

CONNECTIONS



Moody Hall Welcomes New Residents!



Giving Tuesday

P.9



**Christmas Celebrations
at Faubourg!**

P.13



Residents from Parkland Saint John getting into the holiday spirit as they decorate their home with flowers, bows and holiday cheer.

1st row seating down: Doris Milan, Betty Ryder, Jackie Van Kessel, Esma Taylor.

Standing up: Alice Seale, Joyce Goddard, Grant Folkins, Joanne Howlett, Glendon Wood, Barbara Geldart, Myrtle McCarthy.

Editor's Note

Katherine VanBuskirk

As the winter chill sets in, we invite you to warm your heart with stories from this edition of Connections. Our hope is that they inspire you to start the year with new ways to weave wellness into your everyday life, building habits that set you up for better health that lasts a lifetime.

At the core of this issue is the idea that health and wellness are lifelong pursuits. You'll find stories that showcase how our residents have embraced wellness and how it has enriched their lives over the years.

You'll also find a thoughtful feature on a team member celebrating their lifelong achievements (page 17), our strong commitment to giving back through Shannex Cares (page 5), and tips from centenarians on how to live a long, healthy and meaningful life (page 15).

As you read, we hope you reflect on your own health and wellness journey – how the choices you make today can transform your life tomorrow, just as they have for so many of our residents. Wishing you a winter season of warmth, wellness and reflection.

CONNECTIONS

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

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

Katherine VanBuskirk

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ON THE COVER:

Jason Shannon, Tammy Day, Helen Kelley, Erika Miller, Megan White, Kimberly Perrin, Kelsey O'Neill, Matthew Richard, Emily Dewar, Ron Savoie, Dana Power, Gavin Slade, Joe Shannon, Errol Pretty

Shannex™



Jason Shannon joined Danielle McCormick, Maureen Banyard, Starr Cunningham, President and CEO of the Mental Health Foundation of Nova Scotia, at the annual Celebration of Wreaths Fundraiser (page 19).



President's Message

Jason Shannon

I'm pleased to present you with the winter edition of Connections. The first issue of the year is always a time to reflect on the past year while looking forward to what lies ahead. Together, the stories in this edition paint a picture of the people and places that are propelling us forward.

In November, we were excited to introduce Bloomsbury, a groundbreaking, longevity focused community that celebrates the long, engaged and contributing life. Ten years in the making, Bloomsbury is the first of its kind in Canada, offering a blend of social, retail, health, wellness, and dining amenities within a residential setting. A new club and residential concept called Allbright Life is central to Bloomsbury. Allbright Life club members have access to dining and entertainment venues, a co-working centre, event space, a library, gym, health centre and thermal spa. Both Bloomsbury and Allbright Life are designed to foster connectivity and convenience for residents, club members and the public. I invite you to visit our websites to learn more (welcometobloomsbury.ca and allbrightlife.ca).

As our organization enters its 37th year, we continue to find new ways to deliver on our vision of leading the way to better living. In December we welcomed the first patients to West Bedford Transitional Health in Halifax, N.S. Transitional Health is an innovative model of care developed in partnership with Nova Scotia

Health to support patients who no longer require acute care but still need assistance transitioning back to the community. While it is still early days, we are seeing promising outcomes for patients as well as creating efficiencies in the overall health system.

As always, at the heart of this work are our *Great People*. In the fall, we conducted our annual employee satisfaction survey, and I'm pleased to share that we received certification as a Great Place to Work. This was a new survey for our organization, conducted by a third party to gather more in-depth feedback from employees. We saw exceptional participation in the new survey which is helping better understand the ways we're successful and where we need to improve to be an employer of choice everywhere we operate.

I hope you enjoy reading about these and many other meaningful initiatives in this issue. Together, we are building a bright future, and 2025 is looking great so far.



Culinary Corner

Herbal Lentil Minestrone with Wild Fennel (serves five)

Total cook time: 40 minutes

Ingredients

- ¾ cup dried chickpeas, soaked overnight (or one 15-ounce can, drained)
- ¼ cup lentils
- 1 white onion, chopped
- 1 tablespoon extra-virgin olive oil
- 4 sun-dried tomatoes, coarsely chopped
- Small bunch of mint, finely chopped
- Sprig of rosemary, stem removed
- 1 bay leaf
- 1 wild fennel bulb with fronds, coarsely chopped
- ¼ pound peeled potatoes, cubed
- 1 ½ cup barley
- Salt and pepper (optional)

Method

1. In a soup pot, combine all ingredients. Cover with water to an inch above the top of the other ingredients.
2. Bring to a boil and reduce to a simmer.
3. Cook for about 30 minutes.
4. Add salt and pepper to taste.
5. Remove bay leaf before serving.



President Jason Shannon addressing residents at Parkland Clayton Park

Celebrating 25 years at Parkland Clayton Park!

It's been 25 years since Parkland Clayton Park first opened its doors as the first Parkland community. Team members, residents and families made the most of the occasion with a lively celebration that featured a reception, prime rib and shrimp dinner, and lively Pub Night to end the evening.

Congratulations to Parkland Clayton Park for 25 wonderful years with many more to come!

A Sweet Smile

Bridgeview Hall

Residents at Bridgeview Hall, a licensed long term care community in Miramichi, N.B. enjoyed a sweet treat in celebration of Smile Cookie Day and courtesy of our *Great People*. Even better, cookie sale proceeds support Percy's Place, a local hospice in Miramichi. When we asked Kenny MacWilliam what makes him smile each day, he responded, "Looking at my wife's picture is what makes me smile".



Brenda Dempsey



Kenny MacWilliam



*Left to Right: Cathy Landry, Al Keilty, Joseph White, Bill Peckford, Olla Ozon, Charlotte Amuenda, Cassidy Hulbert, George Shute, Stacy Vickery, Pam Steiger, Alfredo Areola, Eileen Oxner
Sitting: Margaret Creaser, Barbara Paterson, Mary Adine Boutilier, and Marilyn Norton, Marilyn Moors and Brian Moors*

Planting with Pride

Parkland Truro, Parkland at the Lakes, Parkland Cape Breton

In celebration of World Tree Planting Day and in recognition of residents at Kinross and Lewis Hall, two trees were planted on the grounds of Parkland at the Lakes, a retirement living community in Dartmouth, N.S. This initiative is part of a partnership between the Clean Foundation's Thriving Forests Program to plant trees at three of our Nova Scotia locations: Parkland at the Lakes in Dartmouth, Parkland Cape Breton, and Parkland Truro. Each site was evaluated to ensure suitability for planting, including local wildlife, slope, and soil composition resulting in the planting of just under 6,000 trees.

Many of our communities are blessed with beautiful scenery and land, making it an easy choice for Shannex to partner with the Province of Nova Scotia and the Clean Foundation to help reach their goal of planting 21 million trees and Canada's goal of two billion trees by 2031.

This is just one of the many ways we continue our commitment to environmental stewardship and give back to our beloved planet.



Delia Burgess, Parkland at the Gardens

Go Green for Longevity, Healthy Aging, and Wellness

Did you know that the environment may have a bigger impact on your health than you think? Clean air, safe drinking water, nutritious food supply, and shelter are all provided by the environment around us. Taking action to improve the environment can also be an opportunity to improve your health.

With Environmental Stewardship as one of our core strategic directions, we're not only making an organizational commitment to sustainability, we're also helping team members and residents make a positive impact both at home and in the wider community. If you're part of a Shannex Enhanced Care or Parkland community looking to make a difference, consider joining the Community Green Team. Give yourself a chance to connect with nature and reduce your environmental footprint while improving your overall health and wellbeing.

Learn more about the Green Team by contacting your General Manager.

A 2019 survey of over 19,000 people found that those who spent at least two hours a week in nature were more likely to describe their health and wellbeing more positively than people who spent no time in nature.

Shannex Cares about Community

Two years ago, we launched Shannex Cares to strengthen connections between our community and those we serve. Currently there are two funding programs:

Great People Give

Our *Great People* nominated and voted for organizations making a difference in their communities. As a result, three organizations — one in Nova Scotia, New Brunswick, and Ontario received donations:

- **Cumberland County Transportation Services:** Provides essential transportation for rural residents and needs funding for bus repairs.
- **North End Food Bank:** Delivers healthy food to North End Saint John residents.
- **ErinoakKids Centre for Treatment and Development:** Supports children and youth with disabilities in Mississauga, raising funds for underfunded programs.

Community Spirit Grants

We're proud to award \$2,500 each to organizations focused on wellness, active living, and social connections for older adults. To date, these grants have supported 18 organizations, and we've gained a deeper insight into the needs of older adults in our communities.*

**To see the most recent Community Spirit Grant recipients, please visit shannex.com/shannexcares*



Kelly Munroe, checking on supplies for children

Stay tuned for 2025 grant recipients!

Le Casse-Noisette au Faubourg du Mascaret

Un autre spectacle fût livré à salle comble pour les personnes résidentes du Faubourg du Mascaret. Quelle joie que de voir ces jeunes danseuses talentueuses de l'Academy of Classical Ballet - Académie de Ballet Classique continuer la tradition annuelle d'offrir une représentation de leur beau spectacle Casse-Noisette à nos personnes résidentes.



Ariane Ouellet, Evelyne Fournier, Audrée Robichaud, Leila Saintil, Juliet Boucher, Chloé Blanchard, Loralie Aubie

The Nutcracker Faubourg du Mascaret

Every year, young, talented dancers from the Academy of Classical Ballet in Moncton, N.B. continue their annual tradition of performing their beautiful Nutcracker show for our residents. It was another sold-out show delivered to the residents of Faubourg du Mascaret.

Nurse Prescribing Begins at Shannex

Four registered nurses at Shannex licensed long term care communities in Nova Scotia are now able to prescribe medications and treatments under the supervision of physicians. Through the inaugural cohort of the program, these *Great People* participated in Dalhousie University's Certificate in Registered Nurse Prescribing course which saw them attend in-class lectures and complete 200 hours of clinical practicum over the course of 12 months.

The program is a collaboration between Shannex and the Health Association of Nova Scotia to create a model program for organizations across the province. Congratulations to Barbara Jean Parland from Harboursstone Enhanced Care, Pamela O'Brien from Maplestone Enhanced Care, and Sarah Doucette and Ashlee Watts from Parkstone Enhanced Care on their graduation and leadership in nursing innovation.

Special thanks to Kyle Richardson, Regional Director of Operations, Northern & Eastern Zones, Gavin Slade, Regional Director of Operations, Central Zone, and our Clinical Services team for their leadership in advancing innovative healthcare delivery.



*Sarah Doucette and Ashlee Watts,
Parkstone Enhanced Care*

Because We Care: Measuring Quality of Life



Erica Lankagi, Health and Wellness Manager at Parkland Ajax, Ashley Williams, Resident Experience Manager at Parkland Ajax

Our annual Quality of Life Survey was completed in September 2024 with a record-breaking 3,562 submissions from residents and families across our Nova Scotia, New Brunswick and Ontario communities.

Insights from the surveys are essential to our ongoing efforts to prioritize resident wellbeing and continuously improve our services.

This year, we achieved a positive response rate of over 71%, an encouraging sign of the dedicated care shown by our team members in our communities.

We are fortunate to have the support of Site Champions in each of our communities who ensured surveys were accessible and that every voice was heard. To recognize their important role in the process, we provided a small token of our appreciation.



Thank you to our Champions for going above and beyond to find creative ways to collect responses and to all who completed the surveys!



We Caught You Being Great/Green/Safe



Shannex is proud to be recognized as a Great Place to Work® Certified™. We work hard to provide our *Great People* with outstanding employee experiences and a workplace where they feel connected, positive, supported and inspired to make a difference in the lives of our residents. Below, you'll find a list of some of the most recent recipients of our "Caught You Being Great" initiative, highlighting their outstanding contributions.



Chelsea Gee, Regional Administrative Coordinator, Tucker Hall

Chelsea joined Shannex in June 2024 as the Regional Administrative Coordinator for Saint John and Quispamsis Enhanced Care sites. From her very first day, Chelsea showed that she was a team player, learning tasks quickly and taking on additional responsibilities as needed by the teams. Chelsea is a great support to site leaders and ensures the homes have the things they need in a timely way. Chelsea is a great addition to our team, and we're thrilled to have her with us.



Aryan Arevalo, Maintenance Worker, Parkland at the Gardens

Aryan Arevalo is a committed team member who is consistently demonstrating our Guiding Principles every day. He is a full-time employee at Parkland at the Gardens on our maintenance team, however, he steps up and works in our nursing department at times. Without a doubt, Aryan is a true team player and does so with compassion and grace.

"Aryan is kind to everyone and a well-respected employee. I was fortunate to have his assistance when moving from one suite to another, he was prompt, efficient, reliable, enthusiastic and above all, always very pleasant. We are very fortunate to have him on our team." - Joyce Landry, Resident of Parkland at the Gardens.



Alicia Heron, Housekeeping and Laundry, Parkstone Enhanced Care

Alicia is an excellent role model for her coworkers. She is thorough and diligent and always has a smile on her face. Alicia's dedication to her role is exemplary and she believes firmly in accountability and attention to detail. She has a great work ethic, wonderful attendance with a keen understanding of her role and the importance of teamwork. Parkstone is lucky to have Alicia as a member of its Support Services Team.



Alina Nechvolod, CCA, Maplestone Enhanced Care

Alina displays genuine care and empathy for our residents at Maplestone. She truly shows how compassionate she is as a Continuing Care Assistant (CCA).

"Shannex is a Great Place to Work because working with residents makes me smile every day. I'm always happy to work with my team members to help residents and look out for their safety".



Ben Burlock, HR Manager, New Brunswick

This year marks 15 incredible years of dedication and service by Ben Burlock, New Brunswick HR Manager. As a mentor and guiding light, Ben has been an invaluable resource to his team and the organization. His unwavering commitment to nurturing talent, fostering growth, and building a supportive workplace culture has left an indelible mark on all of us. Thank you for your dedication, Ben!

"Shannex has been a great place to work for me. It not only provided me with the opportunity to grow and develop my career, but continues to offer endless opportunities to learn, develop new skills, and make important connections."

West Bedford Transitional Health

On December 10, 2024, Shannex and our partner Nova Scotia Health, welcomed the first patients of West Bedford Transitional Health in Bedford, N.S. Transitional health is a new model of care for patients aged 18 and older who have completed their hospital stay but need more time and support to successfully transition back to the community.

What's unique about transitional health is an individualized approach to caring for the whole person with consideration for their personal goals for living well. Patients are partners in their care planning and collaborate with clinicians, like occupational therapists, physiotherapists, and others.

As a leader in community care, Shannex has been interested in transitional health for many years, and we are grateful for the leadership of Nova Scotia Health and the Nova Scotia Department of Health and Wellness for making this exciting healthcare innovation a reality in this province.



Communications Nova Scotia

Programs offered will include:

- Rehabilitation services
- Post-operation surgical recovery
- Wellness programs to optimize independence
- Recreation and leisure programs for a variety of interests and abilities



Team Member Spotlight

Vanessa Quigley is our Director of Transitional Health. With her extensive background as a registered nurse in acute and emergency care, Vanessa understands the importance of personalized care plans that empower patients to regain independence and confidence on their journey to wellness.



Joshie Varghese, Veronica Denney, Joyce Felix, Renee O'Keefe, Riley Hawley, and Vicki Chartrand

Celebrating 35 Years of Exceptional Service

It was a great day at Harbourstone Enhanced Care when team members and residents came together to wish a happy farewell to Vicki Chartrand. Vicki has been a CCA with the Harbourstone team for 37 years and has dedicated her life to serving residents.

Vicki has been a beacon of positivity at Harbourstone, known for her infectious attitude and her love of planning special events and parties for the residents. She will be deeply missed by the entire community, but her legacy will continue to live on in the many lives she has touched.

To mark her final day, her coworkers in the Saint Ann's Bay neighbourhood wore matching t-shirts that read: "It's going to be a great day because we have great staff and great residents" - Vicki's famous catch phrase!

We would like to express our heartfelt gratitude to Vicki for her years of dedication and service. As she embarks on this exciting new chapter, we wish her nothing but happiness, success and fulfillment in all that lies ahead.



Gillian Ferris, Cynthia Hachey, Victoria Kavanaugh, Ashley Erb, Dr. Suzanne Dupuis-Blanchard, Honourable Lyne Chantal Boudreau, Honourable John Dornan, Judy Freeze, Catherine MacPherson and Derek Green/G. à d. : Gillian Ferris, Cynthia Hachey, Victoria Kavanaugh, Ashley Erb, Dre. Suzanne Dupuis-Blanchard, l'honorable Lyne Chantal Boudreau, l'honorable John Dornan, Judy Freeze, Catherine MacPherson et Derek Green

Nursing Home Without Walls Launches in Fredericton

On Wednesday, December 4, 2024, Shannex celebrated the launch of the Nursing Home Without Walls (NHWW) program in Fredericton, N.B. The event, held at Pavillon Neill Hall, brought together community members, caregivers, and healthcare leaders to learn more about this innovative initiative, designed to help older adults age in place, with the support and resources they need to live independently at home for as long as possible.

We also have NHWW programs in Miramichi, Saint John, and Moncton, expanding the reach of this service across the region.

For more information about the Nursing Home Without Walls program, contact Ashley Erb, Seniors Navigator at: NHWWfredericton@shannex.com

Le programme de Foyer de soins sans mur voit le jour à Fredericton

Le programme souligne la collaboration continue entre Shannex, Développement social, l'Université de Moncton et Excellence en soins de santé Canada afin de permettre aux personnes âgées d'accéder à des soins et à des services communautaires qui améliorent leur qualité de vie et qui prolongent leur autonomie à domicile. Les services comprennent des initiatives visant à lutter contre la solitude, l'accès à l'information sur la santé et une approche communautaire du vieillissement sur place.

Nous exploitons également le programme FSSM à Miramichi, Saint John et Moncton, ce qui élargit la portée de ce service dans toute la région.

Pour plus d'information sur le programme, veuillez communiquer avec Ashley Erb par courriel au NHWWfredericton@shannex.com



Jennifer Miller, Santa, Melanie Waugh, Erin Harnish

Stuff-A-Bus: Giving Tuesday

Santa Claus came to Home Office! This holiday season, our *Great People* came together to support Feed Nova Scotia's 33rd annual Stuff-A-Bus program. Non-perishable food items were collected to help thousands of families in need across the province. Halifax Transit buses, with a little holiday magic from Santa, picked up these donations, ensuring they reach those who need them most.

The Stuff-A-Bus program brings much-needed holiday cheer while easing some of the stress on households during this busy time of year.

This is a heartwarming tradition for our team, especially when our donations were picked up by Santa himself!



Great Place To Work Shannex is Great Place to Work Certified

Each year, we survey employees to ensure the voices of our *Great People* are heard as we strive to create a workplace where each person feels seen, heard and empowered to reach their full potential. This year, Shannex introduced a new survey called the Trust Index™ from Great Place to Work. The new survey allows us to gather more in-depth feedback from employees and helps us better understand where we are doing well along with areas for improvement. Survey results are a key measurement that inform our work to deliver on our organizational strategic direction, Employee Experience, and focus on areas identified as priorities by our *Great People*.

Close to 2,000 employees took part in the survey and 71% shared that Shannex was a Great Place to Work, earning us the Great Place to Work® Certification™, a welcome validation that Shannex provides a workplace where people feel connected, positive and supported.

A Generous Spirit Parkland Saint John



Dr. Bruce Smith is an example of how to create new, meaningful connections and purpose. Bruce has dedicated himself to leading a Bible study at Parkland Saint John, where he not only nurtures spiritual growth but also forms deep-rooted connections with residents.

Bruce, a 65-year-old native of Gander, Newfoundland, has had a lifelong passion for hockey and is the chaplain lead with the Saint John Sea Dogs which he seamlessly integrated into his volunteer work. His journey started seven years ago when his friend and his wife became residents at Parkland. He initially offered to assist his friend in leading Bible studies. Even after the passing of his friend and mentor, Bruce continued this routine, supporting his passion and commitment to serving others. Today, he stands as one of our many dedicated volunteers embodying the spirit of selflessness and community support.

Throughout his years of service, Bruce has found joy and memorable experiences in many small moments, especially in those that connect with residents on a personal level, sharing stories of life's challenges and triumphs. Bruce's story shares the strong impact our volunteers have in enriching the lives of our residents by building connections and lasting memories.

If you are interested in volunteering with Shannex, visit:
shannex.com/volunteering



Celebrating the love

bloomsbury

WELCOME TO THE



Introducing Bloomsbury, a groundbreaking community. The Shannex team developed Bloomsbury over years of living experience for those seeking social connection, a beautifully landscaped neighborhood. Approximately 60% engagement with family and friends, and nearly a quarter gap between Canadians' social needs and daily realities gap, creating a community that fosters interaction and

At the heart of the community is Bloomsbury Place, a destination for members-only experiences that blend social, retail, health and connectivity and convenience, this community provides a club members and the public can enjoy access to though



Heather Hanson, Vincent Van Den Brink, Sarah Letcher, Marc St-Onge, President Jason Shannon, Founder Joseph Shannon



MATCHING HEALTH SPAN TO LIFESPAN

On Wednesday, November 20, 2024, the Shannex team unveiled Bloomsbury and Allbright Life to family, friends and trusted partners, highlighting the vision for Bloomsbury to align with Canada's evolving demographics and lifestyle priorities with increased focus on longevity and the desire to match health span to life span. Three special guests joined the team to share their perspectives on how building wellness into the fabric of a community can foster a culture of vitality and connection that has the potential to transform neighbours into a community.

SAFFRON HILL HOSPITALITY GROUP

Food services, restaurants and retail experiences at Bloomsbury will be a new venture, Saffron Hill Hospitality

To learn more about Bloomsbury, please visit welcometobloomsbury.ca; to learn

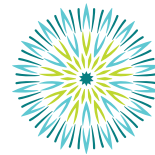
ing and engaged life



NEIGHBOURHOOD

purposefully designed for a longevity focused lifestyle. of planning, with the aim of providing an immersive ase of access, and intentionally curated amenities in a 2% of Canadians express a desire for more social ter feel they spend too much time alone, highlighting a s. Bloomsbury is thoughtfully designed to bridge that personal fulfillment for people of all ages.

estination offering a unique mix of public and h, wellness, and dining amenities. Designed to foster a seamless living experience where both residents, ightfully designed spaces.



allBRIGHT
LIFE



YOUR ALLBRIGHT LIFE

Central to the Bloomsbury experience is Allbright Life, a brand-new Club and Residential concept that forms the heart of the community. Allbright Life Residences are beautifully designed one or two-bedroom suites, complete with underground parking, built-in Club membership and convenient access to amenities. Residences include an Allbright Life Club membership which is also available for purchase. Exclusive Allbright Life Club memberships include dining and entertainment venues, a co-working centre, event space, a library, gym, health centre and thermal spa.

tail food
e delivered through
ality Group.



more about Allbright Life residences and membership, please visit allbrightlife.ca.



Alyson Sheffar, Finance Process Manager,
Parkland in the Valley

Great People Grow Here

Alyson Sheffar's Journey at Shannex and Parkland

Alyson's career at Shannex and Parkland has been one of growth, connection, and continuous learning. Starting as a Business Manager in 2016 at Parkland in the Valley, a retirement living community in Quispamsis, N.B., she quickly gained confidence and became an integral part of the team, always eager to improve processes and learn new things. This foundation helped propel her into her current role as Finance Process Manager.

In this position, Alyson supports communities across New Brunswick and Nova Scotia, helping team members and managers with company processes, especially within the Yardi system. She thrives in roles that allow her to connect with people and solve complex problems. "I love to help people, I love to see the success of other people, and I love to see that success flow to the happiness of our residents," she says.

What Alyson has learned throughout her journey is the importance of being open and honest with yourself. "You don't get to where you are going without the help and support of other *Great People*," she reflects. This mindset has been key to her growth, both personally and professionally.

Un Noël bien célébré au Faubourg

Pendant les Fêtes, les personnes résidentes du Faubourg du Mascaret ont eu droit à plusieurs célébrations. Parmi celles-ci, il y avait le Chœur intergénérationnel composé de personnes résidentes du Faubourg du Mascaret, de membres de la communauté et de nos partenaires à l'Université de Moncton, qui a offert de beaux spectacles pour les personnes résidentes de tous nos pavillons. Le Trio des Dunes a également livré une belle performance, les élèves de l'École le Mascaret ont visité pour jouer des jeux et du côté des pavillons Richard et Landry, les personnes résidentes ont même eu la visite du père Noël.



Le père Noël et M. Armand Belliveau, résident du Pavillon Richard

Christmas Celebrations at Faubourg

During the holiday season, residents of Faubourg du Mascaret were treated to a number of celebrations. Amongst these, the Intergenerational Choir, made up of residents of Faubourg du Mascaret, members of the community and our partners at the Université de Moncton, performed for all residents. The Trio des Dunes also gave a fine performance, students from the Mascaret school came over to play games, and residents of Pavillon Richard and Pavillon Landry even welcomed a visit from Santa Claus.



New Communities



Parkland Ancaster, Ontario

Parkland Ancaster opened the doors of Tiffany Hall in November. Located within one of Canada's most historic communities, Parkland Ancaster offers a personalized blend of freedom and comfort with premium accommodations and exceptional service. Tiffany Hall, Parkland Ancaster's Supportive Lifestyle building, offers three styles of accommodation including Assisted Living, Memory Care, and Enriched Care.



Moody Hall, Nova Scotia

Moody Hall began welcoming residents in November. In total, this community will be home to 144 residents. Seventy-two have now moved in and another 72 will arrive in spring 2025. An exciting feature of Moody Hall is its Main Street concept – the first time we have added this feature to a nursing home in Nova Scotia. This open and charming space encourages independence, community spirit and connection.

A Personal Touch

Emily Dewar

Emily Dewar joined Shannex as a Registered Nurse at Arborstone Enhanced Care in 2012. She quickly moved through various roles within the organization, including Community Manager and Director of Care. Today, she has the exciting challenge of being General Manager at Moody Hall, our newest licensed long term care community located in Bedford, N.S.

What sets Emily apart is her commitment to fostering a positive workplace culture. She believes in teamwork and open communication, creating an environment where both team members and residents can thrive. Emily prioritizes building personal connections with residents, knowing them by name, and building a community where team members feel valued and supported.

Emily's story is a powerful reminder of the impact of determination and the importance of cultivating a nurturing environment. Congratulations, Emily, on your new role at Moody Hall! Your dedication is truly making a difference in our community.



*Emily Dewar, General Manager,
Moody Hall*

Secrets to a Long and Happy Life

We are privileged to know many remarkable residents who have mastered the art of aging well with grace and dignity. Recently, some of our centenarians generously shared their thoughts on aging well.



Isabelle Maude Redden, resident of Orchard Court, N.S.

Isabelle says her tip on staying well and living a long life is to drink a bit of wine occasionally. We hope she was able to practice this when she celebrated her 100th birthday with fellow residents. Born on April 5, 1924, Isabelle married her husband Louis in 1948, and the couple was blessed with two beautiful children. Isabelle has been living at Orchard Court, a licensed long term care community in Kentville, N.S. since 2022. With a bright smile, Isabelle says that she feels no different being 100.



Annie Hashem, resident of Parkland Cape Breton, N.S.

Annie, a passionate and talented artist who takes pride in her work and loves to sketch, paint, and draw, celebrated her birthday on October 2. When asked about turning 100, Annie smiles and says she doesn't focus on age and still can't quite believe she's reached this incredible milestone. Her philosophy is simple yet powerful: "make people laugh". This infectious joy and unwavering spirit are just a few reasons why Annie continues to inspire those around her.



Mabel McNutt, resident of Vimy Court, N.S.

Mabel feels that she has seen a lot of changes throughout her lifetime and believes there will be many more. Her advice for staying healthy is simple. "Eat well and walk every day to keep yourself moving". A quote that she lives by is: "The golden rule: Do unto others as you would have them do unto you." Mabel McNutt was awarded a certificate on her 100th birthday from the Colchester County Mayor, Christine Blair and Councilor Paul Weatherby.



Addie Ferguson, resident of Parkland Saint John, N.B.

Addie believes that you are as old as you feel, and she certainly does not feel old. She feels that it isn't the years in your life but the life in your years that counts. At 100 years young, she celebrated her milestone at Carleton Hall, radiating joy and vitality. When asked what her tips for living a long, healthy life were, Addie offered a simple yet powerful piece of advice: "Maintain a healthy lifestyle. Get lots of exercise and eat healthy foods, participate in activities and have hobbies." Her words are a testament to the importance of balance in life.

Total Worker Health Health, Wellness and Safety



At Shannex, we prioritize the health and happiness of our team, fostering safe, supportive, and inclusive communities where everyone's well-being matters. We understand that mental health challenges are common, with one in five Canadians facing them each year, and 70% experiencing workplace stress. That's why we focus on the whole person, supporting both professional and personal well-being.

Through our partnership with the Atlantic Institute for Resilience (AIR) via CAN Health, we are offering evidence-based programs that enhance mental fitness and resilience. Led by Dr. Jackie Kinley, AIR's programs — such as the “brain gym” — help participants build essential mental and psychosocial skills at work and in their personal lives. Recently, a session on resilience was held for all team members, equipping them with tools to build mental strength, further supporting our commitment to fostering a positive workplace.

By prioritizing the well-being of our team members, we create an environment where everyone can succeed and feel supported.

Learn more by contacting your Abilities Specialist.

Vibrant Diwali Celebration Parkland on the Glen



Lucy He, Arshdeep Kaur, Jaspreet Sanghera,
Yatri Patel



Mary Kosioek, Cicily George, Radha Auglay, Yatri Patel, Jamila Youssef

Parkland on the Glen, a retirement living community in Mississauga, Ontario, hosted a lively Post-Diwali Celebration that brought the joy and spirit of Diwali to life! The evening was filled with energy, music, and dance, making it a memorable event for residents and their families.

The talented Sania entertained everyone with popular Bollywood tunes, while our Recreation Manager, Yatri Patel, added to the fun performing a traditional Indian dance.

The celebration was made even sweeter with delicious Indian treats, bringing the full flavour of Diwali to the event. It was clear from the smiles and applause that the event was a resounding success!



Riley Peacock, Tammie Maynard, Sanford McGarth, Mary Ann Bunker, Alie Herbert, Carol Ann MacDonald, Russell MacKenzie, Jane Yermolaieva

Community Raises Funds Through Radiothon Parkland at the Lakes



Residents and team members from Parkland at the Lakes (PAL), a retirement living community in Dartmouth, N.S., participated in a radiothon to support the Dartmouth General Hospital Foundation's efforts to raise funds for a much-needed digital pathology machine. At the time, the hospital lacked the resources to acquire the technology which is an essential tool for diagnosing diseases. Their fundraising efforts saw the community come together to make this goal a reality with residents, families and team members at PAL contributing a generous \$1,300 to help fund the purchase of the machine.

Congratulations to our PAL community for their ongoing commitment to making a meaningful difference in the lives of others.



Dylan Langille, radio host, interviews his former babysitter Carol Ann MacDonald, resident at Parkland at the Lakes.

From Educator to Advocate Parkland at the Lakes

Parkland at the Lakes (PAL) resident Carol dedicated 22 years of her career to the Dartmouth General Hospital (DGH) as its Director of Education, so when she heard there was a need for support, she was eager to help. Carol was part of a passionate group of PAL residents who raised funds for the DGH Foundation and she was the first to volunteer to present a cheque on behalf of residents, team members and families during the DGHF Radiothon. In a full-circle moment, she was asked to share her insights on the hospital's vital role in the community as part of the live broadcast, and in a heartwarming twist, the radio broadcaster was someone she once babysat! During the interview Carol reflected on the strong, personal connection she has with the Dartmouth community, her love for Inverness Hall at PAL and the crucial role DGH plays in the community.

A Magical Movie Night Harbourstone Enhanced Care

Wands were raised and spirits soared, as the enchanting world of Hogwarts came to life during a magical movie night at Harbourstone Enhanced Care in Sydney, N.S. Residents and guests gathered for a screening of *Harry Potter and the Philosopher's Stone* accompanied by a feast of Harry Potter-inspired treats, Butterbeer, Bertie Bott's Every Flavor Beans, Chocolate Frogs, and an endless supply of popcorn. Everyone embraced the magic of the evening, getting into character with lightning bolt tattoos, wands, and round glasses just like Harry himself!



Marion Lawson and Phillip Lynk



Anne MacLean

Leading the Way



Luigi Rocca, Senior Portfolio Manager and Wealth Advisor, RBC Dominion Securities, Derek Green, Tania Stote, Christina Cormier

This fall, Shannex is proud to have been recognized for business, innovation and sector leadership with three special awards.

New Brunswick

In October, Shannex New Brunswick received the 2024 Greater Moncton Excellence in Business Award from the Chamber of Commerce of Greater Moncton. This recognition not only reflects our commitment to service excellence, but also the dedication and commitment of our *Great People*. Congratulations!

Nova Scotia

In late November, Shannex and one of our trusted partners received two awards from the Nursing Homes of Nova Scotia Association.

The Trailblazer Award recognized Shannex for its Enhanced Licensed Practical Nurse (LPN) Program. The award celebrates incredible research, innovation and creativity happening in the sector and is a testament to the team who helped pull the Enhanced LPN program together.

The Cultural Harmony Award was given to Eskasoni First Nation and Shannex for their prioritization of diversity, equity, inclusion, and belonging, cultural integration and consultation through work to create Kiknu – the first licensed long term care community located on a First Nations in Nova Scotia.



Ron Garcia, Colleen McKenna, Patricia Guy and Kelley Hiltz-Cameron



Celebration of Wreaths Parkland at the Gardens



Parkland at the Gardens recently held its third annual Celebration of Wreaths, a fundraiser spearheaded by Parkland Resident Maureen Banyard. This heartwarming holiday event benefits the Mental Health Foundation of Nova Scotia through support from local businesses, community members, and supporters.

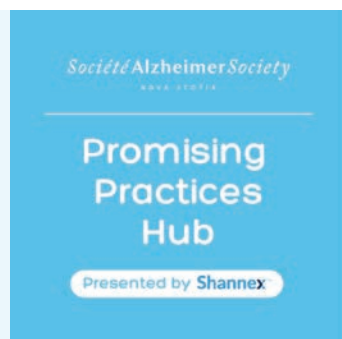
Guests participated in a lively auction for an array of beautifully crafted wreaths donated by generous supporters – each one uniquely capturing the holiday spirit. Thanks to the generosity of all involved, the event raised \$26,000 for the Mental Health Foundation of Nova Scotia, directly supporting vital mental health programs across the province.

We're grateful for the community's support and look forward to an even bigger celebration next year. Stay tuned for more festive fun in 2025!

Promising Practices Dementia Care Innovation

The Alzheimer Society of Nova Scotia's Promising Practices Hub, is a new digital platform proudly sponsored by Shannex. This year-round digital resource aims to support and enhance the lives of individuals living with dementia throughout Nova Scotia.

Since 2022, the Promising Practices Showcase, a session at the Annual Dementia Care Conference, has featured speakers sharing innovative dementia care ideas, programs, approaches, and tools that improve the lives of those with dementia. The Promising Practices Hub now builds on this by providing healthcare professionals with ongoing access to successful initiatives, tools, and resources that promote meaningful change in dementia care.



“We believe that by sharing innovative ideas, we can improve care for those living with dementia,”

says John Britton, CEO of the Alzheimer Society of Nova Scotia.

Learn more about Alzheimer's Awareness Month and beyond, by visiting the Promising Practices Hub at: alzheimer.ca/ns/en/promising-practices-hub to explore valuable resources transforming dementia care.

Lest We Forget

Parkland at the Gardens, Parkland at the Lakes, Parkland Truro



*Parkland at the Lakes Remembrance Day:
Nicolaas DeVries and Ed Greenfield*



Parkland Truro; Roland and Ellie Burton.



Parkland Truro; Eileen Caudle, Bruce Wynn, Ralph Campbell, Gloria Campbell, Roland Burton, Ellie Burton, Grace Lang, Fran Miller, Robert Smith, Gerald Davis, Jim Grant, Stan Salsman, Ron Robertson, and James Hatch.

More Great Support

At Shannex, team members and their dependents enrolled in health benefits with prescription drug plans through Medavie Blue Cross have access to Health Coaching and Chronic Disease Management services to help with long-term health concerns. Through this service, eligible team members may connect with a network of specialized health professionals without a doctor's referral. They can get access to Allied Health professionals to develop a better understanding of their health, receive advice on the types of questions they should be asking their doctor, access a personalized treatment plan to work through symptoms and reach their goals, and if needed, they can access training and support on how to use various medical devices. For more information, team members can contact the Shannex Total Rewards Team at: **GreatRewards@shannex.com**



Snapshots



*Kiara Lynch, Darlene McAuley Cabel,
Joe-Anne Baisley, and Jessica Esson.*

Sunny Side Up Staff

The team at Losier Hall, N.B. dressed as breakfast foods as they served breakfast at Peabody Cafe! Residents enjoyed the fresh, tasty food!



Not so scary scarecrows

Northumberland Hall resident Debra Walker had some fun making scarecrows! She poses with the two of them.



Christmas Pageant

June MacEachern, resident from Parkland Riverview was the emcee for the community Christmas pageant. 160 people attended and were entertained with a choir and enjoyed holiday sweets.



Leo and his creations

Leo Ba-al, one of the culinary team members at Parkland Riverview, shared his pumpkin painting and carving skills!



Paul Pedersen, Nicole Côté, Freda Cureton, Beverley Wiggins, Shanti Mahesh, Joy Fava

Annual Family Holiday Party at Parkland Ajax

The team at Parkland Ajax was delighted to welcome family members to the community to celebrate the holidays.



Emmett Hunter and Eleanor Kaye

Craft School

Tucker Hall hosted an intergenerational craft event with children from the local Princess Elizabeth School.



The Cedarstone Dancers brightened the community with their sparkling moves!

Katrina Nuval, Remina Ayson, Reian Soriano, Casleen Abila, Jenny Odango, Krizelle Mosuela, Rusan Manahan.



The snowy season!

Ruby Tower, resident from Ocean Hall in N.B. admired the twinkling lights on the Main Street snowman. The snowman brought a frosty charm to the community!



Fiona O'Connor, Marjorie Reed, Grace House, Toni Parent, Gayle Rusk

Sharing the Holiday Spirit!

Residents and team members from Parkland Fredericton donated to the local women's shelter Grace House this Christmas. The community used their resident fund to buy yarn and knit over 74 items to donate.



Germaine Goguen, Julia Pinet, Dorothy Cyr et Louina Caissie

A group of friends at Faubourg support their community

A group of Faubourg du Mascaret residents recently put their talent and creativity to good use by making handcrafted items. They raised a total of \$1,600 from the sale of these items. All proceeds were donated to the Tree of Hope. Many thanks for your support of our community!

Les femmes du Faubourg supportent leur communauté

Un groupe de personnes résidentes du Faubourg du Mascaret ont récemment mis à profit leur talent et leur créativité en fabriquant des objets artisanaux à la main. Elles ont réussi à récolter un total de 1 600 \$ avec la vente de ces articles. Cette somme a été entièrement donnée à l'Arbre de l'Espoir. Un gros merci pour votre soutien envers notre communauté !

Shannex™ Learning & Development

What Can I Learn Today?

Lifelong learning supports healthy aging. What do we mean by 'learning'? The word 'learn' reminds many people of long days spent trying to memorize dates and vocabulary. But learning goes far beyond school.

We learn with our bodies and spirits as well as our minds. Practicing dance choreography or reflecting in a meditation pose can be just as much of a learning opportunity as reading a book. The specifics might be different, but all learning activities encourage us to be fully present.

Above all, learning is about nurturing our sense of curiosity. Staying curious and asking questions helps us stay connected. So, ask yourself: "How can I learn today?" Take a new route or ask someone a question and consider a new perspective. Listen to a song you've never heard or try crochet. It's a big world out there; let's fully engage with it! It will change our lives.

For team members interested in deepening their understanding of how to cultivate a growth mindset, visit the Shannex Connects Library to take the Developing a Growth Mindset course.



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To
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OCT 2024-OCT 2025

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“

There's not a day that I don't go home and say, I did something good for someone today. ”

Shannex is proud to
be certified as a
Great Place to Work



Join our team

