

Shannex™

CONNECTIONS

SUMMER 2021 - ISSUE 40

Garden Club Sprouts at Elk Court



P. 5

Rapid Testing Pilot



P. 10

**Shannex Superstars Step
Up to Help**



P. 11

**Working Together for
Greener Communities**

This issue of *Connections* belongs to: _____

(L-R) Parkland on the Glen team members Gurmeet Singh, Ricardo Garcia, Michael Galera, Lisa Tracz, Grace Miksa, Lianne Summers, Roomie Karai, Krasi Takev celebrate Pride.



Editor's Note

KATHERINE VANBUSKIRK

Welcome to the summer issue of *Connections*! Did you know this is also the 40th edition of the magazine? We are proud of this milestone and are thrilled once again to bring you a collection of exciting stories from our communities across Nova Scotia, New Brunswick and Ontario.

This issue plants the seeds of brighter days ahead. It includes heartwarming stories of lending a helping hand when others are in need (page 10), community spirit (page 13) and giving back (page 15). To celebrate the warmer weather, Chief Culinary Officer Dana Schiefer shows you how to grill a steak to perfection (page 3), and we're thrilled to highlight one resident's newfound love for golf in her community

(page 16). We are happy to introduce you to some new faces on our teams in Ontario (page 8) and Parkland Riverview (page 16).

Pictured on this page, is a wonderful example of how our communities celebrate and encourage connection, diversity, belonging and self expression all year long. Beginning with Pride Month in June, Pride celebrations will take place in many of our communities and we will share more about these in the next issue.

As you read this edition of *Connections*, I hope it uplifts you and fill you with joy. We look forward to sharing even more stories with you again soon.

ON THE COVER:

First row: L-R: Elk Court residents Joan Dempsey, Elaine McNamara and Loretta Sullivan. **Second row:** L-R: Elk Court Site Manager Louela Paris, resident Wray White, Shannex Regional Manager, Colchester/Cumberland Region Stephanie Miles, resident Patricia Glode. **Back row:** Resident Jean Partridge and team member Helen Dearman.

Shannex™

Shannex®
CARE
AT HOME


Parkland™

FAUBOURG®
Communauté de retraités

Shannex™
ENHANCED CARE

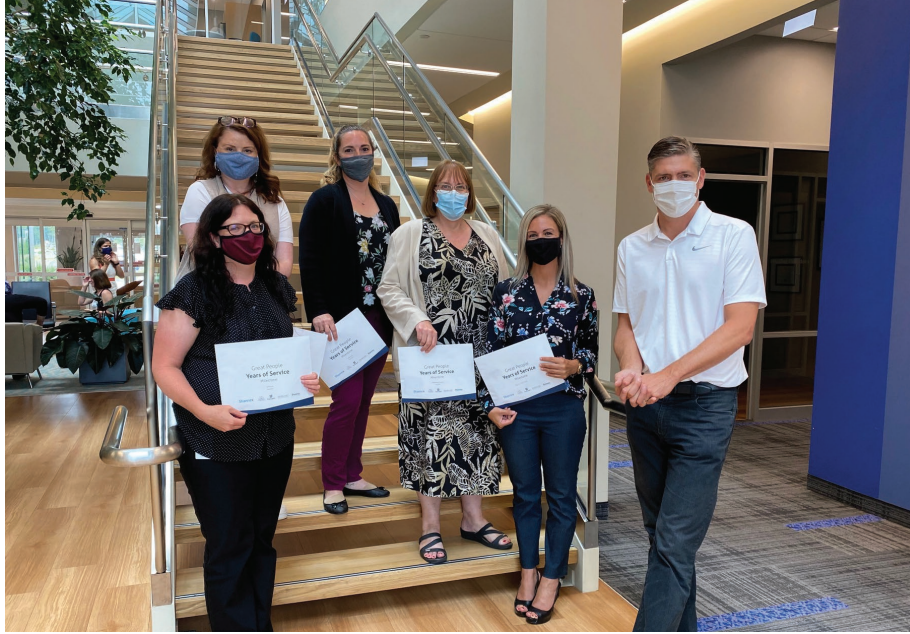


Connections is a quarterly magazine for Shannex team members, residents, volunteers, families and friends. It is developed by Shannex Communications. We welcome your feedback. Send comments to:

Katherine VanBuskirk, Director of Communications and Community Affairs

621 Starboard Drive
Halifax, NS B3M 0N5

connections@shannex.com



Jason Shannon and Home Office team members stand together at a presentation to recognize their years of dedicated service.

L-R: Pamela Irvine, Katherine VanBuskirk, Lindsay Fenton, Elizabeth Konning-Mcnamara, Erin Harnish and Jason Shannon.

Not pictured: Nicole Coolen, Chloe Henderson, Marilyn Currie and Susan Jensen.

President's Message

JASON SHANNON

Hello everyone.

Our summer edition of *Connections* has arrived and I hope everyone is feeling optimistic about our future compared to this time last year. For me, the biggest and most exciting difference is that I am now able to safely travel and visit our communities. I've met with a lot of residents and team members recently and had the opportunity to talk about how our organization is managing after a challenging year and a half. I've heard stories about the incredible journey our residents, families and team members have lived through and many have shared their great appreciation for our front line and management teams.

Our teams showed up every day ready to do what needed to be done to protect residents, and our residents and families also sacrificed so much to keep our communities safe. To everyone in our Shannex, Parkland and Faubourg families, I want to express my gratitude for your commitment to safety over the past year and a half and for the everything you are doing today.

I'm also thankful for the vaccine and the incredible outcomes we're seeing. People have been reunited with their friends and loved ones and everyone in our communities is now able to safely come together

to enjoy their favourite group activities. This is not something we take for granted and I can't stress enough the importance for every team member to get vaccinated if they are able.

Healthy people are important and that's a continued focus for us, but so is ensuring we have the right number of team members working in our communities. Recently we launched an incentive to attract more *Great People* to our organization. You can read more about the program in this issue.

I hope you enjoy all of the stories in this issue of *Connections* and I look forward to seeing many residents and team members in our communities as I'm back on the road again.

Please stay safe and well.

Jason
President & COO

CULINARY CORNER

Barbecued to Perfection

TIPS FOR COOKING THE BEST STEAK FROM CHIEF CULINARY OFFICER DANA SCHIEFER

The perfect steak starts with purchasing the right cut of meat. For barbequing, the premier cuts would be ribeye, striploin, porterhouse and tenderloin. There are many other cuts like flat iron, top sirloin and flank steak. These cuts will require marinating and will be a little tougher than the premier cuts.

Buying the cut is as important as cooking. Look for a steak with lots of marbling and some fat around the outside and if you can, buy the premier cuts of meat when they are on sale and get the butcher to cut to your specifications. A steak cut between 1"-1.5", closer to 1.5", will deliver the best results. This may seem like a large cut, but try to get a steak between 16-24 ounces, you will find it is better to cook one steak for 3-4 people than to cook 3-4 smaller steaks.

Prepping you steak:

Always leave the fat on the outside of the steak. You can cut it off after cooking, but the fat is where the flavour comes from. Remove the steak from the fridge 30-45 minutes before cooking to allow it to come up to room temperature. Just before cooking, I add salt and pepper to the steak. You can add spices or steak seasoning, but I am a purist, so salt and pepper only.

Prepping the grill:

Start the grill 15-20 minutes before cooking. You want to get the heat to at least 500°F to seal in all the juices and achieve a nice crust on the outside of the steak.



Cooking the steak:

Add the steak to the hot grill and close the lid. Wait 2 minutes, lift the lid and turn the steak a quarter turn only. Do not flip the steak. This will give you nice grill marks for the presentation. Close the lid and wait two more minutes; lift the lid and flip the steak. Repeat these steps, 2-minute cook, quarter turn and another two minutes cooking. This should give you a rare to med-rare steak. If you need it cooked to medium add a minute to both turns. Never cut or use a probe to check doneness. This will let all the juices out and result in a dry steak.



This is how we are taught in cooking school to determine doneness.

Once cooked, remove the steak from the grill and let rest for 10 minutes before cutting. The heat from the BBQ drives all the juice to the center and you want to allow time for them to move through the entire steak. After 10 minutes, you can remove any unwanted fat and cut the steak to share.



Drummond Hall resident and retired nurse, Bernie Graham, receives the first dose of the COVID-19 vaccine from Drummond Hall Health Services Manager, Colleen Walker.

First On-Site Clinic

PARKLAND CLAYTON PARK

Bernie Graham was among the first group of residents in Nova Scotia to receive the COVID-19 vaccine at an on-site clinic in a retirement living community.

"It feels great to get it here," says the Drummond Hall resident. Before retiring, Bernie had a fulfilling career in healthcare working as a registered nurse.

When asked about what she would say to someone thinking about getting the vaccine, she wholeheartedly believes everyone who can get immunized should get the jab.

"If you're not sure, it's important to do your research and talk to experts," she says. "It protects yourself and others from getting the virus."

Clinique d'impôt

UNE PERSONNE RÉSIDENTE DU FAUBOURG DU MASCARET AIDE SES VOISINS À FAIRE LEURS IMPÔTS

Jean Richard, une personne résidente du Pavillon Gallant fait partie du programme communautaire de bénévoles en matière d'impôt. Au printemps, il aide bénévolement des couples ou personnes à faire leur rapport d'impôt. Malgré que les cliniques n'aient pas eu lieu à cause de la pandémie, Jean est toujours prêt à offrir son aide aux personnes résidentes sur une base individuelle. Bravo à Jean pour cette belle initiative!

Merci Jean!

Tax Clinic

FAUBOURG DU MASCARET RESIDENT HELPS NEIGHBOURS WITH TAXES

Pavillon Gallant resident Jean Richard is part of the Community Tax Volunteer Program. Each March and April, he voluntarily helps couples, and individuals file their tax returns for free. This year, clinics have not been held due to the pandemic, but Jean still offered help to Faubourg residents on an individual basis. Congratulations to Jean for this great initiative!

Thank you, Jean!



Jean Richard, résident au Pavillon Gallant.

Pavillon Gallant resident Jean Richard.



Resident Services Manager Gabby Gaspar gives a swab to Parkland at the Gardens Concierge, Joan Vasquez.

Rapid Testing a Success

PARKLAND AT THE GARDENS

In Nova Scotia, rapid testing has been one of the main tools used to help limit the spread of COVID-19 in the province. With results sent to your phone within 15 minutes, rapid testing provides peace-of-mind. In May, Parkland at the Gardens launched internal rapid testing using the same technology as the public health pop-up testing sites in Nova Scotia.

Rapid testing kits used at Parkland at the Gardens are provided for free through the Nova Scotia COVID-19 Rapid Screening Program for Workplaces.

Resident Services Manager Gabby Gaspar and Health Services Manager Michelle Clark are leading the project and agree that on-site rapid testing has been well-received. "Team members are tested twice a week and it really gives everyone peace-of-mind," says Gabby.

Parkland at the Gardens visitors interested in receiving a rapid test can visit the Bloom Vitality Centre for an up-to-date schedule of testing dates.

Innovation Station

HARBOURSTONE ENHANCED CARE

Using a small but mighty device that looks like a watch or a necklace, Tenera Care technology acts as an emergency call response system that lets the care team know who needs help and their exact location. At Harborstone, our Enhanced Care home in Sydney, NS, they are using Tenera Care a little bit differently.

Kyle Richardson, Regional Manager of Enhanced Care at Harborstone, says that on one floor of the home, they are taking advantage of the technologies geofencing capabilities. "Some residents are protective of their space, so now we can set the technology to notify team members if another resident is wandering, so that they can be redirected."

They're also taking the data from Tenera Care to help develop behaviour plans. "This technology will track where a resident likes to visit," says Kyle. "We can see when a resident is spending most of their time in one area and know that we have to do something meaningful and engaging in that space for them." he adds.

This innovative technology will go live for the rest of Harborstone in the fall.



Innovative Technology: Tenera Care worn on a residents' wrist.



COVID-19 Vaccine Information

GET THE FACTS

Stopping the spread of the COVID-19 virus is truly a community effort and by getting your vaccine, you are doing your part! As more and more people receive their COVID-19 vaccinations, we are starting to see pandemic restrictions ease in our communities. We are fortunate that the majority of our residents and team members have received their vaccines and by doing so have reduced the risk for everyone.

By having your vaccine:

- You are less likely to become infected with COVID-19
- You are less likely to become seriously ill if you do become infected with COVID-19
- You are helping to prevent opportunities for the virus to mutate
- You are more likely to be able to return to your usual activities sooner
- You are helping your province ease restrictions

While masking is still a part of most public situations, you will start to notice easing of other restrictions and opportunities to see your friends and family and attend social events... just in time for summer!

We know vaccination is the ultimate step in stopping the spread of COVID-19 but don't forget the other important lessons we've learned over the past year:

- Continue washing your hands or using hand sanitizer
- Stay away from others if you feel unwell and inquire about a test for COVID-19
- Be aware of and follow Public Health directives

If you have received your COVID-19 vaccine, thank you. If you have not been vaccinated, please inquire with a member of our team if you have questions or are unsure how to book an appointment for your vaccine.



Dr. Lisa Barrett on Vaccines

On Monday, April 26, Shannex and Parkland team members had an opportunity to learn more about COVID-19 vaccines and how to reduce the spread of the virus from infectious disease expert, Dr. Lisa Barrett. We appreciate Dr. Barrett taking the time to provide information and answer our team members questions.

New Insights Lab

HELPING TO IMPROVE QUALITY

The Insights Lab is an exciting new department at Shannex that is generating strategic insights from our clinical systems. These insights will support the healthcare team's efforts at improving clinical outcomes, as well as creating operational efficiencies for staff. Vicki Muscat is the Manager of the newly developed Insights Lab team and says helping residents by using analytics is their goal.

Vicki and her team are currently focusing on trends surrounding falls, social isolation and behaviors. They've only been up and running for a month and a half, but Vicki says the sky's the limit. "We've already identified some interesting opportunities with this data," she adds. "I have high hopes."

Using clinical systems data, the team will identify resident cases over the summer months and track improvements using technology like Tenera Care. "It is our mission to discover new ways to minimize, or even prevent, adverse healthcare events for people who call Shannex home," says Vicki. "In other words, we are the new spoke in the Shannex wheel striving to offer people staying with us the ability to live their best lives!"



(L-R) Shannex Compliance Administrator Paige Warner and Insights Lab Manager Vicki Muscat.

Missing from the photo: University of Ottawa Nursing student Sarah Shannon. She is working as a qualitative research assistant for Shannex.



Thoughtful duo: Terri Spooney and Linda Coleman from Parkland Cape Breton.

Maritime Hospitality

PARKLAND CAPE BRETON

It was seven years ago when Parkland Cape Breton resident, Olive, first toured the retirement living community. Joined by her son who was visiting from the United States, they quickly made the decision that she would eventually move in.

"We had developed a relationship over the years," says Linda. With no family close by to help Olive move and COVID-19 travel restrictions, Linda and the team at Parkland Cape Breton stepped up to help. "She's an amazing lady and I wanted to make sure she felt safe, comfortable and ready to move to Parkland," Linda adds.

Parkland Cape Breton's Housekeeping Supervisor Terri Spooney packed up all of Olive's belongings and Linda booked a mover. Within a week, Olive was living in the community. On the day of the move, Linda picked her up and brought her to her new home. "We settled her in, got her groceries and anything she felt that she needed including changing her address and getting her a new walker," says Linda. The team even introduced her to other residents living on the same floor.

Parkland Cape Breton's Maritime hospitality was appreciated by Olive and her family alike. Today, Olive enjoys taking part in recreational activities and spending time with her friends at Parkland Cape Breton. "It's been awesome," says Olive. "All the ladies and staff are so good to me!"

Ontario Leadership Update

MEET THE TEAM

With two Parkland communities in Ontario and more on the way, our team continues to grow. With some fresh faces added, we would like to introduce you to the dynamic leadership team at the helm.

A steady leader who has been part of the Parkland family since 2015, Finance Manager **Allana Labban-Affonso** works closely with all leaders on financial systems and processes to ensure things run smoothly.

Human Resource Manager **Gillian Lockett** oversees recruiting, interviewing, and hiring and is one of the first people to greet new team members. She diligently handles all human resources duties to support team members in the important work they do.

Managing and directing health care operations in our communities takes steadfast leadership. Each day, Regional Manager of Clinical Operations, **Kailey Forster** works closely with our other health care team members to ensure quality care.

With over 15 years of experience in the hospitality industry, Ontario's Regional Director, **Kervin van den Meijdenberg**, is passionate about solving problems and creating amazing experiences for people. Before taking this new role, he was the General Manager at Parkland on Eglinton West.

Lisa Tracz is a vital part of the leadership team as the General Manager at Parkland on the Glen. She previously worked as the General Manager of the Glen Erin Inn and Spa. Each day, she helps residents to live their best lives.

Thank you to this incredible group of leaders for their commitment to our residents and team members.



Continued Professional Growth

PARKLAND ON EGLINTON WEST'S NEW GENERAL MANAGER

Elliot Kavanagh is new to the Ontario leadership team, but he's no stranger to Shannex. Throughout his eight years with the family-owned company, he has worn many hats. His hard work, drive and passion are well suited in his new role.

“
I can't wait to be back with residents, interacting with them, their families and the amazing team members.
”

Parkland on the Glen and Thomas Hall go Hollywood

Parkland on the Glen

The glitz and glamour of Tinseltown was on display at Parkland on the Glen. At the end of February, residents and team members got dressed up to celebrate awards season. The evening included a decorated dining room and a delicious dinner. Residents voted for the winners of each award.

Most Artistic – Barbara Chambers
Best Covid Hair – Virginia Picard
Funniest Resident – Joan Hoare
Best Covid Beard – Robert Gardner
Most Helpful – Barbara Netten
Best Radio Voice – John Bailey
Most Positive – Nikki Truman
Most Stylish – Doreen Richardson
Friendliest – Ruth Manders

Thomas Hall

At the end of April, an Oscar celebration took place at Thomas Hall in Fredericton, NB. Residents and team members celebrated by dressing up and hosting an awards ceremony of their own. The community was decorated for the star-studded occasion.

Miss Fashionista – Elaine St. Pierre
Mr. Environment – Buff Hoyt's
Best Exercise Participant – Mary Hay
Nursing Home Jokester – Anna Nobel
I've got Rhythm – Mary-Lee Steeves
Mr. Fix It – Andrew Daley
Mother Hen – Marlene Harnish
Miss Congeniality – Geneva Blunston
Social Butterfly – Norma McFarlane
Nighthawk Award – Hazel James
Best Supporting Actor – Yoly Robichaud



L-R: Mary-Lee Steeves (Thomas Hall), Norma McFarlane (Thomas Hall), John and Eunice Clarke (Parkland on the Glen).



Shannex Superstars Lend a Helping Hand

NEW BRUNSWICK TEAM GOES THE EXTRA MILE

When Jessica Yeo graduated from nursing school in November 2019, she didn't expect to begin her career at a time when a pandemic was looming large. Although some fear crept into the back of her mind, she quickly cast it away and continued following her steadfast belief that resident care comes first.

"I remember thinking 'If it was my family members, I would want to be there for them,'" says the Thomas Hall Licensed Practical Nurse. "The residents become our family, we take care of them and provide for them every day."

Regina Harty is Shannex's Regional Manager, Nursing Home Services, Saint John and Riverview. Throughout the pandemic, she has provided strong leadership. After managing the two outbreaks in Tucker Hall, she received a call to help manage an outbreak at a long term care home in Edmundston, NB, and she knew right away she wanted to help.



"We received excellent support from our government partners, and I remember everything they did for us here," says Regina. "When I heard about the outbreak up north, and the number of volunteers we had going to provide support, I wanted to do my part, too."

Looking back at their shared experience, both women agree support is what helped them through the tough times. The kindness shown by the Shannex family, fellow team members, the broader community and the province of New Brunswick will stick with them forever.



(L-R) Regina Harty, Shannex Regional Manager, Nursing Home Services, Saint John and Riverview and Jessica Yeo, Thomas Hall Licensed Practical Nurse.



Leading the Way to “Greener” Living

PARKLAND AT THE GARDENS PILOTS ECO-FRIENDLY PROJECT

Parkland at the Gardens resident Elinor Egar Reynolds is passionate about the environment. She is motivated by acting locally and thinking globally to provide the next generation with a greener future.

When she approached Parkland at the Garden’s General Manager, Jodi Bartlett, about making eco-friendly changes in the retirement living community, she had her full support.

Growing up in a farming community in Southern Ireland, Elinor remembers recycling and not over consuming items or food from an early age. When she immigrated to Canada, she was surprised to see how different things were.

“I really feel obligated to make a difference no matter how small it is,” she says. “No matter a person’s age, we can all do our part to make things better and more sustainable for the future.”

Her enthusiasm quickly sparked Parkland at the Garden’s Green Earth Committee, to strategize about ways to reduce the community’s carbon footprint. In partnership with Efficiency Nova Scotia, they implemented the environmental organization’s Direct Home Install Probe Program which is typically used in private residences. This meant changing in suite lights for battery backup bulbs and LED lights, upgrading showerheads and providing residents with two energy efficient night lights.



Shannex Seeks ISO 50001 Certification

In April, Shannex announced that we are seeking ISO 50001 certification within the next two years which would make us the first seniors' living organization to receive ISO certification in Canada. To achieve this, Shannex will have to adopt certain energy management practices that will increase awareness of energy use and result in the reduction of greenhouse gas (GHG) emissions.

Shannex has also been chosen to receive funding for our ISO 50001 certification project from Natural Resources Canada as one of six organizations in the country that will participate in the program.

Members of the Parkland at the Gardens Green Earth Committee gather together for a picture after a meeting.

DID YOU KNOW?

Sustainability goes beyond building maintenance. Reviewing care policies and procedures to see how eco-friendly measures can be incorporated into these practices is an important step in creating greener communities.

These small changes are expected to provide energy and cost savings over the long term. This pilot project is starting with Parkland at the Gardens and looks to expand to other communities.

"The education and communication piece is very important," says Gary Tibbo, Shannex's Director of Building Systems and Sustainability. "To be successful everyone has to do their part and everyone from the home office to the residents has to be engaged, do their part and embrace these efforts."

The belief in green technology and initiatives is part of Shannex's vision for the future. The family-owned company is committed to protecting the environment by taking a sustainable approach to each community that is built. An action plan

has been created to increase these efforts in all communities.

As part of the work required to achieve ISO 50001 certification, an energy management system will be developed which will affect the campuses, homes, home office and residents.

Moving forward, this will include items such as checking a maintenance item to make sure it's running efficiently, updating building practices and procedures and increasing awareness about how much energy communities are using year over year. The ISO 50001 project is expected to take two years to implement.



Planting Seeds of Community Spirit

ELK COURT

Elk Court residents are rolling up their sleeves and getting their hands dirty in the community's new garden. They are enjoying growing flowers and vegetables in their own backyard.

"I love to garden," says Elk Court resident Loretta Sullivan with a smile. "All the people here are great."

To create a fun and engaging way for residents to socialize, a decision was made to start a Garden Club. It quickly became a collaborative effort between team members, residents and the community.

As team members started sprucing up the garden to get it ready for residents by laying down soil and setting up planter boxes, they soon realized they needed items like mulch, garden hoses and topsoil.

Word spread about what was happening, and the community quickly jumped on board. They donated items like mulch and some plants. Eleven-year-old Emma Lynds, from Brookfield, donated flowers and vegetables she grew.

"Elk Court is like a family, and Brookfield embraces Elk Court like a family member," says Site Manager Louela Paris.

Congratulations to the Elk Court and the community of Brookfield for showing the true meaning of community spirit.



Top: Elk Court Site Manager Louela Paris with resident Loretta Sullivan, Elk Court resident Patricia Gloade with Continuing Care Assistant Shelly DeViller. **Bottom:** L-R: Residents Edna Gregory (deceased) and Loretta Sullivan with team members Shelly DeViller and Helen Dearman.

Learning and Development

LEADERSHIP DEVELOPMENT MILESTONES

Happy fifth anniversary to our Shannex Leadership Development Program! This successful program has allowed us to work with people leaders and aspiring people leaders across the organization and see many grow and develop their leadership skills along the way.

All of our programs are regularly reviewed to ensure quality and clarity. As a result, we are making some adjustments to the Leadership Development Program to add options to attend in a self-directed way online as well as in a classroom setting surrounded by peers. If you have any questions about this program or any of our training courses, please feel free to contact the Learning and Development team at learning@shannex.com.



REFER A FRIEND TO WORK WITH US!

Until August 31, team members who refer a friend for an eligible position with Shannex could both receive up to \$1500!

If you refer a successful candidate between July 12 and August 31 to a Continuing Care Assistant, Licensed Practical Nurse or Registered Nurse position at Parkstone, Arborstone, Maplestone and Cedarstone or a Registered Nurse to Embassy Hall, Thomas Hall, Frederick Hall, and Neill Hall, you may be eligible to receive up to \$1,500 for your successful referral. You will receive one-half of this when your successful referral starts work and the second half when they successfully complete their probationary period.

Additionally, your buddy will also be eligible to receive a \$1,500 payment.

If you have any questions, please reach out to Karen Bolivar, Employee Engagement Coordinator at kbolivar@shannex.com.

(L-R) Kelly Boudreau, Manager, Learning, Development and Compliance; Kelley Hiltz-Cameron, HR Director – People and Development; Kelly Blenus, Learning Development Specialist and Erin Harnish, Learning and Development Coordinator, sit in the Centre for Excellence.

YEARS OF SERVICE PINS GET A FRESH NEW LOOK

This year, our Great People with five, 10, 15, 20, 25, 30, 35, 40 and 45 years of service will receive a newly designed pin to mark these incredible milestones with the company. We appreciate the dedication and commitment of our Great People and hope you will wear these with pride!



Supporting the Fight Against Parkinson's Disease

PARKLAND ON THE GLEN

In April, the Parkland on the Glen team presented the Passion for Parkinson's Foundation with a cheque for \$394. The community raised funds by selling tulips to staff, residents and families.

"The residents loved it; it was near Easter time, so it was lovely to have flowers around during the springtime to brighten things up," says Grace Miksa, Parkland on the Glen's Lifestyle Consultant.



Over the holiday season, the lifestyle residence community also raised \$405 for Parkinson's Canada through their Christmas cakes sales. Due to the pandemic, the cheque presentation was delayed until this past spring.

The cheque was presented virtually by resident Marion Carroll who is passionate about supporting the cause.

"My husband had Parkinson's Disease and went to monthly meetings; he received a lot of very helpful information there. We used to participate in an annual run that had lots of sponsors and raised thousands of dollars."

Thanks to residents and team members for going the extra mile and give back to their community.

Parkland on the Glen resident Marion Carroll (centre) holds a cheque given to Parkinson's Canada from Parkland on the Glen.

Safety and Wellness

SUN SAFETY

Summer is here and that means it's time for some fun in the sun!

Exposure to the sun's ultraviolet rays can be harmful. Here are our top three tips for staying sun safe:

1. During the summer, try to avoid unnecessary exposure to the sun, especially to the intense midday rays between 11 a.m. and 4 p.m.
2. If possible, plan your gardening for early morning or late afternoon, and work in the shade as much as possible.
3. Make sure you apply sunscreen! You should apply protective sunscreen on exposed skin 20 minutes before being in the sun, then reapply as directed by the manufacturers. Remember, the higher the sun protection factor (SPF), the greater the protection from the sun.



Staying Active All Year Long

PARKLAND ON THE RIVER

This winter, Parkland on the River Wellness Coach, Daphne Colepaugh, organized an engaging scavenger hunt that required residents to explore amenity spaces and activities, this included exploring the community's golf and hunting simulators.

This experience hit a hole-in-one with Mejella Theriault. Before, she didn't use the golf simulator often, but now she uses it twice a day with her favourite putter.

"I tell people to go! Go! Go! Go and try it, it's really fun," she says with a smile. "I will play alone, but as a group playing, we have a lot of fun and laugh more."

Golf simulators are also available at Parkland at the Gardens in Halifax, Nova Scotia and Parkland on Eglinton West in Etobicoke, Ontario.



Parkland on the River resident Mejella Theriault holds up her favourite putter as she plays a round on the retirement living community's golf simulator.



L-R: Parkland Riverview General Manager Tania Stote stands with former General Managers Roxanne Burdett and Carole Morey at Roxanne Burdett's retirement party on May 31.

Welcoming a New General Manager

PARKLAND RIVERVIEW

After six years with Shannex, five of which were as General Manager of Parkland Riverview, on May 31, Roxanne Burdett retired. We want to thank Roxanne for her years of dedicated service to our residents, team members and families.

We are also very pleased to welcome Tania Stote as the new General Manager of Parkland Riverview. She knows the area well, having lived in Riverview her entire life.

Previously, Tania worked at Medavie Blue Cross for 24 years. Making a move into retirement living was a fulfilling decision; she is inspired by the residents every day. The Parkland Riverview community is so welcoming and feels like home.

"When this came up, I jumped at the chance," says Tania. "It feels like this is where I was always meant to be."

This is an exciting new chapter in her career, and she's thrilled to be a part of the Parkland family.



Remembering Erminie Cohen

PARKLAND SAINT JOHN

As a prominent political leader within the broader Saint John community, who served as a senator from 1993 to 2001, Erminie Cohen was beloved by many. During her golden years, she lived in Carleton Hall and made an impression on everyone she met.

"She was a mentor to everybody and not just to our residents," says Parkland Saint John's Wellness Coach Mia Cuenat. "She was a great mentor to team members; she always encouraged me to surround myself with people who could help make my dream come true."

On February 15, 2019, Erminie passed away.

On Sunday, March 21, the New Brunswick Adoption Foundation, an organization that was founded by Erminie, hosted a Virtual Tea Luncheon to present the inaugural Erminie Cohen Compassion Award to a member of the broader Saint John community.

To honour her memory, the retirement living community also hosted a special tea luncheon for Carleton Hall residents. At the gathering, a new bench was unveiled inside Parkland Saint John in her memory.

Residents who didn't get the chance to meet Erminie appreciated learning more about her. Some remarked, "This is why everything's so great here at Parkland." Erminie truly inspired a lot of great things in Carleton Hall.



Carleton Hall residents take part in a special tea luncheon to honour the late Erminie Cohen. A bench is on display in the retirement living community in her honour.

Meet the Centenarians



On June 12, Parkland Clayton Park resident Judith Mader turned 100!

She received over 250 cards to celebrate her special day, including a letter from the queen!



On June 7, the Parkland in the Valley family celebrated Doris Jamieson's 100th birthday! She is the community's first centenarian since the pandemic began.



One April 1, Parkland on Eglinton West resident Audrey Hines turned 100; she is the community's first centenarian.



On March 20, Bissett Court resident Lila Shiers celebrated her 106th birthday! Here she is with her grandson, Stephen MacLean, and daughter, Anne MacLean.

Milestones in Miramichi

Both Parkland on the River and Bridgeview Hall in Miramichi, NB, celebrated their first anniversaries in June.



On June 4, Parkland on the River in Miramichi celebrated in style with an open house, ribbon cutting ceremony and live entertainment.



June 17 marked one-year since Bridgeview Hall opened its doors. The long term care home hosted a week-long celebration for residents and team members to commemorate the occasion. On-site events included multiple parties and a barbecue.

Other communities celebrating milestones this spring: **Five-year anniversaries**

APRIL
1

Regent Hall
Fredericton, NB

JUNE
1

Lewis Hall
Dartmouth, NS

JULY
1

Tucker Hall
Saint John, NB

Development Update



New Brunswick Nursing Homes

On June 18, it was announced that Shannex has been selected to build and operate two new 60-bed nursing homes in Moncton and Saint John New Brunswick. In Saint John, the new 60-bed nursing home will be an addition to Tucker Hall and part of the Parkland Saint John community. In Moncton, the new home will be developed as part of a new campus in the area. Construction is underway this summer and is expected to be complete in 2023. Site works and excavation have already begun with concrete starting in August, and September respectively.

Parkland Ajax

On June 23, we held our first virtual open house for Parkland Ajax and we are looking forward to welcoming residents in late 2022. In the meantime, our construction team is busy getting the building weather tight and continuing with the interior rough ins.



Parkland Ancaster

Set to open in spring 2024, it's still early days. The site has been cleared and the foundation excavation started in June. Next the team will be working on pouring concrete for the foundation walls and footings.

Cutest Residents

SEE WHAT OUR FURRY FRIENDS HAVE BEEN UP TO



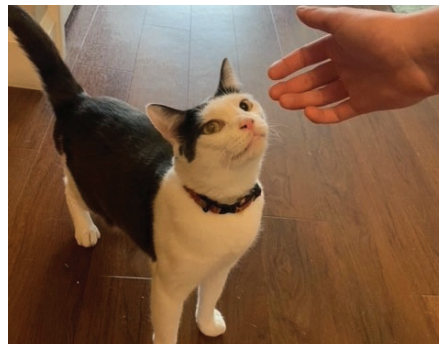
On June 23, Royal Court residents had a visit from adorable critters owned by Recreation Coordinator, Meghan Rochford-Reid. Ozzy the pot belly pig was a huge hit and loved all his treats and cuddles. The chickens enjoyed some cozy naps on resident's laps and Arch the turtle was on a mission to run everywhere he could!



Suzy, who belongs to Alan Wilson at Parkland at the Gardens is an incredibly friendly grey and white cat who absolutely loves spending time with her owner. She is 17 years old but still cute as a button. How can you not love that pink nose of hers!



Charlie is a large, long haired tuxedo colored boy who belongs to Dianne Nickerson. They live together at Parkland at the Gardens. Charlie recently had a haircut and was not super pleased with that! He is 13 years old and loves to relax with Dianne on her bed.



Meet Buddy: An inquisitive three-year-old short hair that belongs to Janis (Jan) Durie and resides at Parkland at the Gardens. Look at that adorable smile



Miss Becky lives at Parkland at the Gardens with her owner, Sandy Leim. She is a seven-year-old lady who loves to go for walks in the hall with her dad when he's out and about!

Snapshots



Conversation with the Prime Minister

On Monday, May 3, residents at Losier Hall took part in a special virtual address with Prime Minister Trudeau.



Happy Pride!

June was Pride Month. The team at Parkland on Eglinton West celebrated by presenting educational documentaries and a party to cap off the month.



Filipino Heritage Month Flag Raising Ceremony

On Wednesday, June 2, Elk Court Site Manager Louela Paris, Debert Court Site Manager Vonn Manahan and Cedarstone Enhanced Care Director of Care Maria Agcon, participated in the Philippine Flag Raising Ceremony at Truro Town Hall alongside Mayor Bill Mills to celebrate Filipino Heritage Month.



Orange Shirt Day

On June 21, to honour National Indigenous Peoples Day and in remembrance of the victims of the residential school system, our communities wore orange shirts. Here's the Parkland Clayton Park Maintenance Team wearing orange to show their support.



Caught You Being Safe!

Thanks to Faubourg du Mascaret CSA, Sherwin Dime, for doing his part to keep himself and others safe!

Merci à Sherwin Dime, préposé aux services de soutien à la personne au Faubourg du Mascaret qui fait sa part pour assurer sa sécurité et celle des autres!



Fun with Food

Who says you can't play with your food? Staff and residents at Caritas Residence couldn't help but laugh when one of sisters was presented with this banana dolphin by Chef Peter Wyse.



Happy Platinum Anniversary

On June 30, Aberdeen Hall residents at Parkland Clayton Park, Harry and Phyllis Poole, celebrated 70 years of marriage. Happy anniversary to the happy couple!



Happy Mother's Day!

Mother's Day weekend at Parkland on the Glen was full of surprises which included a special delivery of high tea in a box.



Nursing Home Week

June 7 to 13 was Nursing Home Week in New Brunswick. Losier Hall residents were kept busy throughout the week with activities.



National Nursing Week

In celebration of National Nursing Week, residents at Parkland Saint John were treated to healthy snacks à la carte.



Une Journée intergénérationnelle bien célébrée!

Pour célébrer la Journée intergénérationnelle, les personnes résidentes du Faubourg du Mascaret ont eu le privilège d'assister à un concert sur place de deux groupes de l'organisation Sistema NB Moncton Centre. Quel talent! Merci d'être venus tisser des liens avec nos personnes résidentes et pour le merveilleux spectacle.



Nova Scotia Sunset

One of the many lovely sunsets that the residents of Northumberland Hall get to enjoy.



Happy Father's Day!

Residents at Thomas Hall celebrated Father's Day by participating in an antique car show.

A Well Celebrated Intergenerational Day!

To celebrate Intergenerational Day, residents of Faubourg du Mascaret had the privilege of attending an on-site concert by two groups from the Sistema NB Moncton Center organization. What talent! Thank you for coming to bond with our residents and for the wonderful show.



Live your best life.

Whether you're interested in socializing, arts and culture, fitness or all of the above in retirement, you'll find that Parkland has been designed to keep you doing what you love. Beautiful campuses, amenities at your doorstep, endless activities and service excellence: This is the Parkland Experience.

**Learn more about our locations in
New Brunswick, Nova Scotia and Ontario**

Visit **experienceparkland.com**
or call **1-877-742-6639**.

Parkland[™]
LIVE YOUR BEST LIFE

