

CONNECTIONS



Living your best life at Faubourg du Mascaret



The Excellence Awards

P. 9



Filipino Heritage Month

P. 11-12



Parkland Clayton Park Chef Jesus Rodriguez with his wife, Chef Daniela Islas, holding a Mexican dish, Tres Leches.

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:

Yolande Johnson, resident at Pavillon Gallant is enjoying the view from her beautiful patio

Editor's Note

Katherine VanBuskirk

As we all enjoy longer days and the bright sunshine, we're excited to provide you with another reason to enjoy the season. In this edition, we're celebrating our vibrant and diverse communities. Through the celebration of PRIDE Month, Indigenous History Month, Filipino Heritage Month and Multiculturalism Day, we're continuing our learning journey and further deepening our commitment to creating communities where everyone is accepted and encouraged to be the truest version of themselves.

These pages are filled with stories of great accomplishments and festivities. We recognized our team members during a month-long *Great People Month* (page 5) and at our Excellence Awards (page 9). Some special residents marked their 100th birthday (page 19) and you'll learn how they are continuing to contribute to their communities. And you'll also read about some amazing volunteers who contribute to making our communities warm, welcoming and active (page 6).

Here's to a summer filled with warm weather and beautiful sunsets. I hope you enjoy reading these special stories and many more.

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ENHANCED CARE

Shannex
CARE
AT HOME



Jason Shannon receiving his 25 years of service pin and certificate from Founder Joseph Shannon at the Excellence Awards.



President's Message

Jason Shannon

Welcome to the summer edition of *Connections*. It's been a busy time in all of our communities over the past few months and I know our residents, families and team members are looking forward to warmer weather and fun events in the coming weeks.

Our second annual *Great People Month* took place in May. Participation this year was extraordinary with celebrations for Nursing Week and Safety Week, Caught You Being Great, Safe, and Green awards throughout the month, weekly contests and prizes, an all-hands Town Hall, and finally our annual Excellence Awards and a draw for free groceries for a year. Congratulations to this year's grand prize winner, Chiela Maun, from Gordon Hall!

Recently, I marked a personal milestone of 25 years working with Shannex. It has been my honour to serve alongside incredible colleagues and meet residents whose stories I will never forget. I now have the privilege of guiding our organization through a period of evolution as we build on a strong foundation of service and care to expand our focus toward the pursuit of lifelong wellness and creating conditions to support a long and healthy life.

The time is right to make investments in healthy aging and I'm proud that Shannex is leading the way with an investment of \$3.5 million in research through Dalhousie University, Mount Saint Vincent University and University of New Brunswick that will create living lab opportunities, access to data, and a true collaboration across the health sector to promote the best conditions for healthy aging. We look forward to keeping our partners updated on our progress and learnings throughout this exciting journey.

I hope you enjoy reading more about our work in this issue, and have a wonderful summer with family and friends.

Jason
President

Culinary Corner

Tarte au Citron (lemon tart)

Serves 6 people

Ingredients

1 pastry shell (650g)

4 lemons

9 eggs

375g caster sugar

300ml 35% cream

Icing sugar to serve at the end.

Method

The pastry base: Preheat the oven to 325°F.

Cut a circle of grease proof paper in the bottom of the pastry shell, fill it with dried beans and bake in the preheated oven for 10 minutes.

Remove from the oven, take out the beans and paper and keep the pastry shell at room temperature. Lower the oven temperature to 300°F.

The lemons: Wash, grate the zest and squeeze the lemons, reserving the zest and juice together.

The eggs: Break them into a bowl, add sugar and beat lightly with a wire whisk until the mixture is smooth and well blended.

The cream: Pour the cream onto the egg mixture and mix very lightly with a wire whisk. Stir in the lemon juice and zest, and then pour the filling onto the pastry case.

Cooking: Place immediately in the preheated oven and bake for 40 minutes. If the top of the tart becomes too brown before the end of the cooking time, cover with foil.

Cool completely and enjoy.



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**Learning &
Development**

Creating a Culture of Belonging

Learning and Development

Inclusion is all about the actions and behaviours that we take to create a culture in which team members, residents, family and friends feel trusted, valued, accepted and authentic.

We are committed to cultivating a workplace that reflects our diversity and the diversity of the communities in which we operate. Our Learning and Development team has created learning tools for team members to access to gain a deeper understanding of diversity and inclusion, such as Beyond Pride, DEIB Toolkits and Uncovering the Hidden Bias.

Recently we held an education session to learn about cultural safety in health care for Indigenous People.



Heather Sinclair, Beth Langille, Jane Yermolaieva, Kandra West-Pettigrew, Margot Latimer, Chelsea McMillen, Erin Davison, Sam Antonio, Julie Francis, Sarah Sampara, Nicole LeBlanc, Laura MacNeil, Jillian Mckenzie, learning about cultural safety in health care for Indigenous People



CLINICAL CORNER

Internationally Educated Nurses and Clinical Leadership Program

Great People are the cornerstone of who we are and everything that we do. At Shannex, we are committed to providing our team members with opportunities to grow their career and work with purpose everyday. We are excited to announce the launch of two programs in 2024 that will provide our nurses with the opportunity to enhance their clinical and leadership knowledge and skills.

On June 24, 2024, we welcomed the first cohort of Internationally Educated Nurses (IENs) to our Enhanced IEN Orientation Program. Over the course of six weeks, our new team members will participate in comprehensive classroom and simulation-based experiential learning to facilitate their transition into Licensed Practical Nurse (LPN) positions at Shannex. The program will prepare our team members to provide compassionate, honest, professional, and safe care to the aging adult population in our long-term care communities. Following completion of the program, we will continue to support team members with the development of individualized learning plans and mentor them while they work in our communities.

In September 2024, we are excited to launch our Clinical Leadership Program. Current and aspiring Clinical Leaders will have the opportunity to participate in a 12-month program with in-person sessions facilitated by members of the Shannex Leadership Team. Between sessions, team members will be provided the opportunity to apply new knowledge and skills to practice, and will be paired with a member of our Clinical Leadership Team, who will provide ongoing support and mentorship throughout and beyond the program.



Back to front: Robert De Vera, Maricel De Vera, Krisna Rica Padernal, Julivel Layno, Kelley Hiltz-Cameron, Lisa Othi, Prachi Tailor, Zyrell Bermeo, Cynthia Distor, Tracy Guiang, Sarah Cuerto, Jevi Tolentino, Trixia Lauro, Noel Acosta, Golda Corazon Sibulo, Mitchel Lumaque, Ashley Lostritto, Vanessa White, Colleen McKenna, Patricia Guy, Emmalyn Aguilar, Ron Garcia and Jason Shannon

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Health
Wellness
Safety

Self Care

As we move into the summer, it's a great time to show yourself some self-compassion. Self-compassion has three elements to it: mindfulness, kindness, and common humanity.

Mindfulness is our awareness of how we are doing. It's important to acknowledge that.

Kindness is our response to that awareness. Think about what you tell yourself.

Humanity is remembering that it's okay to be feeling the way we are. That shared human experience is what connects us and contributes to our sense of belonging.

Self-compassion is a source of strength and resilience, it increases our motivation and enhances our relationships.

Ways to practice and develop self-compassion:

- Listen to relaxing music, take a yoga class, hang out with a friend for an evening, or get a massage
- Get a full night of sleep. This is one of the most effective strategies for reducing physiological and emotional responses to stressors
- Practice meditation
- Journal three things you are grateful for each day, or write a letter of care and kindness to yourself
- Set personal boundaries

Great People Month

Great People Gather

The month of May is *Great People Month* at Shannex. It's a time when we proudly recognize our exceptional team members through a series of celebrations that align with our *Guiding Principles* of Safety, Compassion, Honesty and Professionalism. In addition to weekly celebrations and prize draws, we hold an all-hands President's Town Hall, our Excellence Awards ceremony and we award a grand prize for the month of groceries for a year.

An incredible organizing committee oversaw plans for the whole month which included organizing weekly draws and prizes from more than 10,000 entries, and our Culinary Centre team baked 6,000 cookies for every team member to enjoy on National Chocolate Chip Cookie Day.



Special congratulations to our grand prize winner of **Free Groceries for a Year**, Chiela Maun from Gordon Hall, N.B.!



Front left: Lindsay Reynolds, Deanna Brown, John Calder, Laura Holt, Jessica Grant and Rachel. Back Left: Kenneth Ocampo, Linda Yorke, Craig Taylor, Charlene Nelson, Warren Caranglan and Heather Brown, Northumberland Hall, N.S.



Sarah Hadley, Mark Agudo, Julie Doiron, Wilma Lynds, Letasha Berry, Loretta Higgins, Debert Court, N.S.



Jody Roberts, Business Manager/Workforce Coordinator and Terri Spooney, Recreation Coordinator/Wellness Coach at Parkland Cape Breton, N.S.

Volunteer Night Arborstone Enhanced Care

Arborstone Enhanced Care, in Halifax, N.S., honoured its volunteers with a night of celebration dedicated to their contributions. Attendees enjoyed a BBQ, sweet treats and door prizes. Each volunteer also received a heartfelt “thank you” certificate as a token of appreciation for their dedication to residents and team members. To the remarkable volunteers of Arborstone, your kindness shines brightly and we are truly thankful for each of you.



Heather Murphy, Theresa Belliveau, Denise Parrott, Joe Oxner, Mike Coughlan, Fred Schroder, Chris Oakley, Jim Stokes, Ross Gould, Emma Campbell, Kaci Whitenect, Katie-Taylor Flynn

Shining Volunteer Parkland at the Gardens



Ethan Ring

Ethan Ring, a dedicated and long-time volunteer at Parkland at the Gardens, in Halifax, N.S., has been a part of the community for many years. During National Volunteer Week, he was presented with a well-deserved certificate for his passion for enhancing residents’ lives. Ethan goes above and beyond for the residents, notably for his activities such as the social hour and movie nights!

Thank you to the fantastic volunteers of Parkland at the Gardens, your kindness does not go unnoticed.

If you are interested in becoming a volunteer at one of our communities visit: shannex.com/volunteering

Team Member Spotlight

Allana Labban-Affonso, Director of Revenue Cycle Management

Allana has been with Shannex for eight years and recently moved into the position of Director of Revenue Cycle Management where she is responsible for leading our Accounts Receivable, Billing, and Client Service functions.

Allana has played a key role in our successful growth in Ontario, leveraging her financial leadership and operational expertise. Alongside her responsibilities as the Regional Finance and Operations Manager, Ontario, she has stepped up to support the Nova Scotia Retirement Living Finance team and collaborated with others to expand our Care at Home division.

Allana says: “Working at Shannex has been an incredibly rewarding experience. Being part of a team that prioritizes exceptional service delivery and truly cares about our community’s wellbeing is inspiring. Throughout my time here, I’ve learned the importance of empathy, innovation, and collaboration. Each day brings new opportunities for personal and professional growth, and I am grateful to contribute to a mission that closely aligns with my values.”



Making the Most of Mothers

Parkland on Eglinton West, Debert Court and Losier Hall

Mother's Day is a special time when we pay tribute to the remarkable women who fill our lives with love and unwavering support. Mothers teach us kindness, selflessness and sacrifice, and above all, unconditional love. Our Shannex and Parkland communities celebrated Mother's Day with the many cherished mothers who live with us and continue to make the lives around them brighter.



Dena Vienneu, Debert Court Resident



Thelma Sobey, resident at Losier Hall



Bertha Weiss, resident at Parkland on Eglinton West



Doreen Hutchison, resident at Parkland on Eglinton West

Resident Spotlight Celtic Court

Ann Marie Wolodka, resident of Celtic Court, N.S., loves crafting. To inspire creativity among residents, Celtic Court organized a lively bow-tie noodle art event, allowing everyone to unleash their artistic talents.

“It cheers me up, it cheers us all up and I feel proud of what I do. Sometimes I don't think I can do it, but little things like this make me think I can do this, I can do anything. I love Celtic Court. I belong here.”

- Ann Marie Wolodka



Frederick Hall

Doug McHarg, resident of Fredrick Hall, N.B., has a passion for colouring and he spends most of his spare time colouring beautiful photos which decorate the walls when you enter his community and breathe life into Fredrick Hall. His masterpieces bring team members, and fellow residents pure delight as they see the bright colors embellish the walls of their home. For Doug, colouring has become not only a pastime, but also a source of joy.

“It helps to pass the time. I love to colour and I'm glad I get to see my artwork around Frederick Hall. It makes me feel appreciated.”

- Doug McHarg



Supporting Elder Allies Great People Give Donations

Inspired by our *Great People* our Shannex Cares community program helps create visible and meaningful opportunities for elders to be seen, heard and valued for their wisdom and talents.

Four times per year, we ask our *Great People* to nominate and vote for organizations or groups that are doing great work supporting seniors and making a difference in the community. One organization in New Brunswick, Nova Scotia and Ontario each received a *Great People Give* donation of \$1,000. Here are the latest recipients of our *Great People Give* donations:

Nova Scotia: Colchester East Hants Hospice Society

New Brunswick: Salisbury Helping Hands Inc

Ontario: Ajax Seniors Club



Rick Gallant, Salisbury Helping Hands volunteer; Colleen Gagnon, Health Services Manager, Monarch Hall; Jennifer Woodhouse, Recreation Director, Monarch Hall; and Laurie Stewart, President, Salisbury Helping Hands Inc.

Community Spirit Grants

Community Spirit Grants support elder allies in the community. Twice per year, we invite organizations supporting seniors to apply for the grants. We are accepting applications until July 15 and look forward to helping more elder allies support seniors in our communities.

Flavours of Unity: Celebrating Multiculturalism Day Across Shannex Bridgeview Hall

In celebration of Canadian Multiculturalism Day, Shannex communities embraced the beauty of diversity with open arms and open minds. Bridgeview Hall in Miramichi took part in the spirit of cultural exchange as residents and team members came together for a multicultural buffet.

With plates filled with flavours from around the world, attendees savored not only the delicious cuisine but also the opportunity to learn about different cultures firsthand. From the Philippines to West Africa, and even a taste of Acadian culture.

This gathering was more than just a meal. It was a celebration of unity in diversity. Through sharing stories, traditions, and cuisines, Shannex communities reaffirmed their commitment to inclusivity and mutual respect, ensuring that every voice is heard, and every culture appreciated.



Ola Oludimine, Bernardino Pelea, Derrick Costello, Amanda Quinn, Sharlyn Reyes, Maria Baring and Cecile Bicar



Shannex Excellence Awards | Celebrating Exceptional Excellence

At the end of May, we celebrated the Excellence Awards in Halifax, N.S. Team members from Nova Scotia, New Brunswick and Ontario were invited to an evening of festivities designed to honour exceptional service and dedication to Shannex.

The 2024 Excellence Awards recipients are shining examples of why Shannex and its *Great People are Leading the Way to Better Living*. Congratulations to our award winners.



Gabby Gaspar-Lidstone, Safety Excellence Award

Volunteer Excellence Award

Gail Longaphy, Bissett Court

Sales Excellence Award

Victoria Roberts, Parkland at the Gardens, Nova Scotia
Susan Edgett, Faubourg du Mascaret, New Brunswick
Abigail Beveridge, Parkland on Eglinton West, Ontario



Gillian Hoyt-Hallett, President's Leadership Excellence Award

Environmental Sustainability Excellence Award

Dustin Scott, Support Services Attendant | Arborstone Enhanced Care

Christopher Reinhardt Safety Excellence Award

Gabby Gaspar-Lidstone, Director of Resident Care | Arborstone Enhanced Care



Cindy Marble and Carla Clarke, Care Excellence Awards

Service Excellence Awards

Lindsay Field, Health Services Manager | Parkland Clayton Park
Angela MacAdam, Business Manager | Caritas Residence
Robert Boake, Maintenance | Elk Court
Michael Snooks, Creative Services Manager | Home Office
Ariane Galan, RN, Clinical Lead/Community Manager | Arborstone Enhanced Care
Paul Shaw, Maintenance/Chauffeur | Parkland Riverview
Morgan Lambert, LPN, Work and Learn Educator | Neill Hall
Olawanmi Oludimine, Human Resources Business Partner | NB Regional Office
Caroline Giles-McLaughlin, Recreation Coordinator | Thomas Hall
Robert Locock, Executive Chef | Parkland Ajax
Krazi Takev, Resident Experience Manager | Parkland on the Glen

Care Excellence Award

Cindy Marble, Manager, Behavioural Health, Parkstone Enhanced Care
Carla Clarke, Social Worker, Parkstone Enhanced Care



Paul Harrigan, Founder's Seal of Excellence

President's Leadership Excellence Award

Gillian Hoyt-Hallett, Director of Operations, Enhanced Care, NB

Founder's Seal of Excellence

Parkland in the Valley, accepted by Paul Harrigan, General Manager

Honouring Indigenous Heritage in Healthcare Cultural Integration and Leadership

During National Indigenous History Month, Shannex proudly highlighted the exceptional contributions of Terrance Bernard, Indigenous Nurse and Site Manager at Kiknu. Terrance integrates First Nations cultures, traditions, and experiences into daily operations, ensuring residents feel culturally supported.

Growing up in the Eskasoni First Nation Community, Terrance's dedication to cultural integration in healthcare is evident. His leadership at Kiknu fosters an environment of inclusivity and empowerment, inspiring the next generation of Indigenous nurses and continuing care assistants, and honouring the rich heritage of our Indigenous communities.



Terrance Bernard stands with his wife, Maddie Elizabeth Bernard, and their children in Eskasoni.

New Benefit Options with Canada Life

This May, we introduced two new optional benefits for Canada Life Group Benefits members, along with new investment options for participants in the Canada Life RRSP Program. These options provide flexibility for team members to personalize benefits to best-support themselves and their families.

Freedom to Choose – Portable Benefits

Shannex team members who are participating in the Canada Life Group Benefits plan can now apply for Optional Life, Optional AD&D and Optional Critical Illness insurance. This provides team members will the financial benefit of group insurance rates and the assurance that the policy can be retained up to age 85 regardless of their employment status. Freedom to Choose also includes options for spousal and dependent insurance.

Critical Illness is a new type of insurance not previously offered in the group plan. Critical Illness insurance provides a one-time tax-free payment if you become ill with one of the conditions covered by the policy. This type of insurance can offset medical costs or a reduction of income, ensuring that you can focus on your health. Critical Illness coverage goes up to age 65.

Sustainable RRSP Target Date Funds

We are proud to provide our Shannex team members with options to invest in sustainable companies! Sustainable Target Date funds with Canada Life offer

team members the option of directing their RRSP investments toward companies that promote environmental sustainability. Investing in companies that demonstrate strong environmental, social and governance practices ensures team members can have a positive influence towards a more sustainable world.

Sustainable target date funds are no different than standard target date funds. The funds are managed by Canada Life using the expected retirement date based on your age. Performance data on the funds is included in the fund summary.

We are always looking for ways to enhance our benefit programs. If you have an idea or a question, please reach out to our team at:

GreatRewards@shannex.com



Marissa Johnson, Neeta Sharma, Miranda Scambia, Anusha Penmatcha, Keenan McGrath, Jake Salcedo, Home Office information session

The Power of Pride

Ryan Hall



Cathy Stewart, Kim Clattenburg, Lisa Uhlman, Krista Vaughan, Lisa Golden, Sherry Laird and Kayla Poole

June is Pride Month and marks the start of Pride season in many of our East Coast communities. It is a time to celebrate the 2SLGBTQIA+ community and come together to champion love, diversity, and equality. More than just a celebration, Pride is a call to action for 2SLGBTQIA+ rights worldwide.

Ryan Hall, in Bridgewater, N.S. shows its pride with their Pride flag which stands for their united support and allyship. Our learning journey is supported by our Diversity and Inclusion Advisory Committee, a group actively engaged in directing our next steps towards cultivating a more inclusive workplace culture. If you'd like to become part of this group, contact jmizzi@shannex.com.



Ralph and Gloria Campbell of Fergus Hall at Parkland Truro shared the Pride colors under the sun at their community BBQ.



Ken Marchant resident from Parkland Truro helping out with the Pride crosswalk.

Filipino Association of Truro

In Truro, Shannex team members proudly raised the Philippine Flag high above the Truro Town Hall marking Filipino Heritage Month with unity and celebration. The mayors of Truro and Colchester joined the group for the celebration that was organized by the Filipino Association of Truro.



Shannex team members and members of the Filipino Association of Truro outside of town hall proudly raising the flag of the Philippines

Filipino Heritage Month



April Munroe, Scott Smith, Debbie Mattix, Mateya Ross, Amanda Adshade, Ralph Pablo, Sarah Hadley, Vonn Manahan, Ryza Manuel



Mariz Asuncion, Reian Soriano, Glory Andong, Irish Agcon, Marisol Aggabao, Ruby Lapatha, Rusan Manahan, Roberta Dabu, Maria Agcon, Katrina Nuval at Cedarstone Enhanced Care

We Caught You Being Great

Gina Smiley, Admin Assistant, Orchard Court, N.S.

Gina Smiley embodies what a team player is. Always available to answer team members' requests, she goes above and beyond in her role. On some days, Gina is also an unofficial "social worker", connecting residents, team members, volunteers, and family members. We are so glad to have Gina on our team at Orchard Court.



Virginia Lohnes, SSA, Ryan Hall, N.S.

Virginia started her career at Ryan Hall in May 2020. Since then, she has been involved in the Joint Occupational Health and Safety Committee (JOHS) and takes pride in working safely. At the beginning of her shift, she always ensures that locks are functioning on her cart. One day, when she noticed it was not, she proceeded to remove the cart from the floor and placed a work order requisition. Thank you, Virginia, for being a great team member and for taking steps to keep everyone safe.



Samantha Dunbar, CCA, Pavillon Richard, N.B.

Samantha is an affectionate and thoughtful Continuing Care Assistant. From her compassion towards our residents, to working safely and having a great positive personality, she makes for an excellent team member at Pavillon Richard.



Shawna Beaupré, Recreation Coordinator / Coordonnatrice aux loisirs, Pavillon Landry, N.B.

As a recreation coordinator at Pavillon Landry, Shawna is always thinking of how to brighten the residents' day. She has a kind soul, an infectious smile and is incredibly wonderful and caring to our residents. We are so proud to have you on our team Shawna!

En tant que coordinatrice des loisirs au Pavillon Landry, Shawna pense toujours à la façon d'égayer la journée des personnes résidentes. Elle a une âme bienveillante, un sourire contagieux et elle est incroyablement merveilleuse et attentionnée envers nos personnes résidentes. Nous sommes très fiers de t'avoir dans notre équipe, Shawna !



Lenora Greer, Lilybeth Vidad, Jordyn McInnis and Alyssa Thomas

Nurses Week Celebrations at Caritas

Caritas Residence, N.S., celebrated their LPNs and RNs during Nursing Week. The nurses gathered for lunch with Sister Dr. Nuala Kenny, a resident and former physician, who expressed gratitude for their dedication.

Shannex nurses are pivotal in healthcare innovation, shaping the future of care. They mentor future professionals, advocate for residents, and share their expertise daily. Thank you for the meaningful impact you make in our Shannex communities.



Healthy Aging Starts Now

Shannex is leading the way to a healthier future for aging adults with total donations of \$3.5 million to three universities in Atlantic Canada. Three Research Chairs will be established along with living lab opportunities, access to data, and a true collaboration across the health sector to establish the best conditions for healthy aging.

Dalhousie University: A \$2 million investment to establish the Shannex Research Chair in Artificial Intelligence and Healthy Aging, Shannex Research Lab in AI and Healthy Aging

University of New Brunswick: A \$1 million investment to establish the Shannex Research Chair in Aging Transitions, the Shannex Aging Lab, Shannex Long Term Care Summer Institute and Care of the Older Adult Certificate and Scholarships

Mount Saint Vincent University: A \$500,000 investment for the Shannex Research Chair in Workforce Wellbeing, supporting Innovation through Faculty of Applied Human Nutrition and funding opportunities for learners



Honourable Susan Corkum-Greek, N.S. Minister of Economic Development; Dr. Janice Keefe, MSVU; Dr. Joël Dickinson, President and Vice Chancellor, MSVU; Dr. Christian Blouin, Dalhousie University; Dr. Brenda Merritt, Dalhousie University; Dr. Paul J. Mazerolle, UNB President and Vice Chancellor; Jason Shannon, President, Shannex; Joseph Shannon, Founder, Shannex.



President Jason Shannon sharing the news with local media

The Future of Healthy Aging Starts Now

Shannex™
LEADING THE WAY TO BETTER LIVING™





Vivre la vie à son meilleur au Faubourg du Mascaret Profiter de la vue

Yolande Johnson habite au Pavillon Gallant depuis quelques temps. Elle adore passer du temps sur son patio et se sent bien et en sécurité chez-elle. En plus d'avoir rencontré de nouveaux amis au Faubourg du Mascaret, Yolande aime bien prendre soin de sa santé en participant aux sessions de yoga, d'aérobic et d'exercices qui sont offertes par le Pivot santé pour aînés - un partenariat formidable entre le Faubourg du Mascaret et le Centre d'études du vieillissement de l'Université de Moncton.

Living her best life at Faubourg du Mascaret Enjoying the view

Yolande Johnson has been living at Pavillon Gallant for some time now. She loves spending time on her patio and feels safe and secure in her home. In addition to meeting new friends at Faubourg du Mascaret, Yolande enjoys taking care of her health by participating in the yoga, aerobics and exercise sessions offered by Pivot santé pour aînés - a wonderful partnership between Faubourg du Mascaret and the Université de Moncton's Centre on Aging.

Nursing Excellence: Véronique LeBlanc's Impact at Pavillon Richard

At Shannex, Véronique LeBlanc stands out for her dedication and expertise. With degrees in nursing and health services management, she brings a strong combination of knowledge and skills to Pavillon Richard, N.B. Véronique's interest in anatomy and commitment to helping others led her to a fulfilling career in nursing. "I feel privileged to care for others' grandparents as if they were my own," she says. Her work underscores the crucial role nurses play, providing essential care and support to residents daily.



Portes ouvertes Faubourg du Mascaret

Le Faubourg du Mascaret à Moncton, N.-B. était en pleine effervescence pour sa journée portes ouvertes au début du mois de juin. Le campus était étincelant pendant la visite des 56 invités qui ont pu découvrir le mode de vie complet des personnes résidentes du Faubourg qui vivent leur meilleure vie. Les invités ont été accueillis par le chef Mike pour voir l'une de ses savoureuses créations, ont profité du beau temps près du gazebo pour s'imprégner du soleil et ont regardé nos personnes résidentes actives participer à leurs activités quotidiennes.

Open House Faubourg du Mascaret

Faubourg du Mascaret in Moncton, N.B. was in full swing for its Open House in early June. The campus was sparkling as 56 guests visited to experience the full lifestyle of Faubourg residents living their best life. Guests were welcomed by Chef Mike to eat one of his tasty creations, enjoyed the beautiful weather by the gazebo to soak up the sun, and watched our active residents take part in their daily activities.



Rachel Hébert and Germaine Goguen, résidentes du Pavillon LeBlanc



Kim Cormier, Assistante en loisirs, Faubourg du Mascaret

L'excellence en soins infirmiers :

L'impact de Véronique LeBlanc au Pavillon Richard

Chez Shannex, Véronique LeBlanc se distingue par son dévouement et son expertise. Diplômée en soins infirmiers et en gestion des services de santé, elle apporte une solide combinaison de connaissances et de compétences au Pavillon Richard, N.-B. L'intérêt de Véronique pour l'anatomie et son engagement à aider les autres l'ont amenée à entreprendre une carrière enrichissante en soins infirmiers. "Je me sens privilégiée de prendre soin des grands-parents des autres comme s'il s'agissait des miens", dit-elle. Son travail souligne le rôle crucial que jouent les membres du personnel infirmier, qui apportent quotidiennement des soins et un soutien essentiels aux personnes résidentes.



Generations Coming Together Gordon Hall and Ocean Hall

Earlier this year, Paulette Diotte, a teacher at Bernice MacNaughton High School in Moncton, N.B. decided to take her French Immersion Language Arts, grade 10 students on an intergenerational journey. Her project was called “My Story” and had students visit residents of Gordon Hall and Ocean Hall, two bilingual nursing homes in Moncton, N.B., where they were matched with residents who speak French. After socializing with residents, the students drafted biographies in French for each of the participants. After reviewing grammar in their work, the students prepared final copies of the biographies which were printed in colour and laminated. During a second visit, the biographies were presented to the residents during social time. This project provided an opportunity for experiential and authentic language learning in a meaningful and impactful way.



Ocean Anderson and Madison Allen, Bernice MacNaughton High School students, with Ocean Hall resident, Rose-Marie.



Debora Silva and her daughter Mariana with residents at Parkland Saint John.

Intergenerational Day Parkland Saint John

Debora Silva, Recruitment Specialist, brought a touch of family warmth to Intergenerational Day on June 1 at Parkland Saint John, N.B. by inviting her daughter Mariana to work. Mariana captivated everyone with her presentation on Brazil, showcasing its vibrant culture through its food, sports and history.

Mariana also leapt into action to give a live demonstration of Capoeira, a traditional dance performed to Brazilian music. Residents were delighted to learn about the Brazilian culture.

FAUBOURG^{MD}
du Mascaret



Come explore the vibrant community in Moncton on Thursday, July 11th.

RSVP Today, contact us at:

506-384-7275

Open House
Portes ouvertes

Venez explorer la communauté dynamique de Moncton le jeudi 11 juillet.

RSVP dès aujourd'hui, communiquez avec nous au

506-384-7275



Green is Great

Parkland Ancaster and Parkstone Enhanced Care

Environmental stewardship is one of our organization's strategic directions, but commitment to sustainability is a personal mission for many of our *Great People*. Residents and team members actively participate in green events throughout the year, including Earth Day, and their dedication has helped us make strides towards our environmental goals.

The team at Parkstone Enhanced Care in Halifax, N.S. hosted a community cleanup, resulting in the collection of numerous bags of garbage. Great job to the team for keeping our environment clean!

Parkland Ancaster in Ancaster, ON, hosted a Spring Garden Workshop for Founders of this community which is set to open in the Fall where each participant planted beautiful greenery!



Katherine and Rob Murray



Jennifer Kirby, Kim Purcell, Ian Bennett, Abigail Mansvelt, Kendall Jones, Emma Barss

Celebrating Years of Service

Parkland Clayton Park and Faubourg du Mascaret

Milestone anniversaries for our dedicated team members are special occasions that take place throughout the year. Several communities held years of service celebrations during *Great People* Month to honour their long-serving *Great People*. Faubourg du Mascaret, in Moncton, N.B. and Parkland Clayton Park, in Halifax, N.S. celebrated with words of encouragement, award certificates and a celebratory pizza party.

Congratulations to team members Brian Smith and Jennifer Aquino from Faubourg du Mascaret as well as Anna Gurevich and Neema Johny from Parkland Clayton Park. We appreciate your dedication to our residents and families.



Christina Cormier and Brian Smith, Faubourg du Mascaret, N.B.



Christina Cormier and Jennifer Aquino, Faubourg du Mascaret, N.B.



Neema Johny, Parkland Clayton Park, N.S.



Anna Gurevich, Parkland Clayton Park, N.S.

100 and Fabulous



Marjorie Butland, resident of Parkland Fredericton, N.B.

Fabulous Marjorie celebrated her 100th birthday on January 31, 2024. Surrounded by the warmth of her loved ones, she hosted a grand celebration – a testament to her well-lived life.

“I feel amazing, I had a wonderful party for my 100th birthday and I don't feel 100. I am grateful that I have my health and independence. I am quite surprised I made it to 100,” - Marjorie.

Marjorie is the first resident living in our independent living community to reach the 100-year-old milestone at Parkland Fredericton in Fredericton, N.B.! As the 15th of 16 children, Marjorie worked as a nurse after going back to school when she was 40 years old. Happy Birthday Marjorie, and congratulations on 100 fabulous years!

Seeding Hope: A Community's Eco-Adventure

Ryan Hall

In celebration of Canadian Environment Week, our environmental stewards at Ryan Hall, N.S., joined together for a seed bomb event, which involved preparing and planting these eco-balls.

Seed bombs are ingenious little balls of shredded newspaper, construction paper, and wildflower seeds. They help revolutionize gardening and support the earth in a fun and creative way. Made by mixing seeds with paper pulp, these bombs offer protection from birds and wind while providing essential nutrients to the soil. Once planted, they break down naturally, allowing the seeds to germinate into beautiful flowers that not only add colour to our surroundings but also nourish local bees.

Excited to share their eco-friendly initiative, the residents planned to distribute their creations to neighboring Shannex sites, Orchard Court and Blomidon Court.

Our communities are supported by residents who are environmental stewards, nurturing a deep connection with the land and a commitment to preserving it for future generations.



Catherine Ingram & Jean Smith



Ryan Hall, planted seed bombs

Summer Events Calendar

Parkland communities embrace the hot summer rays with hot summer events! Neighbours enjoy outdoor BBQ's, carnivals, block parties and great memories offered exclusively to our residents. See what's happening in your community with these summer events.

July

Date:	Location:	Event:
July 15	Parkland Cape Breton	Family Fun Day
July 17	Parkland Truro	Shelby's Ranch Petting Zoo Afternoon
July 17	Parkland at the Gardens	Summer Vendor Sale
July 18	Parkland Clayton Park	Pride Flag Raising
July 18	Parkland Saint John	Summer Celebration
July 31	Parkland Antigonish	Summer Carnival

August

Date:	Location:	Event:
August 1	Parkland on the Glen	French Bistro in recognition of the Paris Olympics
August 7	Parkland at the Lakes	Ol' School Donuts
August 13	Parkland Clayton Park	Annual Summer Block Party
August 15	Parkland Cape Breton	Antique Car Show and 50/60's night
August 16	Parkland Truro	Blueberry Fest
August 22	Parkland on the Glen	Outdoor concert series an evening of Tenor Classic Pop

Snapshots



Delores Brookes, Avis Levernois, Frances Waller, Sherry Findlay, Amy Verhagen

National Mimosa Day

Raise a glass to Parkland at the Lakes' residents, celebrating National Mimosa Day on May 15 with a fresh Mimosas.



Audrey Evans from Parkland on the Glen enjoying a hot cup of tea!

Time for Tea!

Residents from Parkland on the Glen enjoyed a delightful High Tea Party with a total of 90 participants!



Betty Ross, Elsie Robertson

Summer Breeze

Betty Ross, chauffeur from Parkland Truro and resident Elsie Robertson from Fergus Hall enjoying the warm weather.



Kay Taylor

Royal Tea

High tea at Parkland Riverview Royal Court. The residents dressed up and some even wore fancy hats! The tea was served in China cups, and they had delicious sandwiches and sweets.



*Left to right (back): Faye Beals, Judy Wells, Jean Smith and Catherine Ingram
Left to right (front): Murray Fancy, Annette Comeau, Jocelyn Wentzell and Muriel Canning*

World Art Day

Ryan Hall Residents honing in on their creativity, crafting stunning stained-glass artwork, each with their own unique floral pattern. Shannex enhanced care communities prioritize holistic wellness, including artistic expression through events like World Art Day.



Deanna Brown, June Roberts, Stephen Brown, Diane and Wayne Dupuis, Sandra Maillet and Laura Holt, Frank Elliott, Susan Hodgson, Tyler Jackson and Beverly Veinot.

Enjoying the Weather

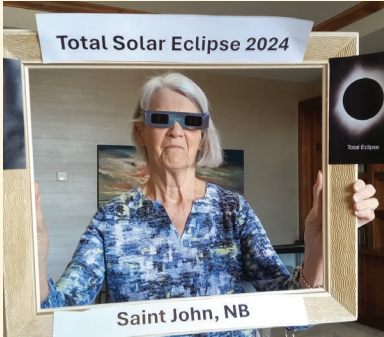
Northumberland Hall residents soaked up the sun on their stroll in the park.



Gail Vandermeulen of Edinburgh Hall

Easter Bunny

The Easter Bunny was ‘caught in the act’ at Parkland Truro. Residents enjoyed an Easter egg hunt after an afternoon of music.



Candace Schedler

Solar Eclipse

A total solar eclipse hit parts of Canada and Parkland Saint John was ready for it! Residents and the team members had their certified eclipse glasses on and got to experience this historical event!



Elsbeth Carpenter and Vera Boyd

Neighborhood Fun

Cedarstone Enhanced Care resident Vera Boyd enjoying a scenic bike ride around the neighborhood with team member Elsbeth Carpenter, CTRS, Recreation Therapist.



Carol Campbell (Garden club), resident Margaret Woods, and Kiara Lynch (Recreation Coordinator)

Miramichi Bouquets

The Miramichi Garden Club crafted 159 delicate bouquets, made with tea cups donated by the Miramichi community.



Cator Best

We're proud to inspire green initiatives at Shannex.

Cator is an avid gardener who is very organized. He knows when it's time to plant, go get plants, water the gardens and keep them clean. Thank you Cator for contributing to our beautiful gardens at Regent Hall, Parkland Fredericton!



Maiya Penticost

Burger Bash!

Burger Week at Parkland was a hit! We dove into Halifax Burger Bash — a delightful city-wide event that supports Feed Nova Scotia. Local chefs crafted unique burgers for this special occasion, with proceeds helping those in need.



Norma Jean Martinelli

Anniversary Celebrations

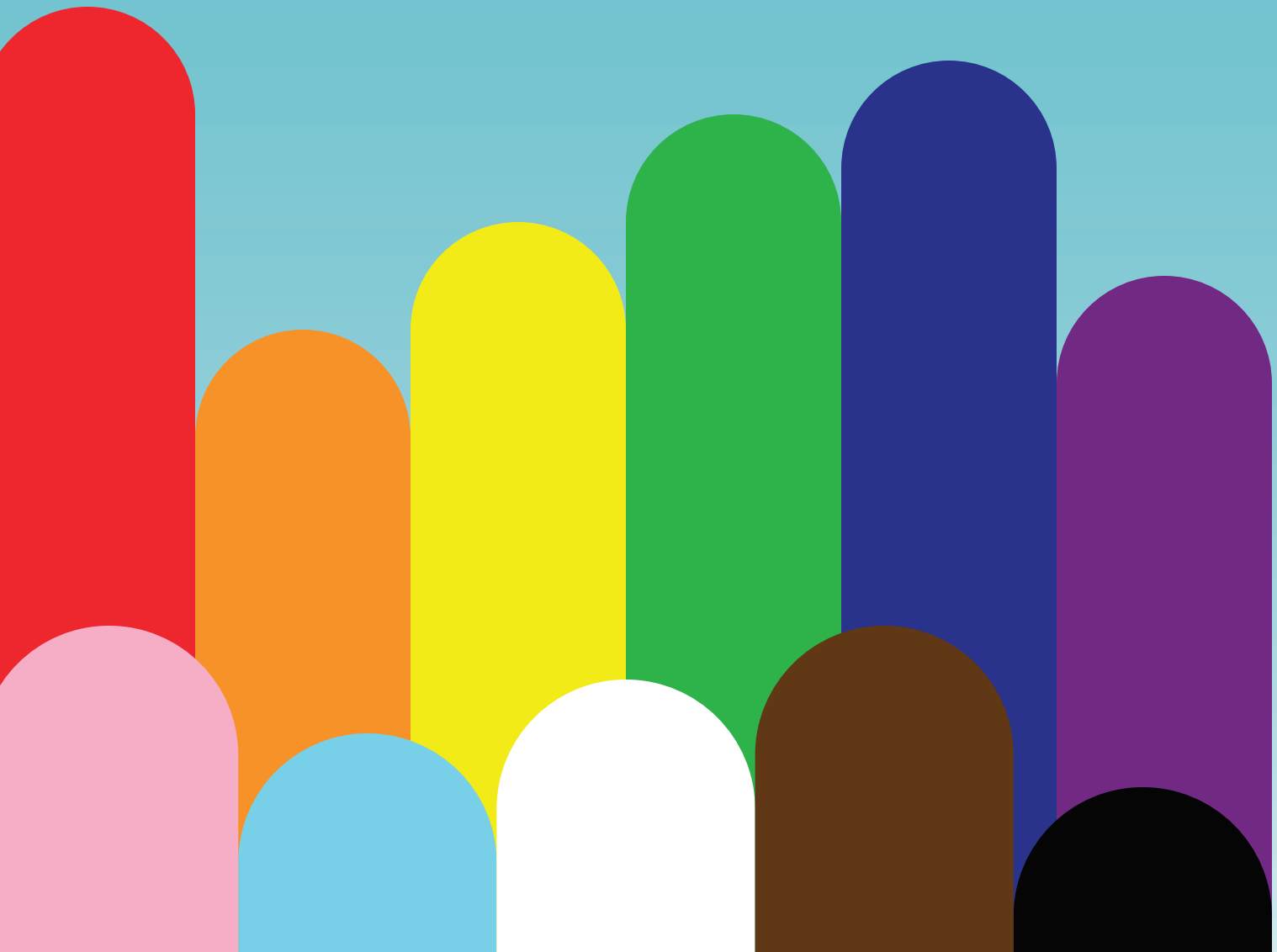
Happy 14th Anniversary to Parkland on the Glen! We celebrated 14 years of providing exceptional care and creating a vibrant community for our residents.

Proud to Lead

We celebrate diversity,
inclusion and acceptance.

Show us your Pride by sharing your
celebrations!

email: connections@shannex.com



Shannex™