

# CONNECTIONS

35  
years of  
Great People



**Great  
Rewards for  
Great People**

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**Strategic  
Plan**

2023-2028

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**Our Great  
Recreation and  
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Harbourstone Enhanced Care resident, Keith MacLeod and Recreation Programmer, Taylor MacInnis find the perfect spot for their summer garden.

## Editor's Note

Katherine VanBuskirk

Spring is here and it comes with a renewal of energy and excitement. This special issue of *Connections* is arriving as we celebrate our 35<sup>th</sup> anniversary, and as we kick off our inaugural “Great People Month”. To honour this month-long celebration, this issue features many stories of our *Great People* in action, demonstrating their commitment to making our communities vibrant every day.

You’ll read about those who go above and beyond like Jenn Woodhouse (page 3) and Jenn Quigley (page 9). You’ll learn about some of the ways our *Great People* make a difference in the lives of residents, their loved ones and the communities in which we operate through our Shannex Cares program (page 18) and how we’re always working to support them at work and at home through our Great Rewards program (page 8).

Like the name of this publication, it’s the connections between the people who live and work with us that make our communities special, and sometimes, it’s the little things that make the most difference. Pictured above is the springtime walk taken by Harbourstone Recreation Programmer, Taylor MacInnis and resident Keith as they walked the grounds on the first day of spring to find the perfect spot for their summer garden. Keith proudly showed off their herb and vegetable seedlings that are thriving under the diligent care of his fellow Harbourstone residents.

I know you’ll be touched by the many examples of community shared in the following pages that is just a small representation of deep relationships and culture of compassion, honesty, professionalism and safety that has existed for the past 35 years. Thank you to our *Great People* and to everyone who shares their lives with us every day.

Happy spring!

## CONNECTIONS

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

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

**Katherine VanBuskirk**

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### ON THE COVER:

*A compilation of our Great People throughout our communities.*

**Shannex™**



Shannex™  
ENHANCED CARE

Shannex  
CARE  
AT HOME





L-R: Jason Shannon, Minister Trevor Holder, Minister Dorothy Shephard and Joseph Shannon at the grand opening of Cohen Hall, Saint John, N.B.

## President's Message

Jason Shannon

I'm pleased to present you with the spring issue of *Connections* which is dedicated to the *Great People* who have been the backbone of our organization for 35 years. This year, as I attended many milestone anniversary celebrations, I was often stopped by residents and family members who wanted to share their story about a team member who touched their lives. Every example of compassion, dedication, helpfulness and skill told me that we truly hold the trust of those we serve, and this has never been more important.

We recently shared our new five-year strategic plan and I'm excited about the strategic directions, expectations and goals we've set for ourselves. This plan will see us continue to lead the way within our own communities, our sector and as a contributing and growing partner in the areas where we operate. It's ambitious, but we have the right team and we're committed to supporting them as we work together to accomplish great things.

We are putting great effort into recruitment and retention of skilled team members for our existing operations and new communities under development. We've enhanced our Great Rewards program with new rewards like WorkPerks and Consult+ and we're taking

time to celebrate our team members during Great People Month in May. We will end this month-long celebration with our annual Excellence Awards ceremony; honouring our exceptional *Great People*.

Our family couldn't be more proud of where we are today as we celebrate our 35<sup>th</sup> anniversary. This issue of *Connections* is dedicated to the people of Shannex, our team members and our residents and on behalf of my family thank you to everyone who chooses to work, live and volunteer with us.

Jason  
President

# Culinary Corner

## Crab & Shrimp Parfait

Created by Brian Ramsay, Executive Chef,  
Parkland in the Valley, NB



### Ingredients

1.5 oz crab/surimi broken or coarsely chopped  
1.5 oz shrimp  
¼ Avocado diced finely  
¼ fresh shallot  
Fresh dill minced finely (to taste)  
10ml (approx.) Fresh lemon juice  
1 - 1.5 oz Greek yogurt (add to desired texture)  
Salt & pepper to taste  
Old Bay seasoning to taste  
2 pc Baguette, lightly toasted, garlic buttered  
and cut on an angle  
Pea shoots  
2 pc Belgian Endive  
Handful of baby lettuce mix  
Olive oil (for lettuce)  
Garlic butter

### Method

Finely chop shallot and avocado. Add lemon juice and mix with crab and shrimp.

Add dill, Greek yogurt and lightly mix. Season with salt and pepper to taste.

Loosely arrange baby lettuce and pea shoots and place on the ends of the endive. Add the toasted baguette.

Form the crab mixture and place on the lettuces. Drizzle the lettuce with a light olive oil and Old Bay Seasoning.

Garnish with fresh dill.

Can be served in a martini glass or large red wine glass.



Jenn Woodhouse (left) and Monarch Hall resident Gwen Delaney.

## Caught You Being Great: Jenn Woodhouse

Parkland Riverview

Jenn Woodhouse is the Recreation Coordinator at Monarch Hall, a long term care home in Riverview, N.B. In addition to their annual Valentine's Day social, Jenn went above and beyond, crocheting 72 handcrafted pocket hearts and attaching them to a personalized note for each resident.

**Monarch Hall resident, Gwen Delaney told Jenn that she holds her crochet heart close when she needs to feel comfort.**

Thank you, Jenn, for your compassion, you make residents feel extra special!

**Did you know anyone can nominate a team member for a Caught You Being Great Award?**



Nominations are open to team members, residents and families who want to recognize a team member for going above and beyond! Scan the QR code to make a nomination today or speak to a member of the management team who can do this on your behalf!

# Health & Heart Go Hand in Hand

It's never too late to take steps to lower your risk of developing heart disease or risk factors that lead to heart disease. Heart disease, also known as "ischemic heart disease," or "coronary heart disease," is the buildup of plaque in the heart arteries that can lead to heart attack, heart failure or death. If you have diabetes, high cholesterol or high blood pressure, you may be at higher risk of developing heart disease.

Fortunately, more and more Canadians are learning how to prevent and manage heart disease and we are seeing improvements in the number diagnosed and the number dying from the disease.

For more information on heart health visit: [heartandstroke.ca](http://heartandstroke.ca) or speak with your healthcare provider.

## Tips to Keep Your Heart Healthy

- **Limit alcohol** – less than three drinks per week.
- **Reduce stress** – read a book, breathing exercises.
- **Be active** – talk to your healthcare provider to determine what exercises are safe.
- **Eat nutritious foods** – following Canada's Food Guide is an easy way to learn what types of food you should be eating. Visit [food-guide.canada.ca](http://food-guide.canada.ca).
- **Maintain a healthy weight** – talk to your healthcare provider to determine what a healthy weight is for you.
- **Quit (or don't start) smoking** – seek support if you have been unsuccessful in quitting.

## Welcome home Captain!

Cohen Hall

In January, we were proud to welcome former Saint John Fire Department Captain Bryan "Bogie" MacDonald as the first resident to move into Cohen Hall in Saint John, N.B. Bogie worked on the Rescue Squad located in Uptown Saint John for most of his 36-year career and is still referred to as the "Squad Father" as a testament to the impact that he has had on those who worked on the Squad over the years.



While Bogie took his role serving his community seriously, his career was not without its lighter moments. His humour was known to help de-escalate the mental stresses inherent in the firefighter role. In fact, many of the firefighters who looked up to Bogie adopted numerous parts of "Bogie Talk" from Captain MacDonald. One of Bogie's firefighting students recently recalled that Bogie's word for Magician was "Magican" and even after being corrected Bogie continued to refer to "Magican" as the standard name for David Copperfield's career profession.

We are proud to have Captain Bryan "Bogie" MacDonald as part of our Cohen Hall family.

# Step Up to Nursing

Shannex is proud to be one of the first committed partners of New Brunswick's Step Up to Nursing: Earn as You Learn Nursing Education Pathway. Announced on February 24<sup>th</sup>, Step Up to Nursing will provide Personal Support Workers (PSW) and Licensed Practical Nurses (LPN) with the opportunity to grow their careers while they work through a combination of on-the-job training and classroom learning with free tuition.



Instrumental to the launch of this project was our New Brunswick Regional Manager of Nursing Homes, Carole Morey. She worked closely with the teams at the Department of Post-Secondary Education, Training and Labour and the Department of Health to bring Step Up to Nursing to life.

*"This program will be perfect for those looking to further their career. They can still stay in the workforce, work part-time and study part-time, and they have an opportunity to advance their skillset and hopefully stay and work with us when they're done." - Carole Morey*

If you are a PSW or an LPN in New Brunswick looking to upgrade your nursing education, visit the website to learn more: [gnb.ca/StepUpToNursing](https://gnb.ca/StepUpToNursing)

## Shannex<sup>™</sup> Learning & Development

Get a head start on your training to ensure you're up to date on the newest skills to you thrive in your role! Annual Knowledge Courses restarted on April 1, 2023.

"Education is the most powerful weapon you can use to change the world."

- Nelson Mandela

# Treating Every Day Like it's Earth Day



On Earth Day 2021, Shannex announced the beginning of a journey toward ISO 50001 certification, a standard that requires companies to adopt a strict set of energy management objectives, guidelines and practices that result in energy efficiency and reductions in greenhouse gas emissions. We are pleased to announce that we have completed the process and received ISO 50001 certification, making us the first seniors' living organization in Canada to receive this designation. This is an exciting achievement, but more importantly, this means we are well-prepared to continue addressing our impact, conserving resources and continually improving our energy management system.

Thank you to the leadership team, all participating communities, and Natural Resources Canada for supporting the project. Sustainable initiatives are more impactful when we work together – share your Green Ideas with us: [shannex.com/green-ideas](https://shannex.com/green-ideas).



## Great People Grow Here: Elliot Kavanagh

Regional Director Ontario Operations

Elliot Kavanagh's career with Shannex is an example of the many opportunities available to our *Great People*. Starting at Parkland at the Gardens as a casual dishwasher, Elliot immediately sought opportunities to learn and take on new challenges. In addition to being part of the opening team, he worked as a maître d', concierge, wellness coach and lifestyle consultant. He spent time at home office as Employee Engagement Manager and Brand Integrity Manager before relocating to Ontario as General Manager of Parkland on Eglinton West. Elliot is currently the Regional Director of Ontario Operations.

When asked what he would say to someone on their first day with Shannex, Elliot shared, "Walking through the door in your current role, regardless of what that is, know that this is just the beginning of your journey with us." Elliot's favourite part of coming to work are the days when he can be present with residents. Getting to witness team members help residents live their best lives makes him proud to work for an organization committed to service excellence.

## Thank you to our Volunteers!

We are grateful for the many volunteers that play an active and vibrant role in our communities. Your time and efforts do not go unnoticed, **thank you.**

Would you like to become a volunteer with Shannex? Visit our website to learn about volunteer roles in our communities and submit your application, [shannex.com/volunteering](https://shannex.com/volunteering).



*Volunteer John Thompson playing harp for residents at Parkland at the Gardens.*



*Parkland Saint John team member Alexa Avila with her daughter Nicole who also volunteers with the recreation team.*

## Resident and Family Advisory Committee

We have an active and engaged volunteer Resident and Family Advisory Committee who ensures the voice of the resident is reflected in everything we do. We have two groups who bring their perspectives from our long term care and retirement living communities. Later this year, we'll be recruiting for new members so watch for information coming soon.

# New Communities

## Parkland Ancaster

Set to open next summer in Ancaster, O.N., Parkland Ancaster will offer our full continuum of service including Supportive living, All-Inclusive Lifestyle and Lifestyle Apartments.

## Bedford Square

Construction has begun at Bedford Square, a multi-phase development that offers a continuum of Independent, All-Inclusive and Supportive Lifestyle Options, services, and amenity spaces for seniors. Named after one of London's most historic squares, Bedford Square will also be home to Bloomsbury Place, where residents and the surrounding community can enjoy the Parkland experience including retail, culinary services and beautiful outdoor spaces.

## Gordon Hall

Named after the prominent CN Rail system, Gordon Hall is the first of two new nursing homes under construction in Moncton, N.B. and it set to open late spring 2023.



*Parkland Ancaster*



*Bedford Square*



*Gordon Hall*

# Grand Openings

## Cohen Hall

In January, team members at the newly opened Cohen Hall welcomed residents to their new home. Named after the late Senator Erminie Cohen, the new community is connected to Tucker Hall on the Parkland Saint John campus through our innovative Main Street concept. The grand opening was celebrated by many including local elected officials, the Cohen Family, founder Joseph Shannon and President Jason Shannon.



## Parkland Ajax

Parkland Ajax opened its doors to residents this past February. The building has been buzzing with residents moving into their new home and many prospective residents stopping by for tours. Welcome home, everyone.







## Great Rewards for Great People

Every Shannex team member has access to a broad range of Great Rewards that are accessible, flexible and responsive to their ever-evolving needs. We introduce new rewards regularly and we welcome feedback.

Two exciting new rewards are being added to support our *Great People* and their families. Visit [shannex.com](http://shannex.com) to learn more about all our offerings available.

## workperks

Available Now

A one-stop-shop app for discounts from more than 12,000 participating businesses. Discounts can be used at the places you like to eat, shop, and play!

## Consult+

Coming May 1

A virtual health and wellness tool that provides team members and their families with peace-of-mind. Access to a range of healthcare professionals including doctors, nurse practitioners, counsellors, psychiatrists and others – free of charge.



## Safety and Wellness: The Working Mind



The work you do is meaningful. We are grateful for your commitment to providing a safe and compassionate environment for residents and we understand this can sometimes take a lot of physical, mental, and emotional energy.

We know workplaces can play a significant role in supporting your physical and psychological health and we are committed to advancing wellness within the organization through our Workplace Wellness Strategy. One of the strategy programs is *The Working Mind for the Long-Term Sector*.

The Working Mind (TWM) is an evidence-based training program that aims to help reduce stigma toward mental health. The course provides participants with tools to identify mental health changes in themselves and equip them on how to start conversations about mental health with others.

Watch for a session of *The Working Mind* in your area or reach out to your Abilities Specialist/Occupational Health Nurse for more details.

# Leading the Way

## Our new Strategic Plan

As we celebrate our 35<sup>th</sup> year, we are pleased to share our new strategic plan that will guide our organization over the next five years. This ambitious plan was created with valuable input from residents, team members, families and stakeholders.

With five strategic directions, associated expectations and five-year goals, the theme of our plan is “Leading the Way.”

Resident Wellbeing

Employee Experience

Service Excellence

Healthy Business

Environmental Stewardship



Read more > [shannex.com/StrategicPlan](https://shannex.com/StrategicPlan)

## Team Member Spotlight: Jenn Quigley



Jenn Quigley is an incredible member of the Parkland at the Lakes team who brings our *Guiding Principles* to life through her work every day. Housekeeping is not just a job to Jenn because she feels like a part of a family. This sentiment is evident in the level of care she brings to her work every day.

Jenn delivers exceptional service to residents by assisting with their daily and weekly domestic duties. She is always there to lend a helping hand with housekeeping needs so residents can have more time to relax and socialize.

Recognizing that she is working in our residents' homes, she takes great care to create meaningful connections and is diligent with protecting the health, safety, and wellness of everyone in our communities by adhering to ongoing infection prevention and control standards.

We are grateful to have Jenn as one of our *Great People*.

# Recruiting More Great People

The International Recruitment Team at Shannex has participated in several international mission trips to recruit more *Great People* to work in our communities. They recently returned from two successful joint mission trips: one with the Province of New Brunswick to the Philippines and the second with the Nova Scotia and New Brunswick provincial governments to the Netherlands. To our new team members, welcome to Shannex and welcome to Canada!

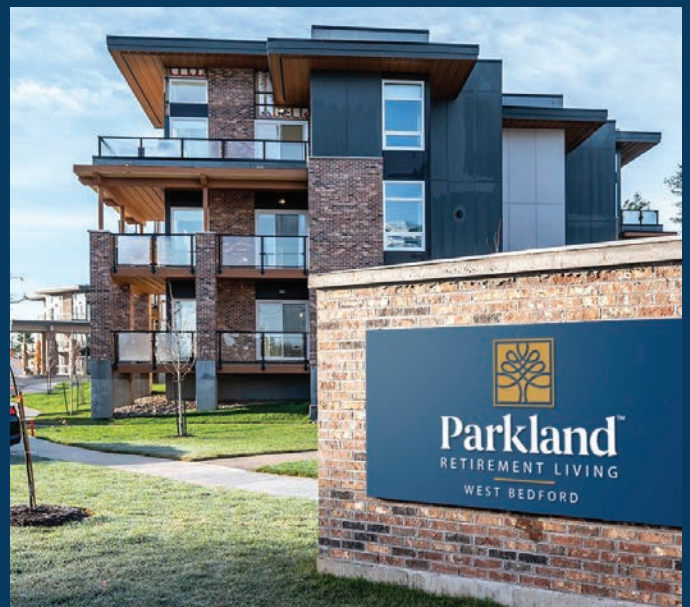


*Hans de Wit, Jeff Swaine and Ron Garcia conducting on-the-spot interviews during an international recruitment mission trip to the Philippines.*

# Introducing Parkland West Bedford

Earlier this year, we celebrated the one-year anniversary of welcoming Milestone Communities to our Retirement Living Division. We are excited to share that as of April 1<sup>st</sup>, Milestone Communities has become Parkland West Bedford, making it our fourth Parkland community in Metro Halifax.

This change is in preparation of the third building, named The Stratford, opening the summer of 2023. Offering two supportive lifestyle options, Assisted Living and Memory Care, The Stratford will make the full Parkland Promise of continuum of care and service possible. This change will also benefit current residents who have already created a vibrant and social community in The Pemberley (Lifestyle Apartments) and The Highbury (All-Inclusive Lifestyle).



Learn more at [experienceparkland.com/westbedford](https://experienceparkland.com/westbedford)

# Great People Guided by

Thirty-five years ago, our founder Joseph Shannon, started us on a journey of improving the lives of seniors. Since that day, we have had a front row seat to watch team members build meaningful relationships and connections with every person who calls our communities home while also providing quality service and care.

We make a commitment to every resident and our *Guiding Principles* are our written reminder to uphold this commitment everyday. We are privileged to work alongside our *Great People* demonstrating what it means to be **compassionate, honest, safe** and **professional**.

## being **Compassionate**

### **Michelle Clark**

General Manager, Arborstone Enhanced Care

We show we care about every person in our communities by thinking about their wellbeing in every interaction and in every situation. Michelle Clark has woven compassion into every stage of her career with Shannex. Regardless of the nature of the situation Michelle approaches every interaction with warmth and kindness, seeing the experience from someone else's perspective.



## être **honnête** being **Honest**

### **Louis St-Coeur**

Gestionnaire des services de la santé, Pavillon Landry, Faubourg du Mascaret  
*Health Services Manager, Pavillon Landry, Faubourg du Mascaret*

L'honnêteté va au-delà des mots - elle se mesure à la capacité d'agir avec respect envers les autres, de tenir ses promesses et de parler franchement, même dans des situations difficiles. La capacité de Louis à communiquer avec grâce et compassion lui a permis d'établir des relations de confiance avec les familles et les personnes résidentes, ce qui s'est avéré particulièrement important lors de l'ouverture du Pavillon Landry pendant la pandémie.



*The act of being honest goes beyond just words – it's measured by the ability to exhibit respectful actions towards others, keep promises and speak truthfully. Even in difficult situations, Louis' ability to communicate with grace and compassion helps build trusted relationships with families and residents which was especially important with the opening of Pavillon Landry during the pandemic.*



**“I know, that everyday our team members protect the dignity and improve the quality of life for residents in our communities. There’s just something extra they bring to their work each day. This has been the way it is for 35 years and it will be the way it is as long as we operate. From everyone in my family, thank you.”**

**– Joseph Shannon**

## being **Professional**



### **Kim MacDonald**

Vice President, Property and Support Services

Displaying a strong sense of professionalism is the key to workplace success. It means conducting oneself with integrity, accountability, and always having service excellence top of mind. Having spent over 30 years with Shannex, Kim MacDonald’s approach to every challenge she undertakes is the true definition of professionalism. Whether it is managing a site, leading a team, or opening a building, being professional is not just about the work you’re doing but how you treat others in the process.

## being **Safe**



### **Morgan Lambert**

Restorative Licensed Practical Nurse, Pavillon Neill Hall

Safety extends beyond maintaining a hazard-free space or practicing safe techniques, it’s the sense of comfort and feeling of security you exhibit. As a Restorative Licensed Practical Nurse, Morgan works with her teammates to ensure interactions with residents occur safely and while doing so, honouring their dignity and pride. Thank you, Morgan for your leadership.

# Our Learning Journey

We are on a learning journey to make our communities more diverse, equitable and inclusive. We strive to create a culture that embraces the uniqueness of individuals and are committed to cultivating communities that reflect our diversity.

Our Diversity and Inclusion Advisory Committee is actively engaged in directing our next steps towards cultivating a more inclusive workplace culture

where we can all grow together. We aim to foster feelings of belonging and support through education, recognition, and celebration of cultural events within our communities.

This work is an ongoing learning journey and not just a final destination. Through the actions we take as individuals, we will collectively build a culture of acceptance and belonging.

## Black History Month

February marked Canada's 28<sup>th</sup> official Black History Month, which is referred to as African Heritage Month in N.S. Together, we celebrate and honour the legacy and achievements of Black Canadians and their communities who, throughout history, have done so much to make Canada the culturally diverse and compassionate country we know today.



*Retired Maintenance Lead, Joe Desmond, shares after a 20 year visit to Harbourstone, to just be kind and treat others with respect.*



*Harbourstone Enhanced Care Recreation Programmer, Taylor MacInnis, stands in front of Black History Month educational bulletin boards.*



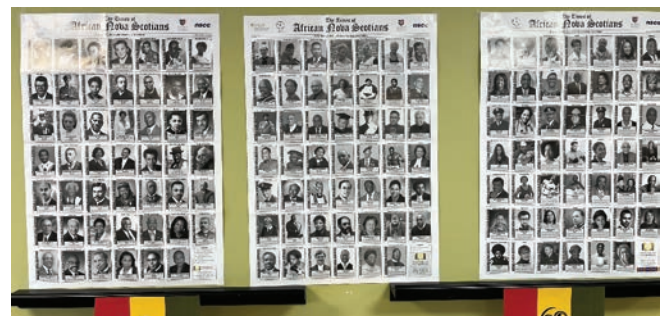
*Lorraine Shaw, Lifestyle Consultant at Parkland Ajax, shared with us that to her, Black history month is not so much about history, but about moving forward.*



*L-R: Team members Roda Elliot and Tanisha Bradford from Debert Court.*



*Arborstone team members raising a flag in honour of Black History Month.*



*A display honouring the accomplishments of African Nova Scotians at Parkland Clayton Park.*

## 2023 International Women's Day #EmbraceEquity

The defining strength and compassion of women has been woven into the Shannex fabric throughout our 35-year history. We couldn't be prouder that more than 80 percent of our *Great People* identify as women today.

**"Each time a woman stands up for herself she stands up for all women."**

**-Maya Angelou**



*The women of Shannex's Senior Leadership Team*



*Parkland West Bedford residents and Councillor Pam Lovelace.*

### IWD Presentation

On March 8<sup>th</sup>, Halifax Councillor Pam Lovelace spoke to residents of Parkland West Bedford on International Women's Day. The presentation highlighted women's progress at Halifax Regional Municipality including gender parity on Council and the ways that Halifax embraces equity. Thank you, Pam!



*Vivian Cossaboom, Debert Court resident.*

### Embracing Equity

Residents at Debert Court celebrated International Women's Day by sharing their vision for a more diverse, inclusive and equitable world.

## Kindness is One Size Fits All

There was a sea of pink across our Shannex communities on February 22<sup>nd</sup> in support of anti-bullying awareness initiative Pink Shirt Day. Our *Great People* believe in practicing moments of kindness, acceptance and empathy to lift each other up. Pictured are just some of our wonderful residents and team members from Parkland on Eglinton West, Parkland Fredericton and Shannex Home Office who proudly participated by wearing pink in support of anti-bullying initiatives!



# Sweethearts

## The World's Longest Cup of Coffee

Parkland at the Gardens

We sat down with Joan and Clay Coveyduck from Parkland at the Gardens to chat about their love story. When we asked Clay about their first date he shared that when they were both new students at Mount Allison University he asked Joan to go downtown for a coffee ... and it's been the longest coffee date he's ever had!



There is no shortage of laughter in this marriage. We asked Clay what he thinks Joan's first impression of him was, he puffed up his chest, flexed his muscles and with a big grin replied, "How could she be so lucky?" Which promoted an eye roll and chuckle out of Joan.

Downsizing from a family home can be a daunting undertaking but a move to Parkland is also fun and exciting – especially if you're still able to banter like Clay and Joan after a 58-year long coffee date.

## Valentine's Day High Tea at the Pemberley

The residents at The Pemberley enjoyed a Valentine's High Tea where they helped plan the event, decorate, and prepared a sweet treat or sandwich for everyone to share.



L-R: Janet McMurtry, Liz Westhaver, Marg Wilson and Sheila Sullivan



L-R: Monika Cardinal, Florence Minty, Joyce Gautier and Rose Kavanagh.

## Life is What You Bake of it

During a Valentine's Day themed sing-along, residents at Harbourstone Enhanced Care were surprised with a special delivery of handmade cards and sugar cookie brooches from participants at Horizon Achievement Centre. The centre is a vocational training and employment service centre for adults with intellectual disabilities. The participants volunteer in our communities by running the canteen and assisting our recreation team. Marjorie MacLeod was lovely enough to model her new brooch and card for us to see.





## Les p'tits coeurs de Shannex Faubourg du Mascaret

Les personnes résidentes des Pavillons Cormier, Leblanc et Gallant ont célébré la St Valentin en grand nombre en compagnie de Léo-Paul Allain.



*Arthur & Linda Lee*



*Anne-Marie LeBlanc & Rita LeBlanc*



*Rosalie Leblanc Falardeau & Fernand Mallat*

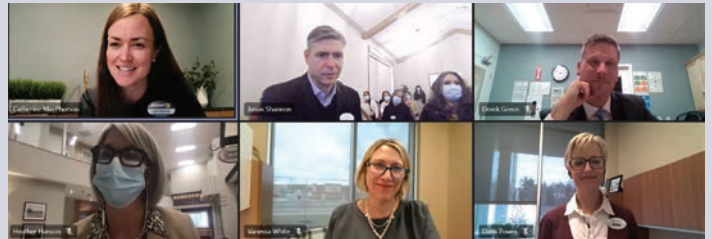
## Crafts with Kids

To celebrate Valentines Day, students from Max Aitken Academy visited with Bridgeview Hall residents and made crafts.

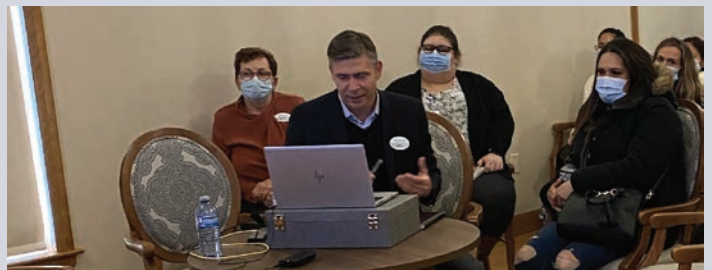


## Meet us at the Town Hall

Did you know we host Town Hall meetings every quarter where team members hear updates from our senior leaders? Keep an eye on Shannex Connects for the next invite! Make it easier to stay connected by downloading our Shannex Connects app on your phone and receive notifications on valuable information and updates in real time. **Scan to download »**



Jason Shannon connected live from Cohen Hall and was joined by our senior leaders Catherine MacPherson, Heather Hanson, Vanessa White, Derek Green and Dana Power at our last Town Hall meeting on February 8<sup>th</sup>.



Jason Shannon hosting the Town Hall live from Cohen Hall on February 8<sup>th</sup>.



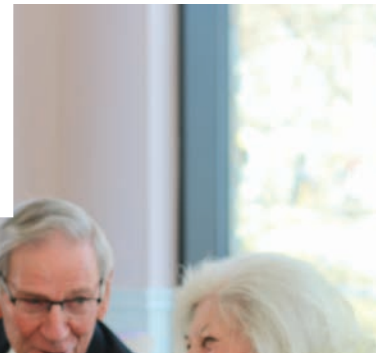
*Team Members watching the Town Hall from Cohen Hall.*

# Cheers to 10 Years at Parkland at the Gardens

Parkland at the Gardens really knows how to throw a 10<sup>th</sup> anniversary celebration. This three-day event was filled with gala dinners, dancing, reminiscing and lots of laughter.

The festivities began with an intimate dinner to celebrate and recognize team members and residents who have been with the Gardens since opening day. Residents heard from Chief Medical Officer for the Province of Nova Scotia, Dr. Robert Strang who gave a speech: *“Leadership Through a World Pandemic.”*

Congratulations to the residents and team at Parkland at the Gardens on 10 wonderful years!



# Celebrating Five Years of Excellence at Parkland Antigonish

Join us in congratulating residents and team members at Parkland Antigonish for five years of excellence. This experience has been a great source of pride for our organization as we worked closely with the Sisters of St. Martha to help them begin a new chapter. The anniversary celebration was filled with memories and stories about the big move from Bethany House and life at Parkland over the years. Congratulations to our five-year team members.



Shannex cares about improving the lives of seniors. That's why, we created two easy ways for our *Great People*, community members, and organizations to access funding for initiatives that create a positive impact on senior's well-being.

### Community Spirit Grants

Community Spirit Grants support projects and initiatives that are aligned with our focus areas of seniors' wellness, active living and social connection. We are pleased to announce and congratulate the first six well-deserving recipients of Community Spirit Grants:

#### **Spencer House Seniors Centre (NS)**

The Spencer House Kitchen Club pilot program provides seniors with healthy eating and living resources.

#### **Alzheimer Society of New Brunswick**

The Alzheimer Society of New Brunswick's First Link program provides information and support to people living with dementia.

#### **Chebucto Links Senior Support Association (NS)**

Chebucto Links will offer seniors low-impact, online functional exercise and chair yoga classes.

#### **Sackville Seniors Advisory Council (NS)**

The Sackville Advisory Council's community space will be outfitted with new antimicrobial chairs with age-friendly arm supports.

#### **East Hants Community Learning Association (NS)**

The East Hants Community Learning Association offers technology support, socials and delivers healthy, home-cooked freezer meals to seniors.

#### **Dartmouth Seniors Service Centre (NS)**

The Dartmouth Seniors Service Centre's "Did you know" mailout project has the goal to increase the participation of seniors in programs like: Meals on Wheels, Medical Cost Assistance, Social Activities.



### Feed Nova Scotia Stuff-a-Bus Initiative Home Office

Team members from Home Office stuffed the bus with 11 boxes of food and made a \$355 donation to Feed Nova Scotia as part of their "Stuff-a-Bus" initiative in December.

### Great People Give

Our *Great People Give* program is an opportunity to acknowledge community groups who are Elder Allies. On behalf of our team members, a donation of up to \$1,000 is given to groups, individuals, or organizations who are doing great work to support seniors in our communities. The next round of *Great People Give* donations will be awarded later this spring.

**Watch for our next call for applications for the Community Spirit Fund!**



*Élizabeth Goguen et Jeannine Cormier, résidentes du Faubourg du Mascaret, expliquent à Leila comment faire des toiles avec du verre poli et des coquillages.*

*Faubourg du Mascaret residents Élizabeth Goguen and Jeannine Cormier show Leila how to make canvases with polished glass and shells.*

## Connexions intergénérationnelles

Faubourg du Mascaret

Les enfants ont beaucoup d'importance dans la vie des aînés. C'est pourquoi au Faubourg du Mascaret, nous mettons en valeur les relations intergénérationnelles. Récemment, les personnes résidentes du Faubourg du Mascaret ont reçu une visite d'une jeune étudiante lors d'un congé scolaire. Elles se sont bien amusées en faisant toute sorte d'activités. Après avoir fait des peintures par numéros et des toiles avec du verre poli et des coquillages, elles ont joué aux cartes et aux quilles. Merci Leila pour ta belle visite!

## Intergenerational Connections

Faubourg du Mascaret

Children are important in the lives of seniors. That's why at Faubourg du Mascaret, we value intergenerational relationships. Recently, the residents of Faubourg du Mascaret received a visit from a young student during a school break. They had a great time doing all sorts of activities, including paint-by-numbers, polishing glass and shells, playing cards and bowling. Thank you Leila for your great visit!

## Meet the Centenarians



On November 21<sup>st</sup>, Thomas Hall resident Katherine Shearer celebrated her 100<sup>th</sup> birthday. She spent the special day surrounded by friends and family. Katherine has four children, four grandchildren, and six great-grandchildren!



On November 28<sup>th</sup>, Arborstone resident Eva Drysdale turned 102. Throughout her life Eva was actively involved in tennis and bowling. Her words of wisdom are to "Keep your cool."

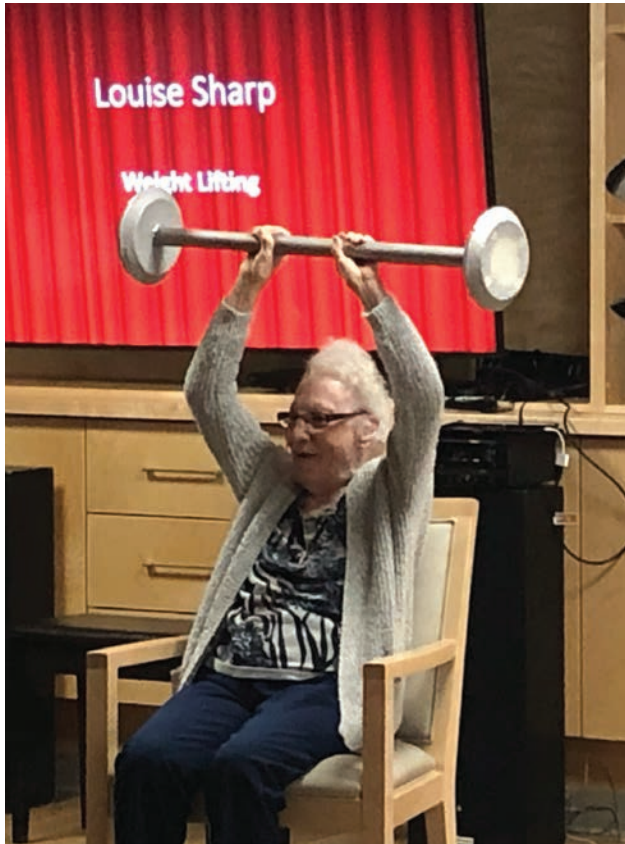


On February 24<sup>th</sup>, Ryan Hall resident Myrtle Corkum celebrated her 103<sup>rd</sup> birthday. The residents and team gifted her flowers and cake to celebrate the day.



On February 8<sup>th</sup>, Lewis Hall resident Dora Quick turned 100 and for her, age is just a number. Dora is known for her style, her bling, her glittery hats, and nail polish. Dora will always be the first to introduce herself and give a warm welcome to all the new residents in Lewis Hall. For her birthday, Lewis Hall donated \$100 to a charity of Dora's choice: War Amps.

# Our Great Recreation and Wellness Teams



Recreational activities organized by our dedicated Recreation Coordinators, Harmony Wellness Coaches and Musical Therapists are an important part of wellness for residents in our communities. There is always a robust calendar of events uniquely designed to bring residents joy and entertainment through mental, physical and cognitive activities.

Of special note, is the recent first-ever talent show at Arborstone Enhanced Care organized by Musical Therapist Eric Skinner. Friends, families and fellow residents were entertained by team members and residents with singing, stand-up comedy and dancing performances. However, Louise Sharp stole the show (and some hearts) with her incredible weightlifting techniques!

Thank you to our *Great People* who work hard to create engaging and meaningful activities that bring entertainment and fulfillment to our residents.



## GO CAPERS!

Harbourstone Enhanced Care

Residents from Harbourstone Enhanced Care made a “special guest” appearance at a Cape Breton University (CBU) Capers basketball game, and they quickly became social media superstars!

Mitchell Mersereau, a student enrolled in the Community Studies course at CBU, worked with a group of other students on a community outreach program with Harbourstone. They invited members of the Capers’ team to meet residents, create game day posters and even passed out game day attire: Capers shirts.



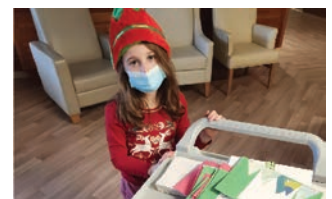
*Residents at Vimy Court gathered for a Lu’au to beat the winter blues and dream of warmer days ahead.*



*Parkland Riverview participated in the Town’s Giant Card Party as part of the Winter Carnival.*



*Residents at Parkland Clayton Park celebrate the Canada Games with their own week-long tournament.*



*Students from Gibson-Neil Memorial School created Christmas magic with Pavillon Neil Hall residents in partnership with the Centre of Excellence for Health.*

# Snapshots



## Paws-itively Adorable

St. John Ambulance Therapy Dog handler team Elaine Gray and Grace the Doxie love to spread smiles at Monarch Hall in Riverview, N.B.! Want to keep up with Grace's adventures? Follow her on social media: @Grace.The.Doxie



## Artistic Flair

Volunteers from the Saint John Newcomers Centre joined residents at Parkland Saint John to welcome newcomers to Canada by engaging with them in art activities.



## Home Sweet Home

Meet Bill and Diane, the first residents to call Parkland Ajax home!



## The Snow Must Go On!

Residents at Parkland Truro had a wonderful time celebrating the Truro Winter Long John Festival with special guests Truro Mayor Bill Mills, Dave Ritcey (MLA), and Johnny Long John.

*L-R: Saribel Deslauriers, Stephanie Miles (Regional Manager Colchester/Cumberland Region), Megan Burgess, Johnny Long John, Truro Mayor Bill Mills, Dave Ritcey (MLA) and Darlene Walsh (Parkland Truro)*



## Havin' a Ball in the Highbury!

Jim was so excited to show off his indoor putting green! He told us he loved the one in the Community room, so he had to get one for himself.



## Walking on Sunshine

Canterbury Hall residents, Jean Morand and Margo Greenough, enjoyed the beautiful winter weather by taking a nice walk together in the sunshine!



## Goals, Growing and Glowing

Congratulations to Simy Thomas, Parkland Clayton Park's Resident Services Assistant who recently passed her N-CLEX exam and is now a Registered Nurse. We're so proud of you!



## Tucker Hall Mascots

Alicia Soucy (CCA) regularly brings her two Sphinx kittens, Howie and Harlee, to visit the residents of Tucker Hall, N.B. Aren't their little custom Tucker Hall sweaters adorable?

# Ready to (sham)rock this St. Patrick's Day

These photos of our residents and team members celebrating St. Patrick's Day are pure gold!



*Erin Harnish and Emilie Oake from home office*



*Tammy Hunter, Darren Pellerin and Rachel Golych from Parkland Saint John*



*Tucker Hall resident Bill Sullivan*



*Parkland Truro resident Betty Hewitt*



*Shirley Moores and Rick Lazzaro from Parkland at the Lakes*



*Faubourg du Mascaret residents Nelson Lajoie and Huguette Léger*

## Mardi Gras

Faubourg du Mascaret

Le 21 février, les personnes résidentes du Faubourg du Mascaret ont profité d'une soirée de célébration du Mardi Gras. La salle était remplie de rires, de conversations et de bonne humeur. Il y avait de la musique, de la nourriture et des masques et accessoires décoratifs.

On February 21, residents at Faubourg du Mascaret enjoyed a fun evening of Mardi Gras celebrations. Much laughter, conversation and good cheer filled the room. The evening included music, food and decorative masks and props.



*Photo Caption: Rita LeBlanc, résidente du Faubourg du Mascaret, porte un masque lors de la célébration du Mardi Gras au Pavillon Cormier.*

*Faubourg du Mascaret resident, Rita LeBlanc, wears a mask during the Mardi Gras celebration at Pavillon Cormier.*

