

SHANNEX

CONNECTIONS

OCTOBER 2018, ISSUE 32

Strategic Plan

A new Strategic Plan for
April 2018 to March 2023

**Faubourg du Mascaret
Green Thumbs**

PLUS:



Big Ideas Come to Town • Welcoming More Great People • Quilts of Valour • KV Music Fest

Editor's Note

Katherine VanBuskirk

Welcome to the newest issue of *Connections*! I think we can all agree it was a beautiful summer with plenty of fine weather, but there is something so refreshing about autumn with its crisp, colourful days.

At this time of year, many of us pause to reflect on all we have to be thankful for. In preparing this edition of *Connections*, it is clear that many of you enjoy the opportunity to recognize and express gratitude for each other all year round.

At Faubourg du Mascaret, residents spent time honouring their Acadian heritage (and having a pretty lively party!) on August 15 (page 9). Parkland at the Gardens resident (and roving reporter) Dorothy Grant applied her skills to cover the story of how fellow residents appreciate the delicious creations of award-winning chef Mandy Wingset (page 4). And the Arborstone Enhanced Care team recently received recognition and project funding for their work on exploring how sound levels can be addressed in nursing homes. You can read more about this interesting project on page 13.

In this issue, you will notice that we have added a new feature highlighting team members who have been honoured for going above and beyond through our Caught You Being Great Awards. This month, you'll read about Cedarstone Enhanced Care's Michelle Lewis and all she does every day to place *Residents First* (page 12).

We are also pleased to share that, by popular demand, we have created a tool for residents and families to recognize employees by submitting Caught You Being Great nominations (page 3). This is an initiative residents have been asking about for some time and we are pleased to see it become available beginning December 1st.

These, along with many other stories in this issue, paint a beautiful picture of the amazing things happening in our communities every day. I hope you take time to read them all!

Featured on the cover:

Faubourg du Mascaret Lifestyle Consultant Susan Edgett tastes beans grown on campus by residents Dorothy and Ronald Cyr.

Culinary Corner

It's fall and suddenly pumpkin is king. Here's a great pumpkin loaf by Laura Vienneau, Parkstone's new Bakery Supervisor. Delicious!



Pumpkin loaf (Makes 2 loaves)

Ingredients

6 eggs
1 ¼ cups oil
794 ml pumpkin puree
4 cups sugar
2 tablespoons vanilla
1 ½ teaspoons baking soda
1 ½ teaspoons baking powder
1 ½ teaspoons salt
1 ½ teaspoons each cinnamon, ground cloves and ginger
5 cups flour

Directions

1. Spray loaf pans and place parchment on the bottom.
2. Mix eggs and oil.
3. Add pumpkin puree, sugar and vanilla. Beat until smooth.
4. Sift together flour, soda, powder, spices and salt.
5. Fold dry mixture into wet mixture.
6. Pour into 2 loaf pans.

Bake at 350°F for 45 to 50 minutes.

SHANNEX

CARE
AT HOME

Parkland
RETIREMENT LIVING

FAUBOURG
du Mascaret

ENHANCED CARE



Connections is a quarterly newsletter for Shannex employees, residents, volunteers, families and friends. It is developed by Shannex Communications. We welcome your feedback. Send comments to:

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Nursing home in Chatham Head



L-R: Jeff Swaine, Kim MacDonald, Jean Doyle and Carole Morey

— President's Message

We are pleased to present you with the October issue of *Connections*. It showcases an eventful summer at all of our Shannex and Parkland communities.

One of the highlights for me was welcoming many new *Great People* to our teams. In September, 15 new CCAs joined Parkstone Enhanced Care. These enthusiastic and engaged professionals, originally from the Philippines, attended training together in Toronto before moving to Halifax.

This is such great news for our company. Our new team members are engaged, professional and bring a high level of energy to their roles. I would also like to recognize the team at Parkstone for welcoming their new CCA colleagues and ensuring they had everything they needed to easily transition into their new community.

We have also begun the exciting work of adding to our New Brunswick team in Miramichi. The transition team has been busy working on plans to welcome approximately 300 employees currently working in the existing nursing homes to the Shannex team once the new sites are open. We are also pleased to share news about additions to our management team. Jean Doyle, currently Administrator at Miramichi Senior Citizens Home, will become the General Manager of the Parkland lifestyle community and its 81-bed nursing home on the King George Highway, and Jeff Swaine, currently COO at Mount Saint Joseph Nursing Home, has accepted the role of Administrator at the 159-bed nursing home in Chatham Head.

Jean and Jeff will lead management teams that include 11 managers hired from the existing homes. The combined experience and history this team brings to their new roles will help us as we begin a new chapter in this vibrant community.

In this issue we also share more information about our new strategic plan, which is now in full swing with many major projects well underway. The plan is the result of extensive consultation and valuable contributions from employees, residents, family and our *Trusted Partners*. We have applied this input and developed a plan that has a strong focus on collaborating with residents and families while using innovation and research to enhance care and service. We will also engage employees by creating meaningful careers that are productive, healthy and safe.

You will read more about this and other interesting stories in this issue. I hope you enjoy it as much as I did. It is clear that a strong sense of community continues to grow across our organization.

Sincerely,

Jason Shannon
President & COO

Have you witnessed a Shannex or Parkland team member going above and beyond?

Residents and family members can now recognize outstanding employees by nominating them for a Caught You Being Great Award!

Every time an employee is recognized, they receive a personalized nomination in the mail and earn points that can be redeemed for a variety of prizes.



Starting December 1st you can nominate a Shannex team member for a Caught You Being Great Award both online at Shannex.com and in person. Watch for more information.



Worry-Free Winter

Each winter, as the snow starts to pile up and the temperature starts to drop, we welcome residents who join our communities for just a few weeks or a few months. For many, these "winter stays" mean worry-free winters for both resident and family.

Parkland Clayton Park's Aberdeen Hall is happy that Isabel MacPherson, who is from Cape Breton and whose family lives in Halifax, has returned this year for her second winter stay. When asked what she likes about spending the season with us, she replied, "What do I like about winter stays? What's not to like? I really enjoy the staff and the people who reside here." She adds, "It's very nice to be near my family."

Isabel's family enjoys being able to visit her often. In her son's words, "This is such a great idea for our family. It certainly solved the quandary of our mother being on her own in her house during the winter."

For Isabel and many others, staying safe and warm in one of our communities is a great way to spend the winter months. Not only is there no shoveling, but there's a chauffeur to do the driving, a wide variety of activities and amenities, delicious meals prepared fresh every day and care available, if required.

And this year, we're helping seniors discover the warmth of Parkland by giving qualifying new winter stay residents the first week free!



BE PART OF CONNECTIONS

We love to feature organizations who, like us, work to improve the lives of seniors and caregivers. Want to reach over 5,000 people and share your message in *Connections*?

Email us at connections@shannex.com to place an ad in our next issue!

2-for-1: Employee and Resident Spotlight

Dorothy Grant, a resident at Parkland at the Gardens, wrote this story about award-winning pastry chef Mandy Wingret. What a wonderful way to highlight the accomplishments of both a resident and an employee at the same time!



A gold medal chef among us

Residents at Parkland at the Gardens in Halifax face a significant challenge every day when they pass by the large showcase full of desserts in the dining room. And it's all because of Mandy Wingret.

As the story goes, Mandy had been watching her grandmother preparing a poppy seed strudel when she was left alone for a few minutes. When her Grammy returned, Mandy had somehow worked her little hands into the dough, finished preparing it, added the filling and rolled it up ready for baking.

It wasn't long before Mandy recognized it was her destiny to become a real chef!

Mandy's talent was obvious during her years at the Culinary Institute of Canada in Prince Edward Island, where she earned both her Culinary Arts and Pastry Arts certificates. During her studies, she and a teammate won four gold medals, a silver medal and two Best of Show awards at a culinary competition in Grand Falls, Michigan.



And there were more impressive accolades to come.

As Team Captain of Culinary Youth Team Canada, she travelled to Wales, where her team won a bronze medal. Later, in Scotland, they were named the World Grand Prix Champions of 2007.

Their next destination was the 22nd International Exhibition of Culinary Art in Erfurt, Germany, in October 2008. Often called the Culinary Olympics, it's the biggest culinary exhibition in the world, with 54 nations and 1,600 chefs.

Despite being a grueling five-day event, Mandy insists that it was incredibly rewarding to win gold and silver medals, especially when competing against 50 different countries!

Mandy has also obtained the prestigious Red Seal certification in both cooking and baking.

In 2011 Mandy decided to move to Halifax. One day a colleague suggested that she apply for a pastry chef position at Parkland at the Gardens, a position she has now held for five years.

There are, of course, some individuals who may ask if working at a residence where seniors live wouldn't be a rather dull environment for a dynamic young woman like her.

She immediately dismisses this kind of thinking, saying that she loves it when residents tell her how much they enjoy her desserts, which she insists is almost as rewarding as having a medal hung around her neck!

A Day of Remembrance



On November 11th, we remember the men and women who have served and continue to serve our country during times of war, conflict and peace. Ceremonies will take place at almost every Shannex and Parkland community. Watch for information to be posted or speak to a team member if you are interested in attending.

Des pouces verts au Faubourg du Mascaret

Dorothy (Dot) et Ronald (Ron) Cyr, qui résident au Faubourg du Mascaret, ont toujours eu le pouce vert.

Pour Dot, l'agriculture fait partie de son héritage, car son père cultivait des pommes de terre. Le couple avait planté un grand potager chez eux à Bathurst et, après avoir déménagé à Dieppe pour être plus près de leur fille, Dot s'est occupée de grands parterres de fleurs.

En juin dernier, quand un autre résident, Victor Guitard, a suggéré au Faubourg de créer des parterres surélevés, Dorothy et Ronald se sentaient encore plus comme chez eux. Plus tard, après une petite visite au centre local de jardinage situé à côté du Faubourg, les Cyr ont semé des haricots jaunes, des concombres et des tomates.

Dot a remarqué qu'elle était surprise de l'enthousiasme généré par les parterres. « C'était incroyable! Tout le monde nous parlait du jardin et plusieurs visitaient tous les jours pour voir leur évolution! »

Grâce à l'arrosage quotidien et aux soins aux petits oignons, la première récolte s'est avérée un grand succès, au grand bonheur de tout le monde!

Dot espère que le club de jardinage officieux du Faubourg aura recruté de nouveaux membres pour la prochaine saison de jardinage!



Faubourg du Mascaret Green Thumbs

Faubourg du Mascaret residents Dorothy (Dot) and Ronald (Ron) Cyr are experienced gardeners.

Agriculture roots run deep for Dot, as her father was a potato farmer. At their former home in Bathurst, Dot and Ron planted a large vegetable garden and when they moved to Dieppe to be closer to their daughter, Dot continued to take care of large flower beds.

In June, when resident Victor Guitard suggested the site install raised gardens, Dorothy and Ronald felt right at home. After a quick trip to the local nursery, which is conveniently located next door to Faubourg, they planted yellow beans, cucumbers and tomatoes.

Dot says she was surprised at how much attention the garden boxes received. "It was incredible! Everyone would talk to us about the garden and many of them went to see the progress each and every day!"

With daily watering and lots of TLC, their first harvest was very successful, to the delight of their fellow residents!

Dot hopes the unofficial Faubourg Gardening Club will be successful in recruiting additional members by the time the next gardening season rolls around.

Construction Update

We're growing in Ontario!

At Parkland on Eglinton West, not only is construction proceeding on schedule, but we recently held a series of very successful information sessions at St. George's Golf and Country Club in Etobicoke. On September 18th and 19th, over 200 people attended four information sessions where we presented suite layouts, building plans and shared information about services, amenities, the community and pricing. We had a wonderful time chatting with members of our new community and giving away a gift basket with a one-night stay at the Glen Erin Inn as a door prize. We also drew for two spa gift cards for people who tested their swing at our Harmony mini-putt station.

Parkland on Eglinton West will be opening in August 2020.



Parkland on Eglinton West



From top: Douglastown nursing home and Chatham Head nursing home

Things are moving in Miramichi

Miramichi is a busy place for Shannex these days, with construction and recruitment in full swing for our two new nursing homes. Community meetings have recently been held with residents, families and employees at both nursing homes to review our progress and answer questions about the new homes. A broader community meeting is being planned for November.

The recruitment process is also well under way. In May, we posted the first set of job postings for positions in Miramichi and were pleased that many employees from both existing homes applied. Now that the interview process is done, we are pleased to share the names and roles of our first team members in Miramichi.

Jean Doyle, current Administrator at the Miramichi Senior Citizens Home, has accepted the role of General Manager of the Douglastown Retirement Living campus that includes an 81-bed nursing home.

Jeff Swaine, current COO at Mount Saint Joseph Nursing Home, has accepted the role of Administrator at the 159-bed nursing home in Chatham Head.

We are proud to have Jean and Jeff join our senior management team in New Brunswick. Welcome to the Shannex team!

Stay up to date on the project by visiting Shannex.com, where you will find information on careers and access to our project information page and email newsletter.

Shannex Summer Games

From August 27th to 29th, residents of Harbournstone Enhanced Care, Parkland Cape Breton and Celtic Court once again competed in the Shannex Summer Games.

Events this year included pool, putting, washer toss, bocce ball, ladder toss, shuffleboard and bowling.

Each day a different home hosted two or three events, and residents from the other homes travelled to participate. Residents were able to engage in fun, healthy competition while challenging themselves and others.

It was wonderful to see residents from all homes cheering everyone on.

Congratulations to everyone involved!



Quilts of Valour

Parkland at the Gardens



Two residents at Parkland at the Gardens, Jim Murwin and Andrew Fulton, were selected as Quilts of Valour recipients for their past military service to Canada. Jim's daughter contacted us to ask if we could host the presentation, which of course we were delighted to do.

We enjoyed a brief speech from the Quilts of Valour representative, Nadine de Blois, as well as an overview of the recipients' military experience and accomplishments from the navy admiral who presented the quilts. We also hosted a buffet and reception for family and friends afterwards.

Wouldn't it be wonderful if other residents qualified for quilts as well? Please visit the Quilts of Valour website and share it with others you think might be interested in pursuing this for their residents!

quilts of valour.ca

"Our mission is to ensure that injured Canadian Forces members are recognized for their service and commitment to our country. We give this support through the presentation of quilts to comfort our past and present Canadian Forces members."

Exploring New Worlds with Virtual Reality

Parkland Fredericton Wellness Coach Nora Hinchey brought her virtual reality headset to work so that residents could explore new worlds. Everyone seems to be getting on the virtual reality bandwagon, so why not residents?

Governor Hall resident Marjorie Butland had a great time exploring the ocean and seeing all the different coloured fish in the blue tropical waters, while resident Peter McLeod went for a ride on a rollercoaster! Another resident explored the solar system.

The residents said they had so much fun it was like being on a virtual reality vacation!



Shannex Leadership Training

Congratulations to the most recent group of employees to complete leadership training at the Shannex Centre for Excellence.

Achieving Excellence
Kirsten Farago
Colchester Cumberland Region

Striving for Greatness
Colleen Walker
Parkland Clayton Park
Ryan Rhodenizer
Parkstone Enhanced Care
Ricardo Garcia
Elk Court

Brian Ramsay
Parkland in the Valley
Lindsay Fenton
Corporate Office
Maria Agcon
Cedarstone Enhanced Care



Shoreline Speech Therapy
When someone has **difficulty speaking**,
a **speech-language pathologist** can help.

People with difficulty communicating can improve their ability to interact, get across a message, speak, understand, remember information, read, and write. **Family and care staff can learn how to change the environment and their own way of communicating** to promote more positive interactions, choice making, and participation in care activities.

Stroke: improve understanding of others, word finding, reading, writing, and use of strategies to get a message across

Parkinson's Disease: gain a louder voice and clearer speech, learn strategies for being understood



Dementia: create better social and care interactions, support memory, and reduce responsive behaviours

Pamela Coulter, M.Sc., S-LP(C)
www.shoreline-speech.com | 902.219.3065

Fêtons l'Acadie



La fierté acadienne est bien vivante dans nos deux complexes de la région du grand Moncton!

Le 15 août dernier, les communautés du Faubourg du Mascaret et de Parkland Riverview ont tenu des activités spéciales pour célébrer la Fête nationale de l'Acadie.

Au Faubourg du Mascaret, les résidents ont participé au Tintamarre accompagnés de deux invités de marque : l'honorable Ginette Petitpas Taylor, ministre de la Santé fédérale et députée de Moncton-Riverview-Dieppe, et l'honorable François-Philippe Champagne, ministre de l'Infrastructure et des Collectivités. Les participants se sont aussi régalez de plats traditionnels acadiens comme le fricot et les pets de sœurs.

De l'autre côté de la rivière, à Parkland Riverview, les résidents se sont parés des couleurs du drapeau acadien (rouge, blanc, bleu et jaune) et ont chanté des chansons acadiennes traditionnelles.

Vive l'Acadie!



Le saviez-vous?

Le tintamarre est une tradition acadienne de marcher à travers sa communauté en faisant du bruit, souvent pour la célébration de la Fête nationale de l'Acadie.



Celebrating Acadie



Acadian Pride is alive and well at our two Greater Moncton area campuses!

On August 15th, both our Faubourg du Mascaret and Parkland Riverview communities hosted special activities in honour of National Acadian Day.

At Faubourg du Mascaret, residents participated in a Tintamarre alongside two very special guests: the Honourable Ginette Petitpas Taylor, Federal Health Minister and MP for Moncton-Riverview-Dieppe, and the Honourable François-Philippe Champagne, Minister of Infrastructure and Communities. They also feasted on traditional Acadian meals such as fricot and pets de sœurs.

Across the river at Parkland Riverview, residents dressed in the colours of the Acadian flag (red, white, blue and yellow) and sung along to traditional Acadian music.

Vive l'Acadie!

Did you know?

Tintamarre is the Acadian tradition of marching through the community making noise with improvised instruments and other noisemakers, usually in celebration of National Acadian Day.

Strategic Plan

A new Strategic Plan for April 2018 to March 2023

This year, Shannex is launching its Strategic Plan for April 2018 to March 2023. Our roadmap for the next five years represents a truly collaborative effort involving a significant amount of thought, planning and input from residents, families, employees and stakeholders.

A key part of the new strategic plan is our four new Strategic Directions, which are aligned with our core values and accurately reflect our areas of focus. To support

success in attaining these ambitious goals, we have created a structure that includes built-in accountability and measurement tools to keep us focused and organized.

We have created a strong roadmap for the next five years that will guide us in achieving our goals while also supporting our team members in delivering quality care and service to residents and families each and every day.

Our Strategic Directions

Service & Care

Create conditions that enhance our ability to deliver resident-directed care and promote service excellence.

Engaged Employees

Engage our team members and be the employer of choice everywhere we operate.

Research & Innovation

Lead and support innovation that improves our workplaces and benefits seniors in our communities.

Sustainable Growth

Grow the company to fulfill future senior needs while expanding and enhancing our existing communities.



Watch for copies of the new
Shannex Strategic Plan coming soon!

Well, well, it's National Healthy Workplace Month

Shannex is committed to helping residents and employees stay safe and be well. October is National Healthy Workplace Month and, to celebrate, Shannex is participating in our fifth annual Workplace Wellness Campaign.

We know that wellness means different things to different people. Being well can mean physical fitness, eating well, a healthy work-life balance or a peaceful state of mind. It can also be about being spiritually engaged or feeling connected through healthy personal and professional relationships. We've tried to capture all of these things with the four different themes recognized throughout the month:

October 1-7 is **Being Well Week**. Physical activity and healthy lifestyles are important components of wellness. Improve your physical health by stretching, walking, taking the stairs, playing bean bag or washer toss, doing crosswords or sudoku, doing scavenger hunts and sleeping well, to name just a few.

October 8-14 is **Feeling Well Week**. Feeling well can be divided into three main categories: mental health awareness, healthy body/healthy mind and stress management. Feel better by spending time without electronics, practicing coping strategies, focusing on resilience or meditating.

October 15-21 is **Eating Well Week**. It's not just about eating healthy foods, it's also about how eating well gives you the energy to be active. Eat healthier snacks, try to eat five servings of fruits and vegetables a day and stay hydrated.

October 22-28 is **Connecting Well Week**. Ways of connecting well can be grouped into three categories: volunteerism, playing at work and "giving back" at work. Support a local charity by organizing a food or clothing drive, collect supplies for a shelter or maybe host an arts and crafts session.



NEW Employee Referral Program

As a Shannex employee, if you refer an external candidate for a full-time or part-time position with Shannex and they are hired, you will receive \$250. You will receive another \$250 once the new employee has successfully completed their probationary period. That's \$500 for finding more *Great People* just like you!

For more information about our current opportunities, visit shannex.com/careers.

If you are an employee who would like more information on the new employee referral program, visit ShanNet, click on Team pages, then Human Resources, then click on Recruitment or contact Erinn Smeltzer, Manager, Talent Acquisition, at esmeltzer@shannex.com or 902-406-8213.





Spotlight

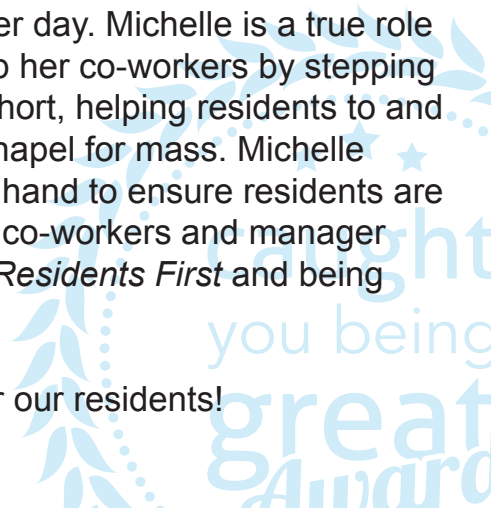


Michelle Lewis

Cedarstone Enhanced Care

Michelle Lewis, a member of the housekeeping team at Cedarstone, is a true leader in her department and consistently puts *Residents First* in going above and beyond in her duties. She can often be found spending one-on-one time with residents or joining in on resident events during her day. Michelle is a true role model in taking on a little extra to help her co-workers by stepping in for the dietary team when they're short, helping residents to and from activities or helping set up the chapel for mass. Michelle always seems to be around to lend a hand to ensure residents are getting the service they deserve. Her co-workers and manager continually recognize her for placing *Residents First* and being incredibly dependable.

Thank you, Michelle, for all you do for our residents!



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0089_1018



L-R: Barb Howie, Kirsty Pople and Joan Cornelius

Welcoming More *Great People*

Parkstone Enhanced Care recently welcomed an exciting, and excited, new group of employees.

On September 24th, fifteen CCAs originally from the Philippines who recently finished their studies in Ontario started their orientation with Shannex.

The new team members spent three days being mentored by Parkstone CCAs Joan Cornelius, Kirsty Pople and Barb Howie, learning the ins and outs of their new job and getting to know the residents in their soon-to-be-assigned neighbourhoods.

“It was an immense honour for these three mentors to help out the new team members,” says Lori Wilton, Quality and Education Advisor at Parkstone. “The staff at Parkstone have been so welcoming and helpful and the new employees have nothing but praise for them. The entire experience has been a tremendous success for everyone involved.”

Welcome to the Shannex family! Maligayang pagdating sa pamilya!

Quality Improvement Plan Update

Arborstone receives funding to conduct research on nursing home soundscapes

In nursing homes, noise is unavoidable as residents and team members go about their days. Just as music and other pleasant sounds can benefit health and wellness, excessive noise can have a negative effect on our body's ability to heal, relax and be well. For people living with dementia and other cognitive impairments, noise can sometimes be very debilitating.

During the 2017-2018 fiscal year, Arborstone Enhanced Care received \$35,000 in funding from the Centre for Aging + Brain Health Innovation (CABHI) to launch a pilot project to audit nursing home sounds. The funding was the result of Arborstone's Quality Improvement Project (QIP). To continue improving the quality of care we provide residents, Shannex has committed to every site and corporate department undertaking its own QIP.

With the help of Accredited Music Therapists (MTA), who use music in therapeutic relationships to support development, health and wellbeing, Arborstone's project will focus on music therapy in ways that use this understanding of the relationship between sounds, health and behaviour to enhance the soundscape at the site.

The intent of this project is to create a better experience in dining rooms, activity rooms and other common areas. It will also explore how these spaces can be made better for leisure, dining, family visits, recreational activities and therapeutic activities.

Ultimately, the goal is to create a home atmosphere where residents can fully engage with their community, staff are confident in managing noise and everyone can share lessons learned in order to enhance long term care communities and practices.



Fall means flu shots

You make choices every day to keep your body in tip-top shape, why not add the flu shot to your list of healthy habits?

Did you know?

- Getting your flu shot protects not only you, but also everyone around you, including our residents.
- Flu vaccines are not as effective in older adults, which is why it is so important for caregivers to get vaccinated.
- If you had the vaccine and still get sick with the flu, it may take you less time to recover.

(Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases 2018)

Support residents' health, and yours, by getting your flu shot.

Get the Facts: Cannabis

The Cannabis Act, also known as Bill C-45, came into effect on October 17th, 2018, to legalize the recreational use of cannabis nationwide.

What is the difference between medical and recreational cannabis?

The difference between medical and recreational cannabis is based on its chemical composition and availability.

Availability:

Medical cannabis, which can be used to relieve the symptoms of certain conditions or diseases, requires conversations with and approval by your doctor. You must have a qualifying condition to obtain approval for medical cannabis.

Recreational cannabis can be legally purchased by anyone of required age as of October 17th, 2018.

Compounds:

- Cannabidiol, or CBD, is a key component in cannabis that does not produce any psychoactive effects.
- Tetrahydrocannabinol, or THC, is the psychoactive compound in cannabis that produces the high.

Because medical cannabis has a higher CBD content, you do not feel the euphoria associated with its recreational counterpart.

Recreational cannabis usually has more THC content than the medical variety.

For more information:

canada.ca/en/services/health/campaigns/cannabis



Big Ideas Come to Town

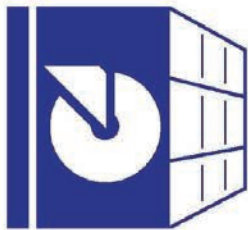
Parkland at the Gardens has partnered with the Dalhousie Medical Research Foundation (DMRF) to bring residents a series of presentations about ground-breaking research happening so close to home!

A different researcher comes to talk about a new topic each month (with the exception of August). The two presentations held earlier in the summer were both extremely popular. Residents truly enjoy learning new things. They come prepared with great questions and often stay afterward to speak with the researcher and get more information.

We are so thankful that DMRF is willing to bring these internationally recognized researchers to us for such informative presentations. We would like to thank Dr. Sultan Darvesh and Dr. Shashi Gujar for taking the time to visit us.



From top: Dr. Darvesh and Dr. Gujar



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- Conveyor Components
- Waste & Recycling Containers
- Workbenches & Workstations
- Trade & Tool Carts
- Material Handling Carts & Trucks
- Mezzanine Storage Systems
- Lubricants & Degreasers
-and so much more
- Shelving & Parts Bin Systems
- Industrial Storage Bins & Totes
- Pallet Rack Systems
- Moving Carts & Rolling Ladders
- Flammable & Hazardous Material Storage Cabinets
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KV Music Fest

Trusted Partnership

For several years, our Parkland in the Valley location in Quispamsis, New Brunswick, has hosted a free concert as part of the Kennebecasis Valley Music Fest.

The KV Music Fest, formerly known as the KV Jazz and Blues Festival, is always a highlight of the summer for both residents and staff members.

This year's event was the biggest yet! More than 200 residents, families, staff and community members gathered around the gazebo on a gorgeous end-of-summer day.

In addition to providing musical entertainment, the campus treated participants to a free BBQ, delicious seafood chowder and beverages from a lemonade stand. Also new this year was a draft horse demonstration and an antique car show, courtesy of the Valley Cruisers Car Club.

Needless to say, the campus was buzzing that day!

A portion of the proceeds from this year's KV Music Fest were donated to the St. Joseph's Hospital Foundation in support of a 3-D mammography machine. Through various fundraising efforts, our wonderful residents and staff members raised \$1500 for this worthwhile cause.

See you at next year's event!



Summer in Snapshots

Train Ride

Resident Norma Church of Caritas Residence climbed aboard her very first train ride in August. Norma really enjoyed it and said she had a great day!



Classic Cars

Phyllis, along with many other Blomidon Court residents, spent a "night out" at the Classic Car Show in August. Phyllis especially loved the car "Queen Anne"!



Team Appreciation Day

In August, Parkland Fredericton held a team appreciation day. They celebrated with a barbecue for all their *Great People* and their families.



Balloon Festival

Residents of Parkland Riverview's Canterbury Hall embarked on an unforgettable trip to the Sussex Atlantic Balloon Fiesta.



Strawberry and Champagne Social

Soprano Sally Dibblee thanks her volunteer conductor, resident Arthur Clark, after performing at Parkland Fredericton's Strawberry and Champagne Social.

Look Off

Blomidon Court resident Robert Dodwell accompanied his fellow residents on an outing to The Look Off on a hot August afternoon to take in the views and enjoy some ice cream!



Mini Market

Every summer, Parkland Clayton Park's Cameron Hall hosts a mini market. It's a real highlight for residents and families who come to buy special things. Pictured are Anna and Linda who brought over 50 kinds of jams and pickles, home-baked bread, date squares, tea biscuits, cookies and fresh vegetables from their garden.

Music Therapy

Parkland at the Gardens residents enjoyed Laura Greenwood's wonderful fiddle playing during a recent music therapy session.



Paint Night

Residents, staff, family and friends gathered at Parkland at the Lakes for a Maud Lewis Paint Night. Leanne Schmidt, owner of The Violet Unicorn in Fisherman's Cove, guided them through this famous black cat painting.

Shopping

The ladies of Parkland Fredericton enjoyed an afternoon of shopping in town.



Corn Boil

Orchard Court residents Sheldon and Mona Hazel had lots of fun husking corn for the site's corn boil in August. Two of the residents insisted it was the best corn they've ever eaten!

Table Top Bowling

Parkland Truro resident Joan Bent got several strikes during a game of Table Top Bowling. Many of her fellow residents came to cheer her on!



Fidget Quilts

Lifelong friends Beth McBrine and Cathy Dunbar (pictured with Orchard Court resident Shamarlyn Hubley) began sewing together earlier this year in order to give some comfort and stimulation to people who have dementia. The pair often get together twice a week to create fidget quilts.



Music in Milledgeville

This summer, Parkland Saint John hosted the Music in Milledgeville summer concert series. The concerts are free but donations are collected for the North End Food Bank. This year, more than \$4500 was raised for this worthwhile cause. What a fabulous initiative!

Summer at the Chalet

Resident Cathy Murphy of Caritas Residence took time to refresh her feet in the cool water of Grande Lake during a sunny summer day.



Summer Bonfire

Parkland Cape Breton, Harbourstone and Celtic Court organized a summer bonfire where residents enjoyed entertainment, refreshments, roasted marshmallows and s'mores. A wonderful evening was had by all.



Alzheimer Fundraisers

This summer, Ryan Hall held several fundraisers to support the Walk for Alzheimer's. More than \$300 was raised by residents and staff. Way to go!

Shannex Pride

At Shannex, we are proud of the diverse community, people and friends that make our homes so special. Pride is a time for us to celebrate the differences that make each of us unique. Over the summer, several of our sites hosted pride-related activities to celebrate the diversity of our employees and residents.

We are already looking forward to next year's festivities!



Arborstone Enhanced Care



Parkland Riverview



Parkland at the Gardens



Parkland at the Gardens



Parkland Clayton Park



Ryan Hall



Ryan Hall



Ryan Hall



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