



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

MAY 2024

905-666-3156

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

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The Credo Success Winners are presented annually to team members that exemplify the Customer Service Credo. They are nominated by Residents, Family members and their fellow team members. Congratulations to all our Success Winners!

Here are this year's winners:

Earn Trust- Wahida Tiraei FSA

Walk in my shoes Heather Lowe PSW

Follow Though- Ricky Servito RPN

Be Present – Khaleda Hashamt- REC

Know Me-Georgia Thomas PCA

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

May 2nd – Dorothy V

May 2nd – Martin K

May 3rd – Joanne S

May 4th – Graham L

May 5th – Ruth C

May 6th – Jerry A

May 11th – Teresa J

May 13th – Hilde M

May 13th – MacGregor M

May 13th – Ken H

May 13th – Joanne A

May 14th – Rose S

May 15th – Dula O

May 15th – Bob S

May 15th – Michelle B

May 17th – Catherine M

May 19th – Olive R

May 22nd – Pam D

May 22nd – Judy P

May 22nd – Diane C

May 22nd – Carol L

May 22nd – Laura V

May 23rd – Josephine R

May 26th – Bruce P

May 26th – Jane S

May 27th – Thelma B

May 28th – Bruce A

May 28th – Lorna C

May 28th – Donald F

May 29th - Bill M

May 30th – Vincent L

Long Term Care Birthdays

May 2nd- Ian S.

May 6th- Dorothy L.

May 7th- Cromwell C.

May 8th- Neena Dharmi

May 14th- Harold H.

May 17th- Don W.

May 24th- Kay W.



VOLUNTEER CORNER

With Lisa Jackson – Volunteer Coordinator

We  our
volunteers

VOLUNTEER In the Spotlight

Irene Talent

Congratulations to Irene Talent, for receiving the Barb Schlegel Volunteer Award! It is well deserved, for her outstanding acts of volunteerism, assisting on Long-Term Care in the Perry neighbourhood, taking residents for walks on Main Street, friendly chats and helping during meals, all while having a big smile on her face. Irene is a very kind-hearted individual, who started to volunteer after the passing of her husband (past resident on Perry) Irene has created many special bonds with residents and team members on Perry and throughout Taunton Mills. We are always delighted when she is in the village, and very grateful for her and all she has to give.

Thank you, Irene, for all you do!

Thank you to all volunteers for your commitment to Taunton Mills. You all truly make a difference in the lives of those at Taunton Mills!

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

May 4th-5th

Yom HaShoah

May 5

Pascha

May 23

Vesak (Buddha Day)

In Memory



We remember...

Donald Wray

Florence Cribb

Victor Giles

Harold Hiemstra

Marie Linde

Calvin Clark

Evelyn de Manbey

Franz-Josef Hummel

Roger Mags

“What lies behind us and what lies
before us are tiny matters
compared to what lies within us.” –
Ralph Waldo Emerson

“The most important time
you make is the time you
make for yourself.”

-Unknown

Poem of the Month
Written by: Patricia Bayley



Birds Eye View.

I saw the Meccano set down at the docks, all shapes and sizes some chunky some thin and hundreds of boxes to put them all in.

There were girders and pulleys of yellow and blue overhead wires and a gantry or two. The cranes didn't fly, but held cargo, brand new, that were winged to the ships into holds by the crew.

The excitement was present but paced by the few working with those on the quay those who knew the systems and mechanisms to aim spot on ;true.

Rectangular blocks, colour coded it seems, set out in huge grids giant candies in dreams. The bollards and ropes and the chains used in moves, hidden from sight of a viewer up high on a deck that attempted to reach to the sky. Pilot boats mere flotsam that swayed to, and fro 'twix the ships and the dock, avoiding all woe.

Such scenes give one pause, when observed, people stare, as cargo swings in loops, though maneuvered with care. Such movement and power is all sitting where the ships come to load up with freight by the ton. Few see ship's flags wave when loading is done. It's a treat of the day as ships wave their goodbyes and some blow their horns just by way of surprise.

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

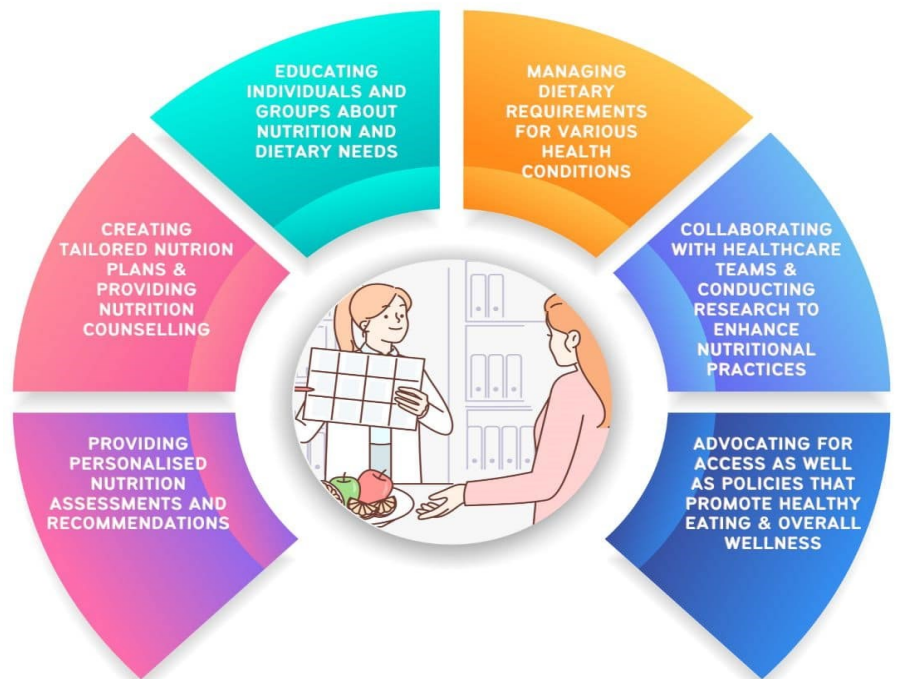
World Nutrition Day is May 28th

Nutrition is celebrated around the world to promote health and well-being and raising awareness of the importance of proper nutrition and the choices we make. We are fortunate to have a Registered Dietitian on LTC that assists in educating those beneficial choices, as well as reviewing and approving our menus to suit all diet types and ensure balance.



Dietitian News

We would like to wish Sarah Kassel, Our Dietitian, the best of luck as she is now on Maternity Leave awaiting her baby girl's arrival this month. We would also like to welcome Carleigh Mulligan to the village, as she will be covering Sarah during her time off, we look forward to having Carleigh with us and sharing her nutrition knowledge.



Effect of Exercise in Obese Older Adults with Mobility Limitation



Obesity



mobility limitations

It is a chronic, complicated illness characterized by high fat accumulation that can harm one's health.

Someone is experiencing trouble walking and moving around as they usually do. In order to complete an activity, they need assistance.

CAUSES OF MOBILITY LIMITATIONS

- Chronic disease or illness
- Sedentary lifestyle
- Cardiovascular disease
- Musculoskeletal disease
- High BMI
- Increase body fat percentage
- These all can make a person to use wheelchair

ADVERSE HEALTH EFFECT OF MOBILITY LIMITATIONS

Respiratory complications

- Osteoporosis
- Muscle mass loss
- Decrease strength
- Pain
- Depression
- These all affect person physically, emotionally and socioeconomically.

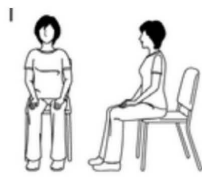


EFFECT OF TAI CHI EXERCISE

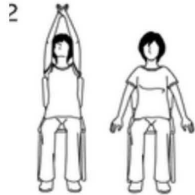
- This is a traditional Chinese exercise that combines mind and body
- Deep diaphragmatic breathing is used into body movements during Tai Chi practice to create a coordinated body-mind balance and to promote the flow of internal energy.
- Improve aerobic capacity
- Improve muscular strength
- Balance and motor control
- Improve proprioception
- Prevention of falls
-

EXERCISES

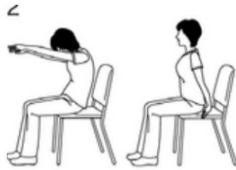
Patients must get medical clearance before beginning any new exercise regimen and all physical activity must be done under the supervision of medical personnel.



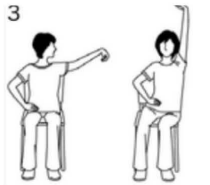
neck movement



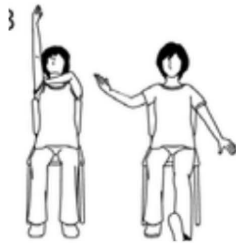
shoulder stretch



back stretch



shoulder abduction



shoulder flexion



chest opener



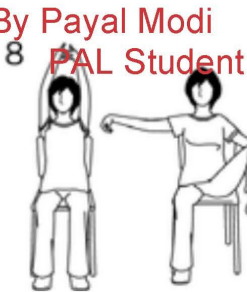
hip abduction



hamstring stretch



calf stretch



side step



hip flexion



sitting marching

By Payal Modi
PAL Student

Village Life *Last Month in Photos*



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Twitter @Taunton_Mills



Caregivers' Week: May 12-18



We are **CAREGIVERS**



Schlegel Villages – CONNECTIONS



Our Exceptional Customer Experience Training Program that equips our team members with an understanding and service skills to create meaningful and memorable moments with those we serve.

SPOT the dot!

A fun way to keep our credo alive day to day in our Villages! Recognize team members with a “Dot” for the amazing and impactful work they do every day.

We are launching Spot the dot during Caregivers’ Week, May 12–18.

How it works

- Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- Take the matching sticker, find the team member and present it to them.

Let’s fill up the board with messages of gratitude for our team members and show them we recognize how hard they work to bring our mission and vision to life.



Connect the dots – credo values



Draw on what you know about me to make things personally meaningful. Make me feel special, recognize what makes me unique.



Please give me your undivided attention. Practice patience, listen empathetically and with an open mind. Show respect, genuine interest and sincerity.



Ask questions to gain a deeper understanding, acknowledge and empathize with my experience and feelings. See through my eyes, feel what I feel, connect with me.



Be clear, genuine, and transparent in all communications. Take responsibility and confirm a shared understanding of action plans and commitments. Deliver on our promises.



Pay close attention to detail, going the extra mile. Show me how I will be taken care of and follow up throughout the process.



Late-life depression

Depression is not a natural part of aging, yet it affects up to 40 per cent of older adults. Recognizing and managing depression is important for improving quality of life.

What is depression?

Clinical depression, or major depression, is not just about feeling sad. It's a serious condition where one may feel sad all the time and lack interest in activities that used to bring joy. Changes in sleep patterns or appetite, low energy, difficulty focusing, not maintaining personal hygiene, and feelings of guilt or worthlessness are other signs of depression.

Risk factors for developing depression

There are some risk factors that increase the risk of depression as one ages:

- The loss of a friend or loved one
- Loneliness, which may happen more frequently as one ages
- Ongoing medical problems
- Struggles with thinking, focusing and memory
- Long-term hospital stays or diagnoses like strokes or Parkinson's disease

Common myths

Common misconceptions about depression can prevent older adults from seeking help. Some of them include:



"It's a normal part of aging." Depression is *not* an inevitable part of aging and should be treated with the same concern as any health problem.

"There are no effective treatments." There *are* many effective treatments for depression, including medications, therapy, and lifestyle adjustments.

"It's just grief" or "I'm just tired." While grief and fatigue are common, persistent symptoms shouldn't be ignored.

Seeking help

If you or someone you know might be experiencing depression, the first step is to talk to your family doctor. They can assess your symptoms, provide a diagnosis, and come up with a treatment plan specific to your needs. This may include therapy, medication, and/or lifestyle changes.

With the right support and treatments, a fulfilling life is not out of reach.

Watch the full "Demystifying Depression in Older Adults" video [here](#) featuring Schlegel Chair in Mental Health and Aging, Sophiya Bejamin.

Advertisements



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Podcast

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bench is ready and waiting.

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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!





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

“If we had no Winter, the Spring would not be so pleasant”.

- Anne Bradstreet

MONTHLY RIDDLE

The more you take the more you leave behind.

Last Month Riddle

Answer

What kind of bow can't be tied?

Answer:
A Rainbow

Name: _____ Date: _____

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

MERRY MONTH OF MAY

Word Search



- BASEBALL
- BLOSSOM
- BUMBLEBEE
- BUTTERFLY
- CINCO DE MAYO
- FLOWERS



- | | |
|--------------|--------------|
| GARDEN | MOTHER'S DAY |
| GEMINI | PIÑATA |
| GREEN | PLANT |
| LADYBUG | SEEDS |
| LAWN MOWER | SPRING |
| MAYPOLE | SUNSHINE |
| MEMORIAL DAY | TAURUS |
| MOM | TEACHER |

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	Heather Wagner Wellness Coord -South Mary Grace Hatt Wellness Coord - North	8069 8034
Ava Smith Ellis Resident support Coordinator	5109	Alysha Holland NH Coord- Egerton	8035
Diane MacLean NH Coord. Dryden/ Claremont	8018	Staci Wale NH. Coord- North	8026
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 Sauvé 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			
Gregory Lyons 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
LTC – NEIGHBOURHOODS		Retirement Neighbourhoods	
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
DUNLOP	8031/8032	Laundry	8052
FOOD SERVICES		Marketing Dept.	
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 Café 1st Floor Retirement	8039 8044		
RUBY'S Bar Direct line to RUBY'S Restaurant	8067 905 665- 2072	Laundry	8052
		Demonstration Kitchen	8069
		School House	8071
		General Store-RH	8055