

# CONNECTIONS



## Great People Doing Great Things

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Home Office team members celebrating National Tree Day September 20<sup>th</sup>

## Editor's Note

Katherine VanBuskirk

Welcome to the Fall edition of Connections. In this issue, we're proud to share stories about the special bonds that are built between the people who live and work in our communities. Each story reminds us that our Shannex, Parkland and Faubourg locations are so much more than physical buildings. They are filled with people who, together, form a vibrant tapestry of life experiences, knowledge, and wisdom that enrich us all.

Your heart will be warmed by a beautiful love story that unfolded at Arborstone Enhanced Care (Page 11-12), the meaningful new tradition of honouring the lives of residents who have passed (Page 9), and the way our communities recognized the National Day for Truth and Reconciliation with events, activities and education (Page 5). In honour of Continuing Care Month, we dedicated our Caught You Being Greats and the cover photo for this issue to Continuing Care Assistants (CCAs) across Nova Scotia. Read about their contributions on Page 16.

This edition is a celebration of togetherness, and we hope the stories in the following pages capture the laughter, conversations, and companionship that exists within all of our communities.

## 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:

*Continuing Care Assistants from Parkstone Enhanced Care, Halifax, NS*

**Shannex**<sup>TM</sup>



**Shannex**<sup>TM</sup>  
ENHANCED CARE

Shannex  
CARE  
AT HOME





*Jason Shannon with  
Laura Scott during her  
retirement celebration*

## President's Message

Jason Shannon

Welcome to the Fall edition of Connections. At this time of year, I often think about our organization's strong sense of togetherness and how it shows itself in many different ways.

Whether it's a community with deep roots in the area or a newly opened home, you can walk through the doors of any Shannex, Parkland or Faubourg location and easily experience the warmth and care between team members, residents, families and everyone who visits.

It is wonderful to see a community take shape. A good example is our new long term care communities, Gordon Hall and Ocean Hall, in Moncton, NB. From the moment Gordon Hall opened its doors in June, residents, families, and team members could be found on Main Street enjoying the many activities taking place. In fact, when the adjacent community, Ocean Hall, opened in early September, it was challenging to find a time to hold our ribbon-cutting ceremony because of the activity happening!

*Great People* are at the heart of these vibrant environments, and I want to take a moment to acknowledge one of the greatest. Laura Scott, Vice President of Finance, recently retired from a 23-year career with our organization. Laura is a friend and trusted colleague who provided exceptional counsel. She was not afraid to challenge ideas and push us to achieve more. Working with Laura has been one of my

career's most enjoyable experiences. I want to thank Laura for her dedication and leadership. I will miss working with her each day.

There is certainly a lot to be thankful for - the residents and families who place their trust in us and our *Great People* who take pride in creating exceptional experiences and live our values.

I hope you all have many things to be grateful for as well.

Enjoy this issue and the beautiful Fall season.

Jason  
**President**

## Culinary Corner

### Cake

6 tbsp + 1 tsp Shortening  
180 ml Molasses  
100 ml Brown Sugar  
160 ml Hot Water  
1 tsp Baking Soda  
1 Large Egg  
550 ml Flour  
1 tsp Cinnamon  
¼ tsp Salt  
1 tsp Ginger, Ground  
½ tsp Nutmeg

### Butterscotch

Caramel Sauce  
160 ml White Sugar  
2 tbsp + 1 tsp Water  
130 ml Cream, 35%  
1 tsp Butter

### Butterscotch icing

3 tbsp + 1 tsp Butter  
320 ml Icing Sugar  
2 tsp Water  
1 tsp Cinnamon  
1 tsp Vanilla

## Butterscotch Gingerbread Cupcakes

Created by: Henry Brown, Corporate Chef, NS

*Soothing memories of fall with a sweet, decadent filling*

### Method

1. Pre heat oven to 350F and put liners in muffin tins.
2. Cream shortening, add molasses and brown sugar until light and fluffy. Mix in egg and baking soda until well incorporated. Add dry ingredients and mix well.
3. Divide batter evenly between muffin liners and bake for 18 minutes. Test with toothpick to make sure batter is cooked through.
4. Butterscotch: Place sugar and water in heavy bottom pot on medium heat. Once sugar has melted (do not stir beyond this point) turn temperature to medium high and continue cooking until mixture turns golden brown. Watch sides of pot to stop sugar crystals from forming. Carefully remove hot syrup from the heat, slowly add in the butter. Let the butter melt in. Once butter has fully melted, add in the cream. After butter and cream have been added, slowly mix to combine. Place pot back on medium heat for 10 minutes to reduce slightly. Remove from heat and cool.
5. Poke a hole in each cupcake about 1 inch deep, and large enough to hold one tablespoon of butterscotch. Pour a tablespoon of butterscotch into each cupcake.
6. Icing: Cream butter until light and fluffy then add in vanilla and water. Mix until well incorporated. Add in sugar and cinnamon and beat for 5 minutes.
7. With a piping bag pipe top of each cupcake with icing. Drizzle leftover butterscotch on top.



## Parkland + Teleflora



Looking to celebrate that special someone in your life? Parkland residents, families and team members can now receive a discount of 15% when ordering flowers through Teleflora!



## Celebrating Grandparents Day Parkland at the Lakes

We love celebrating the special role grandparents play in the lives of their grandchildren and great-grandchildren. Parkland at the Lakes, NS, held a resident and family social on September 13<sup>th</sup> to honour the shared bond between grandparents and their loved ones.



Bona Lilley with her granddaughter Ashley, and Mark Sellon, with great-granddaughter Abigail



Norma Cosman with her daughter, Cindy MacDonald

## CLINICAL CORNER

### Respiratory Illness Season

Respiratory illness season is here. Having healthy habits can keep you and your family safe from unwanted colds.

- The best way to reduce seasonal illnesses is to get vaccinated
- Avoid close contact with sick people
- Stay home when you are sick
- Cover your mouth and nose when coughing and sneezing
- Clean your hands often and well
- Avoid touching your eyes, nose or mouth
- Practice healthy cleaning habits, sanitize high touch surfaces regularly
- Get plenty of sleep

### National Tree Day

In celebration of Nation Tree Day, September 20<sup>th</sup>, our Green Teams mobilized to plant trees and celebrate our commitment to protecting and maintaining the environment.



Parkland on Eglinton West, ON, residents Beth Smith and Dawn MacDonald with Recreation Coordinator Emilie Grigoli, Recreation Manager Jessica Caserta and Sustainability Manager Anna Volc

# National Day for Truth and Reconciliation

National Day for Truth and Reconciliation honours and remember the thousands of indigenous children who never returned home from residential schools and those who survived them. The day commemorates the tragic and painful history and ongoing impacts of residential schools and is vital to the reconciliation process. Also marked on September 30<sup>th</sup> is Orange Shirt Day. Orange Shirt Day raises awareness of the inter-generational impact of residential schools on individuals, families and communities.

Shannex commemorated the National Day for Truth and Reconciliation with our team members and community members observing the day by wearing orange.

In addition, Parkland on the River and Bridgeview Hall in New Brunswick stood in solidarity with Chief George Ginnish of Natoaganeg First Nation and the Natoaganeg First Nations community to acknowledge a dark chapter in Canada's history.

At Neill Hall, NB, residents and team members held a ceremony to reflect on New Brunswick's residential school history. At this ceremony, a land acknowledgment plaque was unveiled. The plaque bears the Wolastoqewiyik Nation flag, used by all the Wolastoqewiyik Nation. It is respected as a symbol of unity, incorporating many culturally significant elements.

Through recognizing National Truth and Reconciliation Day, we step towards understanding, empathy, and justice.



*Standing: Tracy Simpson, Shelly Hinton, Roda Elliott, Sue Geldart, Amanda Adshade  
Sitting : Karen Lomond, Kelly Fraser, Young Ah Gil  
Debert Court, NS*



*Amanda Quinn, Health Service Manager at Bridgeview Hall, NB and Anna Pagkalinawan, Support Service Manager, Parkland on the River, NB*



*Patsy Paul, residential school survivor and resident of Neill Hall, NB, holds the land acknowledgement*

# The Joan Craig Bursary

## Parkland at the Gardens

Joan Craig is an inspiring figure. Founder of Autism Nova Scotia, she has dedicated her life to helping families facing the challenges of raising children living with neurodiversity. Now a Parkland at the Gardens, NS, resident, Joan continues to be a driving force for positive change and has recently launched the Joan Craig Bursary.

“It’s been policy of mine to help the Parkland staff further their education and achieve their dreams. It’s a habit,” said Joan.

Joan's bursary is unique because it has only one requirement: a genuine desire to better your life and achieve your aspirations. Just in its inaugural year, the bursary has already positively impacted the lives of the *Great People* at Parkland at the Gardens.

### Meet the 2023 Joan Craig Bursary Recipients:

#### Daniela Cavero

A personal support worker at Parkland at the Gardens, Daniela Cavero is pursuing her Licensed Practical Nursing Diploma at Nova Scotia Community College. The Joan Craig Bursary will support Daniela in her educational journey.

#### Mandy Wingert

Chef Mandy Wingert has been an integral part of the Parkland at the Gardens team for 10 years. With the help of the Joan Craig Bursary, Mandy is now studying for the prestigious Certified Chef du Cuisine designation at the Northern Alberta Institute of Technology. See her story on Page 13.

#### Mary Jane Gonzalvo

Mary Jane’s journey towards self-discovery and professional growth started while in her role as a concierge at Parkland at the Gardens. With the support of the Joan Craig Bursary, she’ll be able to complete her Master’s in Engineering in Internetworking at Dalhousie University.

#### Alex Gibson

Alex Gibson is a server at La Vie Bistro at Parkland at the Gardens. Through the support of the Joan Craig Bursary, he’ll enter his third year of Commerce at Saint Mary’s University.



Parkland at the Gardens, NS, General Manager Jodi Bartlett, Daniela Cavero, Mandy Wingert, Mary Jane Gonzalvo, Alex Gibson, and Joan Craig



## Meet you on Main Street

We believe that true community thrives when people feel connected and supported by those around them. That's why the design of most of our new long term care communities has evolved to feature Main Street, a safe environment where residents can maintain independence, restore youthful memories and enjoy socialization and a sense of community.

Residents can experience spiritual connection, chat with neighbours and friends at the café, enjoy movie nights in the theatre, and connect with team members at the Town Hall. Our nursing homes in Fredericton, Moncton, Miramichi and Saint John, New Brunswick all feature the Main Street concept.

See you on Main Street!

Scan to continue reading »



## Notre concept innovant de rue principale

Nous pensons qu'une véritable communauté s'épanouit lorsque les gens se sentent liés et soutenus par ceux qui les entourent. C'est pourquoi la conception de la plupart de nos nouvelles communautés de soins de longue durée a évolué pour inclure une rue principale, un environnement sûr où les personnes résidentes peuvent maintenir leur indépendance, restaurer des souvenirs de jeunesse, socialiser et profiter d'un sens de la communauté.

Les personnes résidentes peuvent faire l'expérience d'un lien spirituel, discuter avec leurs voisins et amis au café, profiter des soirées cinéma au théâtre et communiquer avec les membres de l'équipe à la mairie. Nos foyers de soins de Fredericton, Moncton, Miramichi et Saint John sont tous dotés du concept de la rue principale.

Bienvenue dans notre communauté de la rue principale.



« Veuillez numériser pour continuer la lecture



## Meet Nouha Bouchiba

### Collaborative Learning Centre on Aging

Nouha moved to Canada from Tunisia in 2020. She is trilingual, holds a doctorate in electrical engineering and will soon be completing a second doctorate at the Université de Moncton. As the new Liaison Officer for the Collaborative Learning Centre on Aging (CLCA) at Faubourg du Mascaret, Nouha manages and coordinates all projects, classroom requests, student internship applications, visits and information sessions. What she enjoys most in her role is managing projects, especially research projects, which benefit the residents. Nouha has ten years of experience in university teaching. She is currently a Teaching Assistant and Laboratory Assistant in engineering at Université de Moncton. While she enjoys working with students, she also loves spending time with her family.



*On vous présente Nouha Bouchiba  
Centre collaboratif d'apprentissage  
sur le vieillissement*

## On vous présente Nouha Bouchiba

Je vous présente Nouha Bouchiba. Originaire de la Tunisie, Nouha est trilingue et vit au Canada depuis 2020. Elle détient un doctorat en génie électrique et terminera prochainement un deuxième doctorat à l'Université de Moncton. En tant que nouvelle agente de liaison du Centre collaboratif d'apprentissage sur le vieillissement (CCAV) au Faubourg du Mascaret, Nouha gère et coordonne tous les projets, les demandes d'utilisation des salles de classe, les demandes de stage étudiant, les visites et les sessions d'information liées au CCAV au Faubourg du Mascaret. Ce qu'elle aime le plus dans son rôle c'est la gestion de projets, surtout ceux de recherche car ils bénéficient les personnes résidentes. Nouha possède une dizaine d'années d'expérience en enseignement universitaire. Elle est d'ailleurs assistante de cours et chargée de laboratoire dans le domaine l'ingénierie à l'Université de Moncton. Bien qu'elle aime travailler avec les étudiants, elle adore surtout passer du temps avec sa famille.



## Caring with Charisma

### Care at Home

Jessica Smith is the new Client Services Manager for Care at Home. She has worked in healthcare for 21 years, spending most of this time in geriatrics. She started in Duncan, Oklahoma and continued this work until graduating as an LPN in 2006. In 2008, Jessica moved to Nova Scotia.

Before becoming the Client Services Manager for Care at Home, Jessica worked at Caritas Residence in Halifax, NS, as a Client Services Coordinator and Interim Client Services Manager.

"I love being a nurse and caring for those around me," Jessica said. "In my new role, I care for residents in many communities and help build individualized care plans that meet each resident's specific needs."

Jessica is excited to continue to learn and grow in her new role as Care at Home evolves. Care at Home is an integral part of the Shannex continuum of care. It supports residents' independence while ensuring they receive the care and services they need to live well.



*Reefat Talukder, Bojana Radosavljevic, Sonia Libenstein and Jessica Caserta at the Legacy Memorial*

## First Annual Legacy Memorial Parkland on Eglinton West

Residents, families and team members of Parkland on Eglinton West, ON, gathered on July 21<sup>st</sup> to honour residents who have passed away. This first annual Legacy Memorial was created to unite the community and celebrate the lives of former residents.

Jovana Bailey, General Manager at Parkland on Eglinton West, thought of the idea when she was the community's Director of Care. Jovana is passionate about creating beautiful end-of-life experiences.

During the ceremony, guests shared memories about their loved ones before roses were gathered and placed into a community vase and beautiful white doves were released.

## Great People Doing Great Things: Tammy Costain Embassy Hall

Tammy Costain really loves her job. As a Personal Support Worker at Embassy Hall in Quispamsis, NB, she provides residents quality care daily, but in her own words, Tammy believes it is also her job to make every resident feel special.

"My day-to-day is a lot of fun! I greet residents in the morning singing and starting the day off on a positive note, and I bring the same positivity when saying good night. I love making them feel special," Tammy shared.

When she's not with her residents, Tammy is an avid cyclist. To celebrate her 50<sup>th</sup> birthday, she embarked on a 642-kilometre ride across New Brunswick to fundraise for The Moncton Hospital's Dr. Sheldon H. Rubin Oncology Clinic and the oncology inpatient unit.

In addition to raising \$1,200 (and counting) for the hospital, Costain also made lasting friendships and added to her bank of stories to tell residents.

"Hearing stories and life experiences makes my job even better," she said. "I love being able to share mine, and now I have a few more."



## Meet the Centenarians

### Joyce James, 104 years old, Losier Hall, NB

Joyce went to business school and spent her career working in a dentist's office. She loves being busy doing crafts, knitting for the maturity floor at the hospital and loves singing.

When asked Joyce what it feels like to be 100, she said, "I feel no different. I may be slowing down a bit, but I don't notice it!"

She believes a big part of aging well comes from exercising and diet.

"The thing with exercise is it can't be sporadic. It has to be part of your lifestyle. Set a time to do it and make it part of your routine."



Joyce James and her birthday balloons



Phyllis and her three children Lynn, John and Janice

### Phyllis Beaman, 100 years old, Parkland at the Lakes, NS

Phyllis Beaman, a resident of Parkland at the Lakes, NS, turned 100 on July 22<sup>nd</sup>.

Phyllis says she's had a wonderful life. She was raised in the country and became a nurse - her husband was an RCMP officer. After retirement, they enjoyed travelling across Canada and the US in their trailer, visiting children in Chicago and Whitehorse.

"I don't feel any different being 100," says Phyllis, "I still live independently, participate in exercise classes regularly and enjoy concerts here at Parkland."

Phyllis joins a Lady's Coffee group every Thursday. All the ladies bring their own mugs with a story to tell. After Phyllis's recent birthday, she was gifted a new mug from her grandson with the quote, "I am not 100. I'm 18, with 82 years of experience."

### Grace Sproule, 100 years old, Thomas Hall, NB

Grace Sproule a resident at Thomas Hall, NB, enjoyed her 100<sup>th</sup> Birthday Barbie Bash. The day was celebrated with lots of pink and cake!

Grace has touched many lives with her carefree demeanour and witty personality. When asked how she felt turning 100, she said, "It was quite an accomplishment."

She grew up with five siblings, is a mother of four, is a great-grandmother to three and is a devoted wife. Grace has always been family-oriented and says simple things bring her the most pleasure.



Laura Baxter, Grace Sproule and Caroline McLaughlin



## An Arborstone Love Story



On any given day, you'll find a long list of activities underway at Arborstone Enhanced Care in Halifax, NS, but on Friday, July 21<sup>st</sup>, there was only one event everyone was looking forward to: Darlene and Joey's wedding.

Darlene says she wasn't looking for love when she moved into the Arborstone in 2013. Twice married before, she was settling into her new home and adjusting to living with a disability after a stroke. When Joey moved in a few years later, the pair fell into an easy friendship, and 12 months after that, they were inseparable.

"He's my smile in the morning and my smile at night," Darlene shared.

"First thing I do – as soon as I get up in the morning is give Darlene a kiss. Then I get my things together," Joey said, echoing her sentiment.

On their wedding day, the community was a hive of activity.

"This is our residents' home – it's their neighbourhood, their community. It's where they create memories and lasting friendships," said General Manager Michelle Clark. "It's important that we create a safe space for them to live well."

There were few dry eyes when the bride glided down the aisle in a wedding dress donated by Michelle while Music Therapist Erik Skinner sang the bride's favourite song, "Keeper of the Stars."

Aborstone Hospitality Manager Derek Botma was Joey's best man, while Sasha Brooks and Kayleena Willis, Darlene's favourite Continuing Care Assistants, were her attendants.

"I was the maid of honour, and I took it very seriously," Sasha said.

Later, Erik sang a duet with Community Manager Gabby Gaspar as Darlene and Joey began their life together as husband and wife.



**"We're really happy here at Arborstone. They treat us so well; we're all a family,"**

**"And now, we're looking forward to just spending the rest of our lives together."**



**Editor's note:** Much consideration and care went into Joey and Darlene's special day. While not mentioned in the story, there were many other Arborstone team members and residents who played a direct role in the wedding, including Katie Jessome, the officiant; resident Terri R, poem reader; Erin Davison, wedding cake; and Dawn Priest, Adrienne Butler and Selena Parent who prepared and served refreshments.



## Meals from Memories Parkland at the Gardens

Mandy Wingert's journey in the culinary arts has been nothing short of extraordinary. With decades of experience, she found her place as a Pastry Chef at Parkland at the Gardens in Halifax, NS. Ten years on, Mandy is now a Sous Chef who creates culinary delights catering to residents' unique needs.

Food and nutrition play a role in the overall health of residents, but meals are also directly linked to memories. Chef Mandy takes the time to prepare meals that remind residents of home.

"I love hearing, 'That was the hug from my grandmother that I really needed,' or, 'I remember my mother used to make this. Thank you for bringing that back.'"

She continued, "We regularly bake fresh bread to fill our communities with a familiar smell in hopes that we can tap into memories of time spent in their homes or kitchens."



Earlier this year, we introduced Venngo WorkPerks as part of our Great Rewards for Great People program. This online perk platform discounts thousands of retailers across Canada. Since its introduction in March, team members have saved an estimated **\$187,465**. There are over 12,000 unique vendors and discounts available in person or online.

Lisa Tracz, General Manager of Parkland on the Glen, ON, had a great experience using her Venngo Workperks account.

"I signed up for the Venngo WorkPerks app and noticed a promotion for tickets to Hamilton at the Princess of Wales Theatre in Toronto. The promotion saved me approximately \$50 per ticket for my daughter Sarah and me."

Every Shannex team member has access to the program, including the ability to add up to five of their family members. Activate your account today using the QR code.



Sarah Tracz and Lisa Tracz at Hamilton



« Scan to activate your account

## Lovers' Lane Parkland West Bedford

When Joan and Floyd bumped into each other in the hallway at Parkland West Bedford, NS, little did they know it would be the beginning of their love story. Shortly after that, their friends dubbed the hallway Lovers' Lane.

"One night, after a few laughs, I jokingly proposed to Lloyd," said Joan. "And two years later Lloyd returned the proposal. I said yes."

Joan and Lloyd married on September 14<sup>th</sup>, 2023. Following the wedding, the Pemberley community invited all the residents to join in on the celebrations.

"We are grateful to have so many loving family members and good friends," said Joan.



## Embracing Autumn: Renew your Dedication to Wellbeing

Transitioning from the carefree days of summer to the more structured routines of fall can be a welcome challenge.

Wellness permeates every aspect of our lives, encompassing physical, psychological, social and community dimensions. Begin to prioritize your wellness journey through:

- **Choosing nutrient-rich food choices**
- **Staying hydrated**
- **Becoming more active**
- **Using positive self-talk**
- **Getting a good night's sleep**
- **Making time for family and friends**

## Shannex Enhanced Care Celebrates at Nursing Homes of Nova Scotia Association Award's Gala

Representatives from nursing homes across Nova Scotia gathered in October to celebrate collaboration, community, and achievement across the sector at the second annual Nursing Homes of Nova Scotia Association Long Term Care Awards of Excellence gala.

Several members of the Shannex Enhanced Care team were nominated for awards, including Michelle Clark, General Manager of Arborstone Enhanced Care, and the collective Arborstone community for their role in hosting a wedding (see Page 11-12).

As a corporate sponsor, Shannex's Vice President of Enhanced Care, Nova Scotia, Dana Power, presented the *Better Together Award* to Chantal Beaulieu of Oakwood Manor.

"It was a beautiful night to honour colleagues who are dedicated to making lives better for seniors living in long term care," said Dana.



Vice President of Enhanced Care, Nova Scotia, Dana Power, with the Better Together Award winner Chantal Beaulieu of Oakwood Manor



Mary Ann Castaneda, Ariane Galan,  
Susanna Joseph

## Enhancing Technology in Enhanced Care

Having access to the latest technology makes it easier for our team members to do their jobs well. As more communication, healthcare, pharmacy and family engagement tools moved online, it became clear that relying on visits to the nursing station to use a desktop computer was becoming a service barrier for enhanced care communities.

"Team members told us that better access to computers would make their work easier and give them more time to focus on resident care," said Dana Power, Vice President of Enhanced Care, Nova Scotia.

As a result, mobile workstations were added to each resident neighbourhood.

"The team here is so excited about the workstations - they can't wait for a few more," said RoseLynn Demeter, the Clinical Support Lead at Arborstone Enhanced Care in Halifax, NS.

Dana says innovative initiatives like this one are often the result of direct feedback from care teams. "By listening to our *Great People*, we can continue to provide quality, safe care to our residents."

## Shannex™ Learning & Development

Team members from Parkland Cape Breton and Harbourstone Enhanced Care, both in Sydney, NS, were joined by the Learning and Development team and Kelley Hiltz-Cameron, Director, People and Culture, to learn about the five Lead Blue courses;

- Working with Others
- The Self-Aware Leader
- Conflict Management
- Time Management
- Critical Thinking and Problem Solving

Lead Blue creates opportunities for networking while learning and applying new skills in a safe environment.

## Lead Blue Learning Parkland Cape Breton and Harbourstone Enhanced Care



Team members in training: Wayne Jenkins, Ron MacNeil, Justine Newman, Marc Munroe, Marc Katryk, Shealene Barrett, Mairibeth Reilly, Ellen Bryden, Joanne Gillis, Jody Roberts, John MacDonald



## Nursing Home Without Walls Shannex New Brunswick



Clarence Tucker, Ruth Gouchie, Dianne Ramsay, and Thelma Sobey on Main Street, Losier Hall, NB

Shannex New Brunswick nursing homes, Embassy Hall, Cohen Hall, Tucker Hall, and Losier Hall, are opening their doors to older adults in the community as part of Nursing Homes Without Walls. This program will include the addition of a Senior Navigator role at these homes. These navigators will help provide access to support services and social health activities for seniors in the community while they continue to live at home.

Launched in 2019, the Nursing Home Without Walls (NHWW) initiative helps older adults to age in place by accessing supports and services at local nursing homes. NHWW was developed by the Research Centre on Aging at the Université de Moncton, in partnership with Healthcare Excellence Canada.

We look forward to offering services and opening our nursing homes to more seniors in the community.

## We Caught You Being Great!

October is Continuing Care Month in Nova Scotia. To recognize our CCAs we dedicated this month's Caught You Being Greats to CCAs working in our Nova Scotia long term care communities.

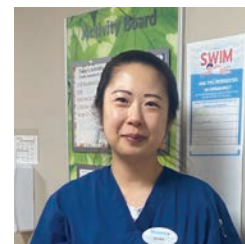
### Sherry Lynn Thompson, Continuing Care Assistant - Maplestone Enhanced Care

A caring, compassionate resident advocate, Sherry Lynn has dedicated the past nine years to working at Maplestone Enhanced Care. She mentors new co-workers and welcomes them enthusiastically to the team. Thank you, Sherry Lynn, for your dedication to the residents and team members!



### Bora Nam, Continuing Care Assistant - Arborstone Enhanced Care

Bora started at Arborstone as a student. She enjoyed her time so much that she applied to be a Continuing Care Assistant. Bora is respected by her team and is always willing to help. Her compassionate approach has been vital in building trusted relationships. Bora hopes to pursue her nursing degree one day, and we all look forward to supporting and cheering her on.



### Continuing Care Assistants - Parkstone Enhanced Care

Parkstone Enhanced Care CCA's Cassie Sponagle, Melissa D'Arcy, Teah Masters, Becca Chenell and Hollie Mazerall are part of our team of *Great People*. The team members care deeply about the residents and go above and beyond every day. This special team worked together in the Spring to organize Parkstone prom, a night that holds many great memories for residents and team members. This fantastic team brings passionate energy to their roles, which creates a supportive and dynamic community.



## YMCA Partnership Parkland in the Valley

We are proud to partner with the YMCA of Greater Saint John to open a new childcare centre as part of our Parkland in the Valley community.

This exciting partnership will provide much-needed childcare options and opportunities for new intergenerational programming.

Details are being finalized, and more information will be shared in the coming weeks.



*Liam is helping resident Florence with a puzzle*

## Hitting the Green

In September, our incredible team of General Managers came together to support the 14<sup>th</sup> Annual Ruth Goldbloom Golf Tournament to raise money for the Kids Help Phone.



*Chloe Henderson, Jennifer Shannon, Alie Herbert, Bree-Lynn Penny and Victoria Roberts, and Jennie Lutz-Burns*

## Community Connections Parkland Cape Breton

Pricilla Kennedy, a resident of Parkland Cape Breton, NS, wanted to help fellow Capers. She started collecting clothing from other residents and shared flyers to encourage as many donations as possible for local shelters.

The response was tremendous, as other residents were thrilled to give back to the community they call home.

"Good things can happen when we each do a little," Pricilla shared.



*Pricilla with her collected donations*

## Thank You Laura!

On September 29<sup>th</sup>, Shannex team members celebrated the remarkable career of Vice President of Finance, Laura Scott. Over the past two decades, Laura's dedication and financial stewardship were a driving force behind the organization's successes.

"The magnitude of Laura's contribution to Shannex over the years is immeasurable; she has helped guide us through significant change and growth," said Jason Shannon. "She always kept the interests of team members, residents and families at the top of her mind. She truly lived our company values."

Since joining Shannex in April 2000, Laura was instrumental in shaping Shannex's financial foundation.

"From 800 residents and a small team, to operations in three provinces, Laura believed in the potential of Shannex and helped shape it into one of Atlantic Canada's most reputable companies," Jason continued.

While Laura is retiring from her day-to-day role, she will continue to work with the Executive Committee of the ACL Board on financial governance.



President Jason Shannon and founder Joseph Shannon with Laura Scott during her retirement celebration at Shannex Home Office, NS



## Team Member Spotlight: Greg Heard

Meet Greg Heard, our new Vice President of Innovation and Technology. Greg brings over 24 years of experience in global and international experience in information, technology and computing to Shannex.

His expertise includes strategic negotiations, project management, risk assessments, privacy reviews, process improvements, capital planning, and leveraging technology to improve service operations.

Greg is dedicated to helping seniors live happier, healthier and safer lives through technological innovation.

## Grease is the Word! Parkland on the Glen

Chills were multiplying as residents and team members at Parkland on the Glen, ON, travelled back in time to the 1950s. Residents, team members and guests dusted off their saddle shoes, zipped up their poodle skirts and met at the sock hop for an old-fashioned good time. The day cumulated with a foot-stomping, handclapping, twist-and-shout dance party with a performance by Mississauga band, The Dreamboats! It was a night to remember!



Yatri Patel, Grace Miksa, Lisa Tracz

## Total Health: Workplace Wellness Month

October marked Workplace Wellness Month! This year's theme, "Total Health is Achievable" empowered team members to improve their physical, psychological, social and community wellbeing. Communities celebrated Workplace Wellness Month with colouring activities, sharing healthy recipes and participating in social wellbeing bingo.



Tanya Murray, Kim Byrne, Emily Killam, Angela Tariga



Melanie Tingley and Barbara Trenholm, CCA team members from Frederick Hall at Parkland Fredericton, NB

## Welcome to Parkland at the Common

Parkland at the Common, set to open in 2025, was the subject of an information session held on October 4<sup>th</sup> - with over 150 guests attending. The beautifully designed building will offer the entire continuum of Lifestyle Options. One attendee said, "I paid a deposit with a view to our future."

Jodi Bartlett, Sales Manager, New Developments said, "You could feel the excitement in the room; it was a huge success, and we are looking forward to the next session."



Kristina Comuzzi, Director of Sales and Jodi Bartlett, Sales Manager, New Developments, presenting at the Parkland at the Common information session.

# New Communities

## Gordon Hall and Ocean Hall Moncton

With the opening of Ocean Hall in September, and its companion community, Gordon Hall, which opened this past June, we've welcomed 120 new residents into long term care in New Brunswick. These new communities are connected by an indoor Main Street that promotes independence and a sense of community for residents and families. See Page 7 for more.



Minister Ernie Steeves, Minister Greg Turner, Mayor Dawn Arnold, Minister Kathy Bockus, Mrs. Laurise LeBlanc, Mr. Emery LeBlanc, Minister Sherry Wilson, Shannex Founder, Joseph Shannon, Shannex President, Jason Shannon. Backrow: Micheline Doucette, Lise Savoie, MLA Jacques LeBlanc

## Kiknu Eskasoni

Coming in 2024 to Eskissonqnik (Eskasoni) is Kiknu. Kiknu meaning "our home" in Mi'kmaq, will be Nova Scotia's first nursing home in a First Nations community. It will have 48 beds intended for Eskissonqnik's elders where they will continue to be surrounded by their own culture and traditions.



Alyssia Jeddore, Councillor Bertram "Muin" Bernard, Joseph Shannon, Jason Shannon and Councillor John Frank Toney

## Bedford Square Bedford South

On September 23<sup>rd</sup>, neighbours were invited to see what's blooming in Bedford Square. Bedford Square will bring a fresh and inviting energy to the area that will inspire social connection and living well as you age. Neighbours walked through site plans, enjoyed a fly-through video of the community and were treated to local refreshments.



Bedford Square information session at Home Office, NS

# Snapshots



*Eugene, Sarah (Miss Teen New Brunswick 2023) and Bella at Royal Court*

## A Visit from Miss Teen New Brunswick

Miss Teen New Brunswick, Sarah, works part-time as a dining room server and receptionist at Parkland Riverview, NB. It was a pleasure to have her in chatting with residents.



## Antique Car Show

Parkland Riverview, NB, residents Steve and Maureen, stand next to their favourite antique car during the car show in Miramichi, New Brunswick.



## Turkey Trot

Harbourstone Enhanced Care in Sydney hosted a “Turkey Trot” with Recreation Programmer, Taylor MacInnis. Taylor and his turkey visited each neighborhood telling turkey jokes, sharing Thanksgiving trivia, and stopping for photos.



*Clint Varner, Caroll Ann MacDonald, Anna O'Halloran, Mary Jesso and Muriel Bazinet*

## New Resident Social

Parkland at the Lakes, NS, celebrated new faces at their new resident social event.



## Smooth Jazz and Dancing

John and Helen Robinson from Parkland on the Glen, ON, enjoyed dancing to some smooth jazz music during the August concert series in Ontario.



## Carnival Fun

Resident Marilyn Groves and volunteer nursing students Desiree and Florence at Parkland Riverview, NB, enjoying the carnival fun.



*Laurine Bateman, Recreation Assistant, Amanda Quinn, Health Services Manager, Kelsey Gill, Dietician and Joanne Hardy, Recreation Manager*

### Harvest Meal

Bridgeview Hall, NB, enjoyed a harvest meal in September. Scarecrows served the meals while residents enjoyed the beautiful orange and yellow fall decorations.



*Front: Arianna Gumbs, Marguerite Sumeraj, Sophia Errazo, Teresa Coupland, Audrey Evans, Lee McNabb, Thuria Fakhouri, Nadia Wolfe. Back: DeJohn Francis, Jason Gawley*

### Take me out to the Ball Game!

Residents from Parkland on the Glen and Parkland Ajax in Ontario attended a Toronto Blue Jays baseball game.



### 55<sup>th</sup> Anniversary

Congratulations to Debert Court, NS, residents, Leo Macleod, and his wife Deena who celebrated 55 years of marriage. They have seven grandchildren and two great grandchildren.



*Mardi Bartlett, Catherine Richards, Roger Harley, Jean Duncan, Shirley Gamblin, Lyla Lawrence, Pat Billings, Esther Jones, Kaye Kierstead*

### Teacher Social

Parkland Fredericton, NB, held a teachers social for back to school!



### Summer Block Party

Parkland Clayton Park, NS, bid farewell to Summer with a traditional Block Party. Residents Doris and Helen danced to the tunes of Sandy Beaches, featuring the incredible talents of Alex Vaughan and their very own Chauffeur John Alphonse.



*Jennilyn, Lisa, Krista, Lynn, April, Tammy, Amanda and Mark*

### International Coffee Day

Summer Boost Box: Team members from Ryan Hall in Bridgewater, enjoyed a coffee and treat on International Coffee Day thanks to their summer BOOST Box.



# Medication Administration

## Benefits

**Did you know:** If you're living at any of our communities, medication administration is a service available to you. Speak with a member of your management team for more information.

- Certified team members have daily individual touchpoints with you where you can address any health status changes in a timely manner
- You are more likely to meet your health care goals
- You are less likely to need to go to the emergency room or be hospitalized due to taking medication incorrectly or not taking prescribed medications

**To sign up, or for more information,  
speak with the concierge.**

**Parkland**  
*Plus*