

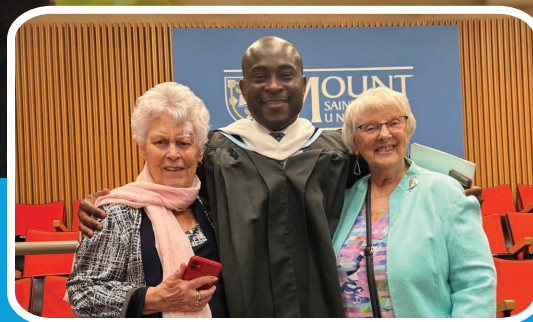
CONNECTIONS

Connections in Full Bloom



Paddling with Purpose
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Family Far From Home

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Vimy Court Turned 15!

This special milestone in Bible Hill, N.S. was celebrated with residents, team members, and the community — cheers to the next 15 years of care, connection and community!

Vonn Manahan, Connie Andrews and Kyle Richardson

Editor's Note

Katherine VanBuskirk

As the world comes to life with vibrant blooms and longer, sun-drenched days, our summer issue of *Connections* is full of growth, celebration and meaningful moments.

In this edition, we honour Pride Month, Filipino Heritage Month and more, reflecting our ongoing commitment to building inclusive communities where everyone feels seen, valued and welcomed.

We invite you to explore stories that highlight the incredible accomplishments, milestones, and everyday joys of team members and residents. From spirited celebrations during Great People Month (pages 19-20) to heartwarming community initiatives (page 5), and intergenerational connections, we're reminded of the power of shared experiences (pages 11-12), and what makes our communities so special.

As we look ahead to a season filled with sunshine and togetherness, we hope you find time to savour each moment. Here's to a summer of connection, celebration and continued growth.

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

Director, Strategic Communications and Partnerships

621 Starboard Drive,
Halifax, NS, B3M 0N5

connections@shannex.com

ON THE COVER:

Nannette Velasco, Princess Villaflor, and Nasil Maculangan enjoying the Great People Party at Orchard Court, Kentville, N.S.

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Moody Hall Grand Opening

On May 27, 2025, a ribbon-cutting ceremony marked the official opening of Moody Hall, a new long term care home in Bedford, N.S.

Shannex President, Jason Shannon; Bedford South MLA, Damian Stoilov; Moody Hall resident, Linda Slaunwhite; Seniors and Long-Term Care Minister, Honourable Barbara Adams; and Shannex Founder, Joseph Shannon



President's Message

Jason Shannon

I'm pleased to present you with the summer edition of *Connections*. Community spirit is at the heart of everything we do, and in this issue, we're highlighting stories of connection that make our communities so special.

One of the most exciting developments in our journey to support older adults is the evolution of our Shannex Cares community program, which has grown steadily over the past three years, creating meaningful partnerships and initiatives that enrich lives. I'm pleased to share that we'll soon launch our own foundation that will build on this momentum and deepen our commitment to supporting older adults and strengthening the communities around us.

This work is inspired by what we see every day in our communities. For Shannex's *Great People*, our communities are so much more than workplaces. It's where they contribute to something bigger, building and nurturing places where residents can live fully while being safe and supported. Through this, they find deep purpose in their roles.

This sense of belonging isn't something that just happens. It grows from trust. When residents and families choose to make our communities their home, they place a deep trust in us, and that's something we honour every single day. It's a privilege to be part of

their lives, to hear their stories, and to help create an environment filled with comfort, dignity, and joy.

As our organization grows and evolves, we see our ability to create meaningful relationships extends beyond our front doors. Through thoughtful design and care innovation, partnerships, and support for the broader health system, we are more integrated with the greater community, and this is strengthening the social fabric around us.

One example of this deeper connection is the Main Street concept, brought to life in communities like Moody Hall, our first in Nova Scotia to feature this design. These inviting spaces foster resident socialization and encourage engagement with neighbours, families, and local partners.

In this issue, we're sharing updates, stories and voices that bring this theme to life. From team members going above and beyond, to local initiatives and partnerships, we're working together toward a shared commitment to creating communities where everyone belongs.

Thank you for reading, and for being part of the journey.

Jason



Culinary Corner

Flavours of the Philippines: Pork Adobo

In June, we honoured Filipino culture, traditions, and community. Enjoy and share this beloved Filipino delight contributed by Mayka Villaflor to mark a special occasion!

Prep Time: 1 hour 10 minutes (includes marinating)

Cook Time: 1 hour 15 minutes | Serves: 4

Ingredients

- 2 lbs pork belly
- 2 tablespoons garlic, minced or crushed
- 5 pieces dried bay leaves
- 4 tablespoons vinegar
- 1/2 cup soy sauce
- 1 tablespoon peppercorn
- 2 cups water
- 2 eggs
- Salt to taste

Method

1. Combine pork belly, soy sauce, and garlic then marinate for at least 1 hour.
2. Heat the pot and put in the marinated pork belly then cook for a few minutes.
3. Pour in the remaining marinade, including garlic.
4. Add water, whole peppercorn, and dried bay leaves then bring to a boil. Simmer for 40 minutes to 1 hour.
5. Put in the vinegar and simmer for 12 to 15 minutes.
6. Add salt to taste.
7. Boil the eggs separately.
8. Serve hot. Share and enjoy!

Celebrating Filipino Heritage Month

Throughout June, our communities proudly celebrated Filipino Heritage Month, honouring the traditions, stories and contributions of our vibrant Filipino community. The celebrations included traditional dances, live music, food, games, flag-raising, and meaningful moments that highlighted the spirit of unity, joy, and cultural pride. Mabuhay, and salamat po to our Filipino team members, residents, and families. Your culture is a gift, and we're proud to celebrate it.



Pheobe Donasco, Richard Del Rosario, Erika O'Hanley, Luke Albert Go, Sharon Agoncillo-Galang, Mayka Villaflor, Jason Shannon, Ron Garcia, Robee Villaflor, John Marie Alonzo, Andrian Dela Cruz, Shyrr Porras, John Lumagui, Benjamin Batalla, Nikki Maranon, June Nacion and Jake Salcedo celebrating at Home Office



Filipino flag-raising ceremony at Truro's Town Hall



Celebrating Filipino Heritage Month at Parkland Clayton Park, Halifax N.S.

Collaboration in Action

Each year, the Property and Support Services forum is held at Home Office to share insights and strengthen team connections.

Over 45 maintenance team members from Nova Scotia, New Brunswick, and Ontario gathered for a two-day forum focused on collaboration, learning, and connection. While topics like sustainability, information technology, procurement, and property maintenance were front and centre, the real strength came from the exchange of ideas and the relationships built across regions.



Property and Support Services forum at Home Office



Justine Newman and Physiotherapy Assistant Jordan MacDonald assisting Beryl Grant at Celtic Court.

More Than Movement

For Justine Newman, physiotherapy is about connection as much as care. Originally from Staffordshire, England, she found her way to Cape Breton not through a job offer, but through family, salt air and an East Coast lifestyle.

Now a Regional Physiotherapist with Shannex, Justine leads a team supporting over 300 residents at Harboursstone Enhanced Care, Celtic Court, and Kiknu in Eskasoni. What fuels her is the human side of care: birthdays, shared stories, and everyday milestones. “It’s beyond clinical, it’s about helping people live well in a broader sense.”

Her colleagues share that spirit, often gathering outside work to celebrate both residents and each other. For Justine, it’s a community that is personal, purposeful, and profoundly rewarding. “It’s so much more than the duties we share. We’re helping residents enjoy life, and that’s especially meaningful.”



A Neill Hall volunteer adding the finishing touches to a Nursing Home Without Walls participant's hair

Relax and Rejuvenate Nursing Home Without Walls Fredericton

The Nursing Home Without Walls (NHWW) program is an innovative initiative that is designed to help older adults age in place, with the support and resources they need to live independently at home.

A Ladies Spa Day at Neill Hall and Medley Hall, hosted by NHWW Fredericton and the Recreation teams, offered a relaxing escape for residents and NHWW clients. Guests were welcomed with fruit-infused water, tasty snacks, and magazines before enjoying pampering sessions. With the help of volunteers and Shannex *Great People*, guests enjoyed warm towel treatments, manicures, and hair styling. The event also created meaningful opportunities for connection and conversation, helping to foster friendships, reduce isolation, and strengthen community bonds.

United in Motion

Across our communities, incredible people are stepping up and coming together to make a difference, showcasing just a few of the many ways Shannex's *Great People* go the extra mile.

Team Lead Blue Steps Up for Alzheimer's Bridgeview Hall and Losier Hall

The IG Wealth Management Walk for Alzheimer's isn't just about steps; it's about connection, compassion, and coming together to make a difference.

Team Lead Blue is a group of dedicated team members from Bridgeview Hall and Losier Hall in Miramichi N.B. who recently laced up their sneakers and joined the Walk for Alzheimer's in their community. As the largest team in Miramichi, their energy, enthusiasm, and commitment were on full display as they walked, talked, and fundraised together for a cause that touches many lives.

Demonstrating that our *Great People* care deeply about their community, this team not only raised funds but also awareness about a critical challenge faced by many. Dementia is now the fastest-growing healthcare concern of our time, creating an urgent need for more programs and support for those living with dementia and their caregivers.



Back Row: Tammy Malley, Sayward Shea, Laura Watt, Jessica Esson, Kia Lynch, April Dahilig, Samuel Okeke, Roland Galano, Hygia Jopia, Laurine Bateman, Sydney Silliker, Myka Somo, Kari Woodman and Valerie Doucet
Front Row: Emily Manderville, Charlene O'Donnell, Jill Watt, Joanne Hardy, Solomon Caranto and Charlene Shaddick

Parkland Saint John Steps Up

Parkland Saint John held their annual Alzheimer's Walk with residents and team members joining in for a great cause. The day featured a BBQ, live music at the gazebo, and a fun car and walker wash to raise funds in support of the Alzheimer Society!



Joyce Murdoch, Sharon Popowich and Teresa Coupland

Hiking for Hospice Parkland on the Glen

Parkland on the Glen proudly sponsored and joined the first-ever Hike for Hospice Mississauga, walking five kilometers to raise funds for the city's first dedicated hospice centre, which is scheduled to open in 2027. Hospice Mississauga has long offered emotional, spiritual, and grief support. This new centre will expand that care into a dedicated space.

Hospice Mississauga is a Shannex Cares Great People Give donation recipient, receiving a donation on behalf of our team members.

Grace Miksa, Lifestyle Consultant, along with several residents, received warm support from their community, highlighting the strong spirit of connection at Parkland. Thank you to all who walked with compassion and purpose!

Paddling with Purpose

Faubourg du Mascaret

Twenty dedicated team members from Faubourg du Mascaret proudly competed in the Moncton Dragon Boat Race, finishing in 7th place overall and raising \$2,000. Sixty percent of the funds supported the Lions Sick Children's Fund Inc., with the remainder going to the Alzheimer Society of New Brunswick. A big congratulations to our *Great People* for their spirit, teamwork and commitment!

Payer avec détermination

Faubourg du Mascaret

Une vingtaine de membres du personnel exceptionnel du Faubourg du Mascaret ont récemment participé à la course bateaux-dragons de Moncton, terminant au 7^{ème} rang et récoltant 2 000 \$. Soixante pour cent des fonds amassés ont été versés au Lions Sick Children's Fund Inc., et le reste à la Société Alzheimer du Nouveau-Brunswick. Félicitations à nos membres du personnel exceptionnel pour leur esprit d'équipe, leur engagement et leur dévouement !



Top left to right: Jason Martin, Darren Pellerin, Laurence Lepage, Micheal Harris, Maxim Levy, Jill Purcell, Lyn McDermott, Mouan Bouchiba, Sheena Landry, Alexandra Gagne, Ghislain Lavoie
Middle left to right: Jamie Leger, Rejean Cormier, Ritish Kumar
Bottom left to right: Susan Edgett, Bruce Lutes, Louis St-Coeur, Shawna Beaupré, Christina Cormier, Derek Green



Restoring More Than a Photo

Parkland at the Lakes

A touching moment at Parkland at the Lakes in Dartmouth, N.S. reminded us just how meaningful human connection can be.

Wellness Coach Sol Matalam sat with resident Charlotte Mercer, who shared an old, worn photo of herself from years past. The image had been damaged over time, and Charlotte expressed sadness that her face was no longer visible, like a precious part of her story had faded away.

Moved by her emotions, Sol quietly went the extra mile. Using AI, she restored the photo, carefully bringing Charlotte's smile and features back to life. When Sol presented the reconstructed image to her, Charlotte cried tears of joy and held onto Sol in a long, grateful embrace.

It was more than just a photograph — it was a memory returned with care and compassion.



Making a Meaningful Difference

Finding Belonging Through Giving

Arborstone Enhanced Care

After fleeing the war in Israel, Anya and Anatoli Shutel arrived in Canada with their children, eager to give back and connect with their new community. Anatoli, a registered nurse in critical care medicine, and Anya, formerly an assistant director of human resources at a mental health hospital, bring valuable experience and embody our core values of compassion, honesty, professionalism, and safety.

Volunteering at Arborstone has been profoundly rewarding. The connections they've built with residents and team



Anya and Anatoli Shutel

members have brought joy, purpose, and a true sense of belonging. "Volunteering brings a deeper purpose to life and creates a ripple effect of positivity for everyone involved" they share, excited about building their future in Nova Scotia.

The inspiring story of Anya and Anatoli reminds us that in giving, we find our greatest strength.



Ethan Zhang

Filling Our Hearts with Music Parkland on the Glen

With a passion for music and a desire to make a difference, high school student Ethan Zhang is a valued volunteer at Parkland on the Glen. As a member of a community choir in Oakville, Ont., he performs local concerts and takes part in several music residencies.

Through volunteering, Ethan has witnessed how music brings joy to residents, finding true fulfillment in making people happy each week. Volunteering has taught Ethan valuable life lessons and allowed him to give back in a meaningful way, making him a happier person overall.

We're grateful to Ethan for sharing his time, talent, and kindness — his music doesn't just fill a room; it fills our hearts.



Judith Wilson

Once a Nurse, Always a Nurse | Ocean Hall

After graduating in the early 1960s, Judith pursued a call to help others by becoming a nurse. She began her career in pediatrics, then spent the rest of her time as a floater, serving in various departments throughout the Moncton Hospital. Little did she know that one day, she would be cared for by nurses she once mentored. Both Ocean Hall's, Moncton, N.B., Community Manager and Health Services Manager completed work terms under the guidance of Judy when they started their respective nursing careers.

Creativity and Connection

For many older adults, staying connected is essential to their well-being. Arts Etobicoke, one of our Shannex Cares Community Spirit Grant recipients, offers free, instructor-led art classes designed specifically for older adults, providing a welcoming space to get creative, stay active, and build meaningful social connections. These sessions include art supplies and healthy snacks to create an engaging and supportive environment.

Zane Koss, Development Coordinator at Arts Etobicoke, shares, “We’re grateful to start this new partnership with Shannex Cares, which will provide additional opportunities for seniors in our community to be creative, connected, and active!”

To learn more about Community Spirit Grants, visit:

shannex.com/shannexcares



Participants enjoying a creative and engaging art class organized by Arts Etobicoke.

Ms. Harbourstone 2025 Harbourstone Enhanced Care



Ruby Melnick and Arvinder Kaur

Joy filled the air for the first-ever Ms. Harbourstone 2025 pageant at Harbourstone Enhanced Care in Sydney, N.S. Twenty residents took to the stage, competing in evening wear, talent and interview categories. The evening was full of laughter, applause, and heartwarming moments. Ruby Melnick was crowned Grand Supreme Winner, earning the title of Ms. Harbourstone 2025.

The event was a true community effort. Team members donated dresses, did hair and makeup, and cheered on contestants every step of the way. Youth volunteers added extra sparkle, helping participants on the runway and presenting crowns and sashes. Even the judging panel was a team affair, featuring the Harbourstone maintenance crew and special guest Neil, the elevator technician, proving that when a community comes together, something truly magical happens.



Thelma Barclay

It was back in 1956 that Thelma started her career as a nurse at LaChine General Hospital in Quebec. For as long as she can remember, Thelma always wanted to become a nurse. She loved caring for others and being there for her patients. While the scope of practice for nurses was somewhat limited, she completed special training that enabled her to administer IV therapy. She was one of the first nurses to have this knowledge. To this day, she still feels the same sense of fulfillment she once did as a nurse.

Caring with Heart and Purpose

Monarch Hall



Madelyn Wheaton at the UNB Summer Institute Opening Ceremony

Madelyn Wheaton's connection to Shannex began in her childhood when her grandparents were residents in a Shannex community. That early experience sparked a lifelong call. Now in her third year of the UNB LPN-RN bridge program, she continues to work in long term care, finding purpose in building meaningful relationships with residents and honouring their stories.

At Monarch Hall in Riverview, N.B, Madelyn supports emotional and spiritual well-being, alongside physical care. With training in trauma and violence-informed care, she meets each resident with empathy. She encourages others to lead with compassion and curiosity, knowing that when care comes from the heart, growth and impact follow naturally.



Olawunmi Arinola

Welcome Home, Ola!

Olawunmi Arinola 🇨🇦

When Olawunmi Arinola, Senior Human Resources Business Partner for our Miramichi communities and our Moncton retirement living communities, became a Canadian citizen, she was surrounded by support. Colleagues from Shannex New Brunswick joined the virtual ceremony, making it more than just a milestone, it was a special moment shared with those who've become like family.

When Love Comes Home

At Parkland Ajax, love took centre stage in a truly meaningful way. When Julie Wild realized her mother Gail's care needs might make attending her wedding difficult, she made a heartfelt decision to bring the celebration to her parents.

Julie and her father Jim approached the team with a special request to host the wedding at Parkland Ajax. Julie wanted Gail to feel comfortable and supported, knowing the team would be nearby, which allowed Jim to enjoy the day as well.

It was a true team effort. Executive Chef Rob Locock and the culinary team prepared a menu that included wings and nachos, just as Jim requested. Dining Room Supervisor Lindsay Arnts coordinated the event seamlessly, while the rest of the team decorated the space.

Julie, her new husband Phil, and their entire family including kids, grandkids, and loved ones gathered to celebrate. With Gail and Jim front and centre, the ceremony was filled with love and was a beautiful reminder of the power of community.

Jim and Gail Wild, joined by their daughter Julie and her husband Phil



Mother's Day Moments

The Heart of the Family Parkland at the Gardens

Mother's Day was beautifully celebrated at Parkland at the Gardens in Halifax, N.S. with a concert by maître d' Phoebe Donasco, whose warm personality and powerful voice filled the room with love and emotion.

Residents enjoyed a delightful spread of pastries, fresh fruit, and lemonade, followed by the distribution of handmade Mother's Day cards from the Dalhousie Building Smiles Society, a gesture appreciated by all who received them.

A special photo wall, titled "Celebrating the Heart of the Family: Mom" showcased cherished photos of mothers shared by residents and team members, rounding out a joyful and touching tribute to the incredible moms who inspire us every day.



Jackie Eisner



Phoebe Donasco and family



Lorraine Maskill, Archibald Rushton, Lucy Whipp and Megan Washburn

Waltzing Through Mother's Day Elk Court

The Mother's Day Tea at Elk Court in Brookfield, N.S., was a heartwarming celebration for both residents and team members. The afternoon was filled with smiles, sweet memories and the kind of joy that lingers long after the last note of music faded.

Pride Takes Flight Arborstone Enhanced Care

Arborstone Enhanced Care, Halifax, N.S., kicked off Pride Month with a heartfelt flag-raising ceremony, proudly hoisting the new Inclusivity Pride flag while music was playing in the background to set the mood. It was a simple yet powerful moment of unity, an opportunity to show support, and start the month with pride!



Alan Blackburn, Jennifer Davis, Jamie Boran, George Deale, Cinderella Cruz, Tammy Logan, Anatoli, Shutel, Andrea Scotney and Erin Conway

Building Blocks of Connection:

When older adults and children come together, they not only share time and creativity but also build empathy, understanding, and lasting memories. Each June, we celebrate Intergenerational Day, a powerful opportunity to build bridges between age groups, connect, learn, and mutually enrich each other.



Brooks and Brittany Mason

Where Play Meets Purpose Parkland in the Valley

At Parkland in the Valley in Quispamsis, N.B., something magical happens when toddlers and older adults come together. Children from the YMCA Child Care Centre regularly visit residents of Embassy Hall next door, creating bonds through simple, joyful play. For parents like Brittany Mason, a Registered Dietitian at Embassy Hall, she has peace of mind having her son close by while enjoying the occasional visit from him. Watching him light up the day for residents reshapes what it means to balance work, family, and community.

Crafting Connections Across Generations Cedarstone Enhanced Care

At Cedarstone Enhanced Care in Truro, N.S., residents welcomed students from Truro Elementary School for a joyful intergenerational gathering. Together, they created beautiful spring crafts, exchanged stories, and shared laughter. The activity sparked meaningful conversations and formed heartfelt connections, moments that all will remember.



Erminie Morash shares a fun crafting moment with two students

**"I have been enjoying the smiles the children have
Brittany Mason, Registered Dietician, Embassy Hall**

Generations Growing Together

“Did You Know?” Intergenerational Day is celebrated each year on June 1st across Canada, encouraging programs that connect young and old alike!

Spring and Caterpillar Crafts

Thomas Hall 

To welcome the first spring day, Thomas Hall residents in Fredericton, N.B. were joined by K–5 students from Kingsclear Consolidated School for a creative intergenerational activity. The children crafted imaginative caterpillars using recycled egg cartons while sharing laughter and learning alongside residents. The visit offered moments of mentorship, joy, and connection, leaving everyone eagerly awaiting the students’ return.



Marie Matthews, Tiffany Northrop Boudreau, Charles Davies and children from Kingsclear Consolidated School

Smiles and Joy Across the Halls Ocean Hall and Garraway Hall

Our team members organized a special occasion dedicated to building bridges between age groups and honouring wisdom, creativity, and joy. Grade 3 students from Mountain View Elementary brought smiles and energy to Ocean Hall and Garraway Hall residents in Moncton N.B. This joyful visit made possible through our partnership with the New Brunswick Centre of Excellence for Health, created meaningful moments of connection and celebration.

These events highlight the beauty of bringing generations together. Each exchange is an opportunity to share wisdom, spark joy, and build lasting connections that enrich everyone involved.



Art Cuthbertson and a student from Mountain View Elementary enjoying their time together at Garraway Hall

brought to the faces of our residents at Embassy Hall!”

New Communities

Parkland at the Common

Opening in November 2025, Parkland at the Common will be a vibrant lifestyle community and social hub for older adults perfectly located across from the beautiful Halifax Common. Combining premium living with convenience, it will offer exclusive access to a wide range of services and amenities.

Scan the QR code to discover more about this beautiful new community.



Allbright Life

Opening in early Fall 2025, Allbright Life is a lifestyle option that doesn't treat wellness like a buzzword. At Allbright Life, staying active and balanced comes built-in. With thoughtfully designed amenities and connection without the clichés, this is a lifestyle that gives more of what makes life feel good.

Discover more and stay connected at allbrightlife.ca



Family Far from Home | Parkland Clayton Park

Just two months after arriving in Canada from Nigeria, Gaffar Asanbe joined the team at Parkland Clayton Park while pursuing his Master's in Communication at Mount Saint Vincent University in Halifax, N.S. With his family far away, he invited residents Ann Roberts and Betty Woolridge to his graduation. "They stood out to me for the unique wisdom and warmth they bring into every conversation," he shares.

The feeling is mutual. Ann calls him her grandson, and Betty describes his daughter as her great-granddaughter, "titles that touched me deeply and made me feel like family." For Gaffar, their bond brings comfort, joy, and perspective. "Without them, my academic journey would have felt far lonelier." Their connection is a reminder that meaningful friendships grow across generations and that, even far from home, it's possible to build a family of the heart.



Betty Woolridge, Gaffar Asanbe and Ann Roberts during the graduation ceremony at Mount Saint Vincent University



Iris Tillett

A Taste of Home

Parkland Truro

Every fish and chips day at Parkland Truro brings a smile to Iris Tillett's face. Born in South Wales, Iris grew up enjoying beer-battered fish and chips, first as a child, then sharing the tradition with her boys.

Now, it's more than just a favorite meal, it's a cherished connection to her past. The Parkland Truro community has embraced it too. In fact, the dish is now lovingly named "Iris' Beer Battered Fish & Chips".

For Iris, this simple, comforting meal is a link to family, memory, and home. For those around her, it's a reminder of how food brings people together, and how one person's story can become a shared celebration.

Caring for Our Planet

Parkland Riverview

This Earth Day, residents and team members at Royal Court at Parkland Riverview collected gently used clothing and shoes for a local thrift store and cleaned up garbage from the yard, helping reduce landfill waste and create a cleaner, greener community.

Across Shannex, many communities took time to mark the day, reflecting our ongoing commitment to sustainability. We know protecting the environment requires real action, and we're developing a plan to make it a bigger priority in everything we do.

This shared effort also strengthens social connections at the heart of our communities, bringing people together, building purpose, and making a meaningful impact.



Nancy Laforest, Sister Jeannine Leclerc, Sister Rose Marie Audet and Margaret MacQuade



Kristyn Ball and John Baker

Connecting with Nature

Bissett Court

The cheerful sound of birdsong now fills the air around Bissett Court in Dartmouth, N.S., thanks to the green thumbs of resident John Baker and Recreation Programmer Kristyn Ball. Their dedication and hard work in refreshing the grounds have created a beautiful space where residents, team members, and families can relax, connect with nature, and maybe even spot a few feathered visitors. Thank you for cultivating not just new growth, but a peaceful retreat and birdwatching haven for all to enjoy!



Sheila Redden

From Garden to Song Parkland Antigonish

Sheila Redden has always had a special magic with plants. After retiring and relocating, she wondered if her gardening days were over. Yet arriving at Parkland Antigonish sparked something new. As she began helping tend the plants, her passion blossomed once again. Soon, Sheila was breathing fresh life into the community gardens.

But her contributions don't stop at the soil, she also fills the halls with music, sharing heartfelt concerts alongside her singing group. Thank you, Sheila, for nurturing growth in the community, both in the soil and in our hearts!



Dora and Art Cuthbertson

Celebrating 70 Years of Love Garraway Hall

Garraway Hall, Moncton N.B., residents Dora and Art Cuthbertson's love story began 71 years ago when a friend introduced them while Art was serving in the army. A year later, on May 28, 1955, they got married.

When asked what kept their love strong, Dora laughs and says, "We always have our separate space and respect that about each other." Her advice for couples? "Respect each other's time, and differences, and give each other space to be yourselves."

They've cherished many memories including the birth of their two children in France and travels while stationed around the world. Their love grew into a family with five grandchildren and two great-grandchildren.

Now newly settled at Garraway Hall in Moncton, N.B., they are thankful to still be together, enjoying their private sitting room and joining in community life. "That is the greatest blessing for us," they shared.

Though they admit that life hasn't always been easy, they agree on one thing: "We had a good life, and we are so grateful for every minute of it."



Planning for Peace of Mind

Resident wellbeing is about creating a safe, supportive environment where residents feel secure and supported.

To support team members and resident safety, an Evacuation and Relocation Emergency Exercise was recently launched across all Parkland and Enhanced Care communities to ensure each community is fully prepared in the event of an emergency. This scenario-based exercise allowed teams to test draft procedures, assess current plans, and identify areas for improvement. Key components included coordinating transportation, securing short-term shelters, and addressing immediate medical needs.

These proactive steps help fine-tune response strategies and ensure every community has the right plans and partnerships in place. By preparing for the unexpected, we're reinforcing our promise to keep residents safe, cared for and confident that their wellbeing is a top priority.

Summer Events Calendar

From sizzling BBQs to lively carnivals and everything in between, summer in our Parkland communities is anything but ordinary! Dive into the fun and discover what exciting events are happening near you this season.

August

Date	Location	Event
9 th	Parkland Saint John	Annual Family Day
14 th	Parkland Ajax	Caribana Party
14 th	Parkland on the Glen	10 th Anniversary Kitchen Party
15 th	Parkland at the Lakes	Summer Carnivals
15 th	Parkland Truro	Blueberry Festival
15 th	Faubourg du Mascaret	Fête nationale de l'Acadie
20 th	Parkland Cape Breton	Antique Car Show and BBQ
28 th	Parkland on Eglinton West	End of Summer Party

Honouring Our *Great People*: Years of Service Celebrations

Our communities proudly celebrate team members reaching milestone anniversaries. These events recognize the commitment it takes to put residents first every single day. To all our *Great People*, thank you for the impact you've made and the care you continue to show. Your hard work doesn't go unnoticed, and we're excited to see all that you'll achieve in the future.



Francisca Atitsogbui and Maria Agcon, Cedarstone Enhanced Care, Truro, N.S.



Alie Herbert and Richard Lazzaro, Parkland at the Lakes, Dartmouth, N.S.



Brenda Burke and Erica Brewster, Parkland Clayton Park

We Caught You Being Great

Our exceptional team members live and breathe our Guiding Principles: Compassion, Honesty, Professionalism, and Safety. We proudly highlight the following *Great People* for going the extra mile.

Taiwo Ansabe, Receptionist, Parkland Clayton Park

Taiwo brings a special kind of kindness and empathy to her role as receptionist. She has a natural ability to make every resident feel seen, heard, and valued, taking the time to connect with each person who walks through the door. Her warm presence, genuine compassion, and thoughtful interactions have made her a beloved part of the Parkland Clayton Park community.



Andrian Dela Cruz, Project Coordinator, IT, Home Office

Andrian was recognized for his supporting role during the integration of a new smart phone system at Arborstone Enhanced Care, Halifax, N.S. He identified gaps in the phone system training and ensured the technology was properly configured. His attention to detail and proactive input led to essential updates that improved implementation. Thanks to his insight, the updated approach is now being used as a model for training on other phone systems across multiple communities.



Rafael Alborno, Maintenance Worker, Parkland Saint John

Raphael has shown exceptional dedication during recent improvements at Parkland Saint John. Always present when needed, Raphael's commitment to addressing issues as they arise and collaborating across departments demonstrates his strong support for a smooth-running community. His reliability and hands-on approach have made a real difference, and his team is grateful for his constant support.



Stirring Up Community Medley Hall and Neill Hall

In June, "Chestnut Café" opened its doors on Main Street, between Medley Hall and Neill Hall in Fredericton, N.B. Operated by the Oromocto Training and Employment Centre, this inviting new space offers a variety of healthy snacks, coffee and pastries in a warm, community-focused setting. Designed to bring people together, "Chestnut Café" reflects our commitment to well-being, inclusion and connection. A great place to relax, enjoy something delicious and build community!



Patrick and Berthe Landry, Danielle Comeau, Monique Corbett, Rebecca Humble, Judith Schlote, Lisa O'Brien, Kalevi Karhi, Jenn Crossman, Alison Lindsay, Cynthia Hachey, Gillian Ferris, Victoria Kavanaugh and Ashley Erb, Raza Mansoori and Joe Horgan.



Shannex EXCELLENCE AWARDS

To view the full list of award recipients, scan the QR code.



Celebrating Connection and Commitment

Every day, our *Great People* go above and beyond to create meaningful experiences for residents and foster a positive, inclusive workplace where everyone is valued and celebrated. The Shannex Excellence Awards, held annually in Halifax, N.S., are a special opportunity to recognize the individuals and teams whose contributions shape stronger, more compassionate communities.

Team members from across Nova Scotia, New Brunswick, and Ontario gathered to honour their colleagues whose work embodies the values of leadership, service and connection.

Shannex Cares Award for Community Impact

Debby Manual

Debby Manual is a beloved figure in the Miramichi, N.B., community, known for nearly 20 years of dedicated volunteer service with Meals on Wheels. Her tireless commitment reflects the very essence of compassion and community care, leaving a lasting impact on the lives of many.



Jason Shannon and Debby Manual, Volunteer – Miramichi Outreach Services (Meals on Wheels)



Vanessa Quigley, Director of Transitional Health – West Bedford Transitional Health and Jason Shannon

President's Leadership Excellence Award

Vanessa Quigley

Vanessa Quigley has been an inspiring leader within Shannex since 2019. With her empathetic leadership and unwavering focus on resident well-being, she played a key role in launching West Bedford Transitional Health and building a vital partnership with Nova Scotia Health.

Founder's Seal of Excellence

Parkland Riverview

Led by an inspiring General Manager, Tania Stote, the Parkland Riverview team continues to set the standard for excellence. Their commitment to delivering outstanding care and fostering a vibrant sense of community ensures that every resident feels truly seen, heard, and celebrated.



Jason Shannon, Kim Ritzy, Tania Stote, Carla Richard and Nancy Laforest



The launch of Great People Month at Orchard Court

Celebrating Our **Great People**

The month of May is a time dedicated to honouring the incredible team members who bring life, energy, and heart to our communities. From the care they provide to the smiles they share; our team members make Shannex a truly special place to live and work. Their impact extends far beyond daily tasks, fostering a sense of belonging and purpose.



Cedarstone Enhanced Care's Great People Party.

Great People Parties

We kicked off Great People Month with joyful celebrations across all communities! From balloons and cakes to gifts and gatherings, each location radiated warmth and excitement. The Great People Party at Cedarstone reminded us that while every Shannex community is unique, we're united by the extraordinary people who make our residences shine with kindness, joy and dedication.



Safety and Health Week

Safety and Health Week brought inspiring training activities across our communities, from word searches and crosswords to a creative safety poster contest. Each initiative reflected our ongoing commitment to safer, healthier communities for residents, families and team members. When we protect one another, we show what it truly means to care, and that's what *Great People* do.



Dhirja Chaudhary, Neema Johny, Fatima Ahmed, Lolita Carabbacan and Anju Reji during a safety activity at Parkland Clayton Park, Halifax N.S





Danna Banaynal, Happy Patel, Wendy Freeman, Christopher Llana and Renato Naul enjoying National Chocolate Chip Day at Parkstone Enhanced Care, Halifax, N.S.

National Nursing Week

We celebrated our incredible nurses with heartfelt tributes and cookies on National Chocolate Chip Day! Their tireless dedication to care, comfort and healing is a true example of what makes our team so exceptional. Nurses are at the heart of what we do. Their care, compassion, and commitment make a profound difference in the lives of those we serve.

Great People in Action

During Great People in Action Week, the annual Shannex Excellence Awards recognized team members whose leadership, creativity and passion stand out. These individuals exemplify going above and beyond, helping build vibrant, connected communities and proving that greatness exists in every corner of Shannex.



Kelley Hiltz-Cameron, Colleen McKenna, Patricia Guy, Ron Garcia and Robert Burnett (LPN Enhanced Orientation Team) received the Innovation Excellence Award from Jason Shannon.



Crystal Baker, Anna Domingo, Athena Buran, Tiffany Bridges, Tricia Chatwin, Allen Salcedo, Kristen Smith and Tyanna Tyler celebrating Great People Month at Tucker Hall, Saint John N.B.

Thanks for Being Great!

We dedicated the last week of May to thanking our *Great People*. Our values of being safe, honest, compassionate and professional guide us, but it's our people who bring them to life. No matter where you are at Shannex, you'll find someone who is making a difference. To all our team members: thank you for being the light in our community.

Snapshots

Snapshots

Snapshots



Sol Matalam, Susan Hutton and Gina Amuenda

Cinco de Mayo Celebration

Parkland at the Lakes celebrated Cinco de Mayo with music, dancing, treats, and educational trivia.



Asha Rudola and Nadien Shabana

Caritas Cookie Crew

Managers at Caritas Residence baked cookies and delivered them with coffee, tea, and peach iced teas to celebrate National Chocolate Chip Day!



Jason and Yvon Forget

Donuts for Dad

Medley Hall's Father's Day party was complete with delightfully awful dad jokes displayed throughout the building, bringing joy to all.



Fritzie Gabatino

Celebrating Caregivers at Ryan Hall

Fritzie Gabatino, RN, brings 17 years of experience and dedication from the NICU to long term care, leaving lasting impressions on residents and their families.



Meta Bruce and Merna Harper

Pinkies Up!

Parkland Fredericton hosted a delightful Mother's Day Tea with elegant outfits, live music, sweet treats, heartfelt stories, and carnations to take home.



Betty Currie, Shirley Horsburgh, Elaine Wright and Barbara Haysom

National Nursing Week

Staff nurses and retired resident nurses at Parkland West Bedford bonded over shared stories about their profession during a National Nursing Week luncheon!



Pawsitive Visits

Each week, Gordon Hall welcomes their beloved furry friend, Koko, whose visits never fail to bring smiles and brighten the day for residents.

Joan Leblanc, Jeannette Hinks, Lynn Stanley and Carol Murphy enjoying Koko's presence



Pat Renzetti

Tail-Wagging Joy

Pet therapy is always a crowd-pleaser at Parkland on Eglinton West, bringing joy and comfort to residents like Pat Renzetti.



Elizabeth Thompson and Andrew Marshall

Comfort in Community

Monarch Hall is deeply grateful for Andrew Marshall, the Community Chaplain, who visits weekly to offer one-on-one prayer. Residents, like Elizabeth Thompson, truly cherish this special time.



Irene MacNeil

A Sweet Salute to Volunteers

Parkland Cape Breton held a heartwarming Volunteer Appreciation Event, celebrating our dedicated volunteers with delicious food, lively entertainment, and a special treat — resident Irene MacNeil personally handing out oatcakes!



Executive Chef Terry Milburn

Fiddlehead Feast

At Parkland Saint John, the chef prepared a delicious homemade fiddlehead chowder — fresh, local, and full of flavour!



Nacho Average Team

To wrap up Great People Month, the incredible team at Parkstone Enhanced Care hosted a fully loaded nacho bar with all the fixings for everyone to enjoy.

Sumi Jacob, Jennifer Kirby, Allison Slade, Prabhveer Singh and Tara Henneberry



Great Rewards
for Great People

Supporting Life Beyond the Shift

We understand the connection between the work of our *Great People* and the life they love beyond their shift. That's why our Great Rewards program includes Venngo WorkPerks, a collection of exclusive discounts and offers tailored to enhance life for team members, not just professionally but personally.

For one Continuing Care Assistant, it meant a discounted GoodLife Fitness membership:

“Our work can be physically demanding. Maintaining physical fitness is essential not only for performing our duties effectively but also for preventing injuries. This perk has made a real difference in supporting my overall well-being and ability to keep doing the work I care about.”

Programs like Venngo WorkPerks reflect our commitment to a full, connected life because when team members feel strong and supported, everyone benefits.

For more information, team members can contact the Shannex Total Rewards Team at:
GreatRewards@shannex.com

Great People. Meaningful Work.

