

CONNECTIONS



The Great People Issue



A Taste of Sunshine

P.10



Showing up in the Community

P.18



Welcome to Garraway Hall

Garraway Hall officially opened in Moncton, N.B., in April 2025! 60 new residents will call this community home and our dedicated team is committed to making it a place of warmth and care for years to come.

Rob Weir, MLA for Riverview; Joseph Shannon, Shannex Founder; Shawn Crossman, City of Moncton Councillor, Ward 1; Honourable Lyne Chantal Boudreau, Minister responsible for Seniors; Honourable Rob McKee, Attorney General and MLA for Moncton Centre; Jason Shannon, Shannex President; and Dave Steeves, City of Moncton Councillor, Ward 3.

Editor's Note

Katherine VanBuskirk

It is with great pride and gratitude that we share this issue of *Connections*, one that is filled with stories of our team members. The arrival of Spring comes with energy, growth and fresh starts - a season that mirrors the spirit of our *Great People*. In the following pages, you'll read stories about the people who make Shannex what it is, including the seasoned leaders who mentor and guide us (page 15), and newer team members who bring fresh perspectives and innovative ideas (page 16). No matter where you work or what your role is, our teams feel fortunate to work alongside each other, bringing unique strengths to work every day.

This *Great People* issue is dedicated to recognizing the team members who make Shannex a special place to live and work. Read on to find stories that showcase meaningful connections, and outstanding teamwork. On page 10, we're sharing a story about a simple idea that led to a special event. On page 13, learn more about the ways we're helping our *Great People* grow with us, and page 20 features team members who go above and beyond.

This issue was a fun one to work on and we hope you enjoy it as much as we do.

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:

Amanda Rubenstein and Tammy Scarrow setting up activities in the sun room at Parkland Ancaster, ON

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ENHANCED CARE

Shannex
CARE
AT HOME



Shannex Founder Joseph Shannon appointed to the Order of Nova Scotia

Join us in congratulating our founder, Joseph Shannon, on his appointment to the Order of Nova Scotia.

"These Nova Scotians have made exemplary contributions and enhanced the social fabric and identity of Nova Scotia and Canada across diverse fields." ~ Lieutenant Governor Savage.

The Hon. J. Michael MacDonald, Dr. Afua Cooper, Lt.-Gov. Mike Savage, Professor Allan Marble, Mr. Joseph Shannon and Mr. Robert Sobey



President's Message

Jason Shannon

It's my pleasure to present you with the Spring edition of Connections – our *Great People* issue. Every May we celebrate *Great People* Month, a month of events and activities designed to recognize the incredible team members who are delivering on our vision of leading the way to better living.

May 2 is the day we kick things off at the *Great People* Party. I look forward to this event all year, and this time it will be even more exciting as we'll be holding a President's Town Hall during the party where we'll announce the finalists for the Shannex Excellence Awards. We receive many nominations for these awards and I'm so pleased that we'll be extending the recognition to more *Great People* by sharing the finalists as well as the winners.

The *Great People* Party will be followed by weekly events, prizes and activities, and we'll end the month with our Excellence Awards Gala and a wrap-up Town Hall where we'll announce the winner of the grand prize: free groceries for a year!

Great People Month will be an exciting time, but we know the impact of our team members is felt every day by residents in our communities and beyond. This

year, we will welcome hundreds of new team members to new and existing communities everywhere we operate, and I am confident that the legacy of compassion, honesty, professionalism and safety that has been established over the past 37 years will continue to thrive.

As we reflect on the history of our organization, I also want to recognize my father and the founder of Shannex, Joseph Shannon. In February he was officially recognized with the Order of Nova Scotia – the province's highest honour. This recognition reflects his longstanding dedication, leadership and impact in the community – the influence of which we feel every day. I hope you join myself and our family in congratulating him on this honour.

Please enjoy the stories in this issue that highlight the *Great People* of Shannex. Whether you are a resident, family member or trusted partner, I'm confident they will inspire you to reach out and extend a kind word to recognize our exceptional team members.

Jason



Culinary Corner

Ghanaian Kelewele

In February, we celebrated Black History/African Heritage Month and honoured the contributions of those of African descent. Kelewele, a popular Ghanaian street food, is a flavourful snack or side dish, perfect with fried fish, rice, or any Ghanaian meal. Easy to make and enjoy any time of day.

Method

1. Prepare the Plantains

Peel the plantains and cut them into bite-sized chunks or diagonal slices. You can slice them into thicker pieces if you prefer a heartier texture or thinner slices for crispier Kelewele.

2. Make the Spice Mixture

In a bowl, mix the grated ginger, cayenne pepper, nutmeg, garlic powder, paprika, salt, and vinegar (if using). You can also add a little sugar if you want to balance the spiciness.

3. Season the Plantains

Add the plantain pieces to the spice mixture and toss them well to ensure they are fully coated. Let the plantains sit for about 10-15 minutes to absorb the flavours.

4. Fry the Plantains

Heat the vegetable oil in a frying pan or skillet over medium-high heat.

Fry the plantain chunks in batches to avoid overcrowding the pan. Fry until they're golden brown and crispy on the outside, about 3-5 minutes per batch.

Remove the fried plantains from the oil and drain them on paper towels.

Garnish the Kelewele with chopped peanuts or roasted groundnuts (optional) for a bit of crunch.

Ingredients

- 3 ripe plantains (not too soft, but sweet and yellow)
- 1 tablespoon grated ginger
- 1 teaspoon cayenne pepper (adjust to your heat preference)
- 1 teaspoon ground nutmeg
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon salt (or to taste)
- 1 tablespoon white vinegar (optional, for extra tang)
- 2 tablespoons vegetable oil (for frying)
- 1 tablespoon chopped peanuts or roasted groundnut (optional, for garnish)

Team Member Spotlight



Silvia McGivern

Silvia Spreads Smiles

Parkland Ajax

Silvia, a housekeeper at Parkland Ajax in Ontario, finds joy in making residents smile and connecting with both residents and team members. She values a strong sense of community and for three years, she has taken pride in meeting each resident's unique needs. Residents like Clarence and Freda praise her cheerful service. Inspired by the warm welcome she received, Silvia strives to offer a consistent, positive experience to new residents, with empathy and understanding at the heart of her intent. Her dedication fosters a caring environment at Parkland Ajax.

Accelerate Action



International Women's Day

This International Women's Day, we proudly highlighted three exceptional women who have been shaping our communities. The theme, "Accelerate Action," underscored the collective effort needed for gender equality. At Shannex, women make up 80 percent of our team and have long been leaders across the company, fostering a culture of care, support, and success.

Rosalyn Nichols, Resident – Parkland West Bedford

At Home Office, Rosalyn Nichols, a resident at Parkland West Bedford, shared her powerful story and advice on gender equality, encouraging future generations to create meaningful change. Following the talk, team members and Rosalyn connected over tea, sparking many empowering conversations.



Rosalyn Nichols and her dog AJ with the Home Office team

June Gravel, Resident – Parkland on the Glen

June had a 42-year career in education, including teaching at various universities across Ontario and working as a librarian. She and her husband created literacy rooms and volunteered with ESL students, leaving a legacy of learning and empowerment.



June Gravel

Jamie Légère, Resident Experience Manager – Faubourg du Mascaret

Jamie has been with Shannex for over 11 years, earning the Shannex Award of Excellence for Customer Service in 2019. Her empathy, dedication, and innovative solutions make her a cherished part of the Faubourg du Mascaret community.

Jamie Légère, Gestionnaire de l'expérience des résidents – Faubourg du Mascaret

Jamie travaille chez Shannex depuis plus de 11 ans et a remporté le Prix d'excellence Shannex pour le service à la clientèle en 2019. Son empathie, son dévouement et ses solutions innovantes font d'elle une membre appréciée de la communauté du Faubourg du Mascaret.



Jamie Légère

Join us in celebrating these incredible women and all the women whose strength, dedication, and leadership are creating lasting change in our communities.



Sadaf Akhtar, Jennifer Cruz, Hazem Alhamwi, Experenzer Yeboah, Theresa Loth, Cynthia Fotheringham, Ramandeep Kaur, Devon Randle, Tammy Scarrow, Paul Magis, Cameron MacDoanld, Frederick Brauweiler, Nicole Morgan, Dwayne Doucette, Reefat Talukder, Ola Kit, Amanda Rubenstein, Laurie Meyer, Kerry Balojan, Rachel Kennedy, Meg Corr, Alex Gyuka

Celebrating the Opening of **Parkland Ancaster** A Journey Shaped by *Great People*

The opening of Parkland Ancaster in Hamilton, Ont. has been an incredible journey. For Health and Wellness Manager Reefat Talukder, a moment that stands out is when the daughters of two residents shared that, since their parents moved in, they were the happiest they've been. It was a reminder of the strong sense of community that's been created. The opening of Parkland Ancaster brings a new offering for older adults in the community. With a full continuum of flexible services and a range of care options, this community has something for everyone, including outstanding dining at the Grand River Restaurant and Sweet Spot Café. For Reefat, seeing the community come to life has been inspiring, "It's about the people — the residents and the team behind Parkland Ancaster. Together, they made this vision a reality." Here's to many more memorable moments with Parkland Ancaster's *Great People*.



Arthur and Linda Forster, along with Henny and Dick Kranendonk, the first Webster Hall residents, attended the ribbon-cutting for the new link between Tiffany and Webster Hall.



Garraway Hall



Moody Hall

New Beginnings in Long Term Care

In April, Shannex opened two new nursing homes. Garraway Hall, a community for 60 residents opened on April 8. This home in Moncton, N.B., is connected to Gordon Hall and Ocean Hall. In Halifax, N.S., Moody Hall originally welcomed 72 residents in November 2024, and another 72 people will begin to move into the community this April, making this a home to 144 older adults in the province. Both homes feature a beautiful indoor streetscape called Main Street where residents, their loved ones and others can enjoy time strolling, visiting and entertainment. This innovative concept was first introduced in New Brunswick and is now part of all our new nursing homes.

Unsung Heroes: Celebrating Our Volunteers

National Volunteer Week is April 27 – May 3, 2025, a time to recognize and thank those who give their time to make a difference for residents in our communities. Your dedication and compassion are invaluable to our *Great People*, and we're so grateful for you every day.

The Ripple Effect of Generosity Parkland Riverview



Sister Marie Saulnier

Sister Marie, a resident at Parkland Riverview in N.B., founded Busy Hands 24 years ago with the goal of raising \$100,000 for local charities through handmade crafts. After years of hard work and community support, she surpassed that goal, reaching \$100,199.71.

Each year, the proceeds support organizations like the Salvation Army, Moncton Head Start, Peter McKee Food Bank, and Albert House. Sister Marie is supported by her congregation, the Sisters of Les Filles de Jesus and local friends, whose contributions help keep the project thriving.

Her work shows the power of small acts of kindness to create a ripple effect of generosity. Her ongoing mission inspires others to lead with love and intention, proving that even the smallest actions can spark lasting change. Thank you, Sister Marie, for being a shining example of kindness in the community.

Volunteer of the Year Nominee Nan Smith Orchard Court

Nan Smith, a Nominee for Volunteer of the Year through the Municipality of the County of Kings, is a devoted, compassionate, and innovative volunteer at Shannex Orchard Court in Kentville, N.S. Since retiring as an elementary school teacher, Nan has continued to dedicate herself to nurturing, supporting, and comforting others. At Orchard Court, she regularly assists with a variety of recreation programs, leads seasonal craft sessions, and provides materials for residents to create their own items. Nan's vibrant personality brings joy to everyone around her, and she also invites her Red Hat group to host special events for residents multiple times each year. Her invaluable contributions to the community have made a lasting impact.

Lorlie Williams-Marschall, Recreation Assistant at Orchard Court, shared, "We are so very thankful to have Nan Smith as one of our dedicated and long-time volunteers. It was such a pleasure for management and team members to celebrate with her."



Lorlie Williams-Marschall, Jenna Swindell, Nan Smith and Nanette Velasco

Embracing Activity for a Healthy Life



Kathy Strausz, Fred Schneider, Ruth Wilson, Audrey Hines

The Magnificent Four, Parkland on Eglinton West

Four inspiring residents, all active bridge players aged 100 to 103, attribute their longevity to staying physically and mentally active. Audrey Hines and Ruth Wilson are 103, Fred Schneider is 101, and Kathy Strausz recently turned 101.

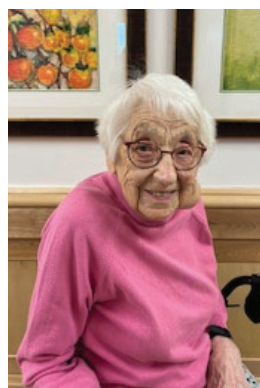
Audrey walks daily, plays bridge, and participates in stretching classes. Ruth stays active with church, knitting, and furniture reupholstering. Fred, a former golfer, keeps sharp with puzzles and bridge. Kathy enjoys painting and stays mentally engaged through bridge. Their dedication to an active lifestyle is an inspiration to all at Parkland!



Amy Gaudett

Amy Gaudett, Parkland Saint John

Amy's 100th birthday was celebrated with a “debutante-theme” party, live music, and a gathering of family, friends, and team members. The event featured beautiful flowers, heartfelt wishes, and was made even more special by Amy's spirit of gratitude.



Bernice Isnor



Leota Weldon

Bernice Isnor, Moody Hall

Bernice is 104 years young! A nurse before becoming a full-time mother, she continued her career after her children left home, retiring at 65. She enjoys it when family visits her at Moody Hall and has fond memories of knitting and doing crosswords.

Leota Weldon, Monarch Hall

Leota celebrated her 102nd birthday with one of her favourite things, a special visit from the pet therapy team, Elaine and Grace the Doxie. Leota was thrilled to receive a framed photo from the day. The smile on her face says it all!



Jockie Loomer-Kruger

Every Story Matters | Parkland Truro

Our team of *Great People* at Parkland Truro recently demonstrated their unwavering support for making every resident feel welcomed, valued, and celebrated. At a recent book club meeting, the group welcomed a new resident, Jockie Loomer-Kruger, with open arms. An author who wrote her memoir *Valley Child* at 80, Jockie brought her

inspiring story and vibrant spirit to the group, making it a reading to remember.

The book club read Jockie's memoir and hosted her as a special guest. She shared a funny childhood memory, showcased artwork from her book, and even introduced her first teddy bear — at 86 years old! Jockie's story proves that age is no barrier to achieving dreams.

Chilly Days, Warm Hearts

Harbourstone Enhanced Care and Parkland Riverview

Stories from two of our communities exemplify how acts of kindness and compassion, no matter the scale, can create lasting and meaningful change for those in need.

Residents at Harbourstone Enhanced Care in Sydney, N.S., made a difference in their community by sorting and preparing winter clothing donations for local charities. Thanks to the incredible generosity of their community, warm coats, cozy sweaters, and even handmade socks and hats were collected and organized. Through their dedication and teamwork, these residents are bringing comfort and warmth to those in need this winter.

In another heartfelt effort, residents of Royal Court at Parkland Riverview came together for the third consecutive year to craft two cozy no-sew fleece blankets. These blankets were donated to the Humanity Project, an organization that offers mental health, addiction services, and transitional housing for vulnerable individuals in the Greater Moncton area.



Beverly Launay and Doreen MacDonnell, Harbourstone Enhanced Care



Bette Campbell-Johnston, Sister Annette Landry, Sister Marie Saulnier, Eunice Burnes, Nancy Laforest, Carmen MacDougall, Donna Stultz, Simone Gallant, Jeannine Leclerc, Parkland Riverview



Building Connections, Creating Memories

We believe in the power of connection to enrich the lives of older adults. Through our Shannex Cares Community Spirit Grants, we extend the reach of community organizations who share our commitment to helping older adults in focus areas of wellness, active living, and social connections.



Members of the Upper Hammonds Plains Community Development Association at a performance at Neptune Theatre.

The Upper Hammonds Plains Community Development Association (UHPCDA) is one of these exceptional groups, offering programs like exercise sessions, educational workshops, and even trips to help reduce social isolation for older adults. Recently, they enjoyed *Controlled Damage – The Viola Desmond Story* with support from our grant, an experience that brought courage and resilience to life.

We're proud to support the UHPCDA and other groups in creating meaningful opportunities for older adults. It's these kinds of moments that drive us to continue our work, helping older adults build connections and enjoy the enriching experiences they deserve.

Visit shannex.com/shannexcares to view our latest Community Spirit Grant recipients!

Committed to Meaningful Moments

Often, the impact our *Great People* have on the lives of residents and their families extends far beyond the exceptional care and service provided. A hand to hold. A listening ear. A voice of encouragement on a hard day. They are the spirit and foundation of our organization, and we are proud to share their stories.



Ryan Coulton and Norma Gaudet

A Heartfelt Dedication to Residents

Great People like Ryan Coulton are often at the heart of the most memorable moments for residents. This New Year's Eve, Ryan celebrated with residents, bringing his infectious energy and enthusiasm to the occasion. Starting five years ago as a dishwasher at Parkland Saint John, his dedication and care have been clear every step of the way, making every occasion that much more special for all involved.

Last year, Ryan was promoted to Dining Room Server, and today, he proudly serves as our Dining Room Coordinator. But his role goes beyond just providing excellent service — Ryan is always looking after the needs and wants of our residents. His commitment and passion for both his work and the people he serves make him an invaluable part of our community.

A Winter Wonderland

The residents of Faubourg du Mascaret participated in a Winter Wonderland event organized by our *Great People!* Their elegant attire, energy, smiles and participation made for an unforgettable evening.

Une soirée hivernale enchantée!

Les personnes résidentes du Faubourg ont récemment assisté à une soirée hivernale enchantée organisée par notre personnel exceptionnel ! Leur tenue vestimentaire élégante, leur énergie, sourire et leur participation ont fait de cette soirée un moment inoubliable.



Frank et Dorice Richard



The Bride and Groom, Elsie and Marshall Roast

After 61 years “We Still Do”!

Surrounded by family, friends, and the Orchard Court community, on February 7, 2025, Elsie and Marshall Roast, married for 61 years, renewed their vows at Orchard Court's Village Square, celebrating their enduring love.

This heartfelt ceremony was made possible by the dedication of our team members, with Gina Smiley, Orchard Court's Administrative Assistant, lovingly officiating the event. A live band provided entertainment, while both residents and team members wore pink and red to honour the special occasion.

A Taste of Sunshine | Parkland at the Lakes

The team at Parkland at the Lakes knows how important resident feedback is to creating special experiences. In February, a suggestion from Jamieson Hall resident Reid Delong sparked an idea for a memorable event: Hawaiian Day!

The day was a team effort, with the recreation team organizing fun activities like baking macadamia nut cookies and hula dancing. The culinary team went all in, preparing a stunning themed dinner and dressing for the occasion. Other team members joined in too, decorating the space and setting the mood with tropical tunes.

Spread over two days, the event allowed everyone to connect and enjoy a warm, tropical escape.



Sherry Finley, Anna O'Halloran, Helen Langille, Matt Vanderheide and Mary Jesso

Every Recyclable Counts | Arborstone Enhanced Care



Tammy Logan

Arborstone Enhanced Care is leading the charge in helping Shannex reach an ambitious 30 percent waste diversion rate across all sites. An important factor of their success is the mother-daughter team of Juanita and Tammy. For over seven years, they have been at the forefront of sustainability efforts at Arborstone. Together, they've spearheaded a recycling initiative that involves collecting cans and bottles from both team members and residents.

Their dedication not only ensures proper recycling but also supports the Arborstone Resident Council. The funds raised from these recycling efforts have brought exciting new additions to the community — like a beautiful new fish tank filled with vibrant, colorful fish, bringing joy to residents.

Through their ongoing efforts, they're playing a pivotal role in a greener, more sustainable future.

Congratulations to Mairibeth Reilly, winner of the Vital Employee Excellence Award, part of the NextGen initiative celebrating young professionals making a difference in Cape Breton, N.S. As the Recreation and Volunteer Coordinator at Harbourstone Enhanced Care, Mairibeth not only leads therapeutic programs for 272 residents, but she also promotes accessibility, mental health, and team member training using the Gentle Persuasive Approach. Her work in creating person-centered care for those with dementia has a profound impact, shaping our community and fostering a safe, supportive and compassionate environment for both residents and team members.

With a Bachelor of Social Science, a Certificate in Health Communication and Aging, and a Therapeutic Recreation Diploma, Mairibeth's dedication is further evidenced by her pursuit of a Master of Adult Education at St. Francis Xavier University. Congratulations again, Mairibeth, on this well-deserved achievement!

CB NextGen Employee Excellence Award Harbourstone Enhanced Care



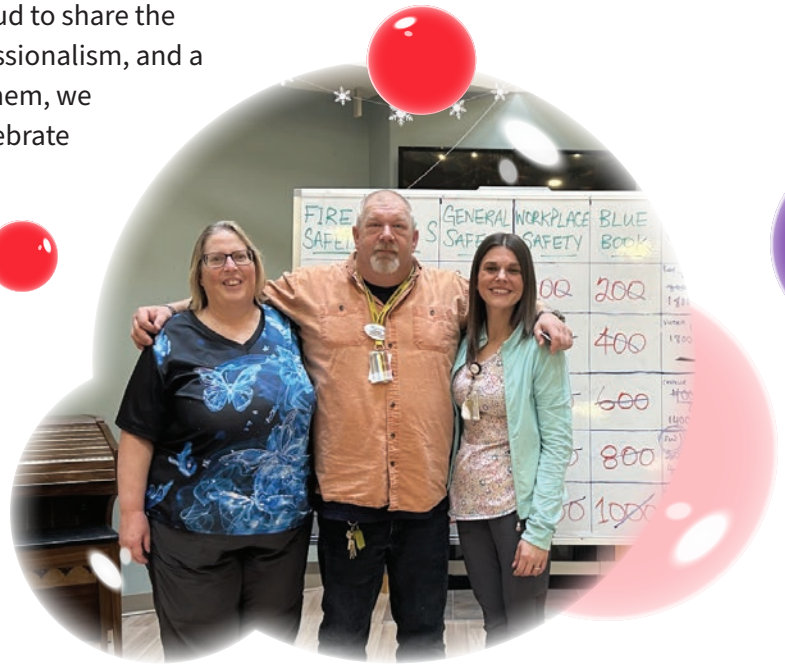
Mairibeth Reilly

Great People Build Great Teams

Teamwork is at the heart of everything we do. We're proud to share the stories of the *Great People* who bring compassion, professionalism, and a deep commitment to their work every day. Because of them, we continue to grow and evolve, and we're honoured to celebrate their contributions – both big and small!

What is... Safety Jeopardy?

A lively game of Safety Jeopardy took place at the Joint Occupational Health and Safety meeting, hosted by the Cedarstone Enhanced Care Maintenance team and enjoyed by team members.



Tammy Atkinson, Craig Taylor and Jessica Stronge – the winners of Safety Jeopardy!



Jemima Tucker, Vanessa Quigley, Henry Brown, Dean Angers, Heather Sinclair

Introducing Transitional Health

West Bedford Transitional Health was founded on innovation and collaboration. Together with our partners at Nova Scotia Health, our Shannex *Great People* helped design a new model of care that is transforming health care in the province and improving outcomes for patients.



Happy Housekeeping

A clean and safe environment for residents plays a vital role in creating an outstanding experience. The housekeeping team at Faubourg du Mascaret is a closeknit group who prides themselves on attention to detail and personalized service.

Laarni Villanueva, Fanie Simbulan, Seneka Melanson, Sonia Vargas, Sylvie Champagne, Parminder Kaur, Hanna Tkachenko, Lilia Synyshyn, Kate Lomaka

Disability Inclusion and Us

On our learning journey, we're grateful for partners like Jennifer Barnable, an award-winning disabled inclusion educator who emphasizes authentic representation and allyship in a safe, respectful space. She joined us for a session called "Disability Inclusion and Us: Becoming a Better Ally" where we explored disability discrimination, challenging perceptions, and ways to support disabled and chronically ill individuals.



Back row: Sydney Woodin, Chelsea McMillen, Laura MacNeil, Jennifer Mizzi, Jennifer Barnable, Jennifer Miller, Megan Harpell, Cassidy Hulbert

Front row: Lindsay Fenton, Marisa Richardson, Tanisha Lenihan



Gladwin Paul, Abin Babu, Jacob Maniaco, Kerri Eisnor, Jessica Yang, Megan Harpell, Maria Baylosis, Jacinta Ukzowelu, Ramanpreet Kaur, Christy Nickerson Rak, Wei Fang

A Good Night's Sleep

For our residents, there's nothing better than a good night's sleep, so when the opportunity came to pilot a new technology designed to understand and improve resident sleep patterns, our teams stepped up. The London Hall team is trialing Sleepsense, a technology that monitors sleep. Other communities involved in this pilot are Parkland West Bedford's Memory Care neighbourhood, Cedarstone Enhanced Care and Harbourstone Enhanced Care.

Shannex™
**Learning &
Development**

As part of our commitment to help our *Great People* grow with us, we've launched a new program. The General Manager Mentorship Program is part of our Lead Blue Leadership Development Program, and we were pleased to welcome a second cohort of the program in February. Over the next few months, these aspiring leaders will have a unique opportunity to grow, learn, and define their leadership journey in a hands-on environment. The program combines classroom learning, on-the-job shadowing, and mentorship sessions, providing participants with invaluable leadership skills and practical insights to foster their professional development.

General Manager Mentorship Program



Mia Cuenat, Marc Katryk, Brenna MacDonald, Krasimir Takev, Robert Hanscomb, Kelley Hiltz-Cameron, Jason Gawley, Sarah Mahmoud, Angela MacAdam

Krasimir Takev, General Manager at Parkland on Eglinton West, shared: *“This mentorship program is an incredible opportunity to learn and exchange ideas with some of Shannex’s brightest leaders. I look forward to expanding my knowledge in team development, operational efficiency, and leadership strategies to inspire my team and elevate our community.”*

We're excited to see these leaders grow and inspire the Shannex community in the years ahead. Join us in congratulating this year's participants: Angela MacAdam, Marc Katryk, Krasimir Takev, Robert Hanscomb, Mia Cuenat, Brenna MacDonald, Jason Gawley, and Sarah Mahmoud.

Dalhousie Excelling in Leadership Program

A group of 11 Shannex leaders recently completed Dalhousie University's Excelling in Leadership Program, the highest level of the Lead Blue Leadership Development Program. This program enhances leadership skills through a combination of classroom and hands-on learning where participants develop real-world solutions for organizational challenges as they prepare for greater responsibilities.



Maria Agcon, Keith Worth, Michelle Clark, Lindsay Cross, Katelyn Whittaker, Heather Sinclair, Lindsay Fenton, Sarah Brannon, Gillian Lockett, Sarah Mahmoud and Bree-Lynn Pelly

Bree-Lynn Pelly, General Manager at Parkland Truro, shared her experience: *“The program was incredibly beneficial for my personal and professional growth. It strengthened my ability to motivate and inspire others, think strategically, and lead with vision, empathy and confidence. The knowledge and relationships gained through the experience have empowered me to become a more effective and impactful leader.”*

Congratulations to all the graduates!



Black Legacy and Leadership

Parkland on the Glen and Arborstone Enhanced Care



Layla Mohamed, Nicole Downer, Donnette Williams, Nardia Noyes, Tiffany Cohen, Nadine Wallace

February was packed with events and activities celebrating Black History Month (African Heritage Month in Nova Scotia) with the theme Black Legacy and Leadership: Celebrating Canadian History and Uplifting Future Generations. Team members at Parkland on the Glen hosted a vibrant celebration of Black culture and history, featuring a diverse range of displays that highlighted a rich African Canadian heritage. Among those contributing to the celebration was Abimbola Ogunjobi, a member of the housekeeping team at Parkland on the Glen, originally from Lagos, Nigeria.

For Abimbola, Black History Month is a time to honour the strength and achievements of Black individuals across the world, and it reminds her that she too is a part of that story. She takes great pride in her legacy, blending her Nigerian roots with her Canadian dreams. As she looks ahead, Abimbola hopes to become a Canadian citizen, start a family, and build a future filled with love and happiness.



Eric Skinner and Sanmi Conga

The Influence of Black Music

Black music has been a powerful form of cultural expression for generations, shaping communities, inspiring change and bringing people together across the globe.

Arborstone Enhanced Care was thrilled to welcome Sanmi from Conga Global, who led an energetic and interactive African Drumming Workshop. Residents and team members connected through rhythm, creating unforgettable moments together.



To continue the celebration, we've put together a playlist featuring incredible Black artists.

Scan the QR code to take a listen and enjoy!

Maplestone Talks About Mental Health

Maplestone Enhanced Care proudly participated in Bell Let's Talk Day this year with a thoughtful discussion about mental health, using talk bubbles to share how they support themselves and each other. The activity sparked meaningful conversations and served as a powerful reminder that mental health affects us all.

Team members were encouraged to check in with themselves and others through a simple "How are you doing?" or a deeper conversation. The goal was to foster a supportive environment where mental health is openly discussed and embraced.

Congratulations to our Maplestone team for shining a light on the importance of mental well-being at every stage of life, and for coming together to contribute to this crucial conversation which helps reduce the stigma around mental health.

National Nursing Week: May 12-18

During National Nursing Week, we're highlighting the exceptional contributions of nurses in long term care. These dedicated professionals form meaningful, lasting connections with residents and families, delivering compassionate care while leading with expertise and autonomy. Their unwavering commitment and leadership leave a lasting impact every day.



Journey to Nursing

University of New Brunswick Shannex Scholarship Recipient

Amy Visser never planned on a career in nursing. After earning a degree in psychology, she considered law school and worked at a law firm, but something didn't feel right. As graduation neared, Amy realized she wanted a hands-on career and decided to shift gears. She enrolled in the Bachelor of Nursing program at the University of New Brunswick (UNB), where she embraced its hands-on approach, starting clinical placements in her first year.

Amy's connection with Shannex began during her four years as a part-time team member at Frederick Hall in Fredericton, N.B. There, she formed meaningful bonds with residents. When she received the Shannex Nursing Scholarship through UNB, it felt like a perfect fit. The scholarship recognizes her excellence in gerontological nursing and eases the financial burden, allowing her to focus on her studies and career.

The Shannex-UNB partnership, launched in 2018, continues to support nursing students like Amy, ensuring they can follow their passions and make important contributions to healthcare.

A New Chapter in Nursing

The impact of experienced nurses in all our communities is significant. They set the standard for nursing excellence, mentor new team members and comfort residents and loved ones. Together, Lori Scott, Liz Sayer (Parkstone Enhanced Care), and Tammy Day (Moody Hall) have a combined 80 years of experience with Shannex. We're grateful for their leadership!



Lori Scott, Tammy Day, and Liz Sayer with their nursing school graduation photos.

Leaders in Healing Care Orchard Court and Blomidon Court

Congratulations to our *Great People*, Tracy Gates, Nanette Velasco, Joanna Sepe (Orchard Court), and Kate del Rosario (Blomidon Court) for completing the 80-hour Wound Care Champion Program. This intensive program equips healthcare professionals with the skills to prevent and treat wounds, ensuring they can provide the highest level of care to residents.

A pressure injury, or wound, is an injury to the skin or underlying tissue, usually over a bony area of the body. They're caused by pressure or friction, so people who live in long term care communities are often susceptible. With the knowledge gained from their training, these team members are now better prepared to lead change among others on their teams and ensure residents receive the most up-to-date, evidence-based wound care. This achievement will directly impact the quality of care we provide, enhance the comfort and healing of residents, and reflects our commitment to skill development and improving resident care.



Tracy Gates, Nanette Velasco, Joanna Sepe and Kate del Rosario

The Shannex Long Term Care Summer Institute

Shannex is leading the way to a healthier future for aging adults through our work with academic partners. One of those partnerships is with the University of New Brunswick, where we're creating improved support and care for individuals during transitions as they age and opportunities for specialized nurse and caregiver education.



Shannex has a history of supporting University of New Brunswick (UNB) nursing students. First-year UNB nursing students, in their winter semester, were excited to welcome the Premier of New Brunswick, Susan Holt, to Thomas Hall in Fredericton, N.B., for a special Valentine's Day tea and treats event

One aspect of our work together gets underway this summer through the UNB Faculty of Nursing's Long Term Care Summer Institute. The program aims to inspire future nurses to become leaders in transforming the culture of care for older adults in our healthcare system. This year will see six third-year nursing students participate in unique work placements where they will learn from experienced nurse mentors in long term care settings in Saint John and Fredericton. Students will have the opportunity to learn about the unique experience of nursing in long term care settings while they also develop a quality improvement plan to present at the end of their term.

Following this introduction, the program will expand to more locations, and we're excited to see how it will evolve in the years to come.

The Magic of Miramichi

An Age Friendly Community

Miramichi, N.B. has a long history of support for community. Inspired by programs and services established years ago, Shannex Miramichi now offers a range of community support for older adults that extends far beyond traditional care.

Taking a page from the World Health Organization's Age Friendly Cities Framework, Shannex communities and programs in Miramichi provide interconnected service and care that helps older adults in the community age with dignity as they continue to thrive, grow and stay connected to others.

Miramichi Outreach Services

Outreach Services help older adults and those with disabilities in the Miramichi area to live in their own home with services and support in place.

Meals on Wheels

Affordable, fresh, nutritious meals delivered daily by friendly volunteers.

Adult Day Program

Daily programming onsite at Losier Hall, including care and services to help older adults and those with disabilities remain as independent as possible in the community.

Lifeline

An at-home medical alert system providing peace of mind for older adults living in the community.

Heart of the Community

Losier Hall and Bridgeview Hall are two licensed long term care homes in Miramichi. Together with Parkland on the River, these communities provide a continuum of living options for older adults in the community to choose from. Whether you're looking to downsize for convenience, need a little extra support or full care from a team of health professionals, Miramichiers have options to stay in their community and have their needs met.



Ken Easterbrook and Georgina Baisley

The luck of the Irish was felt this St. Patrick's Day at Parkland on the River, where residents sang, toasted, and celebrated with friends.

A favourite monthly event is a breakfast for Losier Hall residents hosted by the Recreation Team. A tasty, nutritious meal is served with a side of hospitality and warmth as friends and fellow residents start the day right.



Alcide Gagnon and Darlene McAuley-Cabel



Nursing Home Without Walls

The Nursing Home Without Walls (NHWW) program is a vital initiative helping older adults living in the greater Miramichi area, ensuring they can age in place with dignity. The program provides support to a wide community network of more than 145 clients in the Miramichi area. Services include service navigation, assistance with government programs, in-home visits, telephone check-ins, and advocacy.

Deneane, a member of the NHWW team, reflects on the impact of these efforts, saying,

"They make a real difference for older adults who are housebound or have no family nearby. Clients often share heartfelt comments like, 'You made my day' or 'I love you,' which makes the work even more rewarding."



Showing up in the Community

The Miramichi team is proud of their community and their support extends far beyond the walls of their workplace. Recently, Team Shannex Miramichi, a group of *Great People* from Bridgeview Hall and Losier Hall took to the streets in the Coldest Night of the Year fundraising walk. Their efforts raised an impressive \$2,420 to support Miramichi Housing Solutions Inc., a non-profit organization providing temporary housing for those in crisis.



Team Shannex Miramichi: Joanne Hardy, Kelsey Gill, Kia Lynch, and Jeff Swaine (not pictured: Laurine Bateman, Amanda Quinn, Leslie Clark, and Kortney Patriquin)

Pink Shirt Day: Small Gesture, Big Impact

At Parkland at the Lakes, the team thrives on the strength of their diverse backgrounds, cultures, and experiences. Despite their differences, they remain united in one core goal: to support residents and foster a workplace that everyone can be proud of.

Joseph White, General Manager, emphasizes that success lies in collaboration, respect, and embracing the unique qualities that each person brings. These values are the foundation of our team's bond, driving us forward and creating a positive, inclusive environment for all.

Wearing pink on Pink Shirt Day is a symbol of this commitment – a reminder of our dedication to working as one, building a stronger, more inclusive home for our residents, and celebrating the individuality that makes our team stronger.



Gina Amuenda, Anafe Juezan, Joy Bassey, Charlotte Amuenda, Natalie Sampson, Joseph White, Laura Jackson and Atanu das Gupta



Team members at Gordon and Ocean Hall proudly purchased “KIND IS COOL” shirts from the Boys and Girls Club, with all proceeds supporting the club in Riverview, NB.

Back Row: Michelle Smith, LeeAnn Addicott, Vivian Follett, Peggy Carter, Tina Burley and Cameron Young

Front Row: Roshan Karkada, Joelle Mazerolle, Kathryn Mann, Dara Sprague, Carole Morey, Jocelyn Vasseur, Trina Vautour

Residents and team members at Pavillon Landry and Pavillon Richard celebrated Pink Shirt Day to promote and support an environment where everyone feels respected and appreciated

Les personnes résidentes et membres du personnel des pavillons Landry et Richard ont célébré la Journée du chandail rose. Une belle occasion de promouvoir et soutenir un environnement où chacun se sent respecté et apprécié



Louis St-Coeur, Lynn McDermott, Guy-Marie Blanchard, Sheena Landry, Dominique Silva Opazo, Jill Purcell, Allison Carroll, Alex Gagné and Shawna Beaupré

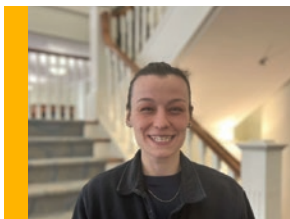
We Caught You Being Great

The "Caught You Being" recognition program celebrates team members who go the extra mile! Each month, we receive around 1,000 submissions, and this is just a small group that stands out.



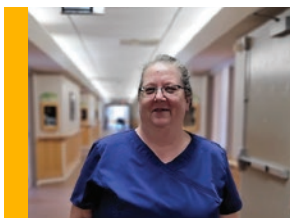
Myron Cabuling, Registered Nurse, West Bedford Transitional Health

Myron created two comprehensive documents that meticulously outline laboratory specimens and patient transportation, demonstrating exceptional critical thinking and organizational skills. Myron's keen ability to identify opportunities for process improvements has resulted in more efficient workflows and a notable boost in productivity!



Kyla Herbert, Concierge, Parkland at the Lakes

Kyla consistently goes above and beyond to address resident concerns and offer her support at the front desk. Her warm smile brings comfort and positivity, instantly lifting everyone's spirits. The care she shows each day is a true testament to her remarkable dedication!



Jenny Dlugosz, Continuing Care Assistant, Harbourstone Enhanced Care

Jenny took the initiative to mentor first-year CCA students during their placements, guiding them in developing their skills through hands-on experiences. With 15 years of dedicated service, she remains passionate about resident well-being and advocacy, creating purposeful activities while supporting the next generation of caregivers.



Esther Turner, Recreation Coordinator, Caritas Residence

Before joining the recreation team, Esther worked in the dining room and in housekeeping, making her a well-rounded team member. Her creativity shines through in every program, even adding unique stir sticks to spice up coffee socials. Residents love the special touches she brings to her role.

Great People Grow Here

Jennifer Green, Maplestone Enhanced Care

Jennifer Green's 22-year LPN career at Shannex, including various roles at Maplestone Enhanced Care, has allowed her to grow professionally while balancing life as a mother of three. "I always knew I wanted to be home with my three children, but I also wanted to stay in the workforce. Shannex allowed me to do both successfully. I will always be incredibly grateful for the trust and support I have received from my managers at Shannex," she says. As Clinical Lead, Jennifer combines clinical expertise and leadership to impact residents and team members. "This role allows me to continue my growth while making a difference in the lives of others," she adds.

Shannex's commitment to supporting both professional growth and personal well-being enables team members like Jennifer to thrive in their careers and personal lives.



Jennifer Green

Snapshots



Javi Krenz and Emma Levesque

Seeing Double!

Residents at Parkland Truro had a blast celebrating Spirit Week, with team members fully embracing the fun on Twin Day.



Farren Lanceleve

Harbourstone Supports Team Canada

Residents like Farren Lanceleve at Harbourstone Enhanced Care show support for Invictus athletes by creating personalized postcards with messages of encouragement.

Sweet Celebrations

Members of the Parkland Clayton Park community gathered to celebrate Valentine's Day with a cookie sale and photo booth.

Amanda Covin, Robert Hanscomb and Sarah O'Quinn



Pavillon Medley Hall Turns One!

February 12th marked Pavillon Medley Hall's one-year anniversary. The event was celebrated with cupcakes, balloons, music, and a photo of their first resident.

Erwin Cadacio, Wendall Ross and Sarah Condran

Spreading the Love

The RCMP made Valentine's Day extra special for the residents of Vimy Court, visiting with smiles and surprises – including their dog, Peanut, dressed as Cupid!

Marie Cooper and Olive Lattie alongside RCMP officers



Magical Moments

Parkland on the Glen enjoyed an interactive magic show by Spencer Spurr, filled with amazing tricks and plenty of smiles.



Susan Titus, Solace Johnson and Mickey Maclean

Tales of Tucker Hall

Solace takes a moment to listen to the captivating stories shared by two residents at Tucker Hall.

Go Green: Leading the Way in Sustainability

We are proud to announce that 31 Shannex communities have received recertification of registration for ISO 50001. In 2023, Shannex achieved this certification and is the first seniors' living organization in the country to receive this level of certification.

This doesn't happen without the support of our *Great People*. Alan Redmond, Maintenance Coordinator at Blomidon Court, was fully prepared for the ISO 50001 audit in January. He proactively monitored energy usage, reviewed metrics, and identified efficiency opportunities ahead of the audit. We commend his dedication to improving energy performance at Blomidon Court.

This certification highlights our commitment to sustainability, aligning with national benchmarks to improve energy efficiency and reduce emissions while creating more sustainable living environments for residents and team members.

Every person who lives and works with us has a role to play to protect the environment. Do your part by taking the new energy management course now available on Shannex Connects.



Ivory Neal and Joan Curtis

Pampered at Parkland

Parkland Cape Breton residents were grateful to Ivory for offering free manicures — your kindness truly brightens their day and their nails!



Lehcel Tacda and Faye Beals

Celebrating Chinese New Year

Lehcel demonstrated her chopstick skills with resident Faye during Chinese New Year at Ryan Hall.



Connecting Generations

Elementary Reading Club hosted at Debert Court, allows residents like Jann Zann to connect through storytelling, fostering impactful intergenerational relationships.

Unlock Big Savings with Venngo WorkPerks

Our *Great People* deserve great rewards. That's why we're pleased to offer an employee discount program that's helping team members save money while enjoying life's moments. Thanks to Venngo WorkPerks, our *Great People* have already saved an impressive \$345,942 through discounts.

With so many perks available, there's something for everyone! Shannex team members can sign up today and add up to five family members to start saving too.

Want to share your savings story? Scan the QR code and tell us how you save. Submissions will be entered for a chance to win Apple AirPods.





Proudly **Canadian.** Proudly Family-Owned.

Since **1988**, we've been grounded in what makes
Canada strong — **equality, fairness, respect,**
community and commitment.

Shannex™



Parkland™
LIVE YOUR BEST LIFE



FAUBOURG™
du Mascaret

Shannex™
ENHANCED CARE