



Shannex™

SUMMER 2022 | ISSUE 44

CONNECTIONS

Our Learning Journey

PLUS:

**We are Long
Term Care
Proud**

**Recognizing
Service
Excellence**

**Cutest
Residents**



Members of the Inclusive Action Committee at their first in-person meeting in June. (L-R): Anna Volc, Kristen Gates, Cindy Marble, Deidre Knox, Raquel Parks, Amanda Brown, Lesley Evans, Aisha Fowler, Kate Curran, and Emily Cox (on-screen).

Editor's Note

KATHERINE VANBUSKIRK

Welcome to the summer issue of *Connections*. We are excited to share with you a new crop of stories about those who live, work and visit our communities.

In this issue, we highlight and thank some of our *Great People* for going above and beyond each day and always putting residents first. On page 14, Andrew Singh, a team member at Parkland on the Glen, is this issue's featured *Caught You Being Great* nominee, for a special act of kindness for a resident who was having trouble connecting with her loved ones. You can also find stories about Nursing Week (page 4), Long Term Care Proud Day and Nursing Home Week (page 10). In this issue, we've brought back our Cutest Residents (page 18) and of course – you can find Snapshots at the end of the issue.

We are proud to share stories of diversity, equity, inclusion and belonging within our communities as we continue this learning journey. One of the stories is about 12-year-old Mi'kmaw youth, Landyn Toney. As some of you may remember, last year as part of his Journey of Awareness, Landyn and his family stopped by Parkland at the Gardens to speak with residents and team members. This past June, Parkland at the Gardens was honoured to welcomed them back for a Treaty Walk and smudging ceremony for National Indigenous History Month. Read more about his visit on page 12.

We hope you enjoy reading this issue as much as we enjoyed making it for you. We look forward to sharing more stories with you in the fall.

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:

Residents from Losier Hall visiting Metepenagiag Heritage Park to learn more about Mi'kmaq culture.

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Shannex
CARE
AT HOME

Parkland

FAUBOURG
Communauté de services

Shannex™
ENHANCED CARE





President's Message

JASON SHANNON

Hello everyone,

I'm pleased to share with you the summer edition of *Connections*.

This is a particularly special issue because it features some of the many cultural events and observances we celebrate during the summer. Our communities do a tremendous job all year round celebrating the incredible diversity that exists within the groups of people who live and work with us, but these activities are more important than ever as we continue our learning journey and work to become a more diverse, equitable and inclusive organization where everyone feels a sense of belonging. We are grateful to have our Trusted Partner, Ashanti Leadership and their CEO, Ann Divine, guiding our activities.

In early May, we hosted Great People Parties at every site to celebrate team members and officially launch our "Blue Book" which includes our Guiding Principles. I was honoured to join the team at Northumberland Hall in Amherst, N.S., for their party where the team and residents all had a great time. To date, 90 per cent of our team members have received their copy of the Blue Book which helps guide them in delivering on our principles of Compassion, Honesty, Professionalism and Safety each and every day. You will continue to hear much more about this foundational work in the coming weeks and months.

Jason Shannon poses for a photo with team members from Northumberland Hall during the Great People Party in May. (L-R): Mariel Ravina, Dazzelyn Zapata, Stephanie Miles, Jason Shannon, Ricardo Garcia, Les Paul Lozano, Eden Portacio, Geddy Gatoc.

There have also been lots of opportunities for us to recognize and reward the *Great People* who go above and beyond every day. Nursing Week, Long Term Care Proud Day in Nova Scotia, and Nursing Home Week in New Brunswick were all held over the past couple of months. We were also excited to celebrate two 20-year milestone anniversaries for our Arborstone and Maplestone Enhanced Care communities and in May, we were thrilled to welcome everyone back to an in-person annual Excellence Awards Gala where we had the pleasure of a very special performance by Bruce Guthro.

All in all, it feels good to be together again and I feel a sense of relief and optimism for the first time in many months. We've shared a unique experience together, weathering this pandemic, and I think it's made us appreciate each other more than ever. As we continue to enjoy this beautiful summer, I hope you find time to do the things that bring you joy and that it involves the people you care about.

Jason
President



Culinary Corner

LIFESTYLE LEMONADE

Ingredients

1 cup sugar or Splenda
1 cup water
2 cups fresh lemon juice
(about 10 lemons)
3 cups cold sparkling water
4 cups ice
Fresh berries and lemon slices
for serving

Method

Bring 1 cup water and the sugar to a boil in a small saucepan, stirring until sugar is dissolved. Let cool completely; refrigerate until ready to use.

Put syrup, lemon juice, and sparkling water in a pitcher. Stir in the ice. Sweeten to taste using your preferred sweetener.

Pour into glasses; sprinkle with berries and a slice of lemon.



Celtic Court residents Phyllis Poulette, Mary White-Sheppard, Vivian Sutherland and Terry Wilcox.



Rhona MacLennan and Lawrence Hoyt from Thomas Hall.



Randy Murray from Vimy Court.



Bernice LaPointe from Frederick Hall.

In Full Bloom

BEAUTIFUL GARDENS

In our communities, there is no shortage of residents with a green thumb. They are experts at making our grounds vibrant and beautiful for everyone to enjoy! Now that it is summer, residents have been taking advantage of the warm, sunny weather and tending to the lovely gardens whether they're growing beautiful flowers or fresh vegetables.

Celebrating Our Nurse Leaders

NURSING WEEK

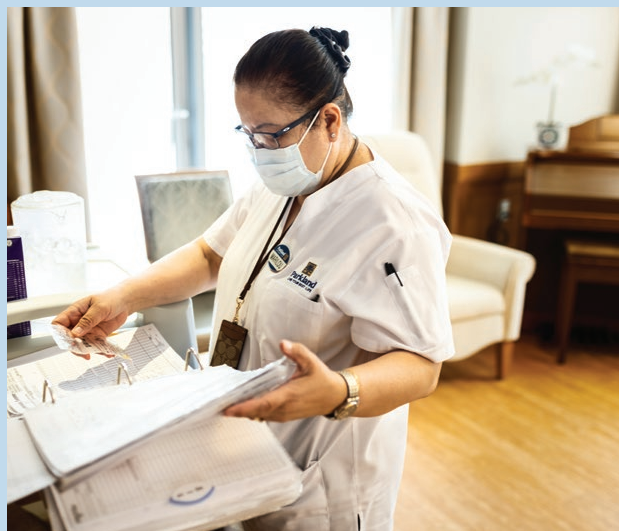
May 9-15 was National Nursing Week, and we were happy to take the opportunity to express our appreciation for the many hats our Great Nurses wear each day.

Not only do our nurses support our residents and provide leadership to their colleagues, nurses are confidants, friends and a comforting presence; exercising compassionate leadership and making sound, clinical decisions.

We are grateful for the commitment and dedication our nurses show every day.



A special thanks to five retired nurses Fran Costello, Thelma Brown, Ruby Morrison, Pearl Mitchell, and Dorothy Nelson, who live at Parkland Saint John.



Parkland at the Gardens Licensed Practical Nurse, Marilou Condenueno, reviews a resident's chart.



Monarch Hall Registered Nurse, Joelle Mazerolle shares a smile with Parkland Riverview resident, Bella Spence.

Report to Community

Read the 2021 – 2022 Shannex Report to Community for an annual snapshot that highlights our continued growth and improvement, learnings and stories about our organization.



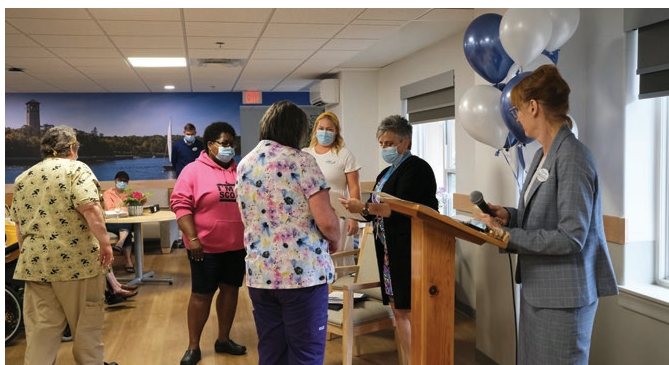
READ
MORE



Cheers to 20 Years!

In 2022, several of our Enhanced Care communities are celebrating their 20th anniversary. In this issue of *Connections* we are featuring two Halifax locations Arborstone Enhanced Care and Maplestone Enhanced Care, whose anniversaries were in May and June.

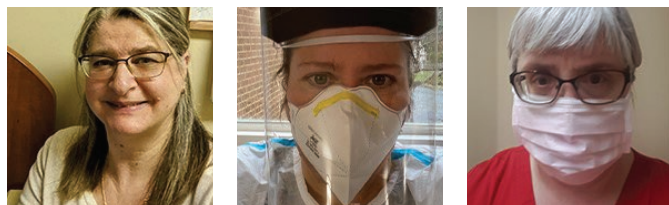
We are proud to highlight some of the dedicated team members committed to providing service excellence for residents and their loved ones. Check back in our fall edition for more celebrations to come.



Arborstone Enhanced Care

Arborstone Enhanced Care, previously known as Armview Estates, first opened its doors under its new name 20 years ago. Today, the community is home to 190 residents, which includes seniors and young adults with disabilities.

Arborstone's anniversary celebration was held on June 24 and although the weather outside was wet and dreary, the mood inside was bright and sunny. Party-goers gathered in the newly renovated Great Room and café to recognize 20 years and also celebrate team members with years of service pins.



Arborstone team members (L-R): Recreation Programmer Donna Shadbolt, Licensed Practical Nurse Rose Lynn Demeter and Dietary Aide Shirley Dewolfe.

Left: Arborstone team members receiving their years of service pins and certificates at the June 24 celebration.

Right: Tania LeFort, Administrative Coordinator at Arborstone proudly showing her Years of Service award.

"I started working here when I was 22, I met my husband who worked here for 40 years, had children and raised them here; my whole life has kind of been centered around Arborstone."

– Donna Shadbolt, Recreation Programmer

"Mealtimes are always fun because the residents are like brothers and sisters. They're always laughing with each other, and are a close-knit group - I always enjoy being around them."

– Rose Lynn Demeter, Licensed Practical Nurse

"We take pride in our work. We take pride in our wellbeing; the relationships and the service we provide to the residents - they are well cared for."

– Shirley Dewolfe, Dietary Aide



Maplestone team members at their 20th anniversary celebration.

Top (L-R): Darlene Hornbuckle, Jenna Shaffner, Kelsey Brown, and Morgan Porter

Bottom (L-R): George Shute, Anu Joseph, and Wendy Litt.



(L-R): Monica Monette, Anu Joseph, Wendy Litt, and Darlene Hornbuckle.

Maplestone Enhanced Care

Previously known as Fairview Villa, Maplestone Enhanced Care is home to 87 residents.

To celebrate its anniversary the community held a celebration on June 1 for team members and residents including a photo booth, cake, refreshments, games and lots of smiles.



Both Eric Brown and Jocelyn Beals have been team members in the community since the 1970s.

“Some things have changed, but a lot of things have stayed the same, like your relationships with the residents.”

– Eric Brown, Maintenance

“I look forward coming to work each day. I like getting to know the residents. You get close to them over the years. There are a lot of residents that I can talk with and they do the same with me!”

– Jocelyn Beals, Housekeeping

“The team members are what make this place so special and their dedication to residents day-in and day-out. It’s a great group of people who make Maplestone what it is.”

– Wendy Litt, Site Manager

Great People Parties

CELEBRATING OUR GREAT PEOPLE

On May 10, we hosted our first Great People Party, a milestone event that brought our teams together to celebrate who we are and introduce our “Blue Book”, and our Guiding Principles of being Compassionate, Honest, Professional and Safe, which were inspired by our Great People.

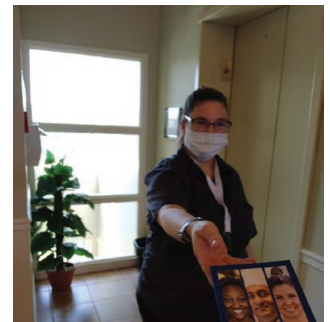
Thirty-six parties were held across every Shannex, Parkland, Faubourg and Milestone community. Residents and team members came together to enjoy music, refreshments, games and giveaways. Our President, Jason Shannon, shared in the excitement announcing that May will now be Great People Month, complete with a Great People Party and the Service Excellence Gala.



Parkland Cape Breton.



Northumberland Hall.



Caritas Residence.

RECOGNIZING SERVICE EXCELLENCE

On May 27, we were honoured to host our Service Excellence Gala. The evening was filled with recognition, smiles, laughter and a special appearance from Bruce Guthro, performing “What Makes a Hero,” written by Bruce and his children





Dylan and Jodi Guthro as a tribute to the teams on the frontline of the pandemic. Congratulations to our award winners, long service employees and retirees. Thank you for your dedicated service.



Hydration Station

We have all heard it before – drinking water is a simple yet important part of maintaining good health any time of year! But in the summer, staying hydrated is especially important. Many health experts recommend drinking six to eight, 8-ounce glasses of water a day to stay hydrated and see benefits including increased energy, decreased joint pain, better temperature regulation, fewer headaches and improved brain performance!

Do you have trouble staying hydrated? Here are some tips to help you get the daily recommended amount of H₂O!





-  Get in the habit of carrying around a reusable water bottle and filling it up every time you can.
-  Don't like the taste of plain water? Add a slice of lemon or lime.
-  Start drinking water on a schedule. Drink a glass when you wake up, at breakfast, at dinner and when you go to bed.
-  Opt for water when you go to restaurants. It's refreshing and free!



Bridgeview Hall resident Olive Savoy safely enjoying the sun with a hat and cold drink.

Sun Safety

Summer is a great time to have fun in the sun, but it's important to protect yourself from sunburns and heat-related illnesses including dehydration.

-  Cover up when possible.
-  Protect your peepers with sunglasses that defend against UVA and UVB rays.
-  Limit your time in the sun. Try to avoid exposure from 11 a.m. to 3 p.m. due to intense midday sun.
-  Don't forget sunscreen! You'll want to use a broad spectrum, water-resistant version with an SPF of at least 30. And don't forget to re-apply!



Team members accepting their awards at the 2022 Service Excellence Gala from President, Jason Shannon (L-R): Lori Wilton, Ola Kit, and Rick Thibeault.



Generational Connections

VIMY COURT

June 1 was Intergenerational Day. To mark the occasion, the pre-primary class at Bible Hill Consolidated Elementary School stopped by to put on a talent show for residents at Vimy Court. The pre-schoolers are frequent visitors, dropping off lovely crafts regularly and everyone was looking forward to their in-person return. Their talent show performance was a big hit, drawing a large crowd with many smiles and laughs. Thanks to the students and their teachers for stopping by and making the residents' day.



Parkland Saint John Concierge, Heather Long-Smith.

Team Member Spotlight: Heather Long-Smith

PARKLAND SAINT JOHN

One of the first people you meet when you walk into Carleton Hall, on the Parkland Saint John campus, is Concierge Heather Long-Smith. Her smiling bright blue eyes welcome residents, family members, and guests every day. Connecting with people is an essential part of her role and for Heather, it's a personal highlight.

"I've grown really close to some of the residents, and I would say that's the best part of my job," she says. "The relationships that you gain from interacting with the residents every day is something I really treasure."

Born and raised in Saint John, N.B., Heather has spent her life in the community. Before joining the Parkland team, she earned a degree in Secretarial Studies and Administration from the University of New Brunswick Saint John (UNBSJ) campus. Throughout her career she spent some time working with the city's former Mayor Elsie Wayne at her alma matter, UNBSJ, and now at Parkland, where she has been since February 2016.

Every day, when she comes to Parkland, Heather knows she's surrounded by a positive team.

"It's fulfilling and a great place to work," she says. "Everyone takes pride in what they are doing, and they do a great job to support the residents."

We want to thank Heather for the compassion, honesty and professionalism she demonstrates every day.

Long Term Care Proud

SHANNEX ENHANCED CARE

This year, we joined our sector partners to recognize Long Term Care Day in Nova Scotia (June 23) and Nursing Home Week in New Brunswick (June 6-10).

We are proud of our *Great People* who work to improve the lives of residents in long term care communities every day. Thank you for your ongoing commitment and dedication.



Members of the Cedarstone Enhanced Care Team celebrate Long Term Care Proud Day.



Losier Hall team members Billy Dean, Elizabeth Davis, and Erica Sutherland stand together for a picture.



Ryan Hall residents and team members gather for a photo.

*(L-R) Back: Mae Berggren, Krista Vaughan, VJ Agra, Holly Conway, Judy Wells, Ed Pottie.
Front: Betty Conrad, Catherine Ingram, Muriel Canning, Karen Coulstring, Loretta Grandy.*

Learning Together

YELLOW BELT TRAINING

Recently, 27 of our Great People from across New Brunswick gathered at Faubourg du Mascaret's Collaborative Learning Centre of Aging, to participate in our first Lean Six Sigma Yellow Belt class at Shannex. Made up of team members from various areas, the group focused on our long term care and special care homes.

This enthusiastic team spent two days learning together about quality improvement, Lean Six Sigma, change and project management and tackled their project for Yellow Belt certification. In the fall, the group will come back together to share what they've learned, celebrate accomplishments and complete their certification.

Congratulations to our newest class of Quality Improvement champions as they begin this journey. Well done!



The first class of Lean Sigma Yellow Belts, made up of Shannex team members.

Our Learning Journey



Top: Arborstone Enhanced Care held a flag raising ceremony.

Bottom: Shannex team members posing before taking part in the Halifax Pride Parade.

Pride Month

To honour the 2SLGBTQIA+ community, our residents and team members came together to show their Pride by raising flags, held information sessions and attending their local pride parades.



Top: Home Office team members with President Jason Shannon, during a Filipino Heritage Month celebration. (L-R): Melody Ballesteros, Joana Lugo, Mary Lugo, Caesar Zamora, Gaudencio Nacion, Jason Shannon, Ricardo Garcia, Dazzelyn Zapata, Giselle Lugtu.

Bottom: Team members from the Colchester region attending the Filipino flag raising ceremony in Truro, N.S.

Filipino Heritage Month

The Shannex family is grateful to all the Filipino residents and team members who live and work in our communities. Throughout June, we marked Filipino Heritage Month with flag raising ceremonies and cultural celebrations.



Top: Debert Court team members (L-R): Jeralenn Mendoza, Elgin Panaginip, Shiji Rajan, Vonn Manahan, Yvette Villanueva, and Young Ah Gil.

Bottom: Cedarstone Enhanced Care team members (L-R): Blesilda Weatherby, Maria Agcon, Rusan Manahan, Michael Galera, Rubilyn Misoles, and Arlene Ortega.

Multiculturalism Day

Residents and team members had the opportunity to learn about the many cultures living and working in our communities by taking part in various multicultural events.

We are on a learning journey and, together, we are taking steps to educate ourselves and make our communities more diverse, equitable and inclusive. Throughout the summer, our residents and team members celebrated meaningful observances, including Pride Month, National Indigenous History Month, Filipino Heritage Month, National Indigenous People's Day and Multiculturalism Day.



National Indigenous Peoples Day & National Indigenous History Month

Last year, 12-year-old Mi'kmaw youth Landyn Toney walked over 195 km in honour of First Nations children and people impacted by residential schools in Canada and raised \$46,000 to support the Indigenous community.

Following Landyn's "Journey of Awareness," he visited Parkland at the Gardens in downtown Halifax to speak to residents. This year on June 20, Parkland at the Gardens was honoured to welcome Landyn, his sister Mataya and his mother, Marsha, back to the community for a Treaty Walk and smudging ceremony.

To mark this special day, the retirement living community raised \$772 for Indigenous supports and services. Funding efforts were led by Parkland resident, Maureen Banyard, who presented Landyn with the cheque. Thank you to Landyn and his family for once again connecting with our residents.



Meet Ann Divine

Throughout our inclusivity journey, we have been working closely with our Trusted Partner, Ashanti Leadership and their CEO and Founder, Ann Divine. She has an extensive history of working in change management, leadership development and strategic thinking. Ann says an inclusive workspace is where everyone feels a deep sense of belonging and they don't have to hide who they are on the job.

"Organizations have to take time to educate themselves about what inclusivity is, what it means, and how can we demonstrate that on a daily basis. It's easy to talk about, but hard to do. It means you have to put things in place to change the dynamics of the organization."

Safety Culture Summits

HEALTH, WELLNESS AND SAFETY

Safety is a Guiding Principle foundational to our every day work. We strive for all our communities to have a positive health, wellness and safety culture.

In June and July, safety leaders at each of our Shannex communities came together at one of 17 Safety Culture Summits to further learn and develop safety skills.

Our summit participants, made up of people leaders and JOH&SC members committed to the following:

- Strengthening work relationships
- Using the Safety Profile Scorecard (SPS) to benefit their community
- Contributing to help strengthen safety culture in the workplace

In the coming months we will be checking in to learn about what's happening at every location to transform our safety culture. Keep watching this space in future issues of *Connections* to be inspired.



Team members attending a Safety Summit in Sydney, Cape Breton in June.



Insights Lab Manager, Vicki Muscat, stands with Clinical Educator and Policy Advisor, Health Services, Angela Collett and Insights Lab Health Informatics Analyst, Gil Ungar and Data Engineer Nasrin Ivani.

Innovation Station: Canadian Frailty Network

INSIGHTS LAB

A year ago, we established the Shannex Insights Lab which is an internal research and analysis hub dedicated to analyzing resident data from various sources with the goal of generating insights that help identify opportunities to improve resident care and outcomes.

On May 11, Insights Lab Manager Vicki Muscat attended the 2022 Canadian Frailty Network Conference in Fredericton, N.B. to present the lab's findings and talk about the great work underway.

"Having access to data is an innovative way to support team members in their work," says Vicki. "It helps them relay important information to families which can bring them peace of mind about their loved ones."

The conference brought together healthy aging industry partners, including the New Brunswick Health Research Foundation to network, brainstorm emerging ideas and address questions or challenges they might be facing.



Andrew poses with Coreen in her suite at Parkland on the Glen following his act of kindness.

Caught You Being Great: Andrew Singh

After being nominated for a Caught You Being Great Award, Andrew Singh, team member at Parkland on the Glen, was applauded for his dedication to service excellence and compassionate care.

Coreen is a resident at the lifestyle residence community in Mississauga and frequently likes to call her two sons who both live in the United States. Andrew noticed that Coreen was having trouble seeing the numbers on her current phone and decided to do something to help. After doing some research, Andrew purchased a phone that could have photos associated with each number on the dial. He connected with Coreen's family and asked them to send photos, which he then shrunk to size, cut out and added them to the phone so she could simply touch the button of the person she wanted to contact. After he convinced Coreen to make the switch to her new phone, Andrew rearranged her furniture to ensure a safe and efficient location for the phone.

Well done, Andrew. Thank you for your thoughtful act of compassion.

Walk for Alzheimer's CARING COMMUNITIES

In May, many of our communities took part in a Walk for Alzheimer's to raise money for their local Alzheimer's Society and show support for those living with dementia.



Debert Court.



Parkland on Eglinton West.



Thomas Hall.



Minister of Veterans Affairs, The Honourable Lawrence MacAulay and MP for Sydney-Victoria, Jamie Battiste virtually meeting with Ernie Buist on D-Day.

Resident Spotlight: Ernie Buist

HARBOURSTONE ENHANCED CARE

Ernie Buist is a World War II veteran who lost a leg one month after storming the beaches of Normandy. Despite being told by doctors that his life expectancy would be shorter than normal, Ernie celebrated his 104th birthday this past May.

Recently, a local newspaper asked Ernie, a gifted storyteller, to share stories of the past century of his life. After returning home from war, Ernie worked for the Department of Veterans Affairs before taking a job at the steel plant in his hometown of Sydney, Cape Breton where he still resides today at Harbourstone Enhanced Care.

Following the interview with The Cape Breton Post, Ernie was invited to virtually meet with The Minister of Veterans Affairs and MP for Sydney-Victoria, Jamie Battiste, and The Honourable Lawrence MacAulay on June 6, also known as D-Day to thank him for his service.

Thank you for your service and sharing your wonderful stories, Ernie!



Jean Sauro poses with a milk bag mattress before donating it to charity.

Got Milk (Bags)?

PARKLAND ON EGLINTON WEST

Parkland on Eglinton West resident Jean Sauro is full of community spirit. Thanks to a unique hobby, Jean and her friends are working their magic to donate to those in need by weaving milk bags into mattresses. Jean's generosity, compassion and willingness to help others are inspiring. Way to go, Jean!



Kyle Richardson, Director, First Nations and Regional Manager for Sydney Enhanced Care at the July 2-3 Powwow in Eskasoni.

In the Community

KIKNU

We are proud to be working alongside Eskasoni First Nation, as the operating partner in the development of Kiknu, the first long term care home on a First Nation community in N.S. In July, we attended the 30th annual Eskasoni Powwow as sponsor of the event. We were pleased to host a booth and share information about the new home and invite community members to join our Advisory Committee.

Read more about Kiknu on page 17 of this issue, or on our website, shannex.com/kiknu.

World Environment Day

SUSTAINABILITY

June 5 was World Environment Day.

On this day, millions of people came together to raise awareness about the important role we all play in advocating for positive change.

We are committed to sustainable growth and finding ways to help protect our planet. Here are recent sustainability highlights implemented in our communities:

- Face mask recycling stations
- Motion light sensors in our office and sites
- Paperless invoicing and pay statements
- Microfibre cleaning technology, only requiring water at all locations
- Many communities have wheelchair accessible raised garden beds
- Parkland on the River and Bridgeview Hall in Miramichi, N.B. have solar panels for their outdoor parking area
- Green roof at Parkland on Eglinton West in Etobicoke, Ont.

Do you have a green idea? Submit your ideas to shannex.com/green-ideas



Top: Monica Brewer at Parkland Clayton Park disposing her mask.

Middle left: Raised garden beds at Losier Hall.

Middle right: Solar panels at Parkland on the River.

Bottom: Team members at Home Office taking part in a community cleanup.

New Communities



An exterior render image of Kiknu.

KIKNU

We are proud to be the operating partner, alongside the First Nations community of Eskasoni, in the development of Kiknu, which means “our home” in Mi’kmaq. This long term care home will be the first of its kind in Nova Scotia. Mi’kmaq language will be spoken in the home and it will house 48 residents. The décor and programming will honour and celebrate Mi’kmaq culture and traditions. We are looking for Eskasoni community members to join our Advisory Committee, which will help us understand the unique needs of the community and contribute to decisions related to the development of Kiknu.



Sales and Marketing Manager, Chrissy Jardine working the Parkland Ancaster booth.

ANCASTER HERITAGE DAYS

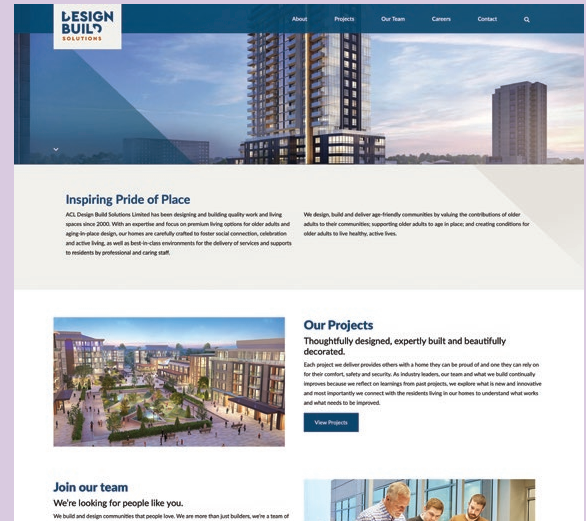
On June 11, Parkland Ancaster took part in Ancaster Heritage Days. Team members were on-site sharing information about the retirement residence which is slated to open in 2024.



Two future Parkland Ajax residents taking their first tour of the community.

PARKLAND AJAX

On July 9, Parkland Ajax opened its doors for tours! While the community won't officially be open until early 2023, future residents were ecstatic to get a first look at their future home.



NEW WEBSITE!

For over two decades, ACL Design Build Solutions, our in-house construction team has created and renovated beautiful communities for Shannex residents.

Stay up to date with our latest developments on the newly launched Design Build website: designbuildsolutions.ca

Cutest Residents

SEE WHAT OUR FURRY FRIENDS HAVE BEEN UP TO



NEILL HALL / PAVILLON NEILL

This past spring, two new fluffy and friendly bunnies named “April” and “May” moved into Neill Hall, in Fredericton, N.B.

Au printemps dernier, deux nouveaux lapins duveteux et amicaux nommés « April » et « May » ont emménagé au Pavillon Neill, à Fredericton, au Nouveau-Brunswick.



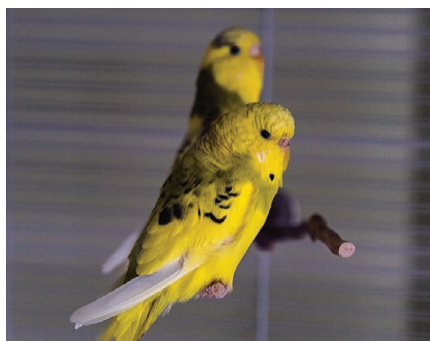
MILESTONE COMMUNITIES

While they may not be furry, both The Highbury and The Pemberley feature large, beautiful aquariums with exotic fish. Residents, team members and visitors enjoy stopping by and looking at the colourful aquatic animals. The Highbury is also home to eight vibrant birds!



PARKLAND SAINT JOHN

This calico cutie lives at Lily Court, at Tucker Hall in Saint John, N.B. Her name is Molly and residents and team members love having her around!



FAUBOURG DU MASCARET

Nous sommes fiers de vous présenter Sophie la chatte qui a tout récemment emménagé au Pavillon Landry ! On la voit dans cette photo avec madame Mercure, résidente du Pavillon Landry, qui a une passion pour les chats depuis toujours. Quelle belle complicité dans leur regard!

We are proud to present Sophie the cat who recently moved to Pavillon Landry! She's pictured here with Mrs. Mercure, resident of Pavillon Landry, who has always had a passion for cats. What a beautiful connection!



(G à D): Bernard Poirier, Frère Walter et Yvonne McLaughlin, présidente de la Compagnie des Cents-Associés francophones posent pour une photo.

(L-R): Bernard Poirier, Brother Walter and Yvonne McLaughlin, President of the Compagnie des Cents-Associés francophones pose for a photo.

Compagnie des Cent-Associés

FAUBOURG DU MASCARET

En 2019, le Frère Walter Comeau, résident du Pavillon LeBlanc, a été admis au sein de la Compagnie des Cent-Associés francophones. En raison de la pandémie, ce n'est qu'en juin 2022 que s'est tenu au Faubourg du Mascaret son adoubement auquel plus d'une cinquantaine de personnes résidentes et invités ont assisté.

Depuis 1972, le Frère Walter est un membre de la Congrégation de Sainte-Croix. En tant que rassembleur acadien, il a été reconnu pour être un leader exceptionnel qui a su marquer l'histoire par son bénévolat au sein de la francophonie canadienne. Parmi ses nombreux accomplissements, au sein de sa congrégation, il a été directeur de la Maison Sainte-Croix, un centre de formation humaine et spirituelle pendant 22 ans.

Nous sommes très fiers du Frère Walter Comeau pour cet important accomplissement !

Compagnie des Cent-Associés

FAUBOURG DU MASCARET

In 2019, Pavillon LeBlanc resident, Brother Walter Comeau, was admitted into the Compagnie des Cents-Associés francophones. Due to the pandemic, his induction ceremony was delayed and took place in June 2022 at Faubourg du Mascaret with more than 50 residents and guests in attendance.

Brother Walter has been a member of the Congrégation de Sainte-Croix since 1972. As an Acadian unifier, he has been recognized as an exceptional leader who has made history through his volunteer work in the Canadian Francophonie. Among his many accomplishments, within his congregation, he has served as director of Maison Sainte-Croix, a center for human and spiritual formation for 22 years.

Congratulations, Brother Walter Comeau for this important accomplishment!



Les personnes étudiantes du Centre de formation médicale du Nouveau-Brunswick et les personnes résidentes du Faubourg du Mascaret posent pour une photo.

New Brunswick Medical Training Centre students and Faubourg du Mascaret residents pose for a picture.

Journal de vie

FAUBOURG DU MASCARET

En avril, lors d'une réception privée, un groupe de personnes étudiantes du Centre de formation médicale du Nouveau-Brunswick à l'Université de Moncton ont présenté un journal de vie à des personnes résidentes du Faubourg du Mascaret.

Ce projet visait à créer des liens entre les personnes étudiantes et les personnes résidentes du Faubourg du Mascaret. Inspiré du livre *Mon journal de grand-mère : Un album-souvenir pour mes petits-enfants* et lié au cours Apprentissage par le service en communauté, ce projet a permis aux personnes étudiantes de développer de saines attitudes envers les aînés, un sens de la responsabilité sociale et d'autres habiletés.

Le projet a inclus de nombreuses rencontres, d'appels et d'échanges entre les personnes étudiantes et les personnes résidentes pour recueillir les histoires.

Merci aux personnes étudiantes pour leur engagement dans cet important projet.

Life Journal Project

FAUBOURG DU MASCARET

During a small private gathering in April, a group of students from the New Brunswick Medical Training Centre at the Université de Moncton presented residents at Faubourg du Mascaret with a life journal.

Based on *Mon journal de grand-mère: Un album-souvenir pour mes petits-enfants* and part of the Learning through Community Service course, this project enabled students to develop healthy attitudes towards seniors, a sense of social responsibility and create links between students and residents.

Students benefitted from meetings, calls and exchanges with residents and students to collect stories.

Many thanks to the students for their commitment to the project. The residents thoroughly enjoyed this experience.

Snapshots



Ryan Hall Centenarians

Kay Conrad and Carm Wilson, two residents at Ryan Hall celebrated their 100th birthday in May! Both ladies celebrated alongside their friends in the community. Kay's son, Eric joined in on the fun virtually!



Outdoor Activities

Jean Morand, Florence Gallant, Lloyd Mallory, Leota Weldon, Joy Pobihushchy and Charlie the puppy took advantage of the sunny weather and played a giant outdoor crossword puzzle.



Elvis is in the Building!

Cedarstone resident Bill Davis posing with the King of Rock and Roll who recently visited the long term care community. Big smiles all around!



Easter Bonnets on the River

Hazel Trevors, Lois Matchett and Majella Theriault, looking chic at Parkland on the River's Easter bonnet event.



Peace, Love & Pizza!

Everyone at Thomas Hall had a great time at a 60s and 70s inspired party. Pictured is David Ridley, who tie-dyed his shirt ahead of the occasion.



Live Music in Miramichi

Residents and team members at Losier Hall welcomed the Miramichi Fiddlers for an afternoon of music. Everyone loved tapping their toes to the catchy fiddle tunes.



Mother's Day & Father's Day

Top: Parkland at the Lakes held a wine and cheese event to celebrate Mother's Day. Pictured (L-R) is Wilma Stewart-White, Caroll Ann MacDonald, Anna O'Halloran, Marion Smith, Irene Williams and Shirley Waldick.

Bottom: A Father's Day inspired photoshoot at Debert Court featuring resident George Davidson.



We The North

In April a group of Parkland on Eglinton West residents went to a Toronto Raptors game. The outing was a slam dunk!



Residents on the Runway

The Highbury hosted a fashion show in May, showcasing clothes modelled by residents from The Pemberley. Everyone had a great time on and off the runway! (L-R): Judy Allport, Margaret Wilson, Sherry Willison and Marie-Etta Farella.



Rooting for the Home Team

The Saint John Seadogs are the 2022 Memorial Cup champions! Leading up to the final game against the Hamilton Bulldogs, residents and team members at Parkland Saint John cheered on the home team!



Cheers to 70 Years

On June 29, Herb and Verna celebrated their 70th Wedding Anniversary! They still seem like newlyweds.



An Event Fit For a Queen

Parkland at the Lakes and Parkland at the Glen both celebrated the Queen's Platinum Jubilee with their own tea. At both events, residents dressed to the nines! Pictured is Parkland on the Glen resident Marguerite Sumeraj, all dressed up for the event.



Live your best life.



Parkland is a family-owned company with maritime roots and more than three decades of being a trusted provider of services and supports to seniors in Ontario, Nova Scotia and New Brunswick.

We understand being independent, active and social is an important part of living your best life. At Parkland, residents spend each day as they please whether it's reading within the comfort of their private suite, enjoying live music entertainment in the lounge, going out for an afternoon of shopping, or enjoying a delicious meal at one of the on-site restaurants.

If you or a loved one are thinking about exploring a retirement community that promotes wellness, happiness and service excellence, consider Parkland—it's a place residents are proud to call home.

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