

Shannex™

FALL 2021 | ISSUE 41

CONNECTIONS



A Work of Art at Parkland on the River

PLUS:

Continuing
Care Month in
Nova Scotia

Making Virtual
Social Connections

La Fête nationale
de l'Acadie

This issue of *Connections* belongs to: _____



Celtic Court resident Paul Grezel and team member Lori Martell enjoyed a visit from Old English cars in the community's parking lot on July 1.

Editor's Note

KATHERINE VANBUSKIRK

Happy fall! We are delighted once again to share another fun and exciting edition of *Connections* with you. In this issue, you'll read about the powerful bonds forged between residents and team members and get a sense of the strong community spirit we feel every day.

From teaching art classes (page 4) to taking a seat in an Old English car (page 16), capturing the Olympic spirit (page 8) and making intergenerational connections in the name of science and higher learning (page 11); the vibrant character of the *Great People* living and working at Parkland, Shannex and Faubourg is on display in the following pages.

This month is Continuing Care Month in Nova Scotia, a time when we recognize the hardworking professionals and volunteers who strive to deliver exceptional service and care to our residents every day. On page 5, you'll read about one of our CCAs whose story is a shining example of how our *Great People* go above and beyond to ensure quality care every day.

These are just a taste of the many wonderful things happening in our communities. I hope you take the time to read them all.

CONNECTIONS

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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ON THE COVER:

Parkland on the River Wellness Coach Daphne Colepaugh and resident Bob Stephens discuss one of their art pieces.

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ENHANCED CARE





Parkland at the Gardens welcomed Landyn Toney, his mother, Marsha McClellan and sister Matay Toney. A donation of \$2,000 was gifted to the Mi'kmaw Native Friendship Centre through resident-fundraising and a donation by Shannex.

(L-R) Parkland at the Gardens General Manager Jodi Bartlett, special guests Mataya Toney, Marsha McClellan, Landyn Toney, Jason Shannon, Parkland at the Gardens resident Maureen Banyard and Cheyenne Labrador, Projects Manager for the Mi'kmaw Native Friendship Centre.

President's Message

JASON SHANNON

Hello everyone,

I'm pleased to present the fall issue of *Connections*. All the stories are worth the read, but I was inspired by the ones that highlight talented residents and caring team members who live and work among us.

One source of inspiration continues to be Parkstone resident, Naomi Black who I've gotten to know over the years. Naomi is one of three long term care residents in Canada who are on the expert panel appointed at the direction of the Prime Minister. As a member of the National Long Term Care Services Standards Technical Committee, she is actively seeking input from our communities to help set a new way forward for standards for all providers. Thank you, Naomi, for your wisdom and activism!

I'm also inspired by Landyn Toney, his sister Matay and his mother, Marsha McClellan. In August, they visited residents at Parkland at the Gardens to tell us about their Journey of Awareness and encouraged us to speak up and do better for Indigenous people in Canada. After the event, Landyn personally thanked each resident for their generous support of the Mi'kmaw Friendship Centre. I feel privileged to have attended the event and be connected to them in some small way.

October is Continuing Care Month in Nova Scotia; however, we are fortunate to have wonderful, hardworking personal care professionals in every province where we operate who've chosen a career that makes a huge difference in the lives of residents and their families. In this issue, we highlight a few of

them who helped in amazing ways through COVID-19, and I also want to thank the CCAs who volunteered during outbreaks at non-Shannex organizations in need. There is a long list of heroes who helped others, but I want to recognize Alicia Soucy and Tyanna Tyler who are currently at a non-Shannex nursing home in outbreak, the seventh home they've supported during a time of crisis. From everyone at Shannex, THANK YOU and PLEASE BE PROUD. We certainly are amazed by you.

Finally, I want to mention the Vaccine Policy recently introduced for all team members and visitors. We believe this policy takes the next appropriate reasonable step to protect the people who live and work with us. Please stay engaged on this front as achieving vaccination rates as high as possible is our greatest defence against COVID-19 and supports life returning to normal as soon as possible.

Enjoy this edition of *Connections* and have a safe, wonderful and thankful Fall across our communities!

Jason
President & COO



Culinary Corner

GRILLED CAPE NORTH HALIBUT WITH CORN SALSA

A delightfully light meal to enjoy with those you love from Parkland Cape Breton's talented Executive Chef Marc Katryk.

Corn Salsa

1 cup corn
2 tbsp red onion diced
1 tbsp honey
1 tbsp jalapeño diced
Zest and juice of fresh lime
1 tbsp extra virgin olive oil
Salt and pepper to taste

Directions: Sear halibut until golden brown finish in oven until internal temperature reaches 145-150°F.

Plate halibut on top of roasted garlic mashed potatoes and fresh vegetables.

Top with corn salsa and sprig of fresh thyme.



Don MacDonald and Isabel Code sit in the 1966 Chevrolet Corvair Monza.

Reconnecting with Arfur

PARKLAND TRURO

Have you ever seen a car with an air-cooled, rear-mounted engine? If you're a car buff, you might have crossed paths with a Chevrolet Corvair at some point. For Parkland Truro resident Don MacDonald, that moment came in a General Motors showroom in Sydney, NS.

The car was first unveiled in the fall of 1959. While controversial in design, it developed a loyal following.

From an early age, Don knew he wanted to own one. However, the car was discontinued in 1969.

In the early 2000s, while mulling retirement, Don considered taking up a new hobby and decided owning antiques was a good fit. In the fall of 2002, he saw an ad in the paper that someone was selling a Corvair. He quickly raced for the phone and connected with the Code family.

Don purchased the car of his dreams which came with a name, "Arfur," a nickname the Codes had bestowed on the car.

Flash forward to August 2020, when Don moved into Parkland Truro; the same community where the vehicle's former owner Mrs. Isabel Code now lived!

This summer, Don brought Arfur to Parkland and the duo took a couple of joyrides in the beautiful blue mist car with matching interior.



Bob and Daphne

A WORK OF ART

Approaching a blank canvas can be as exciting as it is challenging to decide how to begin. Bob and Daphne will tell you the best way to get started is by jumping right in—and that’s exactly when they first discovered a shared passion for art.

Since 1989, Bob has been a fixture in the local Miramichi art community, teaching hundreds of people ranging in age from young adults to students in their nineties. “Seeing them grow, never having painted in their life and then going on to have their own displays, I just loved it,” he says. “It was very fulfilling.”

Known for featuring boats and water scenes in his art, Bob draws inspiration from his childhood. “My father was a fisherman, so in the summertime I would be with him fishing and while he was fixing up his boat,” says Bob. In addition to stunning oil and watercolor paintings, he can often be found spending hours whittling intricate wooden carvings of birds.

A shared love of art:

Bob and Daphne, proudly showing off their beautiful creations.

A certified personal trainer and a fine arts graduate from the University of Ottawa, Daphne was already a fan of Bob’s work. “When I heard he was coming I got very excited to have a gentleman with talent like his in our community,” she says.

Bob and Daphne’s conversation landed squarely on a shared love of art, which led to a collaborative art program for residents of Parkland on the River. “Seeing residents get involved with an activity I’ve created is so rewarding, I really look forward to coming to work every day,” says Daphne.

For Bob, he enjoys working with Daphne to lead art classes and helping fellow residents. “As long as we get together as a group and have fun with it, that’s what we want,” he says. “Daphne is very easy to work with—she enjoys my company and I enjoy hers.”

Read more about Bob and Daphne’s story online by visiting <https://experienceparkland.com/en/blog/bob-and-daphne/>

Continuing Care Month

October is Continuing Care Month in Nova Scotia. This year's theme is *Caring Together*. It highlights how our team members and residents came together during the pandemic to support one another like a family. From providing direct care to residents, to scheduling shifts our team members answered the call. We are delighted to introduce you to one of our *Great People* who embodies this spirit.

A Passion for Continuing Care

ORCHARD COURT

Helen Nickerson is a Continuing Care Assistant at Orchard Court. Every day, when she goes to work, she's doing what she loves: providing resident-focused, quality care.

This is something that's near and dear to her heart. Growing up in Truro, NS, her mother worked as a registered nurse in long term care. Following in her footsteps, Helen found herself working in the same setting, starting in the kitchen, and working her way up to become a personal care worker. She then transitioned into a career in mental health until 10 years ago when she decided to write a new chapter.

"When Shannex came to Truro I saw they were doing things differently," Helen says with a smile. "I was really impressed and wanted to be a part of it."

When she became a CCA, she applied to Shannex, got the job and never looked back. Her decision has led her to a rewarding career.

"You get to provide residents with care in a loving



Orchard Court Continue Care Assistants Ashlee Greenough, Helen Nickerson and Audra Abbott stand together.

way," she says. "To be able to commune with the person is really special – I'm passionate about what we do."

She points out that she's surrounded by a team of like-minded professionals who are dedicated to putting residents first – a commitment that extends beyond Orchard Court. When COVID-19 outbreaks touched our communities, Helen put up her hand and volunteered her assistance, working in the non-COVID units. In particular, her time at Tucker Hall in New Brunswick stands out.

"Some of these people I will never forget," she says. "Watching them work with residents filled my heart and made me cry."

Helen feels blessed to do what she does for a living and knows it's more than a job – it's a calling.

Thanks to Helen and all our continuing care and healthcare workers for everything they do to keep our residents safe, happy and cared for.



It's Time to Prepare for Flu Season

GET THE FACTS

Last year's flu season had a very minimal impact on us because of COVID-19 pandemic restrictions. Masking, physical distancing and hand hygiene were very effective in preventing the spread of the flu virus. Since many communities are starting to reduce some of these measures and more people are now able to travel, it is important we focus on preparing for the flu.

Vaccination is the best defense. Even though you may have recently received a COVID-19 vaccine, this will not provide protection against the flu. Keep an eye out for a flu vaccine clinic on-site or at a local pharmacy this fall. The best time to get your flu vaccine is late October or early November. Once you receive yours, it will take about two weeks for it to be fully effective in your body.

If you have not yet received your COVID-19 vaccine and are planning on doing so, keep in mind that you must wait two weeks between receiving the COVID-19 vaccine and the flu shot. It would be a good idea to get your COVID-19 vaccine now, so you are ready when the flu vaccine becomes available. If you have questions about either vaccine, you can consult with a member of our health care team, your physician/nurse practitioner or pharmacist.

Symptoms of the flu are very similar to those of COVID-19.

In addition to the vaccine, there are several other actions you can take to keep yourself safe:

- Stay home if you are feeling unwell
- Frequent hand washing/using alcohol-based hand rub
- Cough and/or sneeze into your elbow
- Wear a mask if in crowded areas
- Avoid large crowds

Symptoms of the flu are very similar to those of COVID-19, so be sure to reach out to a member of our health care team or your physician/nurse practitioner if you are experiencing symptoms of illness. They will help you determine if you should be tested for the flu, COVID-19 or both.



Resident Spotlight

MIRIAM HALES

When Parkland on Eglinton West opened its doors for in-person tours last year, Miriam was one of the first people to see inside. Today, Miriam is living her best life at Parkland. When asked what her experience has been like so far, she said, “The staff are very friendly and helpful, people know me by name, it makes you feel good. The food is excellent. I feel at home here. I wouldn’t want to be anywhere else.”

We feel the same about you Miriam! We’re so happy you are part of our Parkland on Eglinton West family.

Care at Home

PERSONALIZED AND SUPPORTIVE

Care at Home offers an affordable and compassionate solution to assist those who need extra help with daily activities. We give you peace of mind in knowing that someone is there to help when you need it, 24-hours a day, seven days a week. Our personal attendants receive ongoing training and personal development that specializes in providing care for adults and seniors. We offer personal care, companion care and household care. We respect your individuality and will develop a personalized care plan just for you! This service is available in Nova Scotia only.

DID YOU KNOW?

The Care at Home team achieved **100 per cent client satisfaction** for the second time on our most recent client survey.

Congratulations to everyone on a job well done!

If you are interested in discussing adding service to your routine, contact us today at **902-446-8476** or by email at careathome@shannex.com.



Care at Home team members gather for a picture.

Betty Gallant (sitting); Standing (R-L) Hayley Bryan, Randi Laffin and Frances Martin.



Caritas Residence resident Sister Nuala Kenny and Mount Saint Vincent geriatrics student Meghan Whadden celebrate the Parkland Olympics.

Olympic Fun in Our Communities

PARKLAND RETIREMENT LIVING AND LIFESTYLE RESIDENCES

To celebrate the Summer Olympics in Tokyo, several of our communities held their own games which included target shooting, bowling, Jeopardy, cup stacking, darts and more. Our wellness coaches worked collaboratively and kept score to determine the winning community for each game being played. A great time was had by all! Congratulations to everyone who participated. We are looking forward to the Parkland Winter Olympic Games happening in February 2022.

GOLD 14 PTS

Parkland on Eglinton West

SILVER 8 PTS

Parkland in the Valley

BRONZE 6 PTS

Parkland on the Glen



Residents at Parkland on Eglinton West show their excitement taking part in the water balloon toss.



Parkland Saint John residents work together as they compete in the Parkland Olympics.



Parkland Saint John residents celebrate together.



Parkland Voyages

PARKLAND ONTARIO COMMUNITIES

From dining in a café in France to sipping piña colodas in Fiji, residents at Parkland on the Glen and Parkland on Eglinton West are taking part in an around the world jet-setting experience from the comfort of home.

The lifestyle residences have collaborated to provide residents with a Parkland Voyage series. Once a month, both communities travel to the same destination while putting their individual spin on the day. The event includes location-themed activities, entertainment, meals and more.

Residents at Parkland on the Glen and Parkland on Eglinton West were all smiles as they explored different cultural experiences.

The places were selected based on local events, residents' connections and the opportunity to highlight the delicious foods and cultures associated with it.

This series kicked off in June and will continue throughout the year.



Monarch Hall Licensed Practical Nurse Donna Maiden.

Compassionate Care

MONARCH HALL

As a Licensed Practical Nurse at Monarch Hall in Riverview, NB, Donna Maiden is living her passion.

From performing assessments to providing a warm blanket or giving residents a hug, their wellbeing is always top of mind. Each day, when she returns home, she knows she's making a difference in resident's lives.

This summer, during one of her shifts, Donna was having a conversation with a new resident in his room. On this day, the man was feeling emotional. His family lives away and he doesn't get many visitors. When she looked around the room, she noticed the walls were bare. After she left, she put on her thinking cap and came up with a plan.

"I reached out to the community, and I was able to gather a carload of items," she says. "There's paintings that people have made, puzzles, throw blankets, small decorations, and many items to help make his room feel warm and inviting."

Once the items were collected, Donna brought them to the resident on her day off. When she arrived, his eyes lit up and a smile danced across his lips. He was so overcome with excitement that tears of joy ran down his face.

"It's important we make sure these seniors are taken care of, and they feel like they are in their home," she says. "To me, that's my most important role."

Thank you Donna, for your generosity and for going the extra mile for our residents.

Remembering Together

SHANNEX, PARKLAND AND FAUBOURG COMMUNITIES

The COVID-19 pandemic prevented us from gathering to celebrate important moments, recognize milestones and spend time with friends and family. We were unable to grieve and provide comfort following the loss of a loved one.

Throughout the fall, to reflect on this unprecedented time and honour the lives of those who are no longer with us, our communities are holding memorial ceremonies.

We want to thank our residents, team members and families for your strength and dedication during the last 18 challenging months.

May we never forget when we could not gather to celebrate with loved ones and grieve those we lost.

“ **A society that does not value its older people denies its roots and endangers its future. Let us strive to enhance their capacity to support themselves for as long as possible and, when they cannot do so anymore, to care for them.** ”

— Nelson Mandela

We are committed to creating meaningful opportunities for elders to share their wisdom and talents with those around them.



Parkland residents share experiences and connect with one another.

Intergenerational Connections

Reading and writing are the building blocks of learning and foundational skills. Intergenerational connections improve the well-being of people of all ages. It's an opportunity to exchange values and knowledge to enhance understanding. To help educate children in a fun way, Parkland Saint John residents have made connections with grade-school students to help them along their academic journey. Throughout the school year, residents in the retirement living community have engaged in virtual reading and pen pal programs with students in the area. These bonds have brought many smiles to the faces of students and residents alike.



Parkland Saint John residents sent summer greetings to the children as they wrapped up the Virtual Reading program.

A Voice for Those in Long Term Care

PARKSTONE ENHANCED CARE

Over the next two years, the Health Standards Organization will be working on new national Long Term Care Services Standards. Informing this work is a 37-member Technical Committee made up of people from across the country who bring various perspectives to the table, including backgrounds in mental health, ethics and infection prevention and control. It also involves some who are living in long term care communities like Parkstone Enhanced Care resident Naomi Black.



Parkstone Enhanced Care resident Naomi Black is part of the National Long Term Care Services Standards Technical Committee.

“It’s very worthwhile work,” says Naomi. “Providing a voice to those living in long term care is important and not something I take lightly.”

The committee will concentrate on putting together a document that hones in on resident-centred care practices, safe and reliable care and a healthy and competent workforce. The committee meets for two hours each Friday and is required to take part in working meetings, write reports and complete required readings.

A broad range of people from residents and family members to clinicians and everyone in between is

encouraged to take part in its Consultation Workbook and Town Halls.

“I think it’s necessary to have as many people weigh in on this as possible,” says Naomi. “I would like to hear from continuing care assistants, housekeepers, dietitians and more residents, as well as staff working in long term care.”

If you would like to make your voice heard, please visit <https://longtermcarestandards.ca/engage> for more information.

In 2016, Dr. Suzanne Dupuis-Blanchard, Professor at the School of Nursing, Université de Moncton, conducted a study with her team to show the contribution of seniors in the province. They found the following about New Brunswickers over the age of 65:

They have contributed more than 20 million volunteer hours each year, the equivalent of \$218 million in work, if they were paid minimum wage.

New Brunswick seniors donated \$85 million to recognized charities, representing 46 per cent of total charitable donations in the province.



Virtual Social Connections Training Program

PARKLAND CLAYTON PARK

Joan Merrick sits at a circular table in the recreation area at Parkland Clayton Park with a tablet, cellphone, pen and a pad of paper in front of her, surrounded by four of her peers. Residents of the retirement living community are taking part in the Virtual Social Connections Training Program. The project was piloted at Parkland Clayton Park, Parkland at the Gardens, Parkland Saint John and Parkland on Eglinton West. It started with a government grant and kicked off at the end of July. This opportunity gives seniors the skills they need to stay connected with friends and family by using technology. The 10-week course is divided into classroom and one-on-one sessions that help residents learn the basics of email, Facebook and Zoom; they are given written guides to

Joan Merrick takes part in the Virtual Social Connections Training Program at Parkland Clayton Park.

take home and review.

“I feel more at ease with Zoom,” says Joan. “At first, I was so nervous to use it, but now I learned what the icons are and have practiced using it; this class allowed me to ask questions and get the answers I needed.”

The initiative was overseen by Dalhousie University Master of Health Administration student Robyn Slater.

“People have been really enjoying it,” says Robyn with a smile. “We’ve had a great turnout and a lot of great feedback, and everyone has always been able to take something away from the class.”



Tell us your Green Ideas!

In our last issue, we shared information about our commitment to the environment and now we want to hear from you. From communities to teams to individuals, everyone who lives and works with us has a role to play.

Share your ideas for making our communities more sustainable. Visit Shannex.com and click on our new Green Ideas button.

Interactive Education

LEARNING AND DEVELOPMENT

Shannex’s Learning and Development team has been hard at work reviewing and updating course content to ensure quality and clarity. With the goal of incorporating more interactive and applied ways to learn, team members will be able to include their own perspective as they complete their education which helps them include prior experience and strengthen their grasp of the material.

“Instead of evaluating with just a quiz, we’re adding in workplace scenarios,” says Shannex’s Learning and Development Specialist Kelly Blenus. “For example, the evaluation portion in the Respect in the Workplace course includes three workplace scenarios with follow-up questions, as opposed to memorization.”

By doing this, learners can see practical examples of the course material and how it fits into their work environment and communities.

Including practical takeaway tasks is another way people can engage with the information they’ve learned. For example, the Coaching for Success course asks team members to complete an action plan and



review it with their manager in their next one-on-one meeting.

Interactive learning is one of many tools in the box to enhance understanding for adult learners and is used when it’s relevant to a particular course. For instance, testing is an important and valuable method for evaluating clinical skills.

If you have any questions, please feel free to contact the Learning and Development team at:

LEARNING@SHANNEX.COM



Meet Kelly Blenus,
Shannex’s Learning and
Development Specialist.



Karen Bolivar, Employee
Engagement Coordinator.

Great People Perks!

We want our *Great People* to have great experiences when they join our Shannex, Parkland and Faubourg communities. As part of our ongoing efforts to deliver on this goal, our leadership team has been working to review programs that support team members beyond their standard salary and benefit packages.

We are excited to share our Great People Perks! *Great People Perks* is a listing of discounts available to Shannex, Parkland and Faubourg team members by generous trusted partners across Nova Scotia, New Brunswick and Ontario. Team members can access their Great People Perks through Shannex Connects.

Wellness Month

HEALTH, WELLNESS AND SAFETY

We have a short summer in Canada, so we tend to spend as much of it as possible outdoors. We've been camping, kayaking, golfing, riding bicycles or just strolling through new communities to find a big scoop of that ice-cream flavour we have yet to try. We've gathered friends and had barbecues, lazy cottage days and made batches of strawberry or blueberry jam with the fruits from our local farms.

We have, without much effort at all, engaged in our wellness! There are various factors that determine our wellness: our physical and mental health, spiritual wellbeing, our environments, emotional state, and social connections. In the summer we do this without even thinking about it!

But as the temperature changes and we have less daylight, we need to keep putting that effort in to looking after our wellness. So, let's kick it off now. October is Shannex's seventh annual Workplace Wellness Month. We know that wellness means different things for different people and we're excited to share some new activities and initiatives to promote wellness throughout the month. We are sure there will be something that you can continue to keep doing for your wellness until summer rolls around again.

We also want to remind everyone that October is Breast Cancer Awareness Month and we want you to get to know your lemons! Stay tuned for more ways to practice wellness all year round.



Pride in Our Communities

CELEBRATING OUR DIVERSITY

Throughout the summer, our communities came together and took part in Pride celebrations to honour the 2SLGBTQ+ community. The festivities included raising the rainbow flag, parades, games, social events and more!



Residents and team members at Parkland on Eglinton West, Parkland at the Gardens and Parkland Clayton Park celebrate Pride.



The Old English Car Club

CELTIC COURT

On July 1, Celtic Court resident Barkley Cunningham's love of old English cars was on full display in the parking lot of the licensed long term care community. Years ago, Barkley founded the "Old English Car" club, with the help of a few friends. This club provided the opportunity for a group of people with similar interests to meet and foster great friendships.

The car club would travel around the Atlantic provinces and they still get together from time to time.

Celtic Court residents and team members had a lot of fun seeing all the old cars. The community was also treated to another visit in August.



Celtic Court resident Barclay Cunningham sits in an Old English car during a showcase in the licensed long term care community's parking lot.

Mental Health Connections

PARKLAND AT THE LAKES

On the heels of the most recent wave of the pandemic, an interesting initiative has been underway at Parkland at the Lakes in Dartmouth to support residents to explore their feelings of isolation and loneliness. In partnership with Dalhousie University and the Mental Health Foundation of Nova Scotia, residents have been taking part in weekly one-on-one meetings with Occupational Therapy students. The intergenerational project brings people together to address isolation, socialization and loneliness in seniors.

Activities have included encouraging residents to get involved in more activities, connecting with loved ones through technology and reminiscence therapy, which is something that allows residents to talk about their past, including positive memories and some of the hardships they have faced.

"Projects like these have wonderful immediate benefits for residents through the positive energy that students bring to our communities," says Shannex's Research Specialist Christy Nickerson-Rak. "There are also long-term impacts as the students see how their training and future practice can improve the lives of older adults. That is why Shannex prioritizes partnerships with learning institutions and researchers."

The Dalhousie Mental Health Connections Pilot Project supports students in making meaningful connections with residents and gaining feedback to develop a long-term program.

The students are also working with residents at Parkland at the Gardens and Caritas Residence.



Pavillon Neill Hall team members gather for a photo at the one-year anniversary celebration on September 15.

Building Milestones

On August 18, **Pavillon Neill Hall** celebrated its first anniversary. To commemorate one year in Fredericton, residents enjoyed a barbecue and were served tea, coffee and cake. Another event to mark the milestone was held on September 15. The day included speeches, cake, refreshments, team member recognitions and musical entertainment.

Parkland on Eglinton West held several events for its first anniversary on September 24 including an anniversary gala dinner and a community celebration with a barbecue, including an ice cream truck and ceilidh-themed entertainment.



Gordon Hughes sits in Neill Hall with his carvings.

Gordon Hughes est assis à Pavillon Neill Hall avec ses sculptures.

Comfort Carvings

NEILL HALL

In spring 2021, Gordon Hughes moved to Neill Hall and was happy to be reunited under the same roof with his lovely wife, Dorothy. Since moving into the long term care community in Fredericton, NB, he has made many friends and has continued woodcarving, something he started doing 20 years ago.

In the beginning, he would often carve very detailed, lifelike birds like blue jays and loons. Over the years, he has further honed his craft and transitioned into making comfort birds. Each of these precious pieces goes through several steps to get to the final stage. The small birds are usually given to those in need as a token of support and an act of kindness.

Le confort du bois

PAVILLON NEILL HALL

Au printemps 2021, Gordon Hughes a déménagé au Pavillon Neill, content de rejoindre sa douce moitié, Dorothy. Depuis son arrivée dans la communauté de soins de longue durée à Fredericton (N.-B.), il s'est fait beaucoup d'amis et continue d'exercer son passe-temps préféré depuis vingt ans : le travail du bois.

Au début, il créait souvent des oiseaux en bois, comme les geais bleus et les huards, presque grandeur nature. Au cours des ans, il a davantage raffiné ses talents pour faire la transition vers la création de petits oiseaux de confort. Chacune de ces œuvres précieuses traverse plusieurs étapes pour arriver au produit final. Les plus petits oiseaux sont souvent offerts en cadeau aux personnes dans le besoin comme signe de soutien et de gentillesse.



*Les personnes résidentes au Faubourg du Mascaret ont célébré la Fête nationale de l'Acadie.
Residents at Faubourg du Mascaret celebrated Acadian Day.*

La Fête nationale de l'Acadie

FAUBOURG DU MASCARET

Le 15 août c'est la Fête nationale de l'Acadie. Au Faubourg du Mascaret, c'est toujours une grande fête. Cette année, la communauté a célébré en tenant son Tintamarre annuel le vendredi 13 août. L'Honorable Ginette Petitpas Taylor, députée de Moncton-Riverview-Dieppe nous a rejoint. La célébration n'est jamais complète sans offrir aux personnes résidentes des poutines râpées, des bonnes tartes au sucre et des pets de sœur.

Acadian Day

FAUBOURG DU MASCARET

August 15 is Acadian Day. At Faubourg du Mascaret, this is a big celebration. This year, the community held its annual Tintamarre, an Acadian tradition of marching through the community with noisemakers, on Friday, August 13. The festivities included a visit from the Honourable Ginette Petitpas Taylor, Member of Parliament for Moncton-Riverview-Dieppe. The day also included some delicious treats like grated poutine, sugar pies and cinnamon buns.

New Communities



PARKLAND ANCASTER

Set to open in spring 2024, Parkland Ancaster will be our fourth lifestyle residence in Ontario. Offering a full continuum of lifestyle accommodations including lifestyle apartments, all-inclusive lifestyle and a number of supportive lifestyle options. The design and décor in the building will reflect the area's deep roots as one of the oldest settlements in Canada and its status as a vibrant, urban community with a friendly town atmosphere. We are excited to be expanding and look forward to providing exceptional service to seniors in Ancaster.



PARKLAND AT THE COMMON

Parkland at the Common will be located across from the Halifax Common on the corner of Robie Street and Quinpool Road in Halifax and it will be Nova Scotia's first Lifestyle Residences community for active and independent seniors. The new community will have stunning views, multiple restaurants, a spa and fitness centre, concierge services and more. Residents will have the opportunity to choose their level of carefree lifestyle, with tailored packages including dining, housekeeping and transportation. Parkland at the Common is set to open in 2024.

PARKLAND AJAX

Coming in fall 2022, this community is designed for seniors who want to enjoy an active and carefree lifestyle in retirement.

Visit experienceparkland.com/ajax for more information.



Great People Spotlight

JUANITA MACLOUD

Throughout her many years of service at Shannex, Juanita MacCloud has always shown a commitment to resident-focused quality care.

When the Cedarstone CCA thinks about the most rewarding part of her job, it's without a doubt the connections she has made with the residents.

"We are residents' family when they don't have anyone, and we get to know a lot about them," she says. "We listen to their stories, and we are there to provide support and comfort."

Thank you for being one of our *Great People*, Juanita!

Diversity, Equity, Inclusion and Belonging

SHANNEX'S COMMITMENT STATEMENT

Last year, team members provided feedback and generously shared their stories to help guide us as we seek to be a more diverse, equitable and inclusive organization.

This insight is now resulting in concrete actions. We have partnered with Ashanti Leadership and its Founder and CEO, Ann Divine, to ensure our efforts are informed by experts and to develop training opportunities beginning with our leaders or Leadership Team. Our team members have also taken part in a Diversity, Equity, Inclusion and Belonging Survey to help guide our next steps and our working group of team members continue to play an active role to make sure we are taking meaningful action.



Shannex is taking steps to make our communities more diverse, equitable and inclusive.

We will be holding a series of education sessions, starting with senior leaders this fall; training for managers and team members will be coming at a later date. We will also establish team member working groups and advisory committees.

We have also revised and updated our Respectful Workplace Training Program. It is available for any team member on Shannex Connects to enroll. The program is self-directed.

At Shannex, we understand that what makes us unique makes us strong. We believe equity, diversity, inclusion and belonging is about creating a culture that embraces the uniqueness of individuals, where every person is treated fairly and where racism and discrimination are not tolerated.

We understand that building an equitable, diverse, and inclusive workforce requires those in positions of privilege to be allies to those who are overlooked.

We are committed to cultivating a workplace that reflects our diversity and the diversity of the communities in which we operate.

We will act by creating an Equity, Diversity, Inclusion and Belonging Action Group that not only includes members of equity-seeking groups, but also their allies. We will actively work to recognize, develop and promote initiatives towards equity, diversity, and inclusion in our hiring and promotion practices, organizational policies, learning and development content and organized events. We will provide allyship and mentorship to ensure that all members of our team feel like they belong.

We strive to Lead the Way to Inclusive Spaces.

Snapshots



Great Leadership

This summer, Parkland on the Glen welcomed the community's new Director of Care, Constance Lawal. Part of her hands-on training included attending a care conference call. She has also been receiving mentoring from Parkland on the Glen's interim Senior Director of Care, Michael Galera. Michael was in Ontario this summer to assist with the transition and has since returned to Cedarstone.



Euchre on Eglinton West

Parkland on Eglinton West has a devoted Euchre fan base. This summer, the community hosted its first Euchre Club.



All Fore Fun!

Parkland Fredericton residents had some fun taking part in an inaugural putting tournament in the Fiddlehead Lounge. Four teams of four competed and everyone had a great time!



Barbershop Music Appreciation Day

To celebrate, team members from Cedarstone took to the hallways to sing some classic barbershop tunes! Pictured Jacqueline Miller (left) and Kaley St-Jean (right).



Une visite Llama-zing

Les personnes résidentes du Faubourg du Mascaret ont récemment eu droit à des visiteurs hors de l'ordinaire. Kevin le lama et Pearle l'alpaga de Llama-zing adventures sont venus sur les lieux. Il y avait de nombreux sourires.

Llama-zing Visit

Pavillon LeBlanc and Pavillon Cormier residents recently had some awesome visitors. Kevin the llama and Pearle the alpaca from Llama-zing Adventures dropped by for an afternoon of smiles and laughter.



Birthday Buddies

On July 26, members of the Parkland Clayton Park team celebrated birthdays: Cook, Matt MacLeod and Wellness Canine, Roo!



Open Spa

On June 30, Parkland on Eglinton West opened its spa for the first time since opening last fall. Services include hair, manicures, esthetics and massage. It is operated by Young Inside.



Losier Hall Garden

Losier Hall resident Azade Hache exercised his green thumb while tending to the community's garden.



Happy Retirement

Thanks to Debert Court CCA Beverly McCulloch for her years of dedicated service. She worked at Shannex for the past 19 years and is now enjoying her retirement. Congratulations, Beverly.



70th Wedding Anniversary

On August 18, Parkland at the Gardens residents Anne and John Law celebrated 70 years of marriage. Congratulations to the happy couple.



Strawberry Social in memory of Ann Kent former Embassy Hall Resident.

Strawberry Social

On July 26, Embassy Hall honoured the memory of Ann Kent, a former resident who passed away two years ago, with a strawberry social. Thanks to Ann's family for donating the funds for this special day.



We love our morning tea.

At Parkland, home is more than a place. It's where we feel safe, gather with friends, enjoy good food, and do more of what we love. If you or a loved one are looking for a retirement community where beautiful spaces are complemented by exceptional service and meaningful connections, look no further. With options ranging from independent lifestyle apartments to supportive living and short-term stays, Parkland is a place residents are proud to call home.

Live your best life, together.



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