Evelyn Ro
 December 4th – Evelyne St
 December 4th – Gloria Mc
 December 6th – John Ba
 December 7th – Dick Do
 December 7th – Marian La
 December 8th – Fern Al
 December 8th – Valentina
 Ch
 December 9th – Howard Fl
 December 10th – Hans Bo
 December 12th – Wilfred
 Br
 December 12th – Gail Ch

December 13th – Julie Ha
 December 14th – Betty Bo
 December 14th – Muriel Jo
 December 15th – Patricia
 Ba
 December 16th – Shirley
 Mi
 December 16th – John Le
 December 17th – Betty Fo
 December 18th – Joe Ri
 December 19th – Bob Ru
 December 20th – Bill Ry
 December 21st – Jeanne
 Bo
 December 22nd – Ruth Th
 December 22nd – Evelyn Mc

December 23rd – Theo Th
 December 25th – Ruth Sp
 December 26th – Rita Ra
 December 29th – Jean Cl
 December 29th – Margaret
 Ur
 December 29th – Stella Ch
 December 30th – Anne Pe

Long Term Care Birthdays

Dec 7th- Etta Go
 Dec 18th- Victoria Wa
 Dec 21st- Camille Li
 Dec 21st - Ruth O’N
 Dec 25th - Delphina Wo
 Dec 25th - Noella Ch
 Dec 28th- Ursula Vi
 Dec 29th - Pat Br
 Dec 29th - Pam Pa
 Dec 31st - Susan Ho



VOLUNTEER CORNER

With Lisa Jackson – Volunteer Coordinator

We  our
volunteers

VOLUNTEER  In the 
Spotlight

Kingston Henry

Kingston has quickly become an integral part our volunteer team, making outstanding contributions since joining two months ago. Supporting Sunday worship services and Monday evening bingo events, he provides exceptional support, consistently demonstration patience and compassion while taking the time to get know others.

We appreciate his time and exceptional volunteer efforts.

Kingston, we extend sincere gratitude for volunteering with us!

We're grateful for Taunton Mills volunteers' tireless efforts. Your service improves the well-being of village residents.

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

UPCOMING Chapel Events

December 8 – Bodhi Day

This Buddhist holiday remembers the day that Gautama Buddha is believed to attain enlightenment. Also celebrated on the lunar date January 18, 2024.

December 21 to January 1 – Yule

Pagans and Wiccans celebrate the winter solstice today.

December 25 – Christmas

Happy Birthday Jesus! This important Christian remembers the birth of their Lord and Savior.

December 26 – January 2* – Hanukkah

The 8-day Jewish celebration of the victory of Jews over Syrian Greeks begins today.

December 26 – January 1 – Kwanzaa

This seven-day cultural celebration focuses on seven main principles, Nguzo Saba. They all correspond to values that they believe help a person, their family, and their community to prosper.

In Memory



We remember...

Ted F.

Cromwell C.

Desmond D.

John K.

Gerald M.



“December is a time to reflect on the blessings of the past year and to embrace the opportunities of the coming one.”

— Oprah Winfrey

Poem of the Month
Written by: Patricia Bayley



Christmas Will Come

We're heading for home, and the vessel near lost.
The sea's riding high and we're all tempest and tossed.
A wave lifts the ship 'neath the eye of the storm.
It's suddenly quiet and still no alarm.
The darkness still hovers, prayer working, and grace
defeats rising fear and changes the pace.
As chaos continues, solutions are found.
The Captain, to guide us, we won't run aground.
The compass proves true, we head north to the bay.
While high in the sky with reindeer and a sleigh.
Santa's up there with gifts on his way,
bringing hope and good cheer for a great Christmas Day.

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

The first red and white striped candy canes were made at the turn of the 19th century. At the same time the first striped candy canes appeared, the candy makers added the peppermint flavour which became a traditional flavour rather quickly. Candy canes may not be the most nutritious treat, however if you compare them to other seasonal treats, they do tend to be less calorically dense.

Candy that's mostly sugar will have fewer calories than sweets like chocolate, which also contains fat and small amounts of protein.

So while enjoying this festive treat, think of the positive elements, and how far back the history goes for this well known Christmas candy.

Happy
Holidays from
the Food
Service
Department!



Candy Cane Recipe

You will need...

Bowl

Weighing Scales

Whisk / mixer

Sieve

Tray



Step 1

Whisk Egg
white /
Aquafaba



Step 2

Sieve in
sugar and
add
extract, mix

Step 3

Split into 2
(or more!)
and colour

Step 4

Roll out and
shape!



Step 5

Place on
sugar-dusted
tray to set



1 Egg white / 2
tbspoons
Aquafaba

Icing Sugar
400g

Peppermint
Extract (few
drops)

Food Coloring
- your choice!

Ingredients

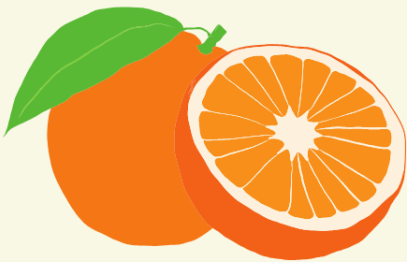
Step 6
GIFT!



Vitamin C

WHAT IS VITAMIN C?

A super-powered vitamin that keeps your immune system strong, skin glowing, and helps your body heal faster!



HOW TO GET MORE VITAMIN C

Enjoy Vitamin C-packed foods like:

- 🍊 Oranges and citrus fruits
- 🥦 Broccoli and bell peppers
- 🍓 Strawberries and kiwis
- 💊 Add a daily supplement if needed (consult your doctor).



SIGNS YOU MIGHT BE DEFICIENT

- 🩸 Gums that bleed easily
- 😴 Fatigue or feeling weak
- 👐 Dry, rough, or scaly skin
- 🤧 Getting sick more often



DID YOU KNOW?

Vitamin C is water-soluble, meaning your body doesn't store it—so you need it every day to stay healthy!



Village Life *Last Month in Photos*



Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton_mills

Twitter @Taunton_Mills



Using Nutrition to Improve Bone Health

Did you know that over 80 per cent of all fractures in people over the age of 50 are caused by osteoporosis?

It's important to consume enough calcium and vitamin D each day to maintain bone health, and to include protein at every meal to build and repair muscles and bones.

Check out these easy tips to improve your bone health from Lora Giangregorio, PhD, Schlegel Research Chair in Mobility and Aging, and Heather Keller, RD, PhD, Schlegel Research Chair in Nutrition and Aging, that you can incorporate into your life.

Protein at every meal and snack

Aim for ~20-30 grams at breakfast, lunch, and dinner. Or, eat small amounts of protein more often. 20 grams of protein are equivalent to three eggs, or half a cup of peanuts.

Get calcium through foods

It is better to get calcium through your diet - only take a supplement if you cannot get enough. Cow, almond, or soy milk, yogurt, cheese, white beans and almonds are high in calcium.

Ask your healthcare provider about Vitamin D

Adults over the age of 50 should take a daily supplement containing 400 IU (10 µg) of vitamin D



because there are few food sources that contain enough of this essential vitamin. Some people may need more – talk to your doctor or nurse practitioner about how much vitamin D you need.

Manage your weight

Avoid unintended weight loss. When you lose weight, you can lose muscle and bone. Weigh yourself at least monthly to monitor your weight.

If you are losing weight, or don't have much of an appetite, there are several evidence-based tips that can help: You can eat small amounts and more frequent meals or snacks; instead of water or tea, drink fluids with protein and calories like milk or high-protein drinks; eat foods higher in nutrients and calories like avocado, nuts or nut butter, or cheese.

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.

Schlegel Villages – CONNECTIONS



Season's
Greetings

With the wintry days of December descending upon us, we celebrate the diversity of life within our Villages and the meaningful traditions that unite us in peace and joy during the festive season.

Whether it's the warmth of Christmas, the dedication of Hanukkah, the reflection of Kwanzaa, the triumph of light during Diwali that has already been celebrated, or the spiritual journeys of other traditions, this season offers us a time to come together in gratitude, kindness, and hope.

As we consider our diversity, we reflect on the evolution of faith within the Villages, recognizing that the concept of Chaplaincy in our Villages has grown into a more encompassing notion of Spiritual Care, led now by our Spiritual Care Leads.

May this festive season bring you light, love, and harmony, wherever you are, and may the shared values of compassion and goodwill inspire a bright and hopeful year ahead as we learn more about our neighbours and the traditions that guide them.

Interested in more?

Sign up for our monthly newsletter where we share stories and news about Village Life!



Schlegel Villages – CONNECTIONS

Mission-driven GROWTH

Since The Village of Winston Park first opened 30+ years ago in Kitchener, Schlegel Villages has carefully considered its pattern of growth in order to bring its social model of living to more communities across the province. After an extremely busy 2024, our family of 18 Villages on its way through another exciting period of growth.



After extensive renovations, Winston Park's grand reopening in the fall of 2024 was a time to celebrate the culmination of efforts that led to a state-of-the-art, 288-bed Long-Term Care (LTC) community on the footprint of the Village that launched the Schlegel Villages organization as it is known to this day.



The Village of Ridgeview Court, Milton

Construction is moving along nicely at four new Villages, and though timelines with projects like these can be affected by many variables, we are excited to welcome new residents to:

- **The Village of Ridgeview Court, Milton** (end of 2025)
- **The Village of Millers Creek, Ajax** (spring of 2026)
- **The Village of Riverbank Terrace, Ottawa** (late 2026)
- **The Village of Stouffer Mills, Stouffville**

We also have exciting plans announced in Hamilton, with a new 512-bed LTC Village to be partnered with Mohawk College and Supportive Housing provider, Indwell, rounding out an exciting new community there.

In early 2026, we expect to break ground in Barrie, Oakville and Richmond Hill as well, marking the beginning of what we know will be a busy and exciting New Year!

Advertisements



#ElderWisdom
Stories from the
GREEN BENCH
Podcast

Your seat on the green bench is ready and waiting.

QR Code

SUBSCRIBE

Available on Apple Podcasts, Google Podcasts, 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 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, Lee, 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!





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



CANDLES	REINDEER
COOKIES	RIBBON
GIFTS	SLEIGH
HOLIDAYS	STOCKINGS
JOY	TRAVEL
LIGHTS	TREATS
MILK	WINTER
ORNAMENTS	WREATH

MONTHLY RIDDLE

Who makes toy guitars and sings "Blue Christmas"?

Last Month Riddle Answer

I grow tall in the farmer's field. In autumn, I give a bountiful yield. What am I, nature's shield?

Answer:
Corn!

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

Taunton Mills Team Directory

STAFF	EXT	STAFF	EXT
Charge Nurse LTC Perry	5005	Charge Nurses – North Tower Retirement – South Tower	5905 5100
Dan Kennedy Asst General Mgr - LTC	8008	Noëlla Black (Senior) General Manager	8003
Sonia Toohey Director of Care	8005	Emily Vasey Asst General Mgr - RET	8009
Ingrid Smithen, Andrew Velasco & Mellisa Burley Asst Director of Care/ Assistant Director of Care/ Behavioural Supports ON	8060/5110/ 5107	Susanna Lambert Director of Wellness Heather Wagner Wellness Coord -South Mary Grace Hatt Wellness Coord - North	5092 8069 8034
Ava Smith Ellis Resident support Coordinator	5109	Alysha Holland NH Coord- Egerton	8035
Diane MacLean NH Coord. Dryden/ Claremont	8018	Amanda Sturgeon NH. Coord- North Dean Cantwell NC-Becker	8026 5000
Mitch Wolf NH Coord. Perry/Dunlop	8019	Jenn Cain NH Coord. – Emma’s	8065
Rob Kennedy Chaplain	8011	Adrienne Brooks NH Coord -South	8062
Christal Leduc RAI MDS	8020	Vergine Tumanyan Office/Team Exp. Coord.	6836
Susan de Leon Administrative Asst LTC	8012	Joan Brown Administrative Asst RET	8001
Allison Sauv� Recreation Supervisor	8007	Judy Collard Admin. Coordinator	8002
Lisa Jackson Volunteer Coordinator	5111	Steph Hamilton Director of Recreation	6848
Zibby Maintenance - LTC	5873	Hobby Room (Art Studio)	8013
Christine Arnold Nurse Practitioner			
Ben McLeod Asst. Director of Environmental Services	8015	Fred Upshaw Dir. Environmental Svcs	8006
Farah Sadiq Fitness Club / Kinesiologist	8016	Russ, Brayden, Lucas & Rodel RH Maintenance	5871
Brenda Giambattista Village Health Ctr / Oksana Foot Clinic	905 665-0155 X8048	Melissa McNally North RH Kinesiologist	8017
RiverStone Spa & Hair Salon	8050	Amelie Larochelle South RH PAL Coordinator	8017
<i>LTC – NEIGHBOURHOODS</i>		<i>Retirement Neighbourhoods</i>	
PERRY (call 5005 during day)	8022/8023	North Tower 1 st Floor Nursing Station Williamsburg Med Cert / PCA Egerton Med Cert / PCA	8036 / 8037 5865 / 5864 8040 / 5857
DRYDEN	8025	South Tower Williamsburg Emma’s PCA Emma’s Med Cert	5002 / 5003 5102-5103-5104 5105 / 5106
CLAREMONT	8028/8029		
DUNLOP	8031/8032	Laundry	8052
<i>FOOD SERVICES</i>		<i>Marketing Dept.</i>	
Marie Sawatzky Food Services Manager	8004	Rosemary Coolen, Crystal Saunders & Sharon Port Director of Lifestyle Options - Marketing	8043
Lee Stewart Director of Hospitality Alister Dining Room Supervisor	8014 5112	Amy Haines Village Experience Coordinator	8058
Wine Bar – Fire Side Lounge Caf� 1st Floor Retirement	8039 8044		
RUBY’S Bar Direct line to RUBY’S Restaurant	8067 905 665- 2072	Laundry	8052
General Store-RH	8055	Demonstration Kitchen	8069
		School House	8071