

Shannex™

WINTER 2024 | ISSUE 50

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Residents and team members from Parkland at the Lakes enjoying their PJ Party around the festive tree.

Editor's Note

Katherine VanBuskirk

Happy New Year!

Welcome to the 50th issue of Connections. Over the years, our team has lovingly created each edition and we feel privileged to share and celebrate extraordinary people and communities stories, including milestones, achievements, histories and special glimpses into everyday life at our Shannex, Parkland and Faubourg communities.

This issue is no different. It is filled with beautiful, shared experiences between our *Great People*, residents, loved ones and community. Each one speaks to the special bonds that make our communities special and help those who live and work with us stay active, engaged and celebrate the joy of life.

Read about intergenerational activities for seniors and youth on Page 6, catch a glimpse of how team members are staying safe while achieving great accomplishments on Page 14, and view how teams work together to support residents, making sure they can reach their personal goals such as the touching rehabilitation story on Page 18.

Enjoy these and many more stories in the following pages. As we embark on a new year, I hope it's filled with opportunities and new beginnings for you and your families.

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:

Resident Joyce Dineen, enjoying the Musical Melodies at Parkland West Bedford

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ENHANCED CARE

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CARE
AT HOME





Nova Scotia Minister of Seniors and Long-Term Care Barbara Adams with Parkland at the Gardens General Manager Danielle McCormick, President and CEO of the Mental Health Foundation of Nova Scotia Starr Cunningham, Parkland at the Gardens resident and philanthropist Maureen Banyard and Shannex President Jason Shannon.

President's Message

Jason Shannon

Hello everyone,

Leading up to the holiday season, I had the opportunity to visit several of our locations. Whether we're gathered to raise funds for the Mental Health Foundation of Nova Scotia, hosting a holiday carnival on Eglington West, or serving a warm lunchtime meal for children in Saint John, I'm honoured to be part of our communities and proud of how I see everyone live our values each day.

As we continue through our 36th year of operation, we're also nearing the end of the first year of our five-year strategic plan which provides clear direction and leadership to support our vision of *Leading the Way to Better Living*. I know we're on the right track, and this was demonstrated through the resident and family results of our annual Quality of Life survey. With more responses than ever before, we saw an overall improvement with more than 70 percent of responses being positive.

For us, 2024 will also be a season of growth, with a strong focus on creating additional long term care capacity in Nova Scotia and New Brunswick. I am proud of the trust our government partners have placed in us and am confident we will rise to the challenge.

This year, we will also make progress on a new and innovative partnership with Nova Scotia Health to provide services at their province's first Transitional Care Centre in West Bedford. By supporting patients in their recovery, outside of an acute care setting, we're not only creating more hospital capacity, but filling the gap between traditional healthcare and community care.

We are striving to be at the forefront of healthcare innovation, and this means, we're also increasing efforts to attract and keep healthcare talent. Mentorship, Work and Learn programs, educational partnerships and international recruitment missions all contribute to meeting the needs of our growing communities.

I hope you enjoy this issue of Connections and wish you good health and bright horizons for the new year ahead!

Jason
President



Culinary Corner

Peanut Butter Chocolate Fudge

Ingredient

5 cups - Chocolate chips
 100 ml - Margarine
 200 ml - Peanut Butter
 450 ml - Sweetened condensed milk

Method

1. Melt margarine (on low heat) in heavy bottomed pot then add in remaining ingredients.
2. Make sure all ingredients have melted.
3. Spray a loaf pan with a little non-stick spray.
4. Pour into the loaf pan, spread evenly.
5. Refrigerate overnight.
6. Cut and enjoy!

Christmas Lunch

Parkland Saint John

In the spirit of giving, the Parkland Saint John team prepared and served a special Christmas lunch to 350 children and staff members at Centennial School in Saint John, NB. The delicious turkey buffet with all the fixings was served by Parkland Saint John elves, including residents and team members.

Thank you to the team who made this festive lunch possible. A special thank you to Chef Terry who prepared the food and to Sous Chef Jeremy for being his right-hand man.



Centennial School children, staff, Parkland Saint John staff and residents enjoying Christmas lunch

Parkland at Bedford Square

Information Session

Bedford, NS

On November 16th and 30th, over 300 guests were introduced to Parkland at Bedford Square. Information sessions were held at Home Office, located across the street from the developing community. Guests learned about the amenities, continuum of lifestyle options, and the many exciting features that will be coming to the new space.



Kristina Comuzzi, Director of Sales and Jodi Bartlett, Sales Manager, New Developments, presenting at the Parkland at Bedford Square Information Session.

Meaningful Mentors

Colchester/Cumberland Region Enhanced Care

Recently, 16 continuing care assistants attended the newly rebooted CCA mentorship session held in the Colchester/Cumberland, NS, region by Education Coordinator Jayne Barnhill.

"I'm grateful for Jayne and all the team members who stepped forward to mentor our new staff and students," said Kyle Richardson, the Enhanced Care Regional Manager for the area.

Mentors at Shannex assist with the orientation of new employees and preceptor CCA students. Each Shannex Mentor received a new scrub top with Mentor embroidered on the side of the sleeve to recognize the great work they do every day!



Tina Lent, CCA



CCAs Chellcea O'Brien and Shelley Turner



CCAs Frances Riemersma, Donna MacDermid, Ashley Googoo, Sherry Rath



CLINICAL CORNER

Flu Season

By age 65 you're at a much higher risk for serious complications from the flu.

Flu symptoms appear one to four days after exposure to the virus. Usually, they include the sudden appearance of:

- fever
- cough
- muscle aches and pain

If you do get sick, stay home to help prevent the spread of the flu. Avoid close contact with other people until you feel well enough to get back to your usual day-to-day activities. Most people recover from the flu in seven to ten days.



President's Town Hall

Our second all-hands President's Town Hall took place on December 5th. The leadership team updated our *Great People* on several organizational initiatives like Quality of Life and Shannex Cares, and also discussed how we're working with governments in Nova Scotia and New Brunswick to meet their communities needs for more long-term care.

Shannex hosts Town Hall meetings quarterly to bring our teams across three provinces together to celebrate successes and share important updates.

watch here »



Through Shannex Cares, we are proud to partner with like-minded Elder Allies in our communities to influence positive change in the lives of seniors.

At the end of 2023, Shannex Cares awarded its Community Spirit Grants and Great People Give donations.

The Community Spirit Grant recipients receive funding of up to \$2,500 to support their organizations work to support seniors' wellness, active living, and social connections.

Congratulations to...

- Meals on Wheels Fredericton
- Moncton Lions Community Centre
- The YMCA of Greater Saint John
- The Stepping Stone Senior Centre in Fredericton
- The Lucasville Community Association
- The Portapique Market
- The Sackville Seniors Advisory Council
- Operation Kindness
- The Alzheimer Society of Durham Region

Great People Give is Shannex Care's community giving program, where our *Great People* nominate and vote for groups that are doing great work supporting seniors in the three provinces where we operate.

Congratulations...

- The Reserve Mines Seniors and Pensioners Club (Nova Scotia)
- The Salvation Army Community and Family Services (New Brunswick)
- Hospice Mississauga (Ontario)



Operation Kindness volunteers



Shannex Crowned 2023 Carbon Hero

In December, Shannex received the prestigious Carbon Hero Award at BOMA Nova Scotia's Annual Holiday Luncheon. The award was presented in recognition of our outstanding commitment to environmental stewardship and the reduction of greenhouse gas emissions. We are proud of this accolade which not only commends our efforts, but also recognizes our leadership work in the fight against climate change.

We believe that everyone has a role to play in protecting the environment and that sustainable actions are more impactful when done together. We are the first Canadian Seniors' Living Organization to receive ISO 50001 Certification and, in 2020, the organization implemented the Ecopilot® AI for HVAC software in seven communities. Based on the success of this work, Shannex will install the AI solution across 24 more buildings, an ambitious project that is projected to save 3,830,000 KWh – or the equivalent of powering nearly 350 homes for an entire year!



Kim MacDonald, Shannex VP of Property and Support Services accepts the 2023 Carbon Hero Award

An Intergenerational Partnership Parkland in the Valley

Shannex is excited to collaborate with the YMCA South Western New Brunswick to establish a new childcare centre at Parkland in the Valley in Quispamsis, NB.

Research has proven the benefits of intergenerational activities and how community ties strengthen physical and cognitive wellbeing amongst seniors. We can't wait to welcome children to this new space in early 2024.

This collaboration will also provide much-needed childcare options for our community, including our *Great People*, and create opportunities for residents to connect with kids.



Un partenariat intergénérationnel !

Shannex est fier de s'associer au YMCA South Western New Brunswick pour établir une nouvelle garderie sur notre campus Parkland in the Valley, à Quispamsis, au Nouveau-Brunswick.

Des recherches importantes ont démontré les avantages des activités intergénérationnelles et la façon dont elles peuvent aider à prévenir la diminution du bien-être physique et cognitif chez les personnes âgées. Nous avons hâte d'accueillir les enfants dans notre communauté au début de l'année 2024.

Cela permettra non seulement d'offrir des options de garde d'enfants dont notre communauté a grandement besoin, y compris notre "personnel exceptionnel", mais aussi de créer une foule d'occasions pour les personnes résidentes d'établir des liens avec les enfants. Restez à l'affût pour plus de détails !

Transitional Care Centre West Bedford

Shannex will provide health care services at Nova Scotia Health's new Transitional Care Centre in West Bedford, Nova Scotia.

The model of care offered at this centre is designed to provide enhanced short-term services for patients who have completed their acute hospital stay but need more support before returning to the community. This innovative program fills a gap in the continuum of health services available to Nova Scotians between hospital care and community. At the Transitional Care Centre, patients will partner in their care planning and work with clinicians, like occupational therapists and physiotherapists to prepare for their return home. Care and support will vary depending on individual care plans.

The Transitional Care Centre will provide services to clients in the Halifax Regional Municipality and West Hants region of Nova Scotia.



Transitional Care Centre, Hogan Court, West Bedford, NS

Whimsical Watercolours

Parkland Clayton Park

As you enter Gary Chamberlain's room at Parkland Clayton Park, you quickly see how his passion for art has created a space filled with bright colours and lifelong memories. Gary is an artist at heart. Over the years, he has collected many beautiful paintings, from watercolour to oil, and has an extensive collection of his work ranging from Christmas cards to framed florals.

Gary has been an artist for many years. He loves working with watercolours and has learned a variety of techniques that add precise details to his art. The wondrous watercolour paintings are created from his imagination and are hand-created, so no two paintings are alike.

With each stroke of the paintbrush, he has created a captivating work of art with a unique story. His talent and a keen eye for detail make his paintings breathtakingly beautiful.



Gary Chamberlain, resident at Parkland Clayton Park, Halifax, NS

Heroes Tribute

Shannex and Parkland Communities Honour Veterans

Remembrance Day ceremonies unfolded across various Shannex and Parkland locations in November with grateful, solemn reflection.

At Bridgeview Hall Enhanced Care in Miramichi, NB, five distinguished veterans, Joseph Arsenault, Leonard Pitre, Joseph Yvonne, Jack Murphy, and Joseph Richardson, were honoured with a peaceful ceremony.

Meanwhile, at Parkland at the Lakes, a retired Canadian Navy veteran, Owen Walton, shared his experiences with his neighbours and their guests.



Bridgeview Hall veterans: Joseph Arsenault, Leonard Pitre, Joseph Yvonne, Jack Murphy, and Joseph Richardson

Master Corporal James Greenlay and his daughter, CCA Hannah Greenlay, visited Geneva Blunston, a Royal Canadian Air Force veteran living at Thomas Hall, NB.

Parkland Saint John hosted a moving ceremony, with nine veterans attending, led by Royal Canadian Legion Lancaster Branch 69. The Falls Dining Room featured a touching photo slideshow featuring each veteran in their military uniform.



Geneva Blunston with the Greenlay family





Front row, from left: Premier Blaine Higgs; Joanne E. McLeod; and The Honourable Brenda Murphy. Back row, from left: J.W. Bud Bird; Catherine Akagi; Bernard Poirier; and Isabelle McKee-Allain.



Joanne E. McLeod, recipient of the Order of New Brunswick and Gordon McLeod

Order of New Brunswick Frederick Hall

Frederick Hall resident Joanne E. McLeod received the Order of New Brunswick in recognition of her lifelong dedication to improving conditions for people with paraplegia or other mobility impairments.

Known as the first person with paraplegia to graduate from the University of New Brunswick (UNB). It was there she received her first degree before graduating from the UNB Faculty of Law. After her law degree, she

joined the Department of Justice and, after three years, became the first woman appointed as Deputy Registrar of the New Brunswick Court of Appeal.

Thank you, Joanne, for championing the human rights for people with disabilities in New Brunswick and across Canada for over 60 years.

Congratulations on this well-deserved award!

Une personne résidente reçoit l'Ordre du Nouveau-Brunswick Frederick Hall

Joanne E. McLeod, résidente de Frederick Hall, a reçu l'Ordre du Nouveau-Brunswick en reconnaissance du dévouement dont elle a fait preuve tout au long de sa vie pour améliorer la condition de vie des personnes atteintes de paralysie ou d'autres handicaps physiques.

Connue comme la première personne paralysée à obtenir un diplôme de la University of New Brunswick (UNB), elle a obtenu un premier diplôme avant d'être

diplômée de la faculté de droit de l'UNB. Après avoir obtenu son diplôme de droit, elle a travaillé au ministère de la Justice et, trois ans plus tard, est devenue la première femme nommée greffière adjointe de la Cour d'appel du Nouveau-Brunswick.

Merci, Joanne, d'avoir défendu la qualité de vie des personnes handicapées au Nouveau-Brunswick et dans tout le Canada pendant plus de 60 ans.

Félicitations pour ce prix bien mérité !



A Lifetime Achievement Award Parkland at the Gardens

Dr. Swaminathan, 97, a Parkland at the Gardens, Nova Scotia resident, received a lifetime achievement award this past fall for being the longest-known living person of Tamil origin in Halifax. Congratulations on a long life well lived, Dr. Swaminathan!



Marion's Creative Crafting

Arborstone Enhanced Care

Marion Wright started crafting in 1970 and hasn't stopped. She loves creating art for her many grandchildren and great-grandchildren.

Marion worked as a hospital ward clerk and learned from one of the patients how to create plastic canvas creations.

"I learned from other people how to make my crafts, but I am now always trying to make them even better each time," said Marion.

Her room, where she spends endless hours crafting, is filled with many different pieces, from hats, mittens, ornaments and even baby toys. She often changes her crafts to match the season's special occasions, with her colourful crafts changing as each season arrives.

Her handiwork is in high demand at Arborstone Enhanced Care, NS, where residents and team members often request her beautiful work.



The Celebration of Diwali

Parkland Fredericton and Home Office

In November, team members and residents celebrated Diwali! Diwali, the Hindu festival of lights, is recognized in the Hindu, Sikhi and Jain faiths and is observed by cleaning and decorating your home with lights, and exchanging gifts and sharing sweets with neighbours.

"Diwali is incredibly special to me because it's when we adorn our homes with colourful lights and beautiful rangoli designs, eat good food, and eat lots of sweets and chocolates. Most importantly, it brings friends and families together," shared Simran Kaur Thind, Report Developer, Business Intelligence & Analytics.

"The warmth of family gatherings, the joy of exchanging gifts, and the lighting of diyas all around the house make Diwali a celebration that fills my heart with love and gratitude."



Sita Kuruganti, resident of Regent Hall and her daughter Usha Kuruganti, Parkland Fredericton, NB



Akhil Sebastian, Anjana Bastian, Birbala Singh, Anjana Rajeswari, Bhavika Pithadiya, Jason Shannon, Dipasha Sahni, Simran Kaur Thind, Sukhman Kaur, Kaushik Jadhav at Home Office, NS

We Care About Quality of Life

In October, we completed The Quality of Life (QOL) surveys and reached a new response record in our communities. We achieved an overall 70.82% positive response rating, a 3.83% increase over 2022.

The QOL survey evaluates how residents and families feel about their Parkland or Enhanced Care community and includes topics like social life, dining, and recreational activities. It's through reviewing the survey results that we make important improvements based on what matters most to residents and their loved ones.

Ensuring all our residents' and families' voices are heard requires much work at the site level, and this year's survey's success is thanks to Site Champions' encouragement. Thank you, Site Champions, for your support!



Cesar Barakat, Resident Experience Manager, Parkland Eglinton West, Provincial Site Champion Ontario



*Rachel Dent, Recreation Coordinator
Embassy Hall, Provincial Site
Champion Moncton*



*Angela MacAdam, Business
Manager/Workforce Coordinator, Parkland
Seton Campus-Caritas Residence, Provincial
Site Champion Nova Scotia*

Safe Workplaces = Safer Care

The Safe Transfer and Repositioning Program is a cornerstone of resident care and team member health and safety



In October, Shannex's Health, Wellness, and Safety team orchestrated a transformative education day.

Allied Health teams and clinical managers learned about the Safe Transfer and Positioning Program, enhancing skills that are crucial for compassionate care within our Shannex communities.

"We wanted this learning summit to reinforce that when we combine our best practices, technology, and trained team members, the magic happens and results in a safer environment for residents and staff," said Louise Trotter, Director of Health, Wellness and Safety.



[Learn more](#)



Celebration of Giving

Parkland at the Gardens



Shannex has been fostering a spirit of compassion and solidarity over the holiday season for many years through a partnership with The Mental Health Foundation of Nova Scotia.

In fact, Parkland at the Gardens resident Maureen Banyard, a passionate advocate for mental health, has organized numerous fundraisers to support the foundation's crucial work. Maureen and her fellow residents have opened their hearts and created a supportive environment encouraging open conversations about mental health.

The most recent event, "The Celebration of Wreaths," held on December 1st, raised over \$25,000 for The Mental Health Foundation of Nova Scotia. As part of this second annual event, residents and community members were invited to participate by donating a wreath or directly to the foundation. The hallway of Parkland at the Gardens and its bistro, La Vie, showcased the sponsored wreaths proudly.



President and CEO of the Mental Health Foundation of Nova Scotia, Starr Cunningham, with Parkland at the Gardens residents Emily and Maureen

Maureen's message resonates deeply with all communities: mental health affects everyone, regardless of age. Her passion is not only to raise funds but also to raise awareness about the prevalence of mental health issues among seniors. "We are all seniors, and we understand how it feels. We're all in this together." Maureen shared.

Chief Executive Officer and President of the Mental Health Foundation of Nova Scotia, Starr Cunningham, believes fostering connections, especially during the holiday season, is crucial. "It's a way to show people struggling with mental illness and addiction that you care. It's so critical to connect over the holidays because it's so important to let everyone know that they are not alone and there is support for them."

The funds raised will support Mental Health Foundation's ongoing efforts to provide essential care, resources, and support to individuals facing mental health challenges. From counselling services to community outreach programs, the foundation plays a pivotal role in Nova Scotia's mental health landscape.



Danielle McCormick, General Manager, Parkland at the Gardens and Heather Hanson, Vice President, Strategy and Brand, pose at La Vie Bistro before the Celebration of Wreaths



Parkland at the Gardens resident and philanthropist Maureen Banyard



Starr Cunningham and Shannex Chief Operating Officer Catherine MacPherson



Parkland at the Gardens' Lifestyle Consultant Victoria Roberts holding a wreath for auction

Powerful Poetry

Parkland Clayton Park

Beautiful poetry has bonded residents at Parkland Clayton Park. The Pondering Poetry Group gathers once a month to share their inspiring words. The group discusses each poem in detail, and shares their own interpretations of the meaning. Occasionally, members will share some of their own written poems, which is a delightful treat for all.

"I enjoy poetry and it's a pleasure to meet with friends once a month to share thoughts about our favorite poems and poets," said resident Bev Delorey. "It's a special joy to hear the poems written by others in our group."

Through the love of powerful poems, the group has created strong connections to their emotions and to each other.



Roger LeFrank, Lillian Appleby, Bev Delorey, John Cowans, Rosaleen Hubley

We Caught You Being Safe

This Winter, we are recognizing team members nominated for the "Caught You Being Safe" awards. These awards are dedicated to team members striving to make our communities and workplaces safer.

Kim Brown, Long Term Care Assistant, Elk Court, NS

Kim Brown has been with Elk Court since 2014. She started as a Support Service Attendant and moved into a Long Term Care Assistant role in 2023. Kim is a dedicated team member and continuously sanitizes surfaces to keep residents and team members safe. Elk Court appreciates Kim's hard work and commitment to safety and well-being.



Jessica Mananghaya, Registered Practical Nurse, Parkland on the Glen, ON

Jessica has been a nurse at Parkland on the Glen since 2012. She is a valuable team member and lives our Guiding Principles every day. She demonstrates her belief in our safety culture through her visible leadership. We are proud to have such a caring and dedicated team member.



Marie-Christine Roussel, Restorative Rehab Coordinator, Faubourg du Mascaret, NB

Marie-Christine does exceptional work with residents by bringing a positive attitude and high energy to all daily tasks. She brings a distinct purpose to our residents' daily mobility activities, and does it safely. Marie-Christine is reliable and always open to helping other team members.



Culinary Centre Reaches New Safety Goal

Shannex Culinary Centre

In October, the Nova Scotia Culinary Centre achieved 12 consecutive months of perfect Safety Profile Scores (SPS). The SPS measures safety performance within every Shannex, Parkland and Faubourg Community, and the Culinary Centre is the first division to achieve this 12-month accomplishment.

To have a perfect score, the team had to meet the following qualifications successfully:

- Eighty percent of staff have their mandatory safety training.
- Safety inspections must identify seven hazards, actions, or opportunities for improving safety.
- The Joint Occupational Health & Safety Committee (JOHSC) needs to have a minimum number of members, do their inspections, make a recommendation, and share a safety message.
- At least two monthly team members must be nominated for the Caught You Being Safe recognition.
- Safety communication must be posted and visible to the staff as per their right to know under occupational health legislation.
- There should be zero or very few team members off on Workers' Compensation Board claims, indicating less severe incidents and a best practice for return to work.

"Achieving this accomplishment wouldn't have been possible without the whole team actively involved and working safely. Congratulations to the team and to Katelyn Whittaker, Culinary Production Manager for making this happen."
Dana Schiefer, Shannex's Chief Culinary Officer.

This fast-paced kitchen environment delivers food to most of Shannex's long term care communities throughout Nova Scotia and New Brunswick. It produces roughly 5,000 meals daily and around 664,950 homemade cookies annually!



Paul Pothier, Production Cook



Jorde Boutilier and Kate Rankin, Bakers

Celtic Court Movie Night

Celtic Court



The team at Celtic Court in Sydney, NS, were treated to a night out at the movies to celebrate winning the Founder's Seal of Excellence award. They enjoyed a free movie and popcorn treat, and received personal congratulations from President Jason Shannon for their hard work and dedication.

The Founders Seal of Excellence is awarded to a community that shows exceptional strengths in Resident Wellbeing, Employee Experience, Service Excellence, Healthy Business and Environmental Sustainability. Celtic Court exemplifies each of those categories. Congratulations Celtic Court!



Dana Power, Vice President Operations, Nova Scotia Enhanced Care and Kyle Richardson, Regional Manager Enhanced Care, Director, First Nations Services.



Haley MacLeod, Staffing Coordinator and Samantha Byrne, Admin Coordinator

Great People Portal Launches!



The *Great People Portal* is a hub with tools and resources to support our *Great People* as they grow their career at Shannex.

Visit the portal to access the tools and resources you need, such as:

- **Compensation:** Gain insights into your compensation details through the *Great People Portal*, where you will find quick links to payroll tools like QSS and Kronos.
- **Benefits:** Stay informed about the many benefits and perks available to you and your family.
- **Learning and Development:** Explore learning and development opportunities tailored to your professional advancement and fostering a culture of improvement.
- **Performance and Recognition:** Discover and participate in rewards and recognition programs that celebrate your contributions, fostering a culture of appreciation.
- **Work Life:** Achieve a better work-life balance with resources and tools aimed at supporting your overall wellbeing.

Contact GreatIdeas@Shannex.com for more information.



Team Member Spotlight: Eric MacRae

Home Office



As General Counsel, Eric provides strategic legal and business advice to Shannex's management team. Eric is responsible for legal operations and risk management throughout Shannex, including overseeing the health, wellness, and safety teams.

Eric has extensive experience in private practice and as in-house counsel, advising on corporate transactions, financing arrangements, complex commercial agreements, business disputes, and general corporate and commercial matters. He began his legal career with Atlantic Canada's largest regional law firm, and immediately before joining Shannex, he was Senior Counsel at a publicly traded energy and services company.

Eric holds a Bachelor of Commerce and Certificate in Human Resource Management from Saint Mary's University, a Bachelor of Law from the University of New Brunswick, and a Master's in Law and Finance from the University of Oxford.

When not at work, Eric can be found playing hockey, skiing or enjoying the great outdoors with his wife and their two children. He also loves the Montreal Canadiens.

Melodies and Memories

Parkland West Bedford

The Parkland Harmony Wellness Program focuses on the key dimensions of personal well-being: social, intellectual, physical, vocational, spiritual and emotional.

Through a partnership with Joyful Sounds Music Studio and Kindermusik, Parkland West Bedford residents sang along to nostalgic melodies with toddlers and their parents as dance partners. Creating intergenerational activities and relationships is one of the ways the Harmony Wellness Program supports Parkland residents in living their best lives.



Residents at Parkland West Bedford enjoy musical company from Kindermusik children.

Planning your preventative health care schedule in 2024

Preventative care can help you stay healthier for longer.

Routine preventative care can help you stay well and can catch problems early, helping you live a longer, healthier life. The following are the most common preventative health screenings for adults:

- Breast, colorectal, cervical and prostate cancers are some of the most common cancers affecting adults, and early detection can stop them from spreading or becoming more serious.
- Screenings for blood pressure, cholesterol, and diabetes can help detect common metabolic conditions.

- Immunizations: We usually think of vaccines as something kids need, but adults need to stay on top of their vaccines. Adult immunizations include annual respiratory illness shots and boosters for vaccines like tetanus or the mumps you may have received as a child that have worn off.
- Counselling: Preventative counselling can help manage a chronic condition or support making healthier lifestyle choices, like quitting smoking.



Excelling in Leadership Program Learning and Development

In January 2023, 10 leaders from Shannex began the Excelling in Leadership Program, the highest level of the Lead Blue Leadership Development Program.

Completing Excelling in Leadership strengthens each participant's ability to work effectively in their present role and prepares them to take on increasing responsibility. Students work on projects that address real Shannex challenges and come up with innovative solutions that move the organization – and their careers – forward.

Specifically, Excelling in Leadership will develop high-potential leaders in four areas:

- Values-based leadership
- Self-management and self-awareness
- Strategic, creative and solution-orientated decision making
- Team and relationship management

In November, the learners completed their coursework and received their certificates! Congratulations!

A new cohort of students are embarking on this challenge for 2024, and we can't wait to see the results!

Vanessa Quigley, Gillian Hoyt Hallett, Ken Dewar, Allana Labban-Affonso, Ashley Umlah, Chole Henderson, Brianne Bampton, Gavin Slade, Elliot Kavanagh, Kyle Richardson



Triumph at Neill Hall

At Neill Hall, in Fredericton, NB, Licensed Practical Nurse, Morgan Lambert, teamed up with resident Dorothy MacKeracher to defy doctors' expectations. After daily exercises and support, Dorothy transformed hesitant steps into confident strides. Dorothy's triumph speaks to the kindred spirit of many of our residents and the incredible clinical team members.



Jerome Cruz, Morgan Lambert, Dorothy MacKeracher, Vickie Fulton(kneeling) Marjorie Taylor

Nia's Melody at Parkland on the Glen Bring Your Kid to Work Day

On "Take Our Kids to Work" Day, Nia White, daughter of Parkland on Glen's Workforce Coordinator Kimone White, joined their team of *Great People*.

Each month, this Parkland community visits the South Common Community Centre. Nia was the surprise guest for the November visit and serenaded the Credit Valley Seniors Group with a rendition of O Canada.

Her presence bridged generations and created a lasting memory.



Nia, daughter of Workforce Coordinator, Kimone White at Parkland on the Glen.



Green Energy

Shannex is approaching the one-year mark of being Canada's first seniors' living organization to achieve ISO 50001 certification. The management and maintenance teams have been instrumental in our journey to improve energy efficiency.

When team members and residents work together, we can take action that makes a difference in our communities.

Energy efficiency tips that you can take while staying warm over the winter:

- Ensure that windows are closed
- Turn lights off in empty rooms
- Use natural light and warmth from the sun during peak hours of the day
- Close blinds to reduce heat loss through windows in the evenings

Interested in making your community green? Reach out to your General Manager about joining your site's Green Team!



Meeting Community Needs New nursing homes announced for New Brunswick and Nova Scotia

In November, the New Brunswick and Nova Scotia governments shared that Shannex was the successful proponent to build new nursing homes in both provinces.

In New Brunswick, Shannex will build a 60-suite nursing home on the Station Yards development, connecting Ocean and Gordon halls through their innovative Main Street design. This nursing home is currently under construction.

In Nova Scotia, two new communities of 144-suites each were announced for Halifax, one adjacent to Caritas Residence and the other next to the current nursing home under construction in Bedford Square.

Building and operating these new communities supports both provinces in meeting the need for people who require long term care.



Ocean Hall and Gordon Hall / Ocean Hall et Gordon Hall

Répondre aux besoins de la communauté Des nouveaux foyers de soins au Nouveau-Brunswick et en Nouvelle-Écosse

En novembre, les gouvernements du Nouveau-Brunswick et de la Nouvelle-Écosse ont annoncé que Shannex était le promoteur de projet retenu pour la construction de nouveaux foyers de soins dans leurs provinces respectives.

Au Nouveau-Brunswick, Shannex construira un foyer de soins de 60 lits sur le campus Station Yards, se reliant à Ocean Hall et Gordon Hall grâce à leur concept innovateur de la rue principale. Ce foyer de soins est actuellement en construction.

En Nouvelle-Écosse, de nouvelles communautés ont été annoncées à Halifax, l'une adjacente à Caritas Residence et l'autre à côté du foyer de soins en construction à Bedford Square.

La construction et l'exploitation de ces nouvelles communautés aident les deux provinces à répondre aux besoins de la communauté en matière de places de soins de longue durée.

New Communities

Welcome home!

November 15th, 2023, was an exciting day for 28 memory care residents and their loved ones from Evan Hall at Parkland Clayton Park. Beginning shortly after breakfast, residents, and Evan Hall team members made the move to their new home in The Stratford at Parkland West Bedford. Thanks to a well-planned and coordinated effort, the move went smoothly, and everyone has settled well into their new home. The Stratford building at Parkland West Bedford is also home to London Hall, a new 20-suite licensed long term care community. First residents began arriving on December 8th, 2023.

The Evan Hall move made space to create 28 much-needed new provincially licensed long term care suites to support Nova Scotians who require this level of care. The former Evan Hall has now been renamed McNabs Court, a new neighbourhood that is part of Parkstone Enhanced Care. It welcomed its first residents on December 1st, a warm welcome home to all of our new residents!



Memory care residents at The Stratford enjoying their new space and Qi Gong/Tai Chi



Great Rewards
for Great People

Saving For Retirement

It's never too early to start saving and financially planning for retirement!

Shannex offers retirement savings programs for all team members who meet the minimum part-time eligibility requirement. Depending on your employee group, this may be a pension or group RRSP. When you enrol in the group RRSP or pension plan and contribute, Shannex also contributes to your account.

Contributing to an employer pension or retirement savings plan (RSP) has many advantages:

- The longer you invest, the more interest it can earn over time.
- Contributions are tax-free on your pay cheque; you pay tax when you withdraw the money during retirement.
- Group plans typically have lower fees for plan management, meaning more of your money stays in your account.
- Contributions to a retirement savings or pension plan reduce your taxable income, which may lower your overall taxation rate.

Shannex also provides Tax-Free Savings Accounts (TFSA) and Voluntary Retirement Savings Plans (RSP) in addition to its employer-matched programs. Also, contributions to an RRSP are eligible for the Canada Revenue Agency's First Time Home-Buyer or Life-long Learning Program. For more information, contact the Great Rewards team at

GreatRewards@shannex.com

Snapshots



Resident Sister Alice Mailman and Executive Chef Darrell Cooling

Sushi and Chopsticks

Executive Chef Darrell Cooling, from Caritas Residence, NS, held a sushi demonstration. Residents tried new foods and learned how to properly use chopsticks.



Hometown Hockey

Arborstone Enhanced Care, NS, residents and team members attended a Halifex Mooseheads Hockey game in late November. The excitement of the game kept them warm, along with their new Shannex tuques and mittens.



Birthday Bash!

Residents Ann Roberts and Brenda Phillips from Parkland Clayton Park, NS, celebrated their birthdays together! Ann turned 87 on November 11th and Brenda turned 95 on November 15th!



Terri Spooney, Wellness Coach, Elizabeth Pearce, Helen Gallant, Shelia Budge, Velma MacNeil, CSA, Nadine Oliver, General Manager

Care Boxes for our troops

Residents and team members from Parkland Cape Breton, NS, shipped out five care boxes for troops who spent the holidays in Latvia.



Kim Sharpe, Maddison Yerxa, Emma Mchatton, Julius Aninon, Stephen Guyette, Abubakar Mohammed Kaka, Victoria Beaudoin, Crystal Ormerod, Cristy Flores, Peter Anyah, Maricris Delgado, Peggy Henderson, and Harmeet Kaur

Work and Learn

Meet the first cohort of students for the Work and Learn Personal Support Worker program in Moncton, NB.



Ugly Sweater Day

Team members at Home Office celebrated the holidays with an ugly sweater day in December.



Residents Hilda Parker of Fergus Hall and Muriel Smith of Edinburgh Hall

A Nova Scotia Kitchen Party

There is nothing like a true Nova Scotia kitchen party! There were smiles for miles as residents from Parkland Truro, NS, enjoyed live entertainment, fish cakes and dancing.



Residents Tom and Emily Girwood

A big Yeehaw on Country Western Night!

The dance floor was alive with cowboy boots and hats during Country Western Night at Parkland Ajax, ON!



Mavis Flecknell and Diane Kearney residents from Tucker Hall, N.B. with students from Lakewood Heights

Sharing Songs and Stories

Lakewood Heights students and residents from Tucker Hall, NB, gathered to share stories and songs.



Brian Martin

Cruising around Pavillon Richard

Resident Brian Martin enjoying a ride around Pavillon Richard in Moncton, NB!



Dianne Vaughan, RN and Debbie Mattix, Maintenance Coordinator

Spreading Christmas Joy

Debert Court, NS, joined the Debert and Area Community Association Christmas Parade on December 10th. The team's float won the 2023 Christmas Spirit Award!



Lily Marcinek, Hazel Ainsworth, Rose Marcinek

Ring in the New Year

Happy New Year! Residents from Parkland on the Glen celebrating the excitement of the New Year in late December. Happy 2024!

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Healthcare, Hospitality
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