

Shannex™

FALL 2025 | ISSUE 57

# CONNECTIONS

## The Spirit of *Better Living*



**Squeezing Lemons for  
a Cause**

**P. 5**



**Celebrating Passion  
and Purpose**

**P. 11-12**





## Bringing Joy to Tucker Hall

The team knows how to brighten days at Tucker Hall, in Saint John, N.B. Travel to You Zoo brought small animals for residents to hold. An experience they talked about for days!

*Barb Geldart holding a long-haired rabbit*

## Editor's Note

Katherine VanBuskirk

This edition of *Connections* is grounded in the theme of *Better Living*. At its heart, *Better Living* is about connection, purpose, and celebrating the richness of everyday life, especially in this season of reflection and gratitude. This time of year, invites us to pause and appreciate the things around us: the strength of our communities, the care shared between people, and the moments that shape us.

In this edition we're showcasing the voices, talents, and stories of residents who are active, creative, and contributing members of their community. You'll meet residents who are working, mentoring, making art, teaching, writing, playing music, and engaging in bold new experiences (yes, even in a motorcycle sidecar — page 18). You'll also find highlights of our dedicated team members (page 17), volunteers (page 6), and other moments that showcase the heartbeat of our communities.

As you read, we encourage you to reflect on what *Better Living* means to you. Is it connection, creativity, or a sense of belonging? Whatever your answer, we hope this edition reminds you that it's never too late to live fully and to live well.

## 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](mailto:connections@shannex.com)

### ON THE COVER:

*Lovelyn Akujobi and Jenifer Whitham at the  
Grand Opening of Parkland Ancaster*

## Report to Community | Fiscal 2024-2025

Take a look at the progress we're making as we continue working to build stronger, healthier communities for people of all ages. Read more on [Shannex.com](https://shannex.com).



**Shannex™**



## Celebrating the Founders Seal of Excellence

Jason Shannon is joined by Parkland Riverview resident Bella Spence during the Founders Seal of Excellence presentation.

*Bella Spence and Jason Shannon*



## President's Message

Jason Shannon

I'm pleased to share the Fall edition of *Connections*, which is inspired by the many ways residents across our communities continue to live life to the fullest. Each day, we have the privilege of contributing to moments that make their lives meaningful, and I'm incredibly proud of how our *Great People* show up in every interaction.

This work matters deeply, and we are committed to showing our *Great People* how much we value their contributions. That's why I'm thrilled to share that we've been Great Place to Work® Certified™ for the second consecutive year. This certification reflects that our communities are not only wonderful places to live but fulfilling places to work too. It also gives us valuable insight into where we can continue to grow—and we're listening.

One of the things we heard last year was a desire for more opportunities to recognize one another. In response, we launched a new employee recognition platform called Moments. This tool will make it easier to celebrate the everyday acts of excellence and kindness that define who we are.

Our commitment to residents remains equally strong. This year's Quality of Life Survey saw a record-breaking response rate, giving us meaningful feedback that helps us keep improving. I'm pleased to share that our overall organizational score improved this year, which

is a reflection of the collective effort and care that goes into making our communities exceptional. Thank you to everyone who took the time to participate.

Speaking of exceptional communities, I want to extend special congratulations to Parkland Riverview, which recently received the Founder's Seal of Excellence. This is an honour awarded each year to a community that excels across all areas of operation. I recently joined them as they celebrated this outstanding achievement, which is so well deserved.

As we move through this season, I'm inspired by the dedication, compassion, and professionalism of our *Great People*. Together, we are building stronger workplaces, vibrant communities, and truly bringing *Better Living* to life every day.

Warm regards,

Jason



## Culinary Corner

### Risotto alla Milanese

Making Italian risotto is a brief exercise in patience that yields a wonderfully creamy, comforting result. This version owes its delicate flavour and golden hue to saffron.

Active Time: 30 mins | Total Time: 30 mins

Yield: 6 servings

#### Method

1. In a medium saucepan, bring the chicken stock to a simmer; keep warm.
2. In a large saucepan, heat the olive oil. Add the onion, season with salt and pepper, and cook over moderate heat, stirring, until softened, about 5 minutes.
3. Add the rice and cook for 1 minute, stirring to coat thoroughly.
4. Crumble the saffron into the wine.
5. Add the saffron and wine mixture to the rice.
6. Cook, stirring, until the wine is absorbed.
7. Add 1 cup of the warm stock and cook over moderate heat, stirring constantly, until nearly absorbed.
8. Continue adding the stock 1/2 cup at a time, stirring constantly, until it is nearly absorbed between additions.
9. The risotto is done when the rice is al dente and suspended in a thick, creamy sauce, about 20 minutes total. Season the risotto with salt and pepper. Stir in the cheese, butter, and parsley and serve immediately.

#### Ingredients

- 5 1/2 cups chicken stock, preferably homemade
- 2 tablespoons extra-virgin olive oil
- 1 small onion, finely chopped
- Kosher salt
- Freshly ground black pepper
- 1 1/2 cups arborio rice (10 ounces)
- Pinch of saffron threads
- 1/2 cup dry white wine
- 1/2 cup freshly grated Parmigiano-Reggiano cheese
- 1 tablespoon unsalted butter
- 2 tablespoons chopped flat-leaf parsley

## Cooking with Chef Ross

### Parkland Ancaster

Sous Chef Ross Matthews led a cooking demonstration for residents, featuring a savoury raisin tart with bacon and cheese, as well as his take on classic bruschetta. The interactive session brought a taste of creativity and connections to residents, showing how good food can be part of living well.



Josephine Chambers, Gordon Bullock, and Sous Chef Ross Matthews



## Great Place to Work Certified

Shannex is proud to be Great Place to Work® Certified™ for the second consecutive year! This recognition reflects our commitment to fostering a work environment where people feel connected, positive, and supported.



*Hazem Alhamwi, Tara Sabila, and Nicole Morgan at Parkland Anacaster*



*Gabby Gaspar-Lidstone receiving the 2024 Christopher Reinhardt Safety Excellence Award from President Jason Shannon*

## Team Member Feature: Gabby Gaspar-Lidstone Arborstone Enhanced Care

At Arborstone Enhanced Care, Halifax, N.S., Director of Care Gabby Gaspar-Lidstone's journey from newcomer to Canada in 2011 to an award-winning Registered Nurse and respected leader is marked by perseverance and purpose. Gabby's early days as a Continuing Care Assistant and her student leadership in the Philippines shaped her commitment to growth and service.

Today, she's known not just for guiding team members and residents, but for transforming care into community. Whether chairing safety initiatives that earned her the award in 2024, or sharing a laugh at a watermelon-eating contest, Gabby proves that leadership lives in the little things. She is proof that *Great People* don't just do their jobs. They elevate everyone around them.

## Parkland Truro Gives Back

As part of the recent Quality of Life Survey, the team at Parkland Truro pledged to give back to their community by donating food items to the local food bank for every survey submitted. Thanks to the enthusiastic participation of residents and team members, they proudly donated a total of 216 food items to the Colchester Food Bank. A meaningful way to give back to their community!



*Javiera Krenz and resident Armstrong delivering donations*





*Ava Wray setting up her lemonade stand*

## Squeezing Lemons for a Cause Parkland on the Glen

When life gave them lemons, they gave back. Richey Wray, Recreation & Wellness Manager at Parkland on the Glen, Mississauga, Ont., helped his daughter Ava bring her dream lemonade stand to life, right at Parkland.

Residents eagerly joined in, not just to enjoy a refreshing treat on a warm summer day, but also to support Ava's cause. Some offered extra donations, and many stayed to share stories and laughter. Ava raised over \$400 for the local food bank, but the impact went far beyond dollars. By participating and encouraging Ava, residents played a meaningful role in fostering intergenerational connections, a core ingredient in Parkland's recipe for better living.



*Richey Wray and daughter Ava serving up smiles and lemonade*

## Hydration Nation Harbourstone Enhanced Care



*Chloe Baldwin, Catherine Briand, Taylor Headly-MacInnis, and Margie MacNeil*

As summer temperatures and humidity rise, so does the risk of heat-related illness, especially for vulnerable members of our communities. At Harbourstone Enhanced Care, Sydney, N.S., residents and team members took action with a refreshing mission of compassion.

Armed with bottled water, electrolyte drinks, and freezies, they collected and donated over \$1,000 in cooling and hydration supplies to Souls Harbour Rescue Mission in Sydney Mines, a local non-profit supporting those facing poverty, addiction, and hardship. By helping others stay safe in the heat, residents and team members not only supported physical wellness but also strengthened community resilience, showing that care extends well beyond their own walls.



## From Yemen with Love

### Medley Hall

After missing meaningful relationships she once had with older adults in her home country of Yemen, Huda began volunteering at Medley Hall, Fredericton, N.B., and has already made a meaningful impact.

Huda recently brought a sense of home to residents during an afternoon coffee social, where she shared stories and music from her culture. Her warmth and care created a memorable experience that sparked conversation and curiosity, bridging generations and backgrounds through the power of storytelling. Volunteers like Huda bring a deep sense of community to Medley Hall. These moments of connection are at the heart of better living: where diversity is celebrated, friendships flourish, and everyone feels they belong.



Huda Ahmed



Sister Josephine and Liubov Tokareva during an English lesson

## Beyond Language Lessons

### Parkland Antigonish

At Parkland Antigonish, N.S., the bond between Liubov Tokareva, a dedicated server, and Sister Josephine, a beloved resident, is truly transformative. Through daily conversations, Sister Josephine helps Liubov improve her English, making each lesson engaging and motivating. These sessions have become moments of connection and joy. “I love to study and learn something new. I am very grateful for these lessons, for the time given to me to improve my English and the new things I’m learning!” Liubov says.

These lessons empower both teacher and learner, and build lasting friendship. Sister Josephine and Liubov’s relationship grows daily, rooted in dedication, kindness, and the shared belief that learning and connection know no age or language barriers. It’s a beautiful example of meaningful relationships enriching daily life for everyone.

## Stitch by Stitch

### Parkland at the Lakes

For the members of Needle Niche, a knitting group at Parkland at the Lakes, Dartmouth, N.S., stitching yarn means stitching hope. Each week, these dedicated crafters gather to create hand-knit “worry bears,” or trauma teddies. Donated to Emergency Health Services (EHS), the bears comfort young patients in ambulances, hospital rooms, or at accident scenes. They’ve become small but mighty sources of reassurance.

This compassionate crew also crafts chemotherapy bottle holders, baby clothes, and more. For them, knowing they’re making a difference is worth every stitch.



Margo Ritchie, Mary McInnis, Gail Wolfe, Caroll MacDonald, Irma MacDonald, Marilyn Sibley, and Amy Currie

# Start Your Engines!

## Parkland on Eglinton West, Orchard Court & Blomidon Court



*Rosa Galati, Eglinton West*



*Edith MacInnis, Orchard Court*



*Tracy Zwicker, Blomidon Court*

Residents at Orchard Court, Kentville, N.S., and Blomidon Court, Greenwich, N.S., enjoyed a delightful trip down memory lane during their very own Classic Car Shows. Posing proudly alongside a collection of vintage vehicles, they relived cherished moments from days gone by. These heartfelt events mirrored a gathering at Parkland on Eglinton West in Etobicoke, Ont., where the Caledon Cruisers Car Club showcased a stunning lineup of classic cars dating from 1920 to 1988. Each occasion sparked joyful conversations, as residents shared stories from their younger days behind the wheel, rekindling memories, identity, and shared history. By celebrating these moments, the events honour residents' life experiences, strengthen connections, and foster a sense of belonging.



*Sr. Yvonne Theriault, Sr. Deanna MacDougall, Dijana Hemeon, Sr. Helen Danahy, and Sr. Marie McPherson*

## A Feast to Remember

### Caritas Residence

Teamwork shone at Caritas Residence, Halifax, N.S., where themed buffet dinners turned into vibrant community celebrations. Executive Chef Darrell Cooling crafted a Mediterranean feast featuring dishes from Greece, Italy, and Spain, sharing stories about each dish's ingredients and origins. The entire team, from management to recreation and everyone in between, came together to bring the event to life. This collective effort creates a warm, festive atmosphere where every resident can enjoy a delicious and inclusive meal. The success is evident not only in the glowing reviews but also in the shared joy around the table.



*Leonard Thompson enjoying the ride led by James Cavanaugh*

## Fun Bike Ride

### Vimy Court

At Vimy Court, Bible Hill, N.S., the belief that everyone deserves the opportunity to stay active and engaged is at the heart of everything they do. Physical activity, when made accessible, isn't just about movement, it's about laughter, cherished memories, and enhancing overall wellbeing.



# Inspiring Generations for a Century

## Parkland Riverview, Vimy Court, Parkland Antigonish & Parkland Truro

This summer, our communities celebrated remarkable milestones: the birthdays of residents whose lives embody courage, kindness, and lasting commitment to others. Each celebration unfolded like chapters in a shared story: one of resilience, joy, and a legacy that continues to inspire.

The journey began at Royal Court in Riverview, N.B., where more than 100 people gathered to honour Herb Brand on his 100<sup>th</sup> birthday. A proud World War II veteran admired for his passion for golf and his generous spirit.

In Antigonish, N.S., friends and family marked Gwen Hooker's 100<sup>th</sup> birthday. Known for her kindness and deep connection to community, Gwen inspired a donation to Feed Nova Scotia in her name, a gesture that carried her influence far beyond the walls of Parkland Antigonish.

At Parkland Truro, N.S., Iris Tillett celebrated her 100<sup>th</sup> birthday surrounded by loved ones. From growing up in South Wales to arriving in Canada as a war bride in 1946, she shared her wisdom: "Being optimistic is key. Never worry about things you cannot change."

On Canada Day at Vimy Court in Bible Hill, N.S., Louise Fielding celebrated her 107<sup>th</sup> birthday with the same vibrant spirit that has defined her life. With a bright smile, she declared she was "out to celebrate with the whole country."

Together, these milestones wove a powerful story of lives that continue to enrich their communities, and of spirits that remain as strong and inspiring today as they were a century ago.



Andrew Leblanc, Mayor of Riverview and Herb Brand



Brenna MacDonald and Gwen Hooker



Iris Tillett with her charismatic smile



Louise Fielding celebrating at Vimy Court

## A Bond Beyond Words

### Maplestone Enhanced Care

At Maplestone Enhanced Care, Halifax, N.S., a beautiful friendship has bloomed, one built not on words, but on presence. Jean and Mabel, who arrived a year apart, have become inseparable. Team members affectionately call them “the twins,” noting the warmth they bring to every hallway they pass through, hand in hand.

Meaningful relationships like Jean and Mabel’s play a vital role in healthy aging. As Beth McLellan, Resident & Family Service Coordinator, shared, “They don’t need to speak, their bond is felt.” Their quiet, unwavering bond supports emotional wellness, and the strength of their companionship enriches daily life in a deeply touching way.



Jean Bourgeois and Mabel Canning

*Did you know? Each year, the Quality of Life Survey asks residents how easy it is to make friends in their community. The numbers continue to rise, with more people saying they have a close friend nearby.*

## A Record Year for Our Quality of Life Survey

Each September, residents and families are invited to take part in our annual *Quality of Life Survey*, an opportunity to help shape and improve life in our communities. This year, we saw a record-breaking response rate — **up 12.5% from last year!** Results will be shared soon, so stay tuned.

A special shoutout to Faubourg du Mascaret, Moncton, N.B., and Debert Court, N.S., for leading the way with the highest completion rates! Thank you, everyone for your participation.



Aline Parker sitting cozy in the new space

## New Spaces to Enjoy Garraway Hall

Having residents' wellbeing always on their minds, the *Great People* at Garraway Hall, Moncton, N.B., created a beautiful sitting area at the end of each hallway. These inviting spaces are perfect for enjoying the seasonal decorations and the stunning views, and they also promote wellness by encouraging moments of reflection and peace. A thoughtful touch that enhances daily life!

## A Carnival Full of Games, Laughter, and Sweet Treats

### Cedarstone Enhanced Care

Events like the annual Carnival at Cedarstone Enhanced Care, Truro, N.S., nurture emotional wellbeing and enhance quality of life for all. Simple joys like choosing a prize or sipping a slushie spark happiness and a sense of autonomy. The day brings residents, team members, and families together, creating lasting memories and a strong sense of community.



Jennifer Hutchinson with delicious carnival treats



## Prom Parade Celebration Parkland Riverview

Parkland Riverview, N.B., hosted its heartwarming prom parade celebration for students from Riverview High School. Seven servers from the Royal Court dining room graduated and wore their stunning prom outfits. The annual event included delicious cake and refreshing punch, along with heartfelt words of wisdom from residents. For many, sharing advice and encouragement was a powerful experience, bringing renewed purpose and pride while honouring the connection between generations.



*Delaney Kane, Josie Chesser, Livia Sikota, Eve Gallant, Zoe Smyth, Sam MacWilliams, and Damien Day*

## A Sparkling Night Parkland Ajax

Residents at Parkland Ajax, Ont., enjoyed a magical seniors prom night, dressing up, dancing to favourite songs, and sharing laughter, food, and stories. By reliving joyful milestones and celebrating together, they strengthened friendships and created new memories to cherish. With residents voting on awards, the evening became even more special celebrating the connections that enrich everyday life.



*George and Maria (Nina) Debbane*



*Yvonne and Michael Bonaparte smiling with Jocelyn Hines and Sheldon Chant, frequent musical performers at Celtic Court*

## Dancing Through Life Celtic Court

Meet Yvonne and Michael Bonaparte, a beloved pair at Celtic Court, Sydney, N.S., whose love story has been set to music for decades. Long before they moved in together, they could be found twirling across dance floors all around Cape Breton. These days, they're still side by side at every music program, often holding hands and smiling like they're hearing their favourite tune for the first time. Music not only keeps their bond strong, but it also supports emotional and cognitive wellness that lifts spirits. While the tempo of life may change, music and love never stop.

# Celebrating Passion & Purpose

A long and fulfilling life is enriched by purpose, curiosity, passion, and a love of learning. We're grateful to the residents in our communities who generously share the wisdom gained through years of experience. From veterans and painters to farmers, teachers, and so many others, their stories continue to inspire, guide, and remind us of the richness that comes from a life well lived.

## A Veteran's Journey: The Life of **Tom Young** Parkland West Bedford

This Remembrance Day, we pause to recognize the courage and dedication of those who served to protect our country. Among them is Thomas (Tom) Young, a beloved resident of Parkland at West Bedford in N.S, who began his military career at just 15 years old and went on to serve 22 years in the Royal Canadian Navy.

In the 1950s, he served in the Korean War, a time he remembers as both challenging and filled with camaraderie, laughter, and adventure. "Sailors will be sailors," he says with a grin before adding with nostalgia, "That was a way of blowing off steam from the hard times."

Tom has received several awards, including the Quilt of Valour, a handmade tribute to Canadian Armed Forces members injured during service. "It means a lot to me to be recognized for what I did", he says. Today, at age 99, his unbreakable spirit continues to shine. A reminder of the strength, loyalty, and quiet dignity that defines a true veteran.

As we observe Remembrance Day, we honour Tom and all veterans who served and continue to serve our country with dedication and courage. Their sacrifices, both seen and unseen, continue to protect the freedoms we cherish today.



Tom during Navy service



Tom with his Quilt of Valour





John Boone

## Rooted in the Land

### Thomas Hall

You can take the boy out of the country, but you can't take the country out of the boy. John's life began in the rural heart of Ashland, N.B., where school gave way to farm work, a way of life that shaped him deeply. Before making Thomas Hall, Fredericton, N.B. his home, John spent a decade at the Hartland Potato Chip factory, bringing that same steady work ethic with him wherever he went.

Though the setting has changed, his country roots remain strong. These days, you'll often find John lending a hand in the garden, a quiet, familiar rhythm that connects him to the land he's always loved. In these simple, purposeful tasks, John finds not only peace, but a continued sense of contribution. It's a way to honour the life he's built with his own two hands.

## Brushed From the Heart:

### Gary Chamberlain's Artistic Legacy

#### Parkland Clayton Park

The walls of Parkland Clayton Park, Halifax, N.S. were brightened by Gary Chamberlain's stunning watercolours. Inspired by his mother, Gary began painting as a teenager, finding his true passion. For him, inspiration can strike anytime. Something simple might trigger the urge to paint. "It just happens naturally," he shares. His advice to someone exploring a new hobby: "Just do it. You learn by your mistakes, and they help you grow as an artist."

He helped create Art on Your Own, a self-directed group that brings residents together in a shared space where creativity sparks connection and lasting friendships. Having exhibited his work in three shows, he fondly recalls the joy his paintings brought to others. His colours, spirit, and talent continue to inspire a community that's proud to call him one of their own.



Peggy's Cove through Gary's eyes



Gary Chamberlain proudly showing the flowers he loves to paint



Hazel Green

## A Life in Full Colour

### Losier Hall

At 90, Hazel Green is still painting with passion during painting nights at Losier Hall, Miramichi, N.B.

A lifelong creative, she taught herself to crochet, play piano, and learned knitting from her mother as a teenager. Her room is filled with her handmade afghans and cherished memories. What does Hazel love most about Losier Hall? "The people," she says with a smile, especially when they stop by for a chat, admire her artwork, or enjoy a tune. For Hazel, better living means staying engaged, sharing joy, and always making something beautiful.



*Ruchi Bhatt, Dipasha Sahni, Amitha Wilson, Bhavika Pithadiya, Kamalpreet kaur, Simarpreet Arora, Naveen Sharma, Jason Shannon, Anjana Bastian, Arpita Patel, Ishanthi Banduwansa, Neeta Sharma, Anusha Penmatcha, Jayatri Rane, and Patric Manoharan*



*Neema Johny, Michelle Dier, Jasmeen Kaur, Navreet Kaur, Anita Rana, Lolita Carabbacan, Veerpal Kaur, Gilda Gigi, Anna Gurvich, Fatima Ahmed, Prava Bajracharya, and Dona Jojo*

## Celebrating Diwali: The Festival of Lights

### Home Office & Parkland Clayton Park

October marked Diwali, India's festival of lights symbolizing the triumph of good over evil. At Home Office in Halifax, N.S., team members celebrated with a presentation on its meaning and traditions, followed by a tasting of dishes like chicken curry, butter chicken, and sweet desserts. At Parkland Clayton Park in Halifax, residents enjoyed music and learning as resident Bandana Ghose performed devotional songs on her harmonium, while Wellness Coach Steffi Christian shared the significance of the celebration, creating an inspiring experience for all.



*Rubilyn Misoles, Glory Andong, Maria Agcon, Shweta Macwan, Rachel Bird, Jaspreet Kau, Prativa Upadhyay, Aiza Alcaide, and Marinell Boncales*



*Gurkaren Singh, Tzar Venus, Mitzi Amio, Naomi Gavin, Shane Godfrey, Chioma Okoroigwe, Charissa Pitogo and Clifford Ujah*

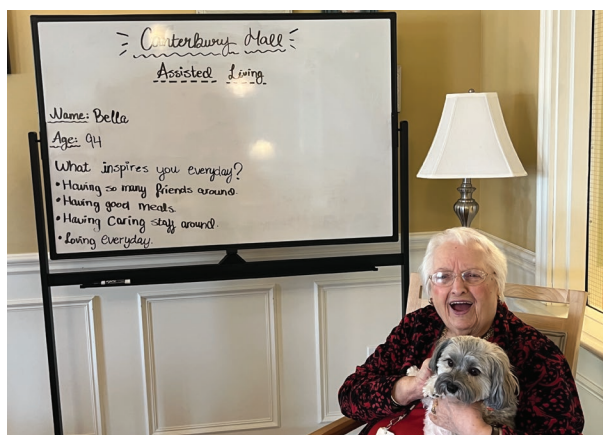
## The Halls Were Filled With Flags

### Cedarstone Enhanced Care & Glasgow Hall

Multiculturalism shined brightly as team members from different communities celebrated their culture and identity. At Cedarstone Enhanced Care in Truro, N.S., what started in 2019 as a simple tribute to diversity has become a cherished tradition. This year, team members took the stage with traditional dances from their home countries, creating a joyful reminder of the many cultures in their community and helping everyone feel at home, appreciated, and part of something bigger.

Meanwhile, at Glasgow Hall in Dartmouth, N.S., a multicultural meal brought people together through food. Team members shared stories and dishes from their backgrounds, including Japanese fried meatballs, donair sauce, taco sauce, and chicken and beef pancit. These moments fostered connection and a sense of belonging for everyone.



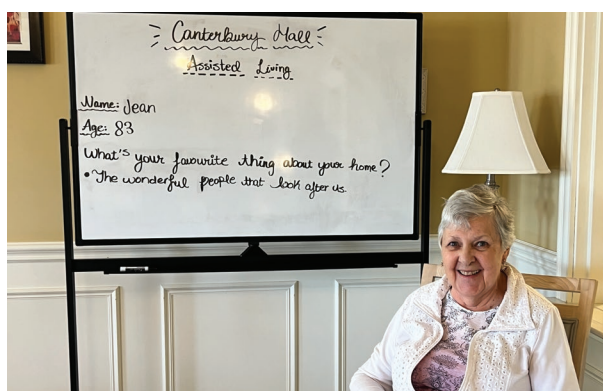


Bella Spence and Charlie

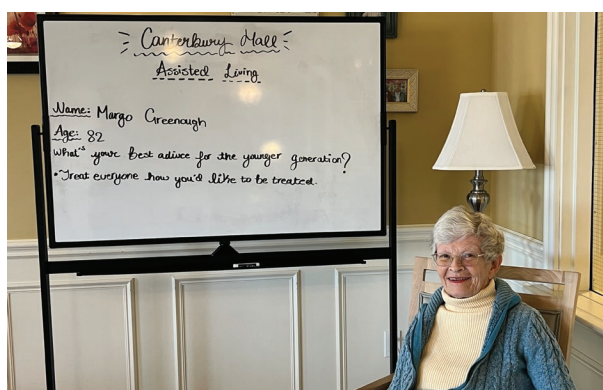
## Special Care Home Week 2025

### Parkland Riverview

At Canterbury Hall, Parkland Riverview, N.B., residents celebrated Special Care Home Week, recognizing the vital role these homes play in providing comfort, dignity, and independence for older adults while honouring the dedication of team members that create better living every day.



Jean Morand



Margo Greenough

## Acadian Pride Shines at Faubourg du Mascaret

Faubourg du Mascaret, Moncton, N.B., proudly celebrated Acadian Day on August 15! Through traditional foods like fricot and poutine râpée, music, and community gatherings, residents proudly expressed their Acadian heritage. This shared celebration strengthens community bonds and fosters pride, as embracing culture brings connection, value, and contributes to a happier, more united community.



Hilda Gagnon, Lilianne Laplante, et Aurelia Chiasson

## La fierté acadienne en vedette au Faubourg du Mascaret

Le Faubourg du Mascaret, à Moncton (Nouveau-Brunswick), a fièrement célébré la Fête nationale de l'Acadie le 15 août! Grâce à des plats traditionnels comme le fricot et la poutine râpée, à la musique et aux rassemblements communautaires, les personnes résidentes ont fièrement exprimé leur patrimoine acadien. Cette célébration commune renforce les liens communautaires et stimule la fierté, car l'adhésion à la culture crée des liens et des valeurs et contribue à rendre la communauté plus heureuse et plus unie.

## Halloween Magic in Miramichi

### Bridgeview Hall & Losier Hall



The residents and team members in Miramichi, N.B., embraced the Halloween spirit. Losier Hall showed off creative costumes and enjoyed plenty of festive treats. At Bridgeview Hall, residents were treated to a festive surprise when the children of Kindertots Children's Centre Inc. arrived for a Halloween costume parade. Dressed as superheroes, princesses, and fairy-tale characters, the children filled the hallways and rooms with laughter, excitement, and the rustle of tiny capes. For a few bright hours, generations came together, sharing stories, candy, and smiles that warmed every heart.



Sharon Morris and Heather Bowie



Brenda Dempsey, Allen Howe, and Kate Conroy



## Quack-Quack! Adorable Duckling Visit

### Parkland Ancaster

The halls of Parkland Ancaster, Ont., were filled with smiles as a group of ducklings waddled in for a heartwarming visit. Residents and team members had the chance to hold the fluffy little guests and enjoy their gentle charm up close. Such a small visit, yet it brightened the whole community.



Rachel Kennedy



June Campbell



## Saving Energy Across our Communities

At Shannex, we're committed to sustainability and innovation that directly benefit residents and team members. That's why we've installed EcoPilot's AI technology in over 28 communities to cut emissions and improve energy efficiency. By adjusting heating, cooling, and ventilation in real time, the system maintains comfort while reducing energy use, saving the equivalent of the annual electricity of 500+ homes so far.

This project is one of our initial efforts to help achieve our goal of reducing energy intensity by 5%. We'll continue exploring technologies, practices, and partnerships that support healthier, more sustainable communities that improve daily living for everyone.



Bryant Bastarache, Aaron Stacey, and Kevin Yeager at Parkland in the Valley, showing off the Ecopilot sensor

## Celebrating Innovation: The 2025 CAN Health Network Awards



Jennifer Sheils, Jason Shannon, Christy Nickerson-Rak, Greg Heard, Elias Goodwin, Nicole Vandenborre, and Dylan Mitchell

At the 2025 CAN Health Network Conference in October, Shannex proudly accepted the Groundbreaker Award, recognizing innovation and leadership in Canadian healthcare.

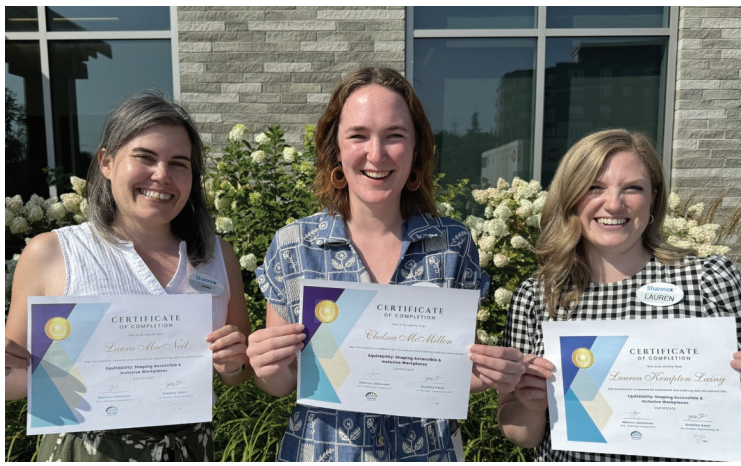
Dr. Dante Morra, CAN Health Founder & CEO, joined Dr. Wickenheiser, Gold Medalist, healthcare advocate and Toronto Maple Leafs Director, in presenting the award to Jason Shannon, President; Greg Heard, VP of Innovation and Technology; and Christy Nickerson-Rak, Research and Innovation Lead. This honour highlights Shannex's commitment to transforming care and driving meaningful change. Congratulations to all recipients shaping a healthier future for Canadians.

## Creativity is Carved at Harry's Workshop! Parkland on the Glen

When Les moved to Parkland on the Glen, Mississauga, Ont., he brought more than his belongings, he brought his love for woodworking. Thanks to the Embleton Woodworking Shop, named after resident Harry Embleton who helped create it, Les continues to craft and create every day. He's transformed wooden pallets into colourful garden boxes that brighten the grounds and built a unique neighbourhood library box modeled after a friend's childhood home. For Les, this workshop is a source of inspiration, a place where creativity fuels connection and purpose every day.



Les Jempson



Laura MacNeil, Chelsea McMillen, and Lauren Kempton Laing

## DEIB Leaders Level Up on Inclusion

### Home Office

Members of the Diversity, Equity, Inclusion, and Belonging (DEIB) Advisory Committee have taken their commitment to the next level by completing the Equitability: Shaping Accessible & Inclusive Workplaces program through Team Work Cooperative. The three-month course gave each participant valuable insights to drive inclusion forward. Chelsea McMillen, Employee Engagement Specialist, shared, “I had the opportunity to take part in creating a brave space and know this experience has helped strengthen the inclusion lens I bring to work (and life at large!)”.

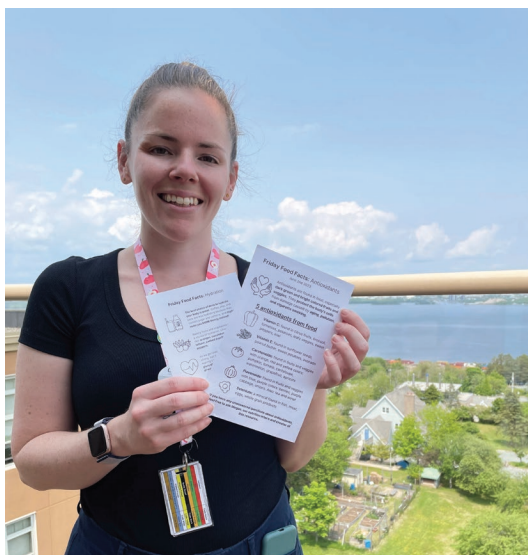
This inclusive perspective empowers the committee to create welcoming, accessible environments where all team members and residents feel valued and supported, embedding DEIB principles into every community.

## Empowering the Next Generation of Leaders in Continuing Care

Shannex partnered with Mount Saint Vincent University to develop Ready to Lead (R2L), a microcredential course for Continuing Care Assistants, Resident Attendants, and Licensed Practical Nurses. Covering ethical leadership, communication, Nova Scotia’s health system, and personal growth, the course celebrated graduates Alina Nechvolod, Paula Paez Lancheros (Maplestone Enhanced Care, Halifax), Mark Aymar (Bissett Court, Cole Harbour), and Beverly Marriott (Arborstone Enhanced Care, Halifax). Congratulations, you’ve set the bar high!



Dana Power, Paula Paez, Alina Nechvolod, and Gavin Slade during the graduation ceremony



Megan White

## Nourishing from the Inside Out

### Moody Hall

At Moody Hall, Halifax, N.S., Clinical Dietitian Megan White knows that food is far more than fuel, it’s a part of quality of life in long term care. With a background as a cook and pastry chef, Megan combines culinary creativity with clinical expertise to deliver personalized nutrition support for each resident. She even helps fulfill end-of-life wishes by offering favourite dishes, like puréed chocolate cake, so residents can enjoy comfort and dignity through food, no matter their needs. Whether she’s doing mealtime assessments, check-ins, or resident council events, Megan listens closely to ensure food remains a source of joy for all.



## Road Warriors

### Parkland Clayton Park

It was a day of smiles and a few joyful tears at Parkland Clayton Park, Halifax, N.S., where residents were treated to something a little out of the ordinary - a ride in a motorcycle sidecar! The experience was made possible by Share the Wind, a volunteer-led organization that began with a group of Wharf Rat Rally riders honking their horns outside a Digby, N.S., care home.

Residents buckled in and cruised around the parking lot in sidecars with the wind in their hair. Some waved like royalty, others laughed like they were teenagers again. It wasn't just a ride, it was a celebration of nostalgia, and the simple joy of the open road.



Bill Covert gave his "thumbs up" during a Share the Wind event



Diane McQueen with Share the Wind volunteers

## Supporting Connection and Community

By supporting programs like the Welcome Inn Community Centre's Seniors Diners Club and Community Visitation Program, Shannex helps enable meaningful connections that reduce loneliness and enhance overall wellbeing for older adults.

Each week, 60 older adults gather for warm meals and meaningful connection, while volunteers visit those who are isolated, offering companionship and care. One beautiful example is Doug and Al. Long-time Diners Club members, their bond began when Al, a volunteer, started visiting Doug during a difficult time. Their friendship has grown into something remarkable, filled with hospital visits, shared challenges, and even furniture shopping adventures.

Stories like Doug and Al's show the true power of community and we're honoured to help make them possible.

Learn more about Community Spirit Grants: [shannex.com/shannexcares](https://shannex.com/shannexcares)



Doug and Al, Diners Club members

## New Communities



*Sarah Moriarty enjoying the Tavistock first-look event.*

### Allbright Life Begins at The Tavistock

In September, guests were invited to an exclusive first-look event at The Tavistock, the first Allbright Residences Lifestyle building at Bloomsbury in Bedford, N.S. Attendees toured beautifully designed spaces, sampled fine dining, and experienced the wellness-forward amenities that set a new standard for elegant, effortless living for adults aged 55 and up.

Open as of November, The Tavistock welcomes its first residents to a community designed for those who value both sophistication and simplicity. With refined finishes, curated interiors, tailored wellness programs, and a vibrant social atmosphere, this new residence offers a lifestyle that's as enriching as it is easy.

### Parkland Ancaster Redefines Retirement Living

Parkland Ancaster is designed with innovation, community access, and social connection at its core. In September, the community celebrated its official grand opening, welcoming guests to explore this thoughtfully designed lifestyle residence. Purpose-built for today's active older adults, Parkland Ancaster features a range of care and service options, allowing residents to age in place. Separate residences connect to park-like outdoor spaces, fostering an age-friendly, neighbourhood-style atmosphere.

The community offers an array of amenities, including multiple dining venues, a heated pool, spa, fitness centre, and activity rooms. At the heart of it all is Park Boulevard, an inviting indoor streetscape where residents and visitors can stroll, socialize, and enjoy year-round events. "Parkland Ancaster is more than a residence," says General Manager Cameron MacDonald. "It's a lifestyle community where residents can age in place, live independently, and stay active and engaged."



*Resident, Millie Green and Recreational Therapist, Amanda Rubenstein, enjoying the opening ceremony*



*Residents, team members, friends and family at the opening of Parkland Ancaster*





*Danielle McCormick, Susan Cameron, and Victoria Roberts enjoying Parkland at the Common's "Seniors Hour" summer event*

## Parkland at the Common: Building Community and Wellness

Parkland at the Common officially opened its doors on November 3, marking the debut of Nova Scotia's first Parkland Lifestyle Residence. Nestled in one of Halifax's most beautiful and historic neighbourhoods, this vibrant community offers a unique blend of luxury, comfort, and convenience. Residents enjoy stunning views and an impressive array of exclusive services and amenities, all designed to support a fulfilling, active lifestyle.

Among the first to call Parkland at the Common home are Susan and Keith Cameron. They are excited to join the community of like-minded people, supported by the 'lifestyle' philosophy, which is the foundation of Parkland at the Common.

## Welcome to Opal Ridge Hall

In September, Opal Ridge Hall opened its doors in Dartmouth, N.S., welcoming 144 residents to their new home. Thoughtfully designed around a neighbourhood concept, the home features nine distinct neighbourhoods.

At the heart of Opal Ridge Hall lies a stunning indoor streetscape known as "Main Street". This hub brings the community together with its beautifully crafted storefronts and welcoming gathering spaces, including a café, theatre, salon, town hall, and chapel. Originally introduced in New Brunswick, the Main Street concept has become a staple in all new nursing homes, fostering a sense of independence, connection, and community spirit for every resident.



*Catherine MacPherson, Jason Shannon, Joseph Shannon, Brad McGowan, Honourable Barbara Adams, Natalie Johnstone, Gavin Slade, and Dana Power*

# Snapshots

# Snapshots

# Snapshots



*Liz Sampson*

## Wild Guests at Parkstone

Hope for Wildlife visited Parkstone Enhanced Care, Halifax, N.S., where residents met a hawk, chinchilla, turtle, and a snake in a fun wildlife session.



*Carol Johnson*

## Christmas in July

Residents of Parkland Saint John, N.B., celebrated Christmas in July with Afternoon Tea, and later had a delicious Turkey dinner.



*Pauline Piers*

## Juicy Treats!

Stratford residents at Parkland West Bedford, N.S., enjoyed a sweet strawberry treat! While some helped hull the strawberries, everyone had fun tasting them.



*Brenda Dempsey, Anna McAllister, and Bernadette Keating*

## Enjoying Summer's Last Rays

Residents at Bridgeview Hall, Miramichi, N.B., enjoyed the warm sun with popsicles in hand, wishing summer would never end.



## A Striking Good Time

Residents of Embassy Hall, Quispamsis, N.B., enjoyed a bowling event filled with strikes, spares, and plenty of fun.

*Victor Lombard taking the shot*



## Party Like It's 2010

For the past 15 years, Northumberland Hall, Amherst, N.S., has grown into a vibrant, close-knit community. Here's to the memories they've made — and to the next 15 years!

*The Northumberland Hall team celebrates together at a special recognition event*



# Snapshots

# Snapshots

# Snapshots



*Alma Alcantara, Rhisa Yap, Frey Palolan, Giorgina Ting, Rita Mae Murphy, Gresi Sanchez, and Medelyn Babanto*

## Pajama Day

Everyone had a wonderful time celebrating Pajama Day at Ocean Hall, Moncton, N.B., especially with their very first resident, Rita Murphy, joining in the fun!



*Lorraine LeBlanc and Christian Moussima*

## Judo Joy!

Residents of Pavillon Leblanc at Faubourg du Mascaret, Moncton, N.B., earned certificates after taking part in a judo-inspired session focused on balance, reflexes, and falling safely.



*Lorraine Whalen, Margaret Taylor, and Jean Peinszski*

## Bloom & Bliss

Gardening is a beloved pastime at Arborstone Enhanced Care, Halifax, N.S., where you'll often find someone enjoying the beautiful outdoor gardens and fresh air.



*Verna Hall taking care of the plants on the terrace*

## Hands in the Dirt

Residents at Parkland Ancaster, Hamilton, Ont., rolled up their sleeves and got to work in the Memory Care Terrace gardens, which are now blooming, beautiful, and looking fresh!



*Carol Clayton-Smithson during the parade*

## A Day of Fun and Creativity!

Orchard Court, Kentville, N.S., held its annual Apple Blossom Parade for families and team members! Thank you, Ola Asade, CCA, for capturing the lovely moment!



*Alex Caverson, Paula Macdonald, Brenda Leblanc, Paulette Ball and Alison Hood*

## Knitting Bonds

Parkland Cape Breton, N.S., knitting group had a great time knitting and chatting with some wonderful ladies from all around the community.





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