

SHANNEX

# CONNECTIONS

WINTER 2018-2019 • ISSUE 33



Meet the

## Centenarians

Caritas Celebrates  
10 Years

**PLUS:**

Shannex Remembers • *Great People* in Training • Festival of Trees • Busy Hands

# Editor's Note

Katherine VanBuskirk

I am pleased to share the winter issue of *Connections* with you. The stories it contains shine a bright light on the deep sense of community that exists at every one of our Shannex, Parkland and Faubourg residences.

We think this spirit is perfectly represented in the series of events that led to the image you see on our cover. What looks like a simple tree trimming is actually the culmination of a community pulling together to bring holiday cheer to Parkland Clayton Park. Pictured are Cameron Hall resident Jessica Ramsay and suite attendant Tali Salter.

As the story goes, when holiday decorators weren't able to make it on installation day, a call was issued for volunteers to deck the halls. What happened next is a combination of community spirit and holiday magic. Many team members, residents and volunteers gathered quickly and rolled up their sleeves to get the job done. The spaces are now filled with a festive beauty that is even more meaningful because everyone came together to make it happen.

In this issue you will hear about others who have stepped up to make a positive difference in their communities. Parkland at the Gardens resident Dorothy Grant recognized that VON has difficulty parking when they visit their urban clients, so she set to work to ensure dedicated parking spots were installed where VON can park without receiving a ticket (page 3). At Parkland Riverview, a knitting group has donated more than \$73,000 to local charities over the past 18 years by fundraising together (page 15). And Sister Fleurette Sweeney from Caritas Residence has spent much of her life pursuing opportunities to help educators reach their students through music and other innovative strategies (page 12).

I'm confident your heart will be warmed by these and the many other examples of community spirit you will read about in this issue.

May you enjoy the very best of the holiday season.

## Culinary Corner

*The holidays are a busy time, so how about a quick and delicious no-bake pick-me-up to help you through? Thank you to Dana Schiefer, our superstar Director of Culinary Services.*



## Energy Snack Balls

### Ingredients

- ½ cup flax seeds
- ½ cup pecan pieces
- ½ cup plain almonds
- ½ cup uncooked oatmeal
- 1 cup unsweetened coconut
- 2 tablespoons of coconut oil (peanut butter or almond butter can also be used)
- 2 cups of pitted dates
- ¼ teaspoon salt

### Directions

In a food processor, pulse flax, pecans, almonds and oatmeal until a crumbly paste forms. Add coconut, dates, oil/butter and salt. Pulse until a sticky batter forms. You may need to add a tablespoon of water depending on the moisture level of the dates. Roll into 24 balls of 1.5 ounces each. You can store these balls in the fridge for 7 days or freeze them for up to 6 months.

# SHANNEX

CARE  
AT HOME

Parkland  
RETIREMENT LIVING

FAUBOURG  
du Marcelet

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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## — President's Message

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I am pleased to present you with the winter edition of *Connections*. At this time of year, many of us gather together with friends, family and co-workers to celebrate the season and reflect on the year.

When I think about 2018, I am proud of the work we have accomplished together, but most of all I am proud of the way we worked together. We may have faced some challenges, but we also had a year of great celebrations and milestones. We marked our 30<sup>th</sup> anniversary, opened the doors at Parkland Antigonish with its new home for the Sisters of St. Martha, introduced a new strategic plan and broke ground on new communities in Ontario and New Brunswick.

Through each of these ups and downs, our *Great People* have shown strength and professionalism while maintaining their focus on providing care and service to residents. We are also fortunate to have the continuing support of residents and families in our communities. Together, we are ending this year feeling well prepared to achieve great success in the future.

Guiding us on this path will be our new strategic plan for April 2018 to March 2023. As our roadmap for the next five years, it will keep us focused on engaging our team, enhancing the ways we provide care and service excellence, nurturing our culture of innovation, participating in research opportunities, as well as achieving our growth objectives while maintaining high levels of quality care and service through our existing operations.

These are exciting goals. To be successful, we will need to continue to work together and I believe our team is up for the challenge in 2019 and beyond.

Merry Christmas and happy holidays. Whatever holiday you may be celebrating this season, I hope you are able to enjoy it with family and loved ones.

Jason Shannon  
President & COO

# Residents can now submit nominations for Caught You Being Great Awards!

caught  
you being  
great  
Award

The hard work and dedication our team brings to their work every day is, and always has been, something we take great pride in. That same hard work deserves recognition from the people it affects the most: residents and their families.

We are thrilled to announce that, as of December 1<sup>st</sup>, 2018, residents and their families can submit their own nominations to our Caught You Being Great program, which recognizes team members for going above and beyond in providing care and service. 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. Residents and families can submit nominations by filling out a form available at our sites or on the [Shannex.com](http://Shannex.com) home page.

Whether you are a Shannex, Parkland, Faubourg or Care at Home team member, a resident or a family member of someone in one of our communities, we encourage you to fill out a nomination to recognize a team member who has gone above and beyond to make someone's day. That way, you get to make their day too!



## VON Parking



Dorothy Grant, a resident of Parkland at the Gardens, wants to make it easier for nurses from the Victorian Order of Nurses (VON) to visit the people they help. As someone who benefits from VON services herself, Dorothy was surprised to learn that VON nurses who

visit Parkland at the Gardens have to park at meters and sometimes get parking tickets, which they have to pay out of their own pocket. Dorothy decided that something had to be done, so she took it upon herself to do it.

Thanks to Dorothy's efforts, the VON has had some very promising talks with City Hall recently and hopes that members of VON will soon be exempt from parking tickets. According to Beth Green, the VON's vice-president of marketing, communications and philanthropy, "We're grateful to [Dorothy] and the city for their interest in finding a solution". As a first step, on November 28<sup>th</sup>, Parkland at the Gardens unveiled a parking spot reserved for VON members. General Manager Jodi Bartlett, nurses Connie Vanerker, Kaili VanVulpen and Rachel White, and Dorothy herself attended the ceremony. Hopefully, this is the first of many local decisions that will make it easier for members of VON to provide care in the Halifax area.

# Shannex Remembers

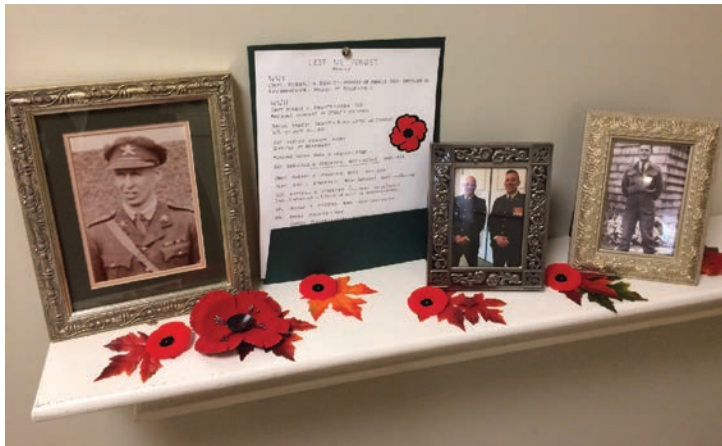
Many residents in Shannex, Parkland and Faubourg communities have proud histories of military service. On November 11<sup>th</sup>, Remembrance Day is marked throughout our organization to honour those who served and those who supported them.



Parkland Saint John Veterans George Adams, Art Melvin, John Cook and Bruce McCause pose for a photograph on Remembrance Day.



Residents Francis Mclsaac and Barbara Cleaves dressed formally for the special Legion-led service held on November 9<sup>th</sup> at Orchard Court.



Parkland Clayton Park Bradford Hall resident Gloria (Beulah) Streeter is very proud of her long family history of military service.



At Parkland Fredericton's Remembrance Day service, Gezina Scholten, with the help of fellow resident L. Col. Bob Lockhart, shared memories of her experiences in the Second World War. It is a touching story that reminds us of the importance of Remembrance Day.

Here is Gezina's story.

*I am a Canadian Citizen who was born and raised in Holland. Like many people in World War 2, our family survived the Nazi occupation.*

*It was a terrible time: food was severely rationed, curfews were enforced by cruel strangers, our newspapers and radio were censored. Young men and women between the ages of 18 and 25 were forced to work for one year as labourers. But the Dutch people fought back by serving in the underground. In the Scholten family, my father spent time in two concentration camps. My aunt Truus, who was a midwife, rescued two Jewish children and hid them in our home until they could be moved to safety. By the end of the war, more than 200,000 Dutch citizens died of war-related causes. More than 100,000 of them were Jews who were murdered in the Holocaust, the most famous being Anne Frank. In 1945, the First Canadian Army played a major role in our final liberation. Thousands of Canadian soldiers were wounded or died while earning the enduring gratitude of the Dutch nation and the Scholten family.*

*I will never forget when the Canadian trucks came. I was 12 years old. I jumped up on the trucks with the other children to give eggs to the soldiers and receive the chocolate and cigarettes they gave us for our fathers.*

*We will remember them!*

# Quality Improvement Plan Update

Every one of Shannex's sites and corporate departments is committed to continuously improving the quality of care we provide by building capacity and focusing on evidence-based improvement initiatives. Here are a few details about how two sites are producing their best work through their Quality Improvement Plans (QIPs).

The Faubourg du Mascaret's QIP is all about safety. Many changes are being made at the Moncton, N.B., site to incorporate safety into each part of their day and create a safety culture where everyone's safety is always top of mind. By really listening to what team members and residents have to say about safety, it became clear that more training and education were the place to start. Safety has since become part of regular team talks and every meeting agenda, is the subject of new digital signage, features in morning report checklists and is the focus of a new and exciting initiative being launched in January 2019! By improving communication, education and evaluation related to safety, Faubourg du Mascaret is in the process of creating a safety culture we can all be proud of.

In Sydney, Nova Scotia, Harborstone Enhanced Care and Celtic Court are collaborating on a QIP to improve the palliative care approach by focusing on providing comfort to both residents and their families. Through ongoing monthly meetings, they have implemented a number of initiatives, including making sure there are games, pillows and clean linen in the Family Room; refreshments easily accessible for families when the end of their loved one's journey is near; music therapy for a relaxing environment; pastoral services for all denominations; and improved education materials for families on palliative care. Team members also connect with residents to talk about how they envision their final days and neighbourhoods light a candle for five days after a resident passes away. These initiatives are sure to provide comfort and honour each residents' dignity in difficult times. If you'd like to be a part of this planning process in Sydney, please contact the site.



## Stay close to home and the warmth of family this winter.

This winter, escape to the exceptional warmth of Parkland, from our friendly staff to your own cozy and modern suite.

Leave the work and worry of winter behind and fill your days with activities from bowling and yoga to fine dining and live music. You'll also enjoy exceptional care and regular outings – and our chauffeur will do the driving!

Come for a Winter Stay, get your first week FREE.\*

**Parkland**<sup>TM</sup>  
RETIREMENT LIVING

[ParklandRetirementLiving.com](http://ParklandRetirementLiving.com)



\*Based on availability. Conditions and exclusions apply. Offer based on minimum three week stay, valid from October 1, 2018, to March 31, 2019.

# Construction Update

## Miramichi Nursing Home Project

Our two new nursing homes in Miramichi are really beginning to take shape. In Chatham Head, on Water Street, the exterior is nearly complete and the interior is progressing well. In Douglastown, on the King George Highway, the exterior of the nursing home is nearly done and work has begun on the interior. The Parkland Retirement Living building now has walls and the roof is being built.



Water Street Nursing Home



King George Highway Nursing Home



Parkland Retirement Living, King George Highway

## Faubourg du Mascaret

Pavillon Gallant, our Independent Lifestyle building at Faubourg du Mascaret, is mostly complete with some interior finishing work ongoing. Interested parties are welcome to contact the site for a tour. Also at Faubourg du Mascaret, the foundation of the new nursing home has been poured and excavation is continuing.



## Parkland on Eglinton West

The towers at Parkland on Eglinton West are progressing. The west tower's windows are being installed and the east tower's foundation is being poured.



## Fredericton Nursing Home

Our new nursing home in Fredericton North is also under way. For the moment it consists primarily of the foundation, and we look forward to seeing it take shape.



# Caritas Celebrates 10 Years

On November 5<sup>th</sup>, Caritas held a ceremony to celebrate its 10-year anniversary. Attendees included 21 Sisters of Charity who moved there from the Motherhouse and nine team members, including Patty Sinclair of Patty's Salon, who have worked there since the building opened. The setting was beautiful and guests were treated to harp music, refreshments and celebratory cake.

For the occasion, Sister Paula Agnes Hatchette had composed a poem retelling the touching story of how Caritas became home to the Sisters of Charity who moved from the Motherhouse. Her nephew, Mark Hatchette, had prepared delightful origami nuns that were presented to each of the 21 Sisters and Jason Shannon shared the story of how Shannex and the Sisters of Charity came to be partners. Community leader Sister Joan O'Keefe spoke about how the closing of the Victoria Hall Society in 2013 led to them moving to Caritas, which, in 2014, also became home to members of the Society of the Sacred Heart.

Happy 10<sup>th</sup> anniversary, Caritas!



# Great People in Training



Mentorship and leadership are words we hear a lot these days, but in the Colchester-Cumberland region, they are more than just words. This fall, 17 Continuing Care Assistants (CCAs) from five sites attended the region's first Mentorship Training and Leadership course!

This was a very exciting moment for the region and the positive energy in the room was amazing. The mentorship program outlined key elements of successful mentorship and highlighted important changes to our orientation process moving forward. With the help of our new mentors, we are looking forward to making a positive transition for success with our new employees and students as they are welcomed into our communities. We know that we can achieve great things when we all work together toward a common goal. Special thanks to all of our mentors for participating and to Laurie Hopkins, Regional Education Coordinator, for facilitating! And most of all, thank you to all of our *Great People!*

## Shannex Leadership Training

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

Achieving Excellence  
**Angela Collett**  
*Maplestone Enhanced Care*

Striving for Greatness  
**Danielle Healey**  
*Corporate Office*  
**Natalie Johnstone**  
*Culinary Centre*





# Leading the Way to the Future at Parkland Clayton Park

Fred and Vera Archibald, residents of Parkland Clayton Park, are true innovators. They are the first Parkland residents to drive a car fueled only by electricity. "I've always been a gadgets guy," explains Fred about his decision to purchase such an innovative vehicle. He thoroughly researched many vehicles before deciding to purchase a Ford C-Max Energi in 2015. His car is so rare in Nova Scotia that the Archibalds have the only one his dealership has ever sold.



Imagine a car that doesn't require gas and plugs in like a toaster to the charging station Parkland Clayton Park installed for that purpose. Although it can use gas to power its engine, Fred's daily driving is completely electric. "I haven't even used a drop of fuel since we moved here," he added. The car automatically recharges its 400-pound battery as it drives. Fred enjoys the positive feedback given by the dashboard through engaging displays with lovely green vines, leaves and energy-saving messages. It also gives positive feedback on overall driving and braking habits and gives a final score for each ride!

Perhaps the best thing about Fred and Vera's car is that it has almost no impact on the environment. It can even be difficult to tell if it's running because only the tires make noise. Fred says, "you can even whisper in it!"

We're proud of Fred and Vera for leading the way and providing a great example of how each of us can make a difference to the environment.



Want to know more about life at Parkland or Shannex communities?

Connect with us on Facebook  
**@ShannexConnections**



Stay up to date on events and activities as they happen!

Connect with us on Twitter  
**@ShannexInc**



Find information on the Shannex team and professional development opportunities.

Connect with us on LinkedIn  
**@ ShannexIncorporated**

# Meet the Centenarians

One hundred years ago, the Great War had just ended, rock-n-roll hadn't been invented yet and airplanes were still a novelty. A lot can change in one hundred years and we can learn so much from the lessons of the past.

At Shannex, we are privileged to be home to some amazing people who have celebrated their 100<sup>th</sup> birthday. We would like to take a moment to recognize the extraordinary centenarians who live in our communities.

Parkland at the Gardens recently celebrated three different century-or-more birthdays:  
Peggy McAlpine turned 103  
Charlotte Cooked turned 101  
Isabel Moore turned 101

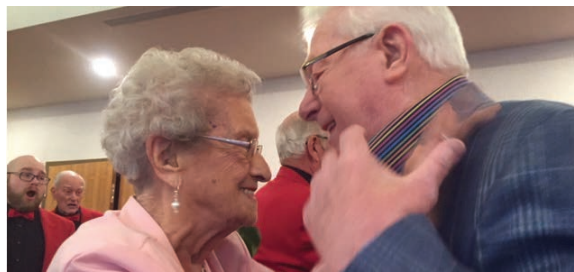
Parkland Saint John also celebrated a special 100<sup>th</sup> birthday. Mary Richards is the first Carleton Hall resident to reach this milestone.

On Remembrance Day, Mary was invited to lay a wreath in the Harbour Station not only because she was born in 1918 and because she was a nurse in the Department of Veterans Affairs, but also because four of her brothers, two of whom lost their lives, served in the Second World War.

Happy 100<sup>th</sup> birthday to every resident who has reached this very special milestone!



Charlotte Cooked



Mary Richards



Mary Richards



Peggy McAlpine



Isabel Moore

See more great stories like this  
on social media.



# Festival of Trees Shines Bright

On November 23<sup>rd</sup>, the 27<sup>th</sup> annual Compass Group of Canada Festival of Trees held its Shannex Holiday Luncheon in support of the Mental Health Association of Nova Scotia. Held at the new Halifax Convention Centre, this event is an important reminder of the importance of raising awareness about mental illness and creating communities that are welcoming for everyone in 2018 and beyond.

Hosted by Kalin Mitchell and Heather Butts of CTV Atlantic, the Shannex Holiday Luncheon brought together hundreds of attendees from a variety of companies and community groups not only to raise funds for an important cause, but also to enjoy a delicious meal, sample delightful cakes decorated by Shannex chefs and, of course, enjoy the twinkling lights of beautifully decorated holiday trees. As we do every year, Shannex partnered with the Kings Regional Rehabilitation Centre to create handmade ornaments for those in attendance.

Shannex is always proud to be a part of this wonderful event and to support the Mental Health Association of Nova Scotia's tireless efforts to improve the lives of Nova Scotians living with mental illness and their loved ones.



Photos courtesy of Ian Selig from mentalhealthns.ca

# Team Spotlight

A Lady of 5 Seasons: A tribute to Jamie Bernard, Recreation Coordinator, by Sister Jean LeClair

Sister Jean LeClair of Parkland Riverview wants everyone to know just how special Jamie Bernard is and how much the residents appreciate her. And we would like everyone to know how much we appreciate Sister Jean for writing this lovely tribute!

## A Lady of 5 Seasons

*It is common knowledge to know and live the 4 seasons of the year. We all know a lady with a 5<sup>th</sup> season. By her attitude, her creativity, her splendid ideas, unlimited imagination and continued patience, she creates her 5<sup>th</sup> season which she generously shares with everyone.*

*All activities are prepared to an iota and most suitable for all seasons. Outdoor activities attract spectators and participants from all 3 buildings. Nothing is omitted, as we can say, she leaves no stone unturned. Each year she adds a special and varied newness to all her artistic qualities. She beautifies and highlights each event to make us happy.*

*She's a lady who does not look for compliments or gratitude, but how can we not appreciate and enjoy her 5<sup>th</sup> season? The season to work in the shadows without making us aware of all her time spent to perfect her talents and to promote happy and smiling faces at Canterbury Hall.*

*I thank you Jamie, with all my grateful heart.*



# A Question of Safety

“Excuse me, can I care about your safety?”

Yes, YOU, because I really do care and I don't want to see you injured when going about your daily activities. Whether you're a team member, resident or family member, I'm sure you care about my safety too, but if we don't show we care, does it count?

Sometimes we see someone doing something that could cause an accident or injury, but stay silent because we don't want to offend them or because we think it's not our place. But truly caring about the safety of others means speaking up and taking action. In an actively caring culture, we look out for everyone's safety and welfare with courage and compassion and the ultimate goal of creating as safe an environment as possible. Most importantly, when we care actively, we ACT.

So next time you see a team member, resident or family member doing something that could cause an injury or makes you wonder about safety, why not stop and ask:

“Can I care about your safety right now?”

Try it! Actively caring behaviour means recognizing hazards and unsafe practices or behaviours and suggesting appropriate corrective action. Safety does not have to be complicated. Each one of us has a role to play in keeping everyone in our buildings safe.

Who can say no to that?

**Can I care  
about your  
safety?**



## 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](http://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](mailto:esmeltzer@shannex.com) or 902-406-8213.





Spotlight

# Amber Wilson

Thomas Hall

Winter is quickly approaching, and maybe sooner than some of us would like! With that in mind, one of our very own Thomas Hall (Parkland Fredericton) employees, Amber Wilson, isn't backing down from the winter blues. Instead, she is taking steps to help her fellow colleagues out with the changing weather conditions.

Recently there was a terrible wind storm in New Brunswick that left 94,000 customers without power, and Fredericton was hit hard. An employee who had no power asked Amber, who was scheduled to work two days and two nights, whether she would switch shifts. Amber, who had power, agreed and worked four 12-hour days, which can be very tiring! Thanks, Amber, for recognizing the challenges your colleague was facing and agreeing to change shifts. You are an awesome employee and your colleagues and the residents are so lucky to have you!

**Nominated by: Pam Bowen**



## Resident Spotlight

Fleurette Sweeney: Bringing music and education together



When Sister Fleurette Sweeney, a resident of Caritas, met Mary Helen Richards in the mid-sixties, she didn't know it would lead to a lifetime of connecting music, language, education, travel and a life-long friendship.

Mary Helen had created a music education program called "Threshold to Music" and Sister Fleurette was nothing short of inspired.

For many years, Sister Fleurette and Mary Helen shared the common goal of teaching music and language. Using what Sister Fleurette calls "song-games", the program uses traditional folk songs to teach children, and sometimes adults, to experience music and language not only through song, but also by dancing and interacting with others. This holistic approach is designed to reach the whole child and help them develop musical, communication, movement, interactive and cognitive skills.

From 1966 onward, Sister Fleurette spent much of her time and boundless energy teaching sounds and symbols

to children all over North America. In the late 80s, upon returning to Canada from the United States and beginning her PhD at the University of British Columbia, Sister Fleurette founded the Sweeney Family Charitable Foundation, now called the Living Language Institute Foundation. Today, the organization continues its mission to "advance education by establishing and operating a school to train teachers in the field of early childhood education, by providing courses to teach language skills, and by providing workshops on spirituality and earth stewardship".

The Living Language Institute Foundation is only one of Sister Fleurette's many accomplishments. In addition to founding several music education projects, including Education Through Music, Singing English Pilot Project and Co-lingual Pilot Project. Sister Fleurette continued her own education and graduated with her PhD in Education from the University of British Columbia in 2002. She also continues to teach at the SelfDesign Graduate Institute in Bellingham, Washington. There is no doubt that Sister Fleurette's passionate pursuit of lifelong learning and her joy of music and language are an inspiration to everyone who has the privilege of meeting her.

# Celtic Court's Canadian Flair

Celtic Court recently celebrated two distinctly Canadian symbols: maple trees and hockey!

## The Maple Project

Nothing says fall in Canada like a maple tree! This fall, Celtic Court had the opportunity to participate in the Celtic Colours Maple Project. For every concert ticket purchased for Celtic Colours events in 2017, a maple sapling was given to community groups and businesses across the province. In total, 22,107 trees were planted! Celtic Court received three saplings, one for every neighbourhood.



Terry Wilcox, resident at Celtic Court, helps to plant one of the three Maple Project Trees at Celtic Court

## Hockey Experience

Every year, Sydney minor hockey teams are encouraged to work together to do good deeds in their community. This year, the Sydney Steelers asked if they could visit the residents of Celtic Court and share a true "Canadian Hockey Experience" with them. The entire team spent an afternoon telling residents about their team and encouraging them to reminisce about playing hockey in their youth. The team brought jerseys for residents to wear, served their favourite hockey rink treats, hot chocolate and popcorn, and watched a game from the 1972 Canada vs. Russia series. The residents loved the visit and the players promised to come back to visit soon!



Roddie Smith, resident at Celtic Court, sporting his Sydney Steelers Jersey



Members of the Sydney Steelers at Celtic Court

## 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](mailto:connections@shannex.com) to place an ad in our next issue!





## Yes, it's flu season.

As you are probably aware, it's influenza season. This year the predominant strain appears to be Influenza A (H1N1), which has already been reported in New Brunswick, Nova Scotia and Ontario. This strain can be particularly harmful to younger, healthy individuals.

The best way to protect yourself and those around you is to get the flu vaccine. Residents and team members can receive their vaccination from nurses at Shannex sites, their family doctor or local pharmacies. Please ask a member of the Shannex health care team if you have questions about the flu or the flu vaccine.

### Other ways to protect yourself:

- Wash your hands properly and frequently.
- Avoid touching your face with your hands.
- Cover your mouth and nose if you cough or sneeze.
- Stay home if you are unwell.

**Thank you for your commitment to keeping our Shannex homes healthy this flu season!**

## New Pressure Injury Guide for Residents and Families

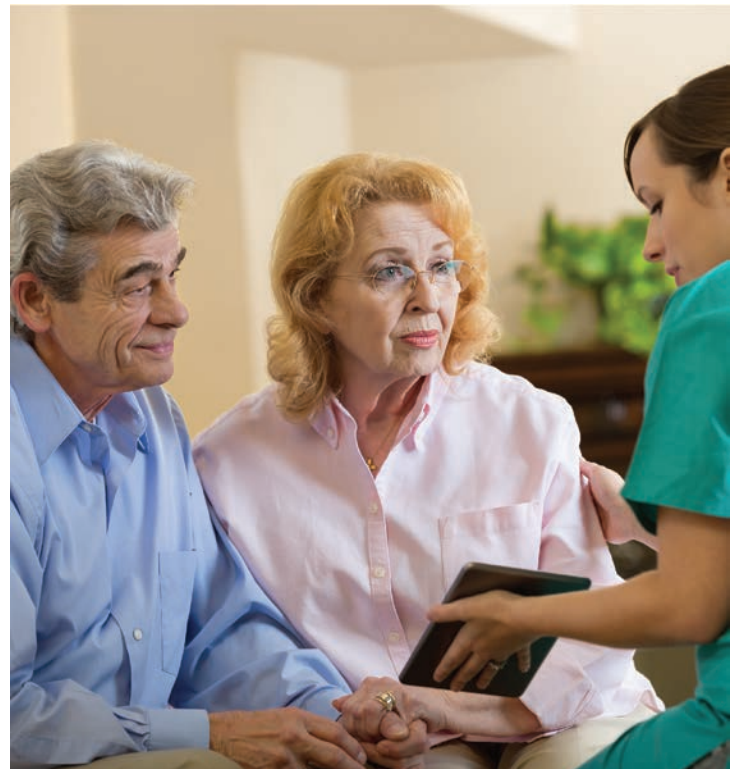
Collaboration and open discussion about all aspects of care planning are important to ensure the best outcomes for residents and their families.

Recently we created a new brochure to help provide more information to residents and families about pressure injuries.

It helps answer questions such as:

- What is a pressure injury?
- How and where do pressure injuries occur?
- Who is at higher risk for developing pressure injuries?
- How can care providers help prevent pressure injuries from occurring?
- Is pressure the only reason why skin breakdown occurs?

The Pressure Injury Guide also explains how pressure injuries are categorized. If you have any questions about pressure injuries or would like a copy of the brochure, please ask a member of the Shannex health care team. We are here to help.



# À Parkland Riverview, les mains sont occupées!

Plusieurs résidentes à Parkland Riverview ont les mains occupées! Depuis l'année 2000, le groupe de tricot « Busy Hands » fait un don annuel de 6000 \$ aux organismes de charité locaux. Fondé par sœur Marie Saulnier, le groupe a donné, dans son existence de dix-huit ans, plus de 73 000 \$! Le 22 novembre dernier, les sœurs et les autres membres ont organisé un événement où elles ont présenté un autre don de 6000 \$ pour aider les gens dans le besoin.

Lorsqu'on leur demande d'expliquer la motivation derrière leurs efforts inlassables, sœur Marie Saulnier répond : « Je le fais pour les personnes moins fortunées dans la communauté ». Il faut dire que les bienfaits semblent aller dans les deux sens, car, selon sœur Amelia Deveau, « ça me garde occupée et c'est bon pour mon arthrite. Et en plus de ça, c'est pour une bonne cause ». Le groupe de tricot « Busy Hands » a même fait l'objet de reportages par Global News et Radio-Canada! Merci beaucoup, Busy Hands, pour vos contributions à notre communauté et pour faire notre fierté.



## Busy Hands at Parkland Riverview

Parkland Riverview residents are a busy bunch! Since 2000, a knitting group called “Busy Hands” has been donating approximately \$6,000 each year to local charities. Founded by Sister Marie Saulnier, the group has collected eighteen years' worth of donations for a grand total of over \$73,000! On November 22<sup>nd</sup> the group of sisters and other knitters held a Donation Tea where they donated yet another \$6,000 to help the less fortunate.

When asked what keeps them motivated, Sister Marie Saulnier said, “I do it for those who are less fortunate in our community”. And it would seem that the benefits go both ways: according to Sister Amelia Deveau, “It keeps me busy and helps my arthritis. And on top of all that, it's for a good cause”. The Busy Hands knitters have even been featured on Global News and Radio-Canada! Thank you very much, Busy Hands, for being a part of our community and for making us all proud.

## Meet Nichole and Flaubert, the smiling dog

Residents at Parkstone Enhanced Care have the pleasure of receiving regular visits from Nichole and her therapy dog, Flaubert.

Nichole, who grew up in Pictou County, always had dogs growing up and loves all animals. She works at Via Rail as a general worker and enjoys reading, music, vintage fashion, long walks with dogs, being outdoors and spending time with Flaubert and her cat Nova. She also cherishes time with her beautiful 4-year-old boy Clarence.

Nichole became interested in therapy dog volunteer work because she recognized how social Flaubert was and thought how wonderful it would be to train him to spend time helping people. It is a win-win-win for everyone involved!

It's easy to see that Flaubert loves his volunteer job as he prances into Parkstone with a big smile on his face every time. The residents love to pet his soft fur and share the smile on his face. He is a very special dog who brings joy to the residents of Parkstone!





# Halloween

Halloween is such a popular holiday at so many of our communities! Here are a few pictures of team members and residents and their spooky shenanigans.



Canturbury Hall at Parkland Riverview



Parkland Fredericton



Parkstone Enhanced Care



Shannex Finance Office



Cedarstone Enhanced Care



Shannex Centre for Excellence



Ryan Hall



Parkland Clayton Park

*G*  
—  
THE  
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# Fall in Snapshots



## International Selfie Day

There is no doubt that the residents of Canterbury Hall at Parkland Riverview like to smile! On International Selfie Day this November 16<sup>th</sup>, residents and team members really got into the spirit and snapped these great selfies. Thank you so much for sharing!



L-R: Louina Caissie, Alice Cormier

## Quilting at Faubourg du Mascaret

There is a lot of talent at Faubourg du Mascaret! Louina Caissie and Alice Cormier pose with their creations. Alice is especially proud of hers, since she recently started quilting and completed her quilt in just a few weeks. Quite an accomplishment!



## Cooking with Patrick in Halifax

At Parkland at the Gardens, sometimes you go to the kitchen and sometimes the kitchen comes to you. Residents enjoyed helping Patrick make a delicious salted caramel sauce.

## Party Pets Bring Smiles

Residents of Parkland Riverview were all smiles as they got to spend time with some very brightly coloured animals. We're so thankful for visits from such lovely feathered and furry friends!



## Fall Craft Fair

Parkland Cape Breton hosts a Fall Craft Fair and donates all the proceeds to Hospice Cape Breton. It was such a success that, this year, they were able to offer a gift of \$1000. What a wonderful contribution to the community!

## Stupendous Pumpkins

To celebrate Halloween, Parkstone Enhanced Care held a carving contest and the entries were extremely impressive! A special thanks to CCA Hollie Mazerall who created these two masterpieces.



## Apple Picking and David Suzuki

Residents of Canterbury Hall at Parkland Riverview got two extra special treats this fall: apple picking and a talk by world-famous activist David Suzuki!



## 2<sup>nd</sup> Annual Fall Ball

Northumberland Hall's 2<sup>nd</sup> Annual Fall Ball was a great success, our colourful front lobby was alive with fall colors, lights and a wonderful arrangement of food. Residents came dressed in gowns with glamorous hair and make-up and wrapped in gems or in suits and ties. Team members volunteered to help with make-up and hair and we danced the afternoon away. Residents are still talking about what fun they had and the pictures remind them of how beautiful they really are.





### Sip and Paint at Parkland Truro

Edinburgh Hall hosted a Sip and Paint this October. Wellness Coach Jacqueline Miller directed the residents in a simple step-by-step painting class. Everyone had a wonderful time whether they had painted before or not and can't wait for our next Sip and Paint afternoon!

### Project Management Training

This November, a group of team members participated in a project management training session at the Centre for Excellence. One thing is for sure, they have excellent tower-building skills!



### Miniature Dollhouses Made with Love

Audrey MacNeil of Parkland Cape Breton loves to build miniature dollhouses. Since the 1960s, Audrey has been building dollhouses for her children, grandchildren and now great-grand children. In her very organized work station in her apartment, she makes all the furniture and appliances for the dollhouses. It gives her great pleasure and keeps her busy. Continue the great work, Audrey, you are a great inspiration to all of us.



### Police Horses at Parkland at the Gardens

In September, Parkland at the Gardens welcomed some very special visitors: the Halifax Regional Police Mounted Unit. Constable Ryan Morash and his horse Sarge and Constable David Gallivan with his horse Valour were very popular with residents, who enjoyed seeing and learning about what these horses do. Some residents, like Jean King, even gave them a pat on the nose!

### Celebrating 65 Years of Marriage in Moncton

At Faubourg du Mascaret on Saturday, October 20<sup>th</sup>, Mr. and Mrs. Frenette celebrated their 65<sup>th</sup> wedding anniversary in the Salle Multifonctionnelle Katimavik. Congratulations to you both!



### The Grand Slam of Curling Comes to Truro

Kay Dickson from Parkland Truro was able to attend Pinty's Grand Slam of Curling in Truro at the Rath Eastlink Community Centre. After hearing just how much Kay loves curling, CSA Rhonda MacIsaac took her to the event on her day off. What a wonderful thing to do!

### 1<sup>st</sup> Coxheath Sparks

For the third year in a row, Breanna Robinson, CCA and a Sparks leader, organized a Halloween visit by the Coxheath Sparks (part of the Girl Guides of Canada) to Celtic Court for "Reverse Trick or Treating". Dressed in their Halloween costumes, they spent an evening filled with laughter, fun, games and, of course, treats!



### A Men's Club at Orchard Court

At Orchard Court, a men's club was formed after new male residents at Orchard Court indicated that it was not always easy to get to know their neighbours. The club's first event was a game of Texas Hold'em, and it was a great success! Lots of fun, laughs and very positive feedback from those who attended. To be continued, for sure!



### Brookfield Homecoming Parade

Residents from Elk Court enjoyed the Brookfield Homecoming Parade from a venue hosted by the Henderson family.



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