

# CONNECTIONS



## Home is Where the Art is

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Team members at Cedarstone Enhanced Care, Truro NS, celebrating Great People Month

## Editor's Note

Katherine VanBuskirk

Welcome to the Summer edition of Connections. We couldn't be more excited to bring you stories and updates from our Shannex, Parkland, and Faubourg communities.

We hope you've been taking advantage of the season. This is the time of year when the strong bonds of family, friends and our *Great People* are on full display. It's a true testament to the warmth and togetherness that defines our community.

Speaking of togetherness, in this issue, you'll read beautiful stories of families who have been together a long time (page 4) and a special connection between resident Kamala and Parkland Truro team member Javiera (page 5).

In this issue you'll also learn about the many ways we came together to recognize our *Great People* during the month of May (page 14). Great People Month was five weeks of celebrations, contests and activities focused on our teams who go above and beyond.

Our close-knit communities rely on connections inside and outside their walls and in this issue, you'll read about community partnerships (page 20), volunteers (page 16) and events (page 9) that brighten our days.

As you enjoy all this issue has to offer, remember that Connections is all about you—our incredible community. If you have a story idea, photo or other contribution, let us know by emailing: [communications@shannex.com](mailto:communications@shannex.com)

Wishing you all a summer filled with laughter, warmth, and endless possibilities.

## 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:

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### ON THE COVER:

Team member Javiera Krenz and resident Kamala Padmanathan at Parkland Truro

**Shannex**<sup>™</sup>



Shannex  
ENHANCED CARE

Shannex  
CARE  
AT HOME





*Grand opening of  
Parkland Ajax.*

*Jason Shannon, Joanne DeVries, Jennifer VanSickle, Robert VanSickle, Loretta Lewis, Joseph Shannon, Lisa Benjamin, Bev Wiggins*

## President's Message

Jason Shannon

Welcome to the summer issue of Connections. A little over a year ago, we held our first ever *Great People Party* and launched the Blue Book, a guide for new team members to learn about our history, values and Guiding Principles. At that time, we decided the month of May would become Great People Month. There's a reason why we need a month-long calendar to recognize and celebrate the *Great People* of Shannex and you'll see why when you read many of the stories in the following pages.

One of my favourite events of the year takes place during Great People Month: The Shannex Excellence Awards. This is an evening dedicated to celebrating some of our brightest stars and I am so proud to attend each year. These individuals have gone above and beyond to ensure residents' wellbeing and happiness, and their contributions have truly set the standard of excellence within our organization.

Another important event happened in early June when our Enhanced Care team members participated in the rigorous process of Accreditation which saw surveyors visit 20 of our licensed nursing homes in Nova Scotia and New Brunswick. It's my pleasure to share that this process resulted in Shannex being Accredited with Commendation under the Qmentum Long Term Care (QLTC) accreditation program. This level of recognition

is awarded to organizations that surpass the fundamental requirements of the Accreditation program. This is an exceptional achievement. We will have Accreditation activities each year to maintain Accreditation standards. We work hard each day to ensure that we are always improving the quality of service and care for residents in our communities and we have already begun actioning some of the feedback received as part of the accreditation experience.

It's such an exciting time for our growing organization. We have an incredibly talented team of *Great People* who are working hard each day to place residents first as they deliver on our strategic priorities, and we are continuing to grow with new communities to better serve the needs of active older adults.

There is certainly a lot to keep us busy, so I hope you also take time this summer to enjoy experiences with family and friends, and of course to read this issue of Connections.

Jason  
President

# Culinary Corner

## Strawberry Dessert

Created by: Henry Brown, Corporate Chef Nova Scotia

### Ingredients

125 ml Margarine  
740 ml Graham Cracker Crumbs  
320 ml Strawberries, Frozen (can use fresh)  
16 ml/1 tbsp Water  
40 ml/2 tbsp + 2 tsp Sugar  
5 ml/1 tsp Water  
5 ml/1 tsp Cornstarch  
1.5 packs Gelatin, powdered  
50 ml 35% Cream  
10 ml/2 tsp Vanilla extract  
80 ml/8 tbsp + 1 tsp Powdered Sugar (sifted)  
450 ml 35% Cream  
105 ml Sour Cream

### Method

Melt margarine, let cool slightly. Mix in with graham crumbs, mix well. Press mixture down into a 10"x 12" pan. Bake in 350°F oven for 12 minutes. Let cool.

Combine frozen strawberries, water, and sugar in pot and bring to simmer. Let cook 10 minutes. Mix water and cornstarch and slowly add to strawberries, mixing while adding to prevent lumps. Turn down heat and let cook another 8-10 minutes, stir occasionally. Let cool completely before adding to rest of recipe.

In small pot bring cream to simmer and add in gelatin to melt. Melt completely and set aside to cool.

In mixer bowl add cream and whip on medium to high until stiff peaks form (with a spoon, see if whipped cream stands up straight after dipping spoon in cream and bringing it straight up). Add in vanilla extract and powdered sugar. Mix one minute on low. Scrape bowl. Mix stewed strawberries and melted gelatin together then slowly add to whipped cream in a steady stream. Mix well on low, 2 minutes.

Pour mixture over prepared pan with cooked graham cracker base.

Refrigerate minimum 3 hours or overnight.

Cut and garnish with fresh cut strawberries and a dollop of whipped cream. Enjoy!



## Meaningful Meals: Culinary Centre

Beginning this summer, residents in all of our communities will enjoy special themed dining experiences. This exciting quality improvement initiative was developed by Operations Manager, Holly McClelland in partnership with wellness, recreation, culinary and hospitality teams.

“Our goal with these new themed meals is to make mealtime extra meaningful through focusing on local items, special meal requests and favourite foods,” Holly explains. “Involving community recreation and wellness teams helps make the day even more fun.”

Our first theme is “Summer Barbecue”, and each community is placing their own unique take on it.



# New Milestones and Old Favourites

## Parkland West Bedford at The Highbury

Bill and Edna Matthews are residents at Parkland West Bedford. They recently celebrated their 96<sup>th</sup> birthdays and 73<sup>rd</sup> wedding anniversary. To celebrate these impressive milestones, Chef John prepared their favourite meal, a roast beef dinner with gravy. This is the same meal the couple have enjoyed countless times over the years.

Bill is a former Halifax Dockyard worker and home builder (including building homes for their three children). He says this is comfort food, “It was always a nice treat after a long day of work.”

Comfort and community are two of the things Edna likes most about Parkland, “It’s nice to be here. The residents and team members are so friendly and there is always someone you can ask if you need a hand.”

At Parkland, we are committed to creating exceptional dining experiences for residents, especially when it comes to special events and celebrations. Our communities help residents live, laugh and enjoy time with friends, families and neighbours. We’re thrilled we could be a small part of making Bill and Edna’s momentous celebrations special.



*Bill and Edna Matthews with their family*



## CLINICAL CORNER



### Stay Cool

It’s a great time to get outside and enjoy the warmer weather but take care to protect your health while out in the sun and heat.

Stay cool. As we get older, our ability to produce sweat decreases and it’s easier to become over-heated.

Here are some tips to stay cool:

Try to keep outdoor activities to times of day when it is cooler (morning or evening).

Avoid strenuous outdoor activities in extreme heat conditions.

Stay hydrated with water or other cool non-caffeinated, non-alcoholic beverages. Drink regularly, not just when you feel thirsty.

Wear loose-fitting, lightweight clothing that wicks moisture away (cotton is a good choice). Wear SPF 30 sunscreen, try wearing hats and stay in the shade.

Check your medications as some medications make it more difficult for your body to adapt to heat. These can include prescription medications and over-the-counter medications. Review your prescriptions or check with your pharmacist for sun or heat risks.

# Home is Where the Art is

Parkland Truro



Kamala Padmanathan sits on an embroidered chair in her Parkland Truro apartment. Her home is filled with beautiful works of art like a hand-painted dining table, colourful embroidery, and a family engagement photo with floral stamp work.

Her framed embroidery pieces show off her talent for decorative stitching. One piece uses 18 multicoloured or metallic threads to create a breathtaking final product.

"It has many different stitches. I like my colours," says Kamala, "I call it Crazy Quilt."

When Kamala is not creating stunning needlework, she's painting. She's mastered French painting techniques. "There was a teacher in Eureka who I visited each summer for 25 years to learn the style," she shares.

Now, Kamala inspires others at Parkland with her talent. In May, Parkland Truro held an art show displaying her work and Administrative Coordinator, Javiera Krenz was inspired to start her own needlework journey.

"My hands don't shake. Until then, I'll continue painting and needle hooking," Kamala says.

**With steady hands, Kamala looks forward to creating more art. She can be found walking Edinburgh Hall modelling her latest designs, like hand-painted floral jeans or a silk jacket.**



# We Caught You Being Great!



**I Caught You Being Great. Nominate one of our *Great People* today!**

During our most recent Great People Month Town Hall, we recognized those who received the most Caught You Being Great nominations over the past year. **Congratulations Amy, Erica, Margit and Tamara!**

## **Amy Murphy, Housekeeper - Arborstone Enhanced Care**

Amy Murphy is a housekeeper at Arborstone Enhanced Care. She leads the way to better living every day through kindness, compassion and keeping residents safe. This was reflected in the many comments fellow team members shared when submitting her recognition.



## **Erica Brewster, Daily Living Assistant - Parkland Clayton Park**

Daily Living Assistant Erica Brewster approaches every situation with a smile on her face in her work at Parkland Clayton Park. She regularly goes above and beyond demonstrating our Guiding Principles and ensuring her fellow team members feel supported.



## **Margit Cirillo, Food and Beverage Manager - Parkland on Eglinton West**

Margit goes the extra mile to provide exceptional service in her work as Food and Beverage Manager at Parkland on Eglinton West. She tackles challenges head-on and is a leader on the team who has earned the respect of residents and the admiration of her colleagues.



## **Tamara Cosman, Registered Nurse - Tucker Hall**

Tamara is a Registered Nurse at Tucker Hall who brings her wonderful personality and passion to work each day. She loves being a nurse and this shines through as she goes above and beyond to provide compassionate support to residents, their families and her fellow team members.



# Welcome to Gordon Hall



Meet Laurise and Emery, the first two residents at Gordon Hall, our new licensed nursing home that opened in Moncton, NB in the early days of June.

Married for over 60 years, they are grateful to be able to continue living together in their beautiful new home. Bienvenue chez vous!

*Laurise and Emery*

## Tout le monde adore jardiner

C'est la saison du jardinage qui débute au Faubourg du Mascaret. Chaque année, les personnes résidentes travaillent la terre pour y pousser de bons légumes frais. Tout le monde travaille en équipe pour enlever la mauvaise herbe et assurer l'arrosage quotidien tout au long de l'été avant la récolte de l'automne.

Un autre beau projet rendu possible grâce au programme Pivot santé pour aînés, une collaboration entre le gouvernement du Nouveau-Brunswick, l'Université de Moncton et le Faubourg du Mascaret.



*Henri Belliveau, Maria Belliveau, Rachel Hébert, Blanche Leclerc et Paul LeBlanc, personnes résidentes du Pavillon LeBlanc*

## We Love Gardening

It's gardening season at Faubourg du Mascaret. Every year, the residents work the land to grow fresh vegetables. Everyone works as a team to remove weeds and ensure daily watering throughout the summer before the autumn harvest.

Another fine project made possible by the Pivot santé pour aînés program, a collaboration between the Government of New Brunswick, the Université de Moncton and Faubourg du Mascaret.

## Festival bateau-dragon 2023

### Pavillon Landry & Pavillon Richard

Des membres du personnel du Pavillon Landry et du Pavillon Richard ainsi que du bureau régional de Shannex à Moncton ont participé au Festival bateau-dragon 2023. Malgré la pluie, le froid et le vent, l'équipe Shannex Patrol nous a bien représenté terminant au 7e rang sur un total de 24 équipes. Les participants ont également amassé 2000 \$ dont 60 % iront au Lions Sick Children's Fund et l'autre 40 % sera remis à la Société de l'Alzheimer du Nouveau-Brunswick. Félicitations!



*Christina Cormier, Susan Edgett, Carole Morey, Isabelle Collette, Raymonde Saintil, Ola Oludimine*

## Dragon Boat Festival

### Pavillon Landry & Pavillon Richard

Team members from two of our Monton nursing homes, Pavillon Landry and Pavillon Richard, as well as the Shannex Moncton Regional Office took part in the 2023 Dragon Boat Festival in Moncton, NB. Despite the rain, cold and wind, the "Shannex Patrol" team represented us well, finishing seventh out of 24 teams. Participants also fundraised \$2,000 out of which 60 per cent will go to the Lions Sick Children's Fund and the other 40 per cent will go to the Alzheimer Society of New Brunswick. Congratulations!



## Nursing Home Week

June 4<sup>th</sup> to 10<sup>th</sup> was Nursing Home Week in New Brunswick. For the occasion, team members at Losier Hall were treated to a Hawaiian themed BBQ. Team members and residents enjoyed lots of good food, music, and fun on Main Street. Thank you to our *Great People* for always putting residents first.



## We are LTC Proud

Long Term Care Proud Day was celebrated on June 8<sup>th</sup> in Nova Scotia. It acknowledged the important contributions of long term care employees. The day celebrates moments of joy, impactful relationships and love for team members that mean so much to residents and families. We are #LTCProud

## Work While You Learn

Creating new opportunities for our *Great People* to work and grow with us is a top priority. Our Work and Learn Program provides support for career upgrades. It allows our people to continue to work and get paid while learning.

The Government of Nova Scotia in partnership with Nova Scotia Community College have also launched a new pilot program for career advancements. This free, two-and-a-half-year program, will support CCAs in becoming Licensed Practical Nurses.



Morgan Lambert, LPN, with recent Work and Learn graduates in Fredericton, NB



Vanessa White, VP, People and Culture Shannex; The Honourable Barbara Adams, Minister of Seniors and Long-Term Care; Margaret Champion, Dean, Health & Human Services NSCC



Michelle Smith, LPN, and Rob Burnette, LPN, with PSW Work and Learn students in Moncton, NB

# Summer Events Calendar

Parkland, is more than just a home, it's a community. It's where you'll spend time laughing with neighbours, enjoying evenings with friends and most of all, staying healthy with activities and programs offered exclusively to you. Find out what is going on around your community with these summer events!

Date	Location	Event
August 2 <sup>nd</sup>	Parkland on the River	Miramichi Folksong Festival Kick-off Party
	Parkland at the Lakes	Ol' School Donut Truck
August 4 <sup>th</sup>	Parkland at the Lakes	Blueberry Social & Music
August 10 <sup>th</sup>	Parkland Cape Breton	Family Fun Day
August 15 <sup>th</sup>	Parkland at the Lakes	Inverness Hall BBQ
	Parkland Saint John	KV Cruiser Club and Live Music
	Faubourg du Mascaret	Fête de l'Acadie
	Parkland at the Lakes	Pub Night under the stars with music
August 16 <sup>th</sup>	Parkland Clayton Park	Beach Block Party with John Alphonse & Alex Vaughan
August 17 <sup>th</sup>	Parkland Cape Breton	Antique Car Show
	Parkland at the Lakes	Pub Night under the stars with music
August 19 <sup>th</sup>	Parkland Saint John	Annual Summer Family Party
August 23 <sup>rd</sup>	Parkland Fredericton	Summer Carnival
August 25 <sup>th</sup>	Parkland Cape Breton	Blueberry Festival
August 30 <sup>th</sup>	Parkland Clayton Park	Concert Series - The Belliman
August 31 <sup>st</sup>	Parkland in the Valley	KV Music Fest & BBQ
September 14 <sup>th</sup>	Parkland Cape Breton	BBQ Hamburger Cook Off



# Health Wellness Safety

## Preparing for Emergencies

With dry and hot weather this spring, Canada experienced a surge in the number of wildfires across the country. Our hearts are with the many community members, families and team members impacted by the fires. We are also grateful for front line workers that worked tirelessly to keep everyone safe.

### Preparing for Emergencies

At Shannex, each of our communities has a comprehensive emergency plan that covers a wide variety of emergency situations. Being prepared, knowing the risks and having equipment and procedures in place to respond to any type of emergency is only part of the solution. We must all be prepared to respond to emergency situations at home.

- **Know your risks:**
  - Consider the types of emergencies
- **Make a plan:**
  - Decide on the emergency situation responses
  - Know your evacuation routes
  - Have a meeting place for your family
- **Create emergency kits:**
  - Have supplies for up to at least 72 hours
  - Keep a “go bag” ready, that you can grab quickly if you must evacuate
- **Consider how you will communicate:**
  - Use non-voice channels to communicate, such as text, email, or social media
  - Keep voice conversations brief with only important information
  - If your call does not go through, wait 10 seconds before trying again
  - Keep contacts up to date
  - Keep meeting information in your maps app
  - Save your phone battery by reducing brightness, using airplane mode, and closing apps



## Greener Thoughts, Greener Actions

One of the strategic directions in our new five-year strategic plan is environmental stewardship. We recognize we must take steps to increase our commitment to protecting the environment with an action plan that transforms the way we prioritize sustainability.

Together, we will create a greener and cleaner environment!

A community clean-up was held around our Home Office on June 13<sup>th</sup> where 16 full garbage bags were collected. Great work from all of the volunteers!



*Home Office team members cleaning up*

# Excellence in Action

## The Shannex Excellence Awards

Every day, our *Great People* go above and beyond to create exceptional resident experiences and a positive, fulfilling work environment where team members are seen, heard and celebrated.

The 2023 Excellence Awards recipients are shining examples of why Shannex and its *Great People* are *Leading the Way to Better Living*.

### Here are this year's Excellence Awards recipients:

#### Service Excellence Awards



**Elizabeth (Betty) Farrell**  
*Cedarstone Enhanced Care*



**Pam Irvine**  
*Workforce Team, NS*



**Cassidy Hulbert**  
*Parkland at the Gardens*



**Barb Livingstone**  
*Parkland Clayton Park*



**Michelle Nason**  
*Parkland Saint John*



**Leoval Ba-al & Bruce Lutes**  
*Parkland Riverview & Recruitment Team, NB*



**Reefat Talukder**  
*Parkland on Eglinton West*



**Stephanie MacDonald**  
*Parkland Antigonish*

**Environmental Sustainability Excellence Awards**



**Jinky Meneses and ISO Certification Team (Vince Neville, Scott Wade, Steven Doyle, Peter Henderson, Eddie Balnaves)**



**Volunteer Excellence Awards**



**Janet Harrigan  
Parkland in the Valley**



**Elaine Gray and Grace  
the Doxie  
Monarch Hall**

**Sales Excellence Awards**



**Victoria Roberts  
Parkland at the Gardens**



**Christine McGee  
Parkland in the Valley**



**Grace Miksa  
Parkland on the Glen**



**Rose Lynn Demeter  
Arborstone Enhanced Care**



**Crystal MacKay  
Colchester Region, NS**

**Christopher Reinhardt Safety Excellence Award**

**Care Innovation Excellence Award**

**President's Leadership Excellence Award**



**Kyle Richardson  
Harbourstone Enhanced Care & Celtic Court (page 13)**

**Founder's Seal of Excellence**



**Celtic Court  
Sydney, NS (page 13)**

## President's Leadership Excellence Award Goes To...

### Kyle Richardson



*Kyle Richardson, recipient of the President's Leadership Award*

One of the most exciting parts of our annual Excellence Awards is the President's Leadership Award. This year's recipient is Kyle Richardson, a Registered Nurse, Director of First Nations Services and Regional Manager, Sydney, Enhanced Care. He also volunteers his time as Chair of the Nursing Homes of Nova Scotia Association Board of Directors.

Kyle began his career at Shannex five years ago as Director of Care at Harbourstone Enhanced Care. Since then, he has taken on increasing levels of responsibility while being a compassionate and trusted leader. Kyle supports residents, families and hundreds of team members at Celtic Court and Harbourstone. He advocates for residents and team members respectfully, and challenges the status quo in the interest of continuous improvement.

Kyle's response to nearly everything asked of him is his trademark, "Absolutely!"

We are proud to have Kyle on our team and this award is well deserved!

## The Founder's Seal of Excellence Award Goes To...

### Celtic Court



*Team members from Celtic Court Sydney, NS with the award*

The Founder's Seal of Excellence is presented to a community who demonstrates high performance across Resident Wellbeing, Employee Experience, Service Excellence, Healthy Business and Environmental Sustainability.

This year, our Executive Leadership team was pleased to present Celtic Court with this honour.

Celtic Court consistently receives exceptional results on Employee Engagement and Quality of Life surveys as well as safety measurements, but more than that, Site Manager Roxanne Gillis, and her team in Sydney, NS have created a true home for 36 residents and their families.

Congratulations to Roxanne and the amazing team at Celtic Court.

## Free Groceries for a Year!

Mandy Scott has been a CCA at Embassy Hall, a licensed nursing home in Quispamsis, since 2010. During Great People Month, she was the lucky winner for a year of free groceries!

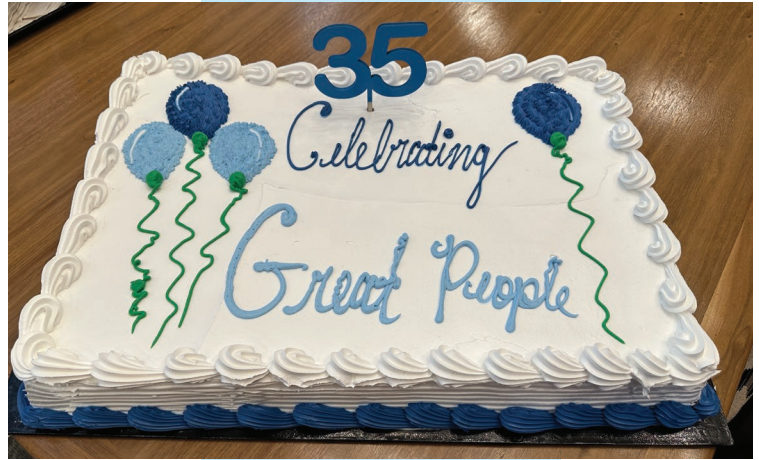


*Sarah Brannon, Mandy Scott, Diane Bannister*

# Great People Month

The month of May is Great People Month, a time to celebrate our team members who work together to make our communities vibrant places to live and work.

Organized in weekly themes - one for each of our Guiding Principles – Great People Month featured a full calendar of events, including a virtual passport with hidden QR codes. Team members could find and scan digital ballots for prizes. The grand prize was free groceries for a year! The month also included our annual Excellence Awards, a Presidents’ Town Hall and an organization-wide *Great People* party.



Celebrating 35 years of Great People



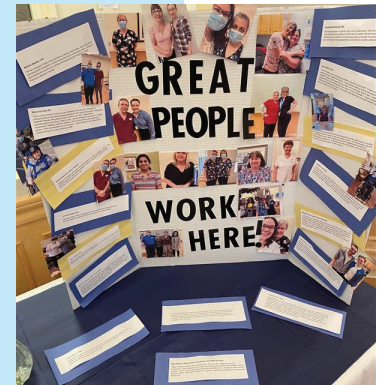
Parkland on the River staff with an incredible balloon arch



Tania Stote, GM Parkland Riverview and resident Peter Butler



Emma Haines modeling the Shanny pack



Collage of our Great People



Parkland at the Gardens team enjoying the party

# Shannex™ Learning & Development

We are committed to providing learning opportunities so our *Great People* can grow with us. We recently launched *Lead Blue*, an updated version of our leadership development program. Its five levels are designed to prepare team members for varying levels of responsibility with Shannex.

## Join the Leadership Book Club

Our Leadership Book Club is an opportunity to collaborate with team members and develop leadership skills.

To learn more about *Lead Blue* or the book club contact [learning@shannex.com](mailto:learning@shannex.com) for more information.

## New Communities

### Bedford Square

This Lifestyle Community is a multi-phased development designed to inspire social connection and pride of place. The new age-friendly Lifestyle Community will be home to Parkland Bedford Square and Bloomsbury Place, offering accessible public spaces, amenities, memberships and more.



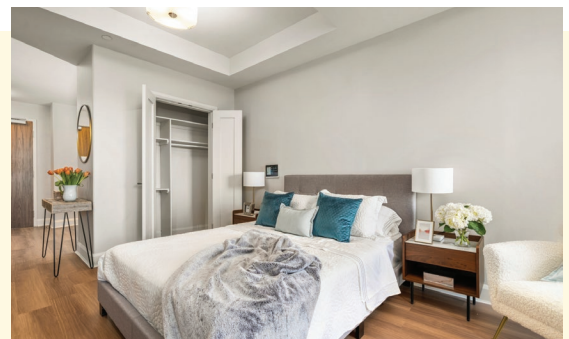
### Parkland Ancaster

Set to open next summer, Parkland Ancaster hosted its first information session on June 28<sup>th</sup>, to share more information about this beautiful new community. Those who couldn't make this event can visit the new presentation centre which opened onsite in July.



### Parkland West Bedford: The Stratford

Opening soon, The Stratford is a Supportive Lifestyle building located at the Parkland West Bedford campus. It will offer Assisted Living and Memory Care services.



## Open House Day for Parkland

Parklands across Nova Scotia were filled with excitement and energy in June as we hosted Open House Day welcoming potential new community members.





# Volunteer Spotlight

## Grace the Doxie

Grace, a miniature long hair Dachshund, and her best friend Elaine recently received the Volunteer Excellence Award for donating their time at Monarch Hall. They have been volunteering with Shannex since last year and recently, Grace became certified as a Canadian Kennel Club Therapy Dog through the St. John Ambulance Therapy Dog Program. While Grace loves the belly rubs from residents and team members, Elaine says her favourite moments are when residents share memories of past pets. Thank you, Grace and Elaine!

## Tom and Roxy

Roxy and her owner Tom have been taking trips to Arborstone Enhanced Care. She provides lots of warm cuddles and play time with residents. It's a pleasure to have Tom and Roxy as volunteers.

## Miramichi Recognizes its Volunteers

The management team in Miramichi, NB recently hosted an appreciation social to recognize the volunteers who give their time to our residents in the Miramichi region. Paula Somers, a resident of Bridgeview Hall, spoke at the event, "My life has changed, I now have a great social life thanks to all of our volunteers." More than 120 people gathered on Main Street at Losier Hall for the event.

## Neill Hall Mailbox Project

Neill Hall and York Care Centre recently partnered on a mailbox pilot project connecting 70 residents to the greater community of Fredericton, NB through special mail deliveries. The project is possible through the support of community partners including family members, Home Depot, Covey Basics, the New Brunswick Alzheimer Society, the Retired Teachers Association, St. Thomas University's Bachelor of Social Work students, many volunteer mail messengers from Keller Williams Capital Realty, and children from the YMCA Fredericton, The Ville, Gibson-Neill Memorial Elementary school and École Sainte-Anne.



*Grace the Dachshund*



*Cuddles with Roxy*



*The Volunteer Tea in Miramichi, NB*



*Vernon with volunteers Karah and Katie*

# Innovation to Improve Care

Shannex is proud to be partnering with The Centre for Aging + Brain Health Innovation to be one of 40 new innovation projects participating in the Spark program to solve real-world care challenges. Our nurse call system uses real-time location tracking to safely monitor residents. By looking at residents movement data, we can predict and mitigate health problems in our long term care residents.



Resident Della and Joelle, RN from Parkland Riverview

# June Celebrations

Creating communities where everyone feels seen, valued, and celebrated is not just a goal, it's our responsibility. June was a great opportunity to recognize a number of important cultural events and celebrations.

In June we celebrated Filipino Heritage Month, PRIDE, National Indigenous History Month and Multiculturalism Day. We are on a learning journey to create more inclusive spaces.

Shannex was a Platinum Sponsor of *Philippine Fiesta!* in Halifax, NS. Festivities were attended by many of our *Great People*, including members of our International Recruitment Team.

Parkland Clayton Park recognized Indigenous History Month with an informational display of Indigenous languages, cultures and arts.

Losier Hall residents had an incredible time touring the Metapenagiag Heritage Park on National Indigenous Peoples Day, and PRIDE flags were raised at many communities throughout June in support of PRIDE Celebrations.



Petra Morrisey, Kelly Fraser, Donna MacIntosh, Elizabeth Sharpe, Jessica Lynds, Christina Higgins, Debert Court, NS



Melissa Simon, Karen Martin, Natalie Martin, Shania Simoneau, Annie Simoneau, Bridgeview Hall, NB



Frank Efenio, Ron Garcia, Jason Shannon, Robee Villaflor, Dazzelyn Zapata, Caesar Zamora, Benjamin Batalla, Aaron Agdeppa, Mary Lugo, Elisha Pascual, Andrian Dela Cruz, Home Office, NS



Phoebe Donasco, Parkland at the Gardens, NS

# Student Smiles

Throughout the year, we are pleased to welcome a variety of students to our communities. Students bring fresh ideas, energy and provide valuable support to team members and residents.

## Aayush Gumber



Say hello to Aayush Gumber working as a MITACS intern and Health Informatics Analyst in the Shannex Insights Lab. Aayush has completed the Post Baccalaureate Diploma in Business Analytics from Cape

Breton University. His role is evaluating baseline resident data trends to anticipate important health events or changes in the health status of long term care residents.

## Simran Kaur



Simran is a recent graduate of Cape Breton University's Post-Baccalaureate Diploma in Business Analytics and is currently a Data Analyst at Shannex. Simran uses data to improve residents' lives.

Simran says what attracted her to work at Shannex was, "the good work that Shannex does for people."

## Megan White



Megan will soon graduate from Mount Saint Vincent University and is spending the summer at Caritas Residence in an Administrative Dietetic Internship position as she completes her Bachelor of Science in Applied Human

Nutrition degree with a minor in chemistry.

She shares that, "Shannex team members and residents have been very welcoming, and it's easy to feel the caring and respectful community culture."

## Emma Christensen



Meet Emma, a Dalhousie University student completing a double major in Environmental Sustainability and International Development. She is a Summer Waste Management Intern at Shannex's Home Office,

working to inspire residents and team members to apply proper waste management. Emma's goal is for people to think twice about their consumption of single use plastics and food waste.

# Prom Fashion Fun

In what has become an annual tradition, Parkland Riverview warmly welcomes students from Riverview High School to get a glimpse of their formal prom fashions. Residents enjoyed meeting and chatting with all the students and hearing their plans after graduation. Three of the students work with Parkland Riverview as servers so there were some familiar faces in the group. Congratulations to all the graduates!



*Students from Riverview High School*

# Reimagining Recruitment

The recruitment team has an important role in welcoming the newest members of our *Great People* family. They recently came together to focus on annual planning and goal setting. Over the past year, they have worked to evolve the recruitment process and developed a new employer brand platform, including a careers landing page and new recruitment booklet.

Check out our current job opportunities at [shannex.com/careers](https://shannex.com/careers)! If you have any questions about a particular opportunity talk to your manager or reach out to [jobs@shannex.com](mailto:jobs@shannex.com) to speak to a recruiter.



Know someone who would make a great addition to our team? Refer them to apply, and submit your '[Great People Referral Form](#)'.



## Great Rewards for Great People

### Consult+

Consult+ is our virtual health, employee and family assistance program, providing peace-of-mind access to 24/7 virtual health and wellness support for Shannex team members and their family who are enrolled in our extended health benefits.

### Virtual Health Care Services

Get quick and easy access to a variety of healthcare professionals using the secure mobile app or website.

### Mental Health Services

Mental health services can help diagnose and treat short-term mental health issues, including insomnia, anxiety disorders, depression, grief, bereavement, and adjustment disorders.

### Employee and Family Assistance Program

Access professional services from providers with experience in counselling, social work and crisis management.

## Great People Give

Our teams make a difference in the lives of our residents every day. Inspired by them, *Great People Give* donations are awarded quarterly on behalf of team members who nominate and vote for organizations supporting seniors in Nova Scotia, New Brunswick and Ontario. Nominated community groups with the most votes in each province receive a donation on behalf of our *Great People*. To date, we have made donations to six organizations:

- Shelter Nova Scotia
- Seniors Association of St. Margarets Bay (Bay Seniors)
- Miramichi Accessible Transit
- Hospice Fredericton
- The Dorothy Ley Hospice
- Passion for Parkinson's Foundation



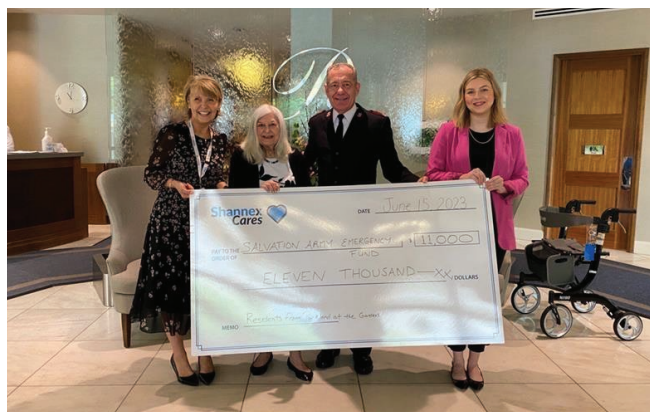
*The team at East Hants Community Learning Association, recipient of one of our community spirit grants, accompanied by Heather Hanson, Vice President, Strategy and Brand*



## \$11,000 Donation for Wildfires

Maureen Banyard, resident at Parkland at the Gardens, raised \$11,000 for The Salvation Army Emergency Fund to support people impacted by the Nova Scotia wildfires. When Maureen heard about the devastating results of the fires, she quickly sprang into action to help community members in need. Maureen has also been recognized with the Outstanding Volunteer Award from the Mental Health Foundation of Nova Scotia.

Thank you, Maureen, for your continued kindness to people everywhere.



*Jodi Bartlett, Maureen Banyard and Danielle McCormick at Parkland at the Gardens presenting the cheque to The Salvation Army*

## Community Spirit Grants

Through our **Shannex Cares Community Spirit Grants**, we offer funding for organizations to support projects and initiatives within our focus areas of seniors' wellness, seniors' active living, and seniors' social connections.

We are now accepting applications for our Community Spirit Grants! Will you be part of our

next group of recipients? If you are an elder ally or if you know a community organization doing great work supporting seniors, we want to hear from you! Visit [shannex.com/shannexcares](https://shannex.com/shannexcares) to submit your application.

# Snapshots



## SPCA Donation

Lifestyle Consultant Sandra O'Donnell from Parkland Fredericton delivered a \$500 donation to the SPCA on behalf of residents. Money was raised through a resident yard sale hosted on June 2<sup>nd</sup>.



## Neill Hall Memorial Service

Neill Hall recently hosted a memorial service where butterflies were released. It has been a unique experience to see residents watch the insects grow from tiny caterpillars to full-grown. The beautiful orange butterflies, which symbolize a visit from a loved one, were released at the event in memory of Neill Hall residents who have passed.



## We all Scream for Ice Cream!

Caritas residents enjoying ice cream from the Play Dough ice cream truck!



## Dementia Care

Beth House, from the Alzheimer's Society of Nova Scotia, presented an educational session at Parkland at the Gardens on how to better understand and interact with people living with dementia.



*Abigail Laoang RN, Kim Clattenburg Site Manager, Fritzie RN, April Doucette LPN Clinical Support*

## Donut Day at Ryan Hall

Ryan Hall celebrated National Donut Day; team members were served a sweet treat for the amazing work they do.



*Anne-Marie, a resident of Pavillon Comier and Alberte, a resident of Pavillon LeBlanc*

## Easter

Easter was celebrated at Faubourg du Mascaret with an easter egg hunt for everyone to enjoy!



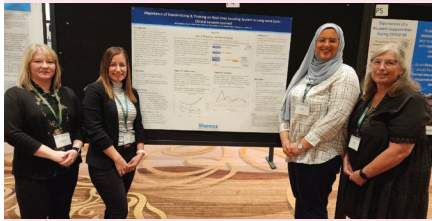
## Enjoying the Outdoors

Pauline Piers, resident at Parkland West Bedford, enjoys getting outdoors and walking around her community every day. She even goes out multiple times a day!



## Mother's Day

Mary Joann spent her time creating corsages at Parkland at the Gardens to celebrate wonderful mothers!



### Conference in Niagara Falls

Angie Collett, Lisa Snodgrass, Sarah Mahmoud and Cindy Marble at the Gerontological Nursing Association conference in Niagara Falls presenting the development of clinical guidelines for using the Tenera nurse call system.



### Tutus and Talent

Dancers from Halifax Dance visited Parkland at the Gardens to perform ballet and hip-hop routines. Residents enjoyed the beautiful costumes and energetic moves.



### Father's Day

Father's Day was celebrated at Parkland on the Glen with an international beer tasting. Five different beers from Poland, Slovak, Ireland, Turkey and Austria.



*Debbie and Yolanda at Thomas Hall in New Brunswick.*

### Carnival Fun at Thomas Hall

Residents and team members' children enjoyed an intergenerational carnival at Thomas Hall. The afternoon was filled with music, a magician, popcorn, games and prizes.



*Standing (L-R): Norma Forbes, Myrtle McCarthy, Michelle Nason, Aimee Martell, Fran Velardo, Ruby Morrison, Thelma Brown, Pearl Mitchell,*

*Sitting (L-R): Rosalee Acker, Carolyn Smith, Rose Hubley, Joyce White, Kathryn Taylor, Isobelle Forrestell*

### National Nursing Week

Parkland Saint John celebrated National Nursing Week by holding an event for the many retired nurses who live there.

## Meet the Centenarians



Louise Fielding from Vimy Court turned 105 on Canada Day! Her favourite activity is watching Jeopardy!



Mary MacDonald celebrated her 102<sup>nd</sup> birthday at Bridgeview Hall in Miramichi. Her smile says it all!



# Live your best life

From beautifully designed spaces – located in vibrant neighbourhoods – to our endless activities and exceptional service, everything at Parkland is designed so you can keep doing what you love. By offering a variety of lifestyle options, Parkland provides seniors and their loved ones with the ultimate peace of mind and the comfort of knowing that support is available when needed.

Residents enjoy:

- Exceptional dining
- Fitness and wellness programming
- Concierge and transportation services
- 24-hour emergency response with professional team members on-site



## Lifestyle Options

Lifestyle Apartments

All-Inclusive Lifestyle

Assisted Living

Memory Care

Enriched Care



Book a tour with us today!  
[experienceparkland.com](http://experienceparkland.com)

**Parkland**<sup>TM</sup>  
LIVE YOUR BEST LIFE



Nova Scotia | New Brunswick | Ontario

