

SHANNEX

CONNECTIONS

SUMMER 2019 • ISSUE 35



#DEBERT AT 10

Excellence Awards

Fourth Annual Service Excellence Awards

PLUS:

Great Connections • Parkland Brand Refresh • The Glennerin Inn is a Family Affair

Editor's Note

Katherine VanBuskirk

I think we can all agree that summer is a pretty great time of year no matter where you are. But the slower summer pace doesn't affect activities at Shannex, Parkland or Faubourg communities. The proof is in the pages of this issue of *Connections*.

The Snapshots section (page 17-18) gives you a taste of our many activities. Sample Culinary Corner (page 1) for a refreshing smoothie recipe, take a look at page 14 to learn about Parkland Clayton Park residents' virtual reality adventures, spend some time reading about our centenarians (page 13) and get acquainted with a special resident at Parkstone Enhanced Care, Sister Idella, who recently celebrated her own important milestone (page 15).

In this issue, we also get to feature recipients of the annual Excellence Awards! This year's event was another huge success as we recognized our *Great People* for their many contributions, including long service, professional development and above-and-beyond commitment to service excellence (page 9).

In this issue we tell you about a new program called Great Connections. Read all about it on page 16 and help us spread the news about this exciting opportunity to share the wonderful experiences we hear about every day.

If you are like me, you were immediately struck by the beautiful cover photo for this issue. It was taken at the 10th anniversary celebration at Debert Court. Those of you who have had the pleasure of visiting one of our locations in the Colchester Cumberland region will recognize the smiling faces who work tirelessly to ensure their communities are warm, vibrant places that provide exceptional care to those who call them home.

I hope you enjoy this issue as much as I did and take time to enjoy these beautiful summer days.

Featured on the cover:

Top (L-R): Ricardo Garcia, Charlene Nelson, Stephanie Miles, Danielle Healey.

Bottom (L-R): Vonn Manahan, Michael Galera, Maria Agcon.

Culinary Corner

Summer Smoothies

Summer is finally here and our chefs have been inspired by the abundant fruit and sunshine to develop two smoothies that are as delicious as they are simple. Break out that blender and enjoy!



Strawberry Smoothie

- 10 frozen strawberries
- 1/2 cup Greek yogurt
- 1/2 cup skim milk or any plant-based milk
- 2 tbsp of chia or flax seed

Add everything to a blender and blend 1-2 minutes until smooth.

Avocado Smoothie

- 1 ripe avocado
- 1 frozen banana
- 1/2 cup Greek yogurt
- 1 cup light coconut milk
- 3 tbsp honey
- 1 cup ice

Add everything to a blender and blend 1-2 minutes until smooth.

SHANNEX

CARE
AT HOME

Parkland

FAUBOURG
du Mascoat

ENHANCED CARE



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

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Naomi Black & Jean Perry

President's Message

I am pleased to present you with the summer issue of *Connections* featuring some important milestones.

In May, we introduced a refreshed look for Parkland, including a new logo, website and advertising campaigns. Inspired by residents and the way they help us see things differently and teach us to never stop growing, our new advertising features actual Parkland residents. We are extremely grateful for their participation and look forward to continued collaboration in this exciting new phase for Parkland.

In May, my father and I were honoured to attend one of my favourite events, the fourth annual Shannex Excellence Awards, where we recognize our employees' achievements and long service. The evening was filled with moments that truly captured what *Great People* we have working in each and every Shannex, Parkland and Faubourg community. As always, I left touched by the many stories of how our teams go above and beyond every day.

That night, I was fortunate to be seated with a resident and team member from Parkstone Enhanced Care, Naomi and Jean (pictured above). This was the first year that residents and families could submit nominations, and Jean Perry, CCA at Parkstone, was our first-ever resident-nominated winner. She was nominated by Naomi Black, a resident of Parkstone and active member of our Resident and Family Advisory Committee for the past two years. Congratulations to Jean and to all of our award winners!

We also introduced an important new initiative called Great Connections. Sometimes it feels like health care stories are always negative, but we all know that this is not the case. Our communities are full of relationships and experiences that make each day meaningful. This program was developed to share these stories and spread the word that long term care and retirement living communities are wonderful places where residents thrive and team members enjoy rewarding careers. I encourage you to visit shannex.com/greatconnections to read these great stories and share your own as well.

Finally, I would like to recognize my father Joseph Shannon for recently accepting the Hedley G. Ivany Award. Part of Northwood's Live More Awards, it was presented for my father's significant contributions and leadership in the long term care sector over the past 30 years. Our whole family attended the event to share the experience with him and it was a special night for us all.

There is a lot more information about all of these initiatives and much more in this edition of *Connections*. I hope you enjoy it.

Jason Shannon
President & COO

Development Update

Faubourg du Mascaret

A few months ago, Pavillon Gallant the latest addition to Faubourg du Mascaret in Moncton, NB, opened its doors and welcomed its first residents. This Lifestyle Apartment building is absolutely beautiful, and residents were immediately impressed with the spaces and amenities. Welcome to the Faubourg family, Pavillon Gallant!



Miramichi Nursing Home Project

In Miramichi, NB, the river is a constant presence, and we are so pleased that our new locations are so close to such an important part of the community. Parkland on the River and Bridgeview Hall in Douglastown and Losier Hall in Chatham Head can all be seen from opposite sides of the Miramichi River. There will definitely be some lovely views from many of our new suites!



Parkland on Eglinton West

With every brick, window and door, Parkland on Eglinton West in Etobicoke, ON, is getting ever closer to welcoming new residents! Some of the Marketing team recently had an opportunity to visit the site, and were very impressed with the balcony views.



A Friendship for the Ages

Lasting friendships are one of the most powerful types of connections we experience in our lifetime. If we're lucky, some of them really do last a lifetime. This is the story of Peggy and Pearle, who have been friends for 78 years and have no intention of stopping anytime soon.

Peggy MacAlpine is a 103-year-old resident of Parkland at the Gardens who knows a thing or two about lasting friendships. Seventy-eight years ago, a 14-year-old girl named Pearle Ross came to Halifax from PEI to look after Peggy's young family, and the two have been friends ever since. Today Pearle and her family are spread out between Alberta and PEI, but during her recent vacation to Nova Scotia she and her five children decided to drop in to pay Peggy a visit. Not only did they have a wonderful time, but they're helping Peggy plan her 104th birthday party! Now that's a friendship for the ages.



Come see us this summer!

Looking for fun things to do this summer? Our locations host a variety of activities that are open to the public, and we'd love to see you there! Whether it's a barbecue, concert, fundraiser, public talk, community fair, art show or something else entirely, you're sure to have a wonderful time and meet some fascinating people.

To find out what's happening at local Shannex, Parkland and Faubourg communities, go to shannex.com and look up the location nearest you!

Debert Court Celebrates 10 Years!

Debert Court Enhanced Care in Nova Scotia recently celebrated its ten-year anniversary. And it did so in style! It was an afternoon of celebration to recognize mentors and long service award recipients that even included a magic show. Residents, family members, team members, regional representatives and President & COO Jason Shannon all enjoyed the party.

Congratulations to everyone at Debert Court!



Walk for Alzheimer's: A Great Cause, A Great Event

As an organization that provides care for many people with Alzheimer's disease and other forms of dementia, Shannex has long been a dedicated supporter of the annual Walk for Alzheimer's. As presenting sponsor in Nova Scotia and New Brunswick again this year, we are proud to say that many of our locations in both provinces went above and beyond to participate in this important community event.

Here is a small selection of the photos sent to us documenting our many forms of participation, including campus fundraising activities and resident walks, in the 2019 Walk for Alzheimer's.



Dogs in hats



New Brunswick



Parkland Saint John resident walk



Halifax



Parkland Fredericton resident walk



Parkland Riverview & Faubourg du Mascaret

Safety Focus: Safety is Always the Right Choice

Can you believe we make about 3500 decisions every single day? Unfortunately, we don't always think enough about choices we make. It may not seem like a big decision for a team member to transfer a resident by themselves, but it's a decision that can lead to injuries for both the team member and the resident.

"Learning to choose is hard. Learning to choose well is harder. And learning to choose well in a world of unlimited possibilities is harder still, perhaps too hard."

— Barry Schwartz, *Paradox of Choice: Why More is Less*

But choosing to protect everyone's safety doesn't have to be hard. When a team member gets help with a transfer, they're protecting not only their own present and future safety, but that of residents and colleagues as well. Making the safe choice means no one gets hurt.

To help promote Shannex's safety culture and highlight team members' safe working practices, we've launched a program called "Caught You Being Safe". If you're a team member and you see a colleague making the choice to work safely, let us know by submitting a nomination through ShanNet > Safety & Wellness > Caught You Being Safe.

Your Health. Your Safety. Your Life.



Want to quit smoking? We're here to help!

The Wellness and Benefits teams have partnered up to offer "quit kits" filled with gum, tea, puzzles and other items to support you when things are tough!

To get a quit kit or for more information, contact your OHN/Designate, Abilities Specialist or Manager today.

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The Glenerin Inn is a Family Affair



L-R: Rodrigo, Simon, Rebecca, Luce, MJ

As anyone who has ever been there already knows, the Glenerin Inn in Mississauga, ON, is a special place. But for the Pineda family, working at the Glenerin Inn is truly a family affair. Since Rodrigo Pineda began working there in 1993, several other members of his family have made their way to the Glenerin Inn. Today, five members of the Pineda family are employed at the Inn, and we couldn't be happier about it.

Here is the Pineda family's story as told by Rodrigo.

My name is Rodrigo Pineda and I was the first member of my family to work at the Glenerin Inn in 1993. I really enjoyed working as a banquet server, so when I heard that they were hiring a housekeeper, I told my sister Rebecca to apply. She started working at the Glenerin Inn in December 1998. Rebecca has won employee of the month more than five times.

My brother Simon and niece Luce came to Canada in August 2016. I told my brother to apply as a banquet server and he was hired in September 2016. It was his first job in Canada and we are very thankful to this company for giving him a chance to join the Glenerin Inn family even though he didn't have any experience in Canada at the

time. A year later, in October 2017, my brother's daughter Luce was hired. Luce then sponsored her husband from the Philippines. A week after his arrival, he applied for a cook position at the Glenerin Inn and started working there in November 2018.

We are now a family of five working at the Glenerin Inn. The nice thing about working with your family is you can see them anytime and they're there if you need help.

Recently Rebecca and I went to Halifax to attend the Excellence Awards Gala. I was recognized for 25 years of service and Rebecca received a Service Excellence Award. It was very memorable and important for both of us. We are both overwhelmed by the kindness and hospitality of Mr. Joseph Shannon, Mr. Jason Shannon and Mr. Ian Mader.

Rodrigo, Rebecca, Simon, Luce and MJ, we can't thank you enough for your dedication to choosing to make The Glenerin Inn such an important part of your lives. We are proud to have you and look forward to many more years of excellent service provided by the Pineda family!

For more information about the Glenerin Inn, visit glenerininn.com.

Shannex Leadership Training

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

Achieving Excellence

Errol Pretty
Jennifer Kirby
Lori Wilton

Achieving Excellence

Clare Tasse
Craig Taylor
Selena Parent

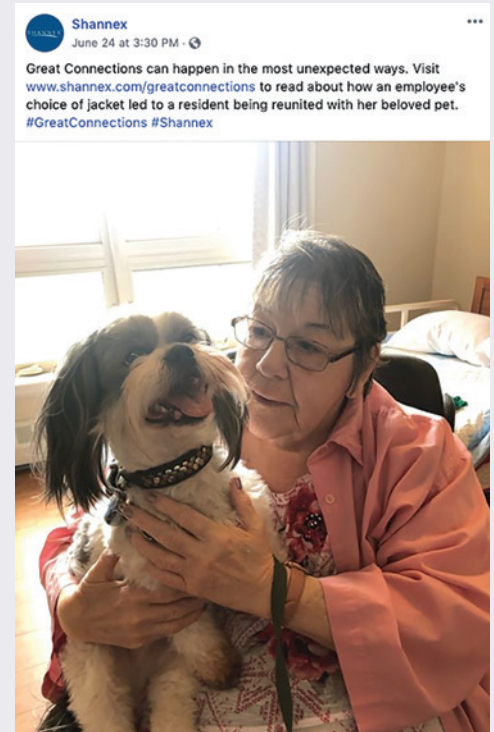
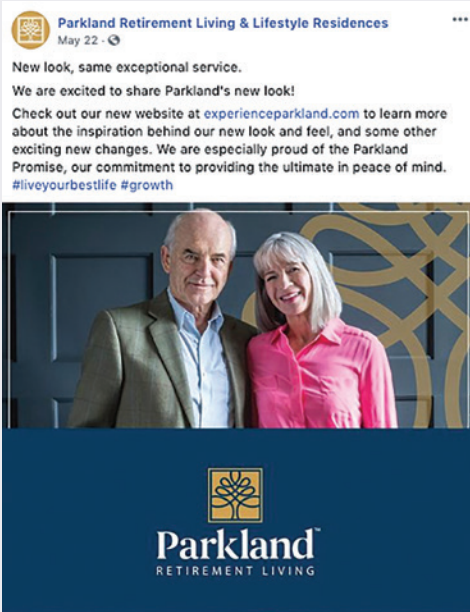


Social Media Roundup

This past quarter has been a very busy one for the social media team. In the past few months we have launched a new Shannex Facebook page at facebook.com/shannexinc (which you should definitely like and share!), helped spread the news about the new Parkland brand at facebook.com/experienceparkland (which you should also definitely like and share!) and helped launch the new Great Connections program (see more about this on page 15) at shannex.com/greatconnections.

In the 21st century, social media is one of the key ways organizations like ours build relationships with the communities of which we have the privilege of being a part. We encourage each and every one of you to support our residents, families and team members by liking, following and sharing our pages and posts. Be part of the conversation!

Here are a few of our most popular posts this last quarter. And remember, there are lots more online!



Be part of the social media conversation! We're on Facebook, Twitter and LinkedIn, and we'd love to hear from you.

If you'd like to submit a story to Connections or for consideration as a social media post, please email us at connections@shannex.com





Best practices in wound care

This spring, our care teams were very engaged in learning best practices in wound prevention and management, and some even had the opportunity to attend the Wounds Canada Conference held in Halifax in May. Exciting new knowledge has been brought back to all our communities and we applaud every team member who demonstrated their dedication to wound care by attending this conference.

We have also partnered with wound management company Molnlycke for education and consultation. Molnlycke is as excited as we are about this partnership and we look forward to the high-quality outcomes we will see from their education and products.



Joshna Shrestha & Michelle Walsh

Quality Improvement Update

There can be no doubt that quality improvement is woven into the fabric of how we do things at Shannex. Every community and department commits to at least one Quality Improvement Plan each year. This year, based on feedback from year one, guidelines were modified to provide more flexibility around the number of goals to set. Despite this, total goals set across the company only fell from 60 to 58! And of those goals, we achieved 67%.

We don't have room to list all of our achievements, so here's a taste of what happened in year two.

- **Caritas** made an 80% improvement to their Workers' Compensation Board claims by focusing on determining the root causes of injuries and leveraging their Joint Occupational Health and Safety Committee.
- The **home office Human Resources team** improved the exit survey process and improved participation by 150%.
- At **Parkland Clayton Park**, the completion rate of annual mandatory training increased from 75% to 96%.
- **Northumberland Hall** increased resident satisfaction related to recreation from 87% to 100%.
- At **Parkland Riverview**, many departments have increased the completion rate of performance development discussions to 100%.

Thank you to everyone for your commitment to improving quality!

LEAN Six Sigma Green Belt Development Program

As we look to further invest in our *Great People* and strive to enhance the quality improvement resources available across the organization, Shannex is pleased to announce its first-ever LEAN Six Sigma Green Belt Certification class. We can't wait to see what you've all got up your sleeves!



SHANNEX
EXCELLENCE
AWARDS

FOURTH ANNUAL EXCELLENCE AWARDS GALA

The fourth Annual Excellence Awards Gala was, without a doubt, the best one yet! From the moment guests arrived at the Lord Nelson Hotel to the moment they left after a delicious meal, some grateful words and more than a few heartfelt hugs, the evening was filled

with acknowledgement, gratitude and a sense of unity that only comes when *Great People* get together to show just how much working in retirement living and the long term care sector means to every one of us.

2019 AWARD WINNERS

Service Excellence Awards

Aaron MacKinnon

Senior IT Specialist, Home Office

Jannick Theriault

Recreation Coordinator, Monarch Hall, Parkland Riverview

Jamie Bernard

Wellness Coach, Parkland Riverview

Shelly Robichaud

Site Manager, Frederick Hall, Parkland Fredericton

Melissa Wells

Licensed Practical Nurse, Parkland at the Gardens

Tonya Devoe

Support Services Attendant, Parkland Antigonish

Rebecca De Ramos

Suite Services Attendant, The Glen Erin Inn & Spa

Jean Perry

Continuing Care Assistant, Parkstone Enhanced Care

Care Innovation Excellence Award

Sarah Condran

Music Therapist, Arborstone Enhanced Care

Volunteer Excellence Award

Alain Godbout

Arborstone Enhanced Care

Christopher Reinhardt Safety Excellence Award

Terry Westhaver

Plant, Building and Safety Services Manager, Caritas Residence

Sales Excellence Awards

Patrick Pelrine & Chloe Henderson

Parkland at the Gardens

Penny Pacey

Parkland Fredericton

President's Leadership Award

Jodi Bartlett

General Manager, Parkland at the Gardens

Founder's Seal of Excellence

Elk Court





Brand Refresh

Parkland has a new look!

This May, something very exciting happened: Parkland revealed a brand-new look!

Parkland communities across the organization held brand reveal events, and boy did they ever go all out! Cakes, bubbly, formal receptions, live music, photo booths, special meals, a tree planting and even a harpist were part of the celebrations. We are so grateful to have such wonderful residents who have wholeheartedly embraced our new look and who make every day at Parkland so rewarding.



Check out Parkland's new look and new website at experienceparkland.com.

Parkland at the Gardens



Parkland on the Glen





Jodi Chesser

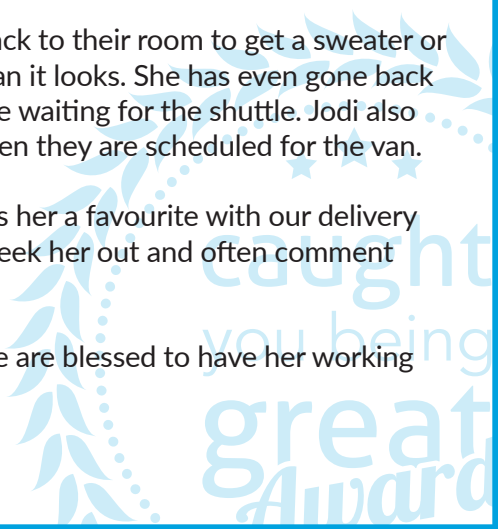
Parkland Riverview

Jodi does an exceptional job making sure all runs smoothly from the front desk of Royal Court. She does everything with a smile and a wonderful sense of humour. Jodi knows everyone's name and even their families' names and where they live in the world!

It is not uncommon for Jodi to send someone back to their room to get a sweater or jacket before they go out because it is cooler than it looks. She has even gone back to a resident's room to get a forgotten item while waiting for the shuttle. Jodi also reminds residents of their appointments and when they are scheduled for the van.

Jodi's warm and engaging personality also makes her a favourite with our delivery people – Canada Post, FedEx, UPS, etc. – they seek her out and often comment when she is not there.

Jodi is a "one-in-a-million" special person and we are blessed to have her working with us at Parkland Riverview!



Parkland Clayton Park



Parkland Riverview



Parkland Saint John



Recognizing Team Members at Cedarstone

During Resident Services week in May, Cedarstone Enhanced Care recognized team members who reached milestone years of service and completed the Mentorship Program.

We all know that our team members are what make Shannex homes special, and it is so wonderful that so many of them choose to be part of the Shannex family for so many years. Congratulations to Lara Robinson, Music Therapist, who celebrated 20 years; Denise Smith, LPN, and Juanita MacLeod, CCA, who each celebrated 25 years; and Deborah Paris, CCA, who celebrated 30 years of service. Stephanie Miles, Site Manager, had the pleasure of presenting their certificates.



Many team members are also mentors, and in recognition for their dedication they received lovely *Great People* jackets.

Cedarstone is very thankful to have such *Great People* to help train and mentor our new team members!



L-R: Maria Agcon, Community Manager; Fran Riemersma, CCA Mentor; Juanita MacLeod, CCA Mentor; Stephanie Miles, Site Manager; Beth Hayman, CCA Mentor; Donna Taylor, CCA Mentor; Michael Galera, Community Manager

Meet the Centenarians

What's the secret to a long and happy life? If you live in, work at or visit a Shannex, Parkland or Faubourg residence, chances are there might be someone there who can share their secrets to celebrating your one-hundredth birthday! Here are a few of the centenarians celebrating birthdays in the last few months.



Margaret Dingley of Parkland at the Gardens celebrated her 100th birthday with well-wishers and a beautiful cake!



Ina McInerney, long-time resident of Concorde Hall at Parkland in the Valley, celebrated her 100th birthday with friends, family and an impressive number of certificates from dignitaries!



Lillian Keith, resident of Thomas Hall at Parkland Fredericton, recently celebrated her 101st birthday with her daughter Irene. According to Irene, the secret to Lillian's long life has been to take care of her herself and do as much walking and cleaning as possible.

Virtual Reality is a Reality at Parkland at the Lakes

There was a time when virtual reality was something we only read about in science fiction novels, but not anymore! Thanks to Alejandro Ocampo and Sharon Song, residents at Parkland at the Lakes have been able to do some serious travel, all from the comfort of home. One of the particularly exciting things about this technology is that each resident gets their turn wearing the headset while everyone else can enjoy their experience on the TV screen, making it a very social event!



On June 1st, using a Google Daydream Headset, a Google Pixel Phone and Google Chromecast, ten brave residents of Harris Hall went on a Virtual Reality Experience. Many of the residents were trying virtual reality for the first time, and it was a great success.

Residents requested a variety of experiences, including trying scuba diving, visiting the Great Wall of China, seeing pandas, walking through a forest and touring Cinque Terre in Italy. Feedback was very positive. Every resident who tried it said they would tell their friends and would definitely be back next time.

The first session was so successful that a second one was held at Kinross Hall on June 22nd, much to the residents' delight.

With such great reviews, the plan is to provide the experience regularly and explore the possibility of expanding the experience to other sites. Because if you can't go to Paris, why not bring Paris to you?

Live More Award Presented to Joseph Shannon

We are pleased to celebrate our Founder, Joe Shannon, who recently received the prestigious Hedley G. Ivany Award as part of Northwood's Live More Awards in Halifax, NS. Joe was recognized for his leadership in long term care over the past 30 years and his many contributions to supporting his vision of leading the way to better living for seniors within our communities and beyond. As part of the special tribute, attendees were treated to a performance by the Men of the Deep choir who, like Joe, hail from Cape Breton Island. Congrats, Joe, from all of us here at Shannex!



Resident Spotlight: Sister Idella Cooke Celebrates her 85th Jubilee

Sister Idella Cooke, resident of Parkstone Enhanced Care, has reached a lot of impressive milestones lately. Not only did she celebrate her 105th birthday last year, but on June 19th she also celebrated her 85th Jubilee as a Sister of Charity!

From the moment we sat down to chat with Sister Idella and Sister Rose Marie Smith of the Sisters of Charity, it was clear that Sister Idella's lifetime of experience as a teacher and community trailblazer has only enriched her naturally sunny disposition. With a smile that lights up the room, she talks about how wonderful the team at Parkstone is. "What a vocation they have", she says with gratitude.

*"If it was right, I stuck to it.
If it was wrong, I'd fight to
get it right."*

About 60 people came to celebrate Sister Idella's 85th Jubilee. After mass, they enjoyed one of her favourite dishes: lobster. Sister Idella told us about how she and her brothers would have lobster picnics on Sunday afternoons – much to her mother's dismay – and what happy days those were. She also mentioned that her preferred technique for cracking open the claws involved a hammer!



Sister Idella's tendency to just get things done is clear. In her own words, "if it was right, I stuck to it. If it was wrong, I'd fight to get it right". Among many other things, she founded Saint Paul's Parish in Dartmouth as well as Bishop Burke House for priest seminarians in Halifax, where she did the boys' laundry and, according to Sister Rose Marie, "spoiled them". Some of her former students, who are now in their 80s, still come to visit.

One of Sister Idella's fondest memories is of skating on the pond in Westlock, Alberta. "I can still get the feeling", she says as she tells us about the "beautiful white skates" she received as a gift from the Father and Mother Superior to replace the men's skates she had been using. Working, helping, skating, singing, dancing... these are some of the things that have made Sister Idella the woman of action she is, and she's not ready to stop yet. In fact, at her 105th birthday last summer, she told Sister Rose Marie that she's only going to celebrate her birthday every five years!

Congratulations on your 85th Jubilee, Sister Idella!

Call for Volunteers

Do you enjoy spending time with seniors? Are you looking for a way to create meaningful connections? Come volunteer with us!

Volunteers are an essential part of what makes our residences the welcoming homes they are, and we'd love to hear from you.

For more information on volunteering, contact your local Shannex, Parkland or Faubourg location today!

Great Connections

Great People make Great Connections

Often, the impact our *Great People* have in the lives of residents and their families extends far beyond the compassionate care and excellent service provided. A hand to hold. A listening ear. A voice of encouragement on a hard day.

Great Connections celebrates the strong relationships and meaningful experiences that make up our vibrant, warm and supportive Shannex, Parkland and Faubourg communities.

These stories come from you.

Whether you are a resident, family member or team member, we want to hear about the meaningful relationships you have developed with others within Shannex, Parkland and Faubourg communities. Tell us about the supportive care and service you or a loved one received, a special activity that made someone's day, an employee who makes it their mission to bring residents comfort or any other experience that highlights the positive impact of Great Connections in our lives.



Great Global Connections

Cedarstone Enhanced Care in Truro has a special connection to the Filipino Community. For Filipino Heritage Month, six RNs from the Philippines hired in 2010 gathered to dance, sing and enjoy authentic cuisine.

Tell us your Great Connections story!

If you are a resident or family member, please submit your story by email to connections@shannex.com. Please indicate "Great Connections" in the subject line and, if possible, a photo that you would like to see included in the online story.

If you are a team member, you can submit your Great Connection using the Caught You Being Great program on ShanNet. There is a "I would like to submit this story to Great Connections" button in the Caught You Being Great nomination form. And if you have a photo, please send it to connections@shannex.com.

The Great Connections program is just getting started, but we know that there are countless stories of care and compassion out there just waiting to be shared. Here are two of them.

shannex.com/greatconnections

We look forward to hearing from you!



The Ambassador of Embassy Hall

One of the best ways to establish Great Connections is to ask questions and listen carefully to the answers. We recently asked Dale, whose mother Edna is a resident at Embassy Hall on the Parkland in the Valley campus in Quispamsis, about their experience.

Snapshots

A-Z positivity

Elk Court proudly displays their Employee Appreciation Tree. Each employee has their own kite and coworkers are welcome to write a kind note or compliment. Nice work, Elk Court!



Fish & Chips

Caritas residents had a great time eating fish & chips at Masstown Market.



On your mark, get set... go! The Bluenose 2019

Three Shannex employees participated in this year's Bluenose, completing the 10 km run. Emily Frizzell, Music Therapist, Colchester-Cumberland Region, said, "This is a nice example of living a happy and healthy lifestyle, while doing a job we absolutely LOVE!"

Parkland Clayton Park honours D-Day

June 6th marked the 75th anniversary of D-Day. PCP marked the occasion with a military memorabilia display and presentation as well as an Old-Time Radio Show performed by Wellness Coaches.



Community connections in Miramichi

In early June, Parkland on the River held an information session for potential residents, families and the community on our new communities in Miramichi.



At Debert Court, safety is fashionable

Debert Court acknowledged Health and Safety Week with a Personal Protective Equipment (PPE) Fashion Show. Team members and residents participated in the event. This was one of a several events organized to have fun while sharing the important message of safety at work.



Spa day at Frederick Hall

Residents thoroughly enjoyed getting pampered by Amanda Banks, Frederick Hall's Recreation Coordinator, who also happens to be a licenced Nail Technician. She called in a good friend, who is a massage therapist, and treated residents to a spa day!



Mother's Day at Frederick Hall

The most important day in May was marked with a special lunch at Frederick Hall. Everyone loved the special treatment, and especially the special teacups!



Father's Day at Parkland in the Valley

Lobster, Father's Day's unofficial official meal, was served at Parkland in the Valley.

When cherries bloom

Residents enjoyed an outing to see the cherry blossoms at Centennial Park in Mississauga, Ontario. During the outing they were able to catch the last of the blossoms and visit the Conservatory!



Sip, paint, repeat

Residents and team members at Parkland on the Glen spent Victoria Day enjoying tea at their Sip and Paint event. The artwork of choice? A beautiful sunflower. Great job everyone!



Thank A Teacher Day!

We all have a special teacher in our lives. Parkland Saint John celebrated #ThankATeacher Day this past May by giving residents who are former teachers "Smarties" for being such a great influence in so many people's lives.



Pandora the therapy dog

Parkland Riverview's therapy dog, Pandora, was all ears when she heard there was a special event in her honour. Pandora and her mom, Robin-Ann Young, were recognized during Volunteer Appreciation Tea at Canterbury Hall this spring.



First in class

Shannex is proud to welcome 18 new *Great People* in Miramichi! In partnership with Mount Saint Joseph Nursing Home, we offered our first Resident Assistant class, whose students will graduate just in time for the opening of our new nursing homes! They are an enthusiastic group and we look forward to working with them.

Safety First Award

At the 2019 Safety First in Cape Breton Symposium this spring, our own Ben Boutilier of Harbourstone Enhanced Care in Sydney won the Young Advocate Award. Congratulations, Ben!



Beautiful baby butterflies

In June, residents and the Recreation Therapy Department at Maplestone Enhanced Care raised caterpillars into beautiful butterflies. This is Rita Sullivan with "Homer" in his larval stage.

Crazy for cars

Who doesn't love a good old-fashioned car show? Several of our communities host car shows during the spring and summer, and it's always a good time. Keep an eye out for upcoming shows near you. Vroom!





Jim and Helen
Parkland residents

We are ready for dinner out to be just downstairs.

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