

**PLUS:** 

**A Special Gift** 

Fête nationale de l'Acadie Acadian Day Celebrating Cedarstone



High school students from Miramichi Valley High School and North and South Esk Regional High School who started the Introduction to Nursing and Healthcare course at Losier Hall in Miramichi. Resident Ralph was pleased to meet Arianna Ward. Sarina Ward. Madison Lee, Kaelie Singleton, Taylor Foran and Hailey Warren.

### **Editor's Note**

KATHERINE VANBUSKIRK

Welcome to the 45<sup>th</sup> issue of *Connections*! We are happy to share with you a special issue that is dedicated to our many trusted partnerships and announce our new community program - Shannex Cares.

Fall is such a special time of year – with beautiful foliage, cooler temperatures, back to school and new routines after the summer. Within our communities, fall is always a busy and exciting time, but it is nice to pause and reflect on all we've been up to for the past few months.

This issue celebrates the strong connections we enjoy with community organizations everywhere we operate. This culture of community giving began when our founder, Joseph Shannon, purchased a nursing home in Sydney, Cape Breton, almost 35 years ago. In this issue, you learn about Shannex Cares, our new community program which provides a framework to help us continue our journey of improving the lives of seniors. We also introduce you to a very special group of people – the students and faculty at the Anglophone North School District, who are dedicated to creating meaningful intergenerational relationships with our communities in Miramichi.

On page 3 you can read more about a special visit from the RCMP Musical Ride (also featured on the cover) and on page 9 we also share a story from Parkland Truro about a special donation in memory of two late residents; Jim and Jean Saunders.

We have so much to be thankful for and we hope you enjoy reading these stories as much as we did preparing them.

### **CONNECTIONS**

*Connections* is a quarterly magazine for Shannex team members, residents, volunteers, partners, families and friends.

It is developed by Shannex Communications. We welcome vour feedback. Send comments to:

#### Katherine VanBuskirk

Director of Communications and **Community Affairs** 

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### ON THE COVER:

Losier Hall residents, Elizabeth Taylor and Claire McQuaid visiting the horses from the RCMP Musical Ride following their performance.















## **President's Message**

JASON SHANNON

Hello everyone,

I'm pleased to share the newest edition of *Connections* with you. Our fall issue is always an opportunity to highlight some of the things we are most grateful for and this year is no different.

We are grateful for our trusted partners who are doing important work to support residents in our communities. *Our Great People* are at the heart of these efforts, working alongside individuals and organizations who share our vision of leading the way to better living.

We are constantly inspired by the dedication and compassion that exists all around us, which is why we're proud to announce our new community program, **Shannex Cares**, a framework designed to provide even more support to our team members and others who, like us, are elder allies with a passion to improve the lives of seniors. To find out more, visit Shannex.com/ShannexCares.

October is Continuing Care Month in Nova Scotia, which includes CCA Week (October 10-15). Our nursing homes in Nova Scotia will recognize these events throughout the month, but I would like to take the opportunity to thank all our front-line workers who demonstrate their steadfast commitment to residents through their compassionate, honest, professional and safe practices.

Team members from Cedarstone Enhanced Care pose with Jason Shannon at the community's 20<sup>th</sup> anniversary celebration. (L-R): Mi-am Scallion, Rusan Manahan, Reian Ranjo, Jason Shannon, Neolle Taguitag, Franklin Pangan, Ruby Misoles, Jahlsen Galapin, Jingle Diola and Remina Ayson.

This year, our "stones" communities are celebrating milestone anniversaries, and recently, I was honoured to attend Cedarstone Enhanced Care's 20<sup>th</sup> anniversary party. It's hard to capture the spirit of community attendees experienced that day, but I think the photo above does a good job. As we continue on our path to blue, we will be looking to those teams who work together to create an exceptional resident experience and a positive and fulfilling work environment – Cedarstone is just one example of that in action today.

Finally, there is a special story in this issue about a memorial event we held recently for Wayne White, one of our *Great People* who passed away last year. Wayne was a treasured colleague, and friend to many and, though he is still missed, we remain grateful for his many contributions to Shannex over the years.

I hope you enjoy this issue and I encourage you to take time this season to say thank you to those in your life you are grateful for.

Jason **President** 



### Culinary Corner

PUMPKIN SPICED BREAD PUDDING

### **Ingredients**

16 oz loaf of sourdough bread cut into 1" cubes

1.5 cups of pumpkin puree ½ cup of brown sugar (packed tight) ¼ cup of maple syrup

6 eggs

2.5 cups of whole milk

1.5 teaspoons cinnamon

1 teaspoon nutmeg

½ teaspoon cloves

2 teaspoons vanilla

2 tablespoons butter

#### Method

Preheat oven to 350F degrees. Cut bread into 1" cubes and add to large bowl. Mix all remaining ingredients and pour over bread. Mix well, let rest for 10 minutes. Add butter to 8"x 12" pan and coat inside of pan. Pour mixture in pan and bake for 45 minutes.

Pudding should not be wet in the center; knife should come out clean. May require five more minutes if not set.

Can be served with whip cream or ice cream and drizzle with maple syrup.





## **Talent on Display**

PARKLAND AT THE GARDENS

The painting on the left is by Mora Morris and the clothesline painting is by Ann Gottfried.

Parkland at the Gardens recently held an art show to showcase more than 35 pieces of art created by our own talented residents. Residents displayed their creative side through several mediums, including painting, rug hooking and needlework. The art was a hit on social media, with people wanting to purchase pieces! Congratulations, everyone. We have many talented residents.



Special Visitors: The RCMP Musical Ride stopped by Losier Hall.

### **RCMP Musical Ride**

LOSIER HALL

The RCMP Musical Ride performs in up to 50 communities each year and this summer, Losier Hall in Miramichi was one of those lucky communities. Our team members worked together to get all residents ready for the performance. Recreation Manager, Kiara Lynch, received a phone call from the Napan Agricultural Show asking if Losier Hall would be interested and she jumped at the opportunity. Everyone is so happy she did! As part of this visit, RCMP officers introduced residents to the beautiful horses as they gave them an ear scratch.



### **Great People Grow Here**

**JOVANA BAILEY** 

When Parkland on Eglinton West first opened its doors in 2020, Jovana Bailey was there to welcome residents to their new home as the community's Manager of Care. Within six months, she moved into the Director of Care role and has since been promoted to General Manager this past July. Jovana is a registered nurse and has worked in public health and in hospitals since 2009, largely working with families.

While Jovana's initial focus was on the clinical departments, she found herself wanting to support other departments as much as she could, which is something she really enjoys about her new role. "I cared about every department. I loved being there for the residents and their families," said Jovana, adding that this is one of the most exciting parts of her role as General Manager.

Jovana says her passion for helping others has guided her in providing service excellence to residents each day. "Before I was a nurse, I worked as a server. I loved it. A lot of different clientele would come through the door, and I just loved creating an awesome experience for everyone. I enjoyed it because I love building relationships," she said. While walking through the halls of Parkland on Eglinton West, Jovana greets each resident by name with a smile, and you can tell she has continued to build those special relationships in her new role.

"I really do love to be here, and I feel like what I'm doing is meaningful."



Stephanie Miles, Regional Manager of Colchester/Cumberland Region being interviewed for the documentary "Helping Paws".

### Helping Paws

**VIMY COURT** 

In August, a local filmmaker visited Vimy Court to learn about our experience with robotic pets in senior care and dementia care. The project, Helping Paws, aims to raise awareness about how robotic pets can increase the quality of life for seniors in a relatively simple and accessible way, particularly after the events of COVID-19 which increased rates of loneliness and anxiety for many isolated seniors. The documentary is set to hit the big screens in spring 2023.



The Clarkes, the Spences and the Facciols celebrating their 65<sup>th</sup> wedding anniversaries in the private dining room.

## **Cheers to 65 Years!**

PARKLAND ON THE GLEN

This year marks a special occasion for three couples at Parkland on the Glen. The Clarkes, the Spences and the Facciols all celebrate their 65<sup>th</sup> wedding anniversaries this year. Upon learning about the shared milestone, the three couples came together for a celebratory dinner in the retirement community's private dining room. Team members provided the bubbly as the lovely couples reminisced about their wedding days back in 1957.

Happy Anniversary!



In appreciation of her interview, Max Aitken Academy students, Jada Richardson and Grayson Wellwood, present a bouquet of flowers and a card to Edith Parks.



Shannex President, Jason Shannon, presenting the "Volunteer Excellence Award" to ASD-N Superintendent, Mark Donovan.

## Lifelong Learning Opportunities

MIRAMICHI COMMUNITIES

One of our Shannex Excellence Awards recipients for Volunteer Excellence was our trusted partner, the Anglophone North School District (ASD-N) in Miramichi, NB. We presented them with this award in recognition of their acts of kindness and for creating meaningful intergenerational connections with our residents.

Our two licensed nursing homes, Bridgeview Hall and Losier Hall in Miramichi, NB are always delighted to welcome students from ASD-N who bring smiles and laughter to residents. Whether it's for a co-op placement opportunities or for an on-site event, stopping by on Halloween in their costumes, handing out candy on Valentine's Day or carolling during the holidays, this important partnership brings so much joy to residents, their families and team members.

Through the "New Horizons for Seniors" program from Employment and Social Development Canada, ASD-N even purchased technology equipment so these intergenerational connections could continue throughout the pandemic. Residents would look forward to these conversations with students and enjoyed sharing their incredible stories and important lessons that they've learned over the years.



Jack Raymond, resident at Parkland on Eglinton West chatting with friends.



Evonne MacPherson, resident at Parkland at the Gardens sharing a smile with a team member.

### Seniors Day – October 1

Today and every day we recognize and celebrate seniors for the many contributions they continue to make through their families, the community and society. Their wisdom, dedication, and acts of service make all of our communities stronger, more welcoming and vibrant.

If you ask any member of our team why they do what they do, they will tell you about the many ways they respect, admire and cherish our elders.

We all share the belief that age brings wisdom and dimension that is only achieved by life experiences. Our residents care for us as we do them, sharing advice and stories and celebrating life's biggest milestones. Seniors add value to our life and work experience, which is why we serve them with pride.

Happy Seniors Day!



Members of the Insights Lab (L-R): Gil Ungar, Angela Collett, Nasrin Ivari and Vicki Muscat.

## **Insights Lab**

Last year we launched the Insights Lab, an internal research and analytics hub that is dedicated to leveraging data and insights to ensure residents are living their best life. Recently, because of the work from the Insights Lab, they have launched their first analytical report which looks at resident behaviours within the first two weeks living in one of our long term care communities. The information they gather will support our clinical team in helping residents become comfortable in their new homes as quickly as possible. This report is currently being piloted at Cedarstone Enhanced Care in Truro, Parkstone Enhanced Care in Halifax and Harbourstone Enhanced Care in Sydney.

### **Meet the Centenarians**



On July 26, Parkland Riverview resident, Evelyn Roy, celebrated her 100<sup>th</sup> birthday! The retirement living community celebrated her special milestone with a birthday cake and a visit from Pandora, a pet therapy dog.



On August 28, Ryan Hall resident, Hazel Corkum, celebrated her 102<sup>nd</sup> birthday! On the occasion she received flowers and a delicious strawberry tart from team members and visits from fellow residents in the community.



On August 30, Bridgeview
Hall resident, Myrtle Murdock,
celebrated her 102<sup>nd</sup> birthday!
Myrtle celebrated in style and
marked the special occasion with
flowers, cake and a certificate of
recognition from Jake Stewart, MP
for Miramichi-Grand Lake.

Happy Birthday to Evelyn, Hazel and Myrtle! Send your centenarian birthday celebrations to **connections@shannex.com** 

## **Resident Spotlight: Frank Robinson**

Three years ago, Frank Robinson made the decision to join the community at Parkland Saint John. He was looking for carefree living where he didn't have to worry about preparing his own meals or doing laundry and cleaning. When his daughter Judy discovered Parkland's Assisted Living option, Frank was introduced to the perfect option that allowed him to remain independent in his own private suite, with added comforts and peace of mind.

Frank enjoys dining with friends and the delicious meals prepared by the in-house chef, and he appreciates having more time to spend doing his favourite hobbies. Frank takes part in daily exercise classes, goes on regular recreation outings, and loves to take part in art classes. When he's not participating in various Harmony Wellness activities, Frank can often be found enjoying life. "If it's a nice day I'll sit out, and if not, I usually read or talk with friends," says Frank.

When asked what it's been like for her now that her dad lives at Parkland, Judy says "The staff make all the difference. They're always willing to help in any way possible. Whenever I visit, everyone is very friendly, and they know my dad, which means so much to me. Having him at Parkland has lifted a big worry off my shoulders," explains Judy.

For Frank, he sees Parkland as a vibrant community where he can do more of what he loves, where the team members are compassionate, and where everyone knows his name.



## 🏀 CLINICAL CORNER

## **Activity and Social Your Health!** Have you ever heard of "Social Prescribing"?

Parkland at the Gardens residents, JoAnn Haworth (front), Elizabeth Abbot (middle) and Terry McManus (back) taking part in a fitness class.

If you're interested in sharing your wellness

preferences, connect with a Recreation and

Wellness team member at your community.

# **Engagement Helps**

At Shannex, we understand that wellness plays a significant role in helping our residents live their best lives. Each one of our communities offers recreational activities that connects residents' interests and ambitions.

"Social Prescribing" is when a health professional, who, when appropriate, "prescribes" that their patient participates in activities designed to improve wellbeing.

A great thing about social prescribing is that you don't have to go to your doctor, you can literally prescribe yourself. It encourages you to really think about what you like to do and take part in many of the activities put on by our Wellness Team.

## Recruitment **Taskforce Visits New Brunswick**

In the summer, the International and Campus Recruitment Taskforce visited three Shannex communities in New Brunswick: Losier Hall in Miramichi, Embassy Hall in Quispamsis and Tucker Hall in Saint John to meet with Internationally Educated Nurses who recently joined our team.



Team members at Losier Hall posing with the International and Recruitment Taskforce.



## Team Member Spotlight:

**PENNY SMITH** 

There's a new smiling face eager to greet you at Parkland Fredericton; meet General Manager, Penny Smith.
Penny loves her new role and has already made many connections with residents, helping them live their best lives every day.

With more than 25 years of sales and marketing experience, Penny joined our Parkland family in May 2022. In her short time with us, Penny is known for her active listening and support for residents, families and team members.

Penny looks forward to helping residents live their best life at Parkland.

Welcome, Penny!

## **A Special Gift**

PARKLAND TRURO

During their time living at Parkland Truro Jim and Jean Saunders would sit in the same spot in the Edinburgh Hall dining room while enjoying a delicious meal and each other's company. Both Jim and Jean have since passed away, but their memory lives on within the community.

"They were such a special couple," said Darlene Walsh, General Manager of Parkland Truro. "Everyone who had the pleasure of knowing them has fond memories of them. We miss them a lot," she added.

For the couple's 70<sup>th</sup> anniversary, their children gifted their parents a painting created by local artist Joanne Hunt who, not only has a mother who lives at Parkland, but is also married to long-time (and recently retired) Parkland Chauffeur, Dave Hunt.

On August 11, nine months after Jean passed away, two of Jim and Jean's children, Jamie and Catherine, donated the beloved painting to the community. Residents gathered for happy hour and shared memories of Jim and Jean during the painting presentation. "My parents lived in five provinces, 10 homes – this was their last home, and it was one of their favourites," said Jamie. "We thank you for the friendship, kindness and warm welcome they had at Parkland," Jamie also proceeded to thank team members and residents for their service, compassion and friendship over the years.

The piece was near and dear to their hearts and it is now proudly on display in the dining room, where Jim and Jean would always sit. It is a cherished part of our Parkland Truro community and a special reminder of our dear friends, Jim and Jean.



Jim and Jean's children, Jamie and Catherine, unveiling the painting at Parkland Truro.



Jean posing in front of the beloved artwork in their suite.



Gill and Frances doing one of their puzzles in their home at Parkland at the Lakes.

### Parkland: Where Neighbours Become Friends

PARKLAND AT THE LAKES

Gill McKee and Frances Waller are from the small town of Peterborough, United Kingdom. They both fell in love with Canada and moved here permanently in the late 1960's. Despite growing up only two miles from one another, they didn't meet until they became neighbours at Parkland at the Lakes in Dartmouth, Nova Scotia.

Frances smiles recalling meeting Gill for the first time. "I came up to her in the common area, where she was doing a jigsaw puzzle," she says, laughing. "I said something about the puzzle and when she replied, I asked where she was from. She said 80 miles north of London, and I asked where that was exactly. She said Peterborough, and I said that's where I'm from!"

Today, Frances and Gill are great friends and get together every evening to do puzzles – an activity they have both enjoyed since childhood. Gill jokes, "Sometimes we get really into it. Yesterday we spent three hours putting a puzzle together. We usually do 1,000-piece ones, and not to brag, but we're very good at it. There's none we can't do," she chuckles.

Frances and Gill are grateful for a close bond built on a shared love of puzzles and a special connection to their hometown.



### **Meet Vanessa White**

**VP OF PEOPLE & CULTURE** 

We are pleased to welcome a new member to our leadership team. Vanessa White is our new Vice President of People and Culture.

Vanessa is focused on the team member experience and is eager to work alongside our *Great People* to get a better understanding of their experiences.

"The people and culture part of my work is the part I love and am most passionate about," says Vanessa. "It's a great opportunity to really focus in and do some great work."

Vanessa and her family moved back to her home province of Nova Scotia from Ontario. She was immediately drawn to Shannex because it's a family-owned business. "Everything in this company is about people – when we care for our *Great People*, they can then provide great care and Service Excellence to our residents. That excites me about this role," Vanessa says with a smile.

In this role Vanessa said she is looking forward to supporting team members in every area of the organization and watching them grow. "There's nothing better than hearing those stories of people who started with us at a frontline job and worked their way up – and there are more and more opportunities for people to do that here – it's energizing and exciting!"

Welcome, Vanessa!



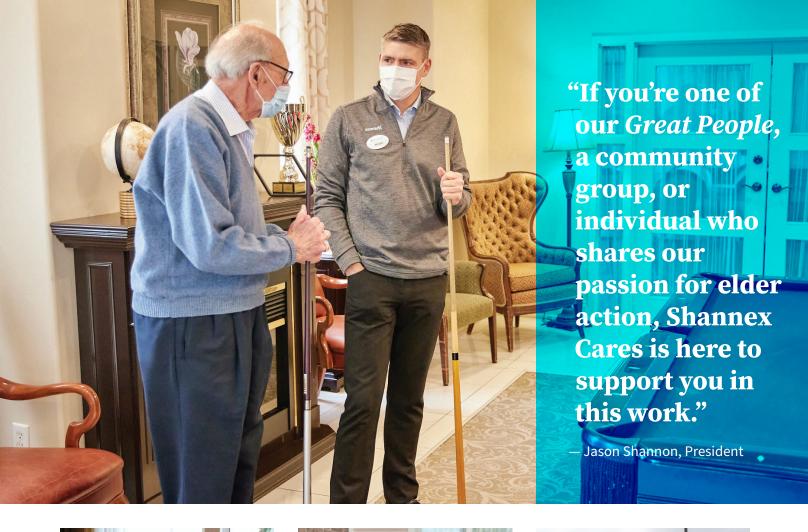
We care about community. It's what started us on this journey more than 30 years ago, when our founder, Joseph Shannon, purchased a nursing home in Sydney, Cape Breton.

Since then, we've seen that strong connections between the people who live and work with us and the greater community create fulfilling experiences for residents, their families and team members.

Through our new Shannex Cares community program, we will continue to proudly make a difference by supporting and developing visible, meaningful opportunities for elders to be seen, heard and valued for their wisdom and talents and seek to dispel myths that seniors are disengaged from the world around them.

Visit shannex.com/shannexcares to learn more

















**Leaders** 

We are a Trusted Partner



## Safety and Wellness: Doing the Safety Dance

CARITAS RESIDENCE

This summer we held Safety Culture Summits. We want to take this opportunity to highlight Caritas Residence, who exemplifies not only "walking the talk" when it comes to safety but "dancing the talk," by creating several fun safety videos choreographed to the 1982 hit, "The Safety Dance" by Canadian pop band, "Men Without Hats".

Seventeen Caritas team members took part to promote safety within their community while going about everyday work. Danielle Mullane, Client Services Coordinator was one of the team members featured. "I wanted to showcase how one small action, such as placing a wet floor sign, can prevent injuries and we are a team that wants to ensure we are all safe," said Danielle.

See the Caritas Safety Videos on our YouTube channel. We hope it inspires more stories to spotlight in this space.





## Thank you to the participants:

Clinical Team: Danielle Mullane, Brianna Doucette, Evelyn Atienza, Katherine Brennan, Nimy Paul, Jennifer Hillier, Rosalyn Beliah, Jessica Smith, Sitti Exley, Lenora Green; Maintenance Team: Terry Westhaver, Patrick Kennedy; Dietary Team: Darrell Cooling, Colleen Dunn; Reception: Laura Berry and Resident, S. Alice Mailman

### **Back to School**

LEARNING & DEVELOPMENT

Fall is an exciting time – leaves are changing colour, the weather is getting cooler, and learning is in the air! The Learning and Development team is always thinking of ways to enhance the skills of our team members and deliver first-class learning and development within the organization. Some of the team's work includes leadership development, the Continuing Care Assistant Work and Learn program, and lending expertise to other parts of the business.



Kelley Hiltz-Cameron (Director, People and Development), Kate Curran (Learning and Development Coordinator, CCA Work and Learn Program), Akshari Patel (Learning and Development Coordinator), Laura MacNeil (Learning and Development Specialist), Jason Reeves (Manager, Work and Learn, Programs and Partnerships), Jennifer Mizzi (Manager, Learning, Development, and Compliance). Missing from the photo, Michelle Smith (Education Program and Partnership Coordinator)



Well done, Care at Home Team! (L-R) Sameh Abo Grad, Lil Cable, Frances Martin and Jessica Young.

### Caught You Being Great: Care at Home Team

Care at Home provides one-on-one assistance to residents in the comfort of their home. Each year, the Care at Home team surveys clients about the care and service that they provide. They surveyed current clients to get their feedback and for the third year in a row, the team received a perfect score and many clients left comments about how professional, kind and helpful they are. To recognize the team for their hard work and dedication, they were given a letter of appreciation, a pin, chocolates and Care at Home jackets. Well done to everyone at Care at Home!



Parkland Saint John resident Dorothy Nelson gives a thank-you star to Heather Long-Smith, the Receptionist at Parkland Saint John.

## **Shining Bright!**

Since July, Shannex communities have been distributing blue thank-you stars to recognize team members for being compassionate, honest, professional and safe. Team members then placed their star on a wall to create a mural – or a "Galaxy of Great People".

### **CCA Week: October 10-15**

NOVA SCOTIA LONG TERM CARE COMMUNITIES

Lisa Horne, a Continuing Care Assistant at Maplestone Enhanced Care in Halifax, has been a CCA for more than 10 years. This summer, Lisa was asked to be part of a video for the Government of Nova Scotia where she shares what it means to her to be a CCA and why she enjoys coming to work every day. Lisa does an excellent job of highlighting the compassion, professionalism and service excellence that CCAs offer each day. Happy Continuing Care Assistant Week!



Lisa Horne, CCA at Maplestone Enhanced Care being interviewed at the community.

### **Live Your Best Life, Together.**

PARKLAND ON EGLINTON WEST

As your parents age, you always want the very best for them. Your top priority is ensuring that your loved one is safe, well-cared for and happy – and at Parkland, it's ours too.

Brenda knew Parkland was the place for her mom, Barbara, the second they stepped in the building. "When we left the building, I said to my mom, this is a no brainer. You have to move here," says Brenda. The next day, her mother called to say she was going to move in. "She said, 'let's go - I'll take it!" says Brenda with a smile. Less than a month later, her mom moved in. "I love visiting my mom at Parkland. She can relax and enjoy us and we can relax and enjoy her."

When family isn't visiting, Barbara loves taking part in the on-site activities and socializing with her neighbours, turned friends. "She has a lot of friends here. It always amazes me. When I come in to visit her, she will introduce us to everybody and knows everybody by name," says Brenda.

At Parkland, there is always something going on and the team members are dedicated to ensuring residents are living their best life, all while providing peace of mind for their loved ones. "My mom moving to Parkland has really helped my siblings and I feel a sense of relief, a sense of happiness and contentment knowing her quality of life has been maintained if not enhanced."



Barbara, Brenda's mother who is living her best life at Parkland on Eglinton West.

Barbara and Brenda are featured in our most recent television commercial. Watch it here





Continuing Care Assistants at Orchard Court, Tedgra McFarlane, Kristine Tolentine, Aisa Timbol and Rosie Barairo.

## **Continuing Care Month**

NOVA SCOTIA LONG TERM CARE COMMUNITIES

October is Continuing Care Month in Nova Scotia. We are proud to recognize our team members in continuing care for their compassion and ongoing commitment to providing consistent, exceptional care to residents in our communities.

Working in continuing care is a unique experience. Every day our team members make meaningful connections and have a lasting impact on those entrusted to their care. Thank you for your professionalism and dedication to our residents.

"Our Guiding Principles of compassion, honesty, professionalism and safety really help to shape the roles that our team members demonstrate each and every day in their workplaces."

— Dana Power, Vice President Operations, Nova Scotia Enhanced Care.

## New Communities



### **Parkland Ajax:**

Set to open in early 2023, Parkland Ajax is one step closer to welcoming residents! We are excited to share the progress of the main floor common areas and the beautifully furnished model suites. Learn more at experienceparkland. com/ajax



### **Faubourg du Mascaret:**

Pavillon Gallant, which currently has 68 suites, is expanding with the construction of 70 new Lifestyle Apartments. A variety of options are available, including studios, one-bedroom, one-bedroom plus den, two-bedroom and two-bedroom plus den configurations, with areas varying from 740 to 1,336 square feet. The new building is scheduled to open in fall 2023.



Cohen Hall: Named after the late Senator Erminie Cohen.

### **Saint John Nursing Home:**

When it came to naming our new 60-bed licensed nursing home that will be connected to Parkland Saint John via our Main Street. we took this opportunity to pay tribute to a past resident of this community. With permission from her family, it is an honour for us to name our new Saint John community "Cohen Hall" in memory of the late Senator, Erminie Cohen. Erminie was the first resident to move into Carleton Hall, at Parkland Saint John, and was also a founding member of our Resident and Family Advisory Council. She was a well-respected Senator from New Brunswick who always had time for others and worked her entire life to create opportunities for people to live better lives. Erminie was truly a special person, a great community leader, friend, confidant and mentor to those around her. We trust that her legacy will go on for many years as residents proudly call Cohen Hall their new home. Cohen Hall is set to open in spring 2023.



Sera Eldo, Recruitment Assistant and Dhairy Prajapati, Recruitment Specialist at a recent job fair in Halifax.

## Join Our Team of *Great People*

It was a busy summer for our Human Resources team as they continue to welcome new *Great People* into our communities. Over the past couple of months, we have hosted job fairs in Nova Scotia, New Brunswick, and Ontario. We are always looking for professionals who take pride in being compassionate, honest, professional, and safe! If you know someone who is interested in a rewarding career at Shannex, ask them to contact us!

Visit **shannex.com/careers** to learn more and see all of our current opportunities.



Jason Shannon and Wayne White at his retirement party at home office.



Shannex President, Jason Shannon, poses with Wayne White's family at "Wayne's Walk" a pathway at Home Office, named in his memory.

### Wayne's Walk

In 2021, Wayne White, a former Shannex team member, unexpectedly passed away. He worked with the organization for over 35 years and was a dear friend and colleague to everyone who had the pleasure of knowing him. Wayne lived our values and loved our residents. He was always incredibly proud of our *Great People* for the compassion, honesty and professionalism they display every day, especially the many he welcomed with kindness through his recruitment efforts over the years.

On September 29, nearly one year after he passed away, we held a special memorial gathering at our home office, with his immediate family in attendance. At the event, we unveiled "Wayne's Walk," a pathway and garden space dedicated in honour of Wayne and his exceptional service and loyalty to Shannex.

Wayne will be greatly missed by all those who knew him, and his legacy will be felt for many years to come.

## **Celebrating Cedarstone**

Twenty years ago, residents moved from Hillcrest Manor to a new long term care home for the community: Cedarstone Enhanced Care. On September 13, 2022, friends, families, community members and retired team members came together to reminisce and celebrate this impressive milestone. Everyone enjoyed hearing heartfelt stories and watching performances, especially Cedarstone's own Michael Galera who moved the crowd with his version of the song, "Lean on Me". The day was made complete by the recognition of 25 team members who still work at Cedarstone today. What a special community!



MLA Dave Ritcey; Mayor Bill Mills; Jason Shannon, President of Shannex; Former Minister of Health Hon. Jamie Muir; and Regional Manager Stephanie Miles, Shannex.



Team members that have been there since the building opened 20 years ago were given certificates and flowers.

# The Resident Voice: Resident & Family Advisory Committee

The voice of residents and families is central to the care we provide and is considered in all our decisions. One of the ways that we ensure this is through our Resident and Family Advisory Committee. After a pause due to the pandemic, the Committee has commenced again and we held our first meetings in September. The Committee is comprised of residents and family members from Nova Scotia, New Brunswick and Ontario, and is split into two groups: one for Retirement Living and another for Long Term Care. With an ultimate goal of uplifting and reflecting residents' voices, the committee will be instrumental in many key initiatives that are underway. Members of the Retirement Living group will be focused on overall resident experience, including reviewing results from our annual Quality-of-Life Survey, and our Long Term Care group will play an important role in the preparation of our upcoming Accreditation Canada survey. We look forward to our next Committee meeting in December.



Members of the Resident and Family Advisory Committee attending the first meeting in Halifax.



### **Meet Mike Maxwell**

VICE PRESIDENT OF TECHNOLOGY AND INNOVATION

Some of the most significant changes and improvements we have experienced as an organization have been driven by innovation and technology, and we expect this will continue. Our promise to team members across the organization and to residents and families who choose to make their home with us is to deliver an excellent experience and ensuring we have progressive strategies for hardware, software, data, enterprise systems and innovation is essential. To lead us in this work we've welcomed Mike Maxwell, who joined us in September as Vice President of Technology and Innovation.

Welcome, Mike!



Joseph Tillie teaching his fellow residents how to play bridge.

## A Bridge into the Community

PARKLAND ON EGLINTON WEST

Since the 1930s, Bridge has been one of the most popular card games in the world. As a former president of a Bridge club, Joseph Tillie saw an opportunity to share his passion with the residents of Parkland Eglinton West and start teaching others.

"People can get very lonely, but if you get them together, they start talking and connecting. I saw more people who wanted to play but didn't know how. I thought I could start Bridge lessons and help those who were interested with the basics" explains Joseph.

Joseph has played Bridge for over 30 years, but his card playing was put on hold while he cared for his wife. After Joseph moved to Parkland, his love of the game quickly returned when he saw residents gathered around a table with their cards, inspiring Joseph to create a Bridge club and share a few tips and tricks.

For Joseph, Bridge is more than a card game, it helped him create a connection with his new community. "I enjoy living in a community with other people. I believe that when you live in a community, you should do something, that is why I try to help and contribute where I can."

### **Green Conversations**

SHANNEX SUSTAINABILITY





In August, team members at Home Office participated in an office cleanup. Together they gathered 19 bags of garbage, 92 face masks, a tire and a BBQ cover. Well done!

As an organization, we are committed to protecting the environment by taking a sustainable approach in all of our communities. Over the summer months, our Sustainability Manager, Anna Volc has been visiting with residents and having discussions about our Sustainability Pillars, and how this applies to them and their communities.

The four areas that we look at are:

- Waste
- Water
- Consumables
- Energy

If you are interested in having Anna visit your community and let you know how your site performs in the four core areas, please send her an email at avolc@shannex.com.

### **Residents' Voices**

PARKSTONE ENHANCED CARE

Naomi Black, Elaine Hawkins and Barbara Cooper, three active residents at Parkstone Enhanced Care are also known as "The Flamboyance." It's a name inspired by a flamingo-themed gift from one of their daughters. Together, they wrote an honest and insightful story titled Residents' Voices that is a reallife glimpse into their day-to-day life. The piece was intended to be comical and something to help pass the time, but it quickly developed into an important message, dispelling many myths about life in long term care. In Naomi's words, "we want to see this story have an impact."

We are honoured that The Flamboyance shared their message and we hope to help them reach many others. You can find Residents' Voices on our websites this fall.

Unfortunately, one member of the Flamboyance, Barbara, passed away earlier this year. We offer our deepest condolences to her loved ones and are grateful for the valuable legacy she left through this piece of work.



The authors of "Residents' Voices", Naomi Black, Elaine Hawkins and Barbara Cooper otherwise known as The Flamboyance.



(gauche à droite): Madame Rita LeBlanc, résidente du Pavillon Cormier et l'honorable Ginette Petitpas Taylor, députée de Dieppe-Moncton-Riverview.

(L-R): Pavillon Cormier resident, Mrs. Rita LeBlanc and the Honourable Ginette Petitpas Taylor, Member of Parliament for Dieppe-Moncton-Riverview.

### **Bonne fête nationale** de l'Acadie

**FAUBOURG DU MASCARET** 

Le 15 août marque la Fête nationale de l'Acadie. Pour célébrer, le Faubourg du Mascaret a organisé un tintamarre qui comprenait une visite spéciale de l'honorable Ginette Petitpas Taylor, ministre des Langues officielles et ministre responsable de l'Agence de promotion économique du Canada atlantique. Elle est également la députée de Dieppe-Moncton-Riverview.

Les personnes résidentes et les membres d'équipe ont pris plaisir à participer aux festivités de cette journée spéciale.

## **Happy Acadian Day**

**FAUBOURG DU MASCARET** 

To celebrate Acadian Day on August 15, our Faubourg du Mascaret community held a tintamarre that included a special visit from the Honourable Ginette Petitpas Taylor, Minister of Official Languages and Minister responsible for the Atlantic Canada Opportunities Agency. She is also the Member of Parliament for Dieppe-Moncton-Riverview.

Residents and team members enjoyed taking part in the all-day festivities on this special day.

## **Snapshots**



### Don't Burst Their Bubble

The first week of September, residents at Thomas Hall took advantage of the sun and were sure to soak up every minute of the summer weather. Pictured is resident, Lawrence Hoyt as other residents looked on.



## Highland Dancers at Parkland Antigonish

Every month or so, dancers from the MacLeod School of Highland Dance stop by. It's always a big hit with all the residents, they love it when they stop by!



#### It's a Classic

The Miramichi Metal Heads stopped by Bridgeview Hall with their beautiful classic cars. The residents enjoyed the sunny weather and reminiscing with the drivers. Pictured is Ferris Ferris posing in front of a sweet ride!



### **Amazing Achievement**

This summer Cedarstone
Enhanced Care resident
Hazel Kennedy was
awarded a Queen's
Platinum Jubilee pin and
certificate of recognition
for hosting 65 foster
children over the years.
Dr. Stephen Ellis, MP for
Cumberland-Colchester,
presented her with the
award, and she was
surrounded by loved ones.
Congratulations, Hazel!



### Fore!

Betty Dixon and Gladys McIntyre at Parkland Riverview came together for some mini putt at the on-site putting green. Some furry friends even joined in on the fun!



### And That's the Scoop

The Pemberley held an ice cream social which featured ice cream (of course), outdoor games and other delicious frozen treats while spending time with friends. Pictured (L-R) is Enid Holmes, Darlene Stone, Andrew Cook & Katie Morrison.



### Laughter Yoga at Parkland Clayton Park

Did you know that laughing each day can help you improve your memory, immunity, regulate your blood sugar levels and improve your sleep? This summer, Parkland Clayton Park residents spent an afternoon in the front courtyard pergola for a lively and hilarious laughter yoga session.



### **Elder Wisdom**

Recreation Coordinator, Laura
Baxter received a Rising Youth
grant and with funds, established a
bench at Thomas Hall that allows
people to connect with older
adults and encourages meaningful
conversations. Well done, Laura!
Pictured sitting on the bench (L-R)
is LPN, Bridget Jones and Helen
Morgan.



### Baies délicieuses

Les personnes résidentes des pavillons Cormier et LeBlanc se sont réunies pour aller cueillir des fraises aux Petits Fruits de Pré-d'en-Haut à Memramcook et quelques jours plus tard ont préparé de délicieux gâteaux sablés aux fraises. C'était un vrai régal! (g. à d. : Lorette LeBlanc and Gertrude LeBlanc)

### **Berry Delicious**

Residents of the Cormier and LeBlanc pavilions came together to go strawberry picking at Little Fruits of Pre-d'en-Haut in Memramcook and a few days later made delicious strawberry shortcakes. It was a great treat! (L-R): Lorette LeBlanc and Gertrude LeBlanc



### **Gone Country**

Back in July, Tucker Hall held a country fair event, which was a big hit among residents, their loved ones and team members.
There was something for everyone including a barbecue, lawn games, face painting, a petting zoo, tractor pulls, live music and a bouncy castle. Pictured is Gerald McGrath with an adorable visitor!



#### Gone for a Ride

Caritas resident, Catherine Callaghan is 98 years old and still loves to go out with her son Patrick on his motorcycle. This is one of the photos from a cruise in August.



### **Honouring Terry Fox**

Residents at Parkland on the Glen walked a one km loop along The Collegeway to raise money for The Terry Fox Foundation. So far, the community has raised \$785 for The Terry Fox Foundation. (L-R): Shirley Martin and Marguerite Sumeraj (Back): Pat Ward.



At Parkland, every detail has been considered to help you live your best life in retirement. And that includes The Parkland Promise™, which delivers the ultimate in peace of mind: the flexibility and freedom to live your way.

Resident feedback constantly guides and inspires our team and our offerings. Your wellbeing, happiness and quality of life is at the centre of all we do. When you move in, we are so confident in our process to help you get settled, familiar and connected with life at Parkland that we offer a 30-day Money Back Guarantee.

With no long-term contracts and one monthly bill you can spend more time doing what you love and less time managing multiple utility providers. Plus, when you or a loved one needs to access a lifestyle option with more services or care, you can rest easy knowing Parkland residents have priority access—regardless of the size of the wait list from the external community.

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experienceparkland.com/Promise

