

CONNECTIONS

Living Well Through Every Season



**Moving Forward,
Together**

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**One Year of Care &
Innovation**

P. 14



Cheers to 15 years!

Thomas Hall, Fredericton, N.B., raised a glass to 15 wonderful years with music, laughter, and gratitude for all who have been part of the journey. A celebration of the past and a toast to the future.

Mary-Lee Steeves and Joanne Braman

Editor's Note

Katherine VanBuskirk

As winter wraps around our communities, this edition of *Connections* is focused on the importance of prioritizing wellness.

The colder weather and shorter days sometimes make it hard to stay active, and connect with loved ones, but our communities are filled with warm, active and social moments to brighten the darkest days. This issue highlights festive gatherings and milestones, while recognizing the meaningful rituals that bring joy and light.

Throughout these pages, you'll discover resident-led initiatives that show the power of connection, programs rooted in creativity, mindfulness, and mutual support (page 9). These stories remind us that wellbeing grows when we participate, contribute, and lift each other up.

We are also recognizing the inspiring contributions of our *Great People* (page 16) and the many volunteers whose dedication and kindness strengthen the sense of belonging and community at every location (page 17).

As you explore this issue, we invite you to consider your own definition of wellness during the winter months. Whether it's pausing for rest, finding inspiration in others, or giving back in meaningful ways, we hope these stories bring you warmth and encouragement for the season ahead.

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:

Shanta, Parkland Ajax resident, enjoys a refreshing swim as she prioritizes an active and healthy lifestyle.

Shannex™



A Decade of Community

Parkland at the Lakes 10th anniversary celebrated a decade of community, connection, and cherished memories, it was an evening that perfectly captured the spirit of the past 10 years.

Josol Matalam, Gina Amuenda, Cathy Villanueva, Anafe Juezan, Catherine Stortts, Arshdeep Kaur, and Nadia Baskerville



President's Message

Jason Shannon

I'm pleased to present the winter issue of *Connections*, which highlights an important theme for our organization: wellness. For some, this season can be tough to endure, which is why we dedicate January to promoting mental wellness through our Mental Health Matters Campaign.

Thanks to our *Great People*, residents in our communities have access to a wide variety of activities designed to nurture the body and mind. At the centre of this work are our wellness teams who we proudly celebrated during February's National Therapeutic Recreation Month. As an integral part of the care team, they work with each resident to uncover individual interests and goals, lead recreation and therapeutic programs, and coordinate social activities. Their work helps residents remain as independent as possible, build strength and confidence, and stay engaged in community life, which ultimately supports health outcomes as well as overall quality of life.

Wellness is equally important for our team members. We believe that a healthy workplace culture is not separate from quality care, but it is directly connected to it. The work of caring for older adults is purposeful and demanding, so we are focused on supporting work-life balance, encouraging healthy habits, and prioritizing safe work practices. When our *Great People* feel supported and engaged, residents benefit.

For almost 40 years, we have worked with a shared goal of meeting residents where they are in their journey, providing the right level of support at the right time. As we grow and evolve, this is leading us to deepen our clinical capabilities and introduce new services and technology. We've welcomed our first Chief Medical Officer, Dr. Christy Bussey, we're bringing innovation to every interaction through the ongoing rollout of Tenera Care, and we're expanding Parkland at Home into more provinces with new and enhanced services.

I am proud of the work happening across our communities and grateful to the teams who deliver it every day. Thank you for being part of an organization that remains focused on wellness for residents and team members alike.

Jason



Culinary Corner

Energy Balls

A quick, easy, and nutritious snack that keeps you fueled on the go. You can store these energy balls in the fridge for up to seven days or freeze them for up to six months.

Ingredients

- ½ cup flax seeds
- ½ cup pecan pieces
- ½ cup plain almonds
- ½ cup uncooked oatmeal
- 1 cup unsweetened coconut
- 2 tablespoons of coconut oil (peanut butter or almond butter can also be used)
- 2 cups of pitted dates
- ¼ teaspoon salt

Method

1. In a food processor, pulse flax, pecans, almonds, and oatmeal until a crumbly paste forms.
2. Add coconut, dates, oil/butter, and salt.
3. Pulse until a sticky batter forms (you may need to add a tablespoon of water depending on the moisture level of the dates).
4. Roll into 24 balls of 1.5 ounces each.



Corey Hersey, Penny Smith, Vanessa MacDougall, Sandra O'Donnell, and Kathryn Blauveldt

A Milestone to Remember

Parkland Fredericton

Parkland Fredericton marked its 15th anniversary with a day of music, dancing, delicious BBQ, and everyone's favourite, cake! This memorable celebration was made possible by the strong relationships and meaningful partnerships within their community, as well as the wonderful residents who have been with them from the start, including Kathryn Blauveldt, one of Parkland Fredericton's first residents.

Lieutenant Governor Award

Moody Hall

On December 22, The Honourable Mike Savage, Lieutenant Governor of Nova Scotia, proudly presented Moody Hall resident, Chuck Bridges, with the Government House Gold Medal, recognizing his outstanding years of service to the province and his community. The Government House Gold Medal is one of Nova Scotia's highest honours, awarded to individuals who have demonstrated exceptional dedication and leadership. Please join us in congratulating Chuck on this well-deserved achievement!

Chuck Bridges and his family with The Honourable Mike Savage, Lieutenant Governor of Nova Scotia, following the presentation of his award



Mental Health Matters Every Day

Every January, we recognize Mental Health Matters Month, an opportunity to encourage one another to prioritize wellbeing and to foster a supportive workplace. This year, we asked team members: “How do you support each other at work?” Their responses showed that small, everyday gestures can make a meaningful difference in creating a caring, connected environment. To build that momentum, we shared an End of Day Checklist to encourage everyone to pause, reflect, and recharge.

Amanda Whalen, Occupational Health & Wellness Manager, reminds us: “Try starting with a small check-in today: ask how someone is doing, share your thoughts, or express appreciation. Even short, honest interactions can strengthen relationships and make everyone feel heard.”

This checklist is posted throughout our communities, a daily prompt to reflect, reset, and care for yourself.



Think of three things that went well



Be proud of your impact today



Ask yourself, how am I doing today?

Celebrating Therapeutic Recreation Month Garraway Hall & Losier Hall

This February, we celebrated National Therapeutic Recreation Month and the incredible work of our recreation teams. We're proud to highlight two of our *Great People*, Kiara Lynch from Losier Hall, N.B., and Carolyn Letourneau from Garraway Hall, N.B., whose dedication helps enhance residents' quality of life every day. Recreation plays a vital role in keeping residents happy, healthy, and connected. Through meaningful activities, our teams support social, physical, and cognitive wellbeing while helping residents rediscover interests that bring joy and purpose.

As Kiara says, “What always stands out most is seeing residents find themselves again through participation and social connection and watching someone light up during an activity that connects to their past interests or maybe even a new interest, whether it's music, exercising, or a simple shared conversation.”



Rosanna Faulkner, Barbara White, Carolyn Letourneau, Valerie MacDonald, and Geneva Collas



Raymond Buckley and Kiara Lynch

Moving in Sync

Parkland on Eglinton West

Gerry and Karen don't let cooler weather deter them from daily walks at Parkland on Eglinton West in Etobicoke, Ont. Twice a day, they get out for some fresh air, appreciating each other's company and the friendly faces they meet along the way.



Gerry and Karen McKeown

Parkland at the Common Steps Up



Brenden Butchart and Susan Cameron

Inspired by the Winter Olympics, a walking challenge was launched at Parkland at the Common, Halifax, N.S., to help residents stay active during the bluest month of the year. Participants were encouraged to walk 4.5–5 km per day, the distance from Treviso to the Olympic Village in Cortina, Italy. Each day, new imagery and a brief description highlighted the next stop along the route, with progress marked across a mapped path.

Residents were encouraged to join, supported with pedometer setup, and shown how to use the iPhone Health app with several quickly surpassing **50,000 steps**. Over the course of the challenge, more than 20 residents were seen walking, using treadmills, and enjoying outdoor laps around the Halifax Common, embracing the spirit of friendly competition.

Moving Forward, Together

Parkland Ancaster

It started with a simple goal: to get moving again. When Shaun Forester, son of Parkland Ancaster resident Arthur Forester, realized he was out of shape, he decided to make a change and to help his dad do the same. Arthur was once quite active but had slowed down after a fall and shoulder injury. The two began their wellness journey in November 2024, focusing on small, consistent steps forward.

Over a year later, Shaun has lost 40 pounds and feels stronger, healthier, and more motivated than ever. The biggest reward, though, has been the shared commitment. On days when one of them doesn't feel like exercising, the other provides the push to keep going. That mutual accountability has boosted both their physical and mental health.

His advice: don't overthink it - just start. Even 15 minutes of movement can make a difference and help you feel better every day.



Shaun and Arthur Forester

Did you know?

Exercising in a social setting provides significantly better mental health, emotional, and motivational outcomes than exercising alone.

Creativity for a Cause

Ryan Hall

As part of a special partnership between Ryan Hall, Bridgewater, N.S., and the SHAID Tree Animal Shelter, residents have been hard at work cutting patterns, assembling, and stuffing handmade cat toys. For the past three years, the SHAID Tree Animal Shelter has visited Ryan Hall, bringing a cat in their care who is waiting for a loving home. With help from the shelter volunteer and recreation team members, these feline guests make their way through Ryan Hall, soaking up cuddles, pats, and the occasional nap on a welcoming lap.



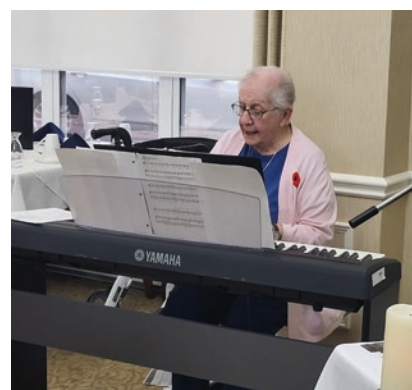
Faye Beals, Jamie Conrad, Jean Smith, Jane Smith, and Bonnie Snair

These visits create a “purr” throughout the home, inspiring residents to give something back. They decided to sell handcrafted cat toys with proceeds going to help the shelter purchase items from its wish list. Their effort was a success, raising enough to buy every item on the list. With full hearts and busy hands, residents are already excited for their next creative fundraising adventure.

A Chorus of Community

Parkland Cape Breton

For 14 years, Sister Simone Abbass has brought warmth and wellness to Parkland Cape Breton, N.S. A longtime member of the internationally acclaimed Cape Breton Chorale, she shares her musical talent by leading the Parkland Cape Breton Singing Group. Twice a week, more than 35 residents gather with her to sing, connect, and enjoy the uplifting power of music. A few times a year, the group performs in-house concerts that fill the dining room with joyful voices. As Sister Simone likes to say, everyone enjoys a “good ole sing song”, and she’s the one who brings that spirit to life!



Sister Simone Abbass

Did you know?

Research shows that group singing improves mental health, strengthens social bonds, and even boosts physical wellbeing.

Go Canada Go!

Parkland Saint John

Across our Parkland communities, residents gathered for lively watch parties to cheer on the Canadian women’s hockey team as they faced off in the Olympic gold-medal final. Neighbours, families, and team members came together to share the excitement, celebrate the athletes’ hard work, and show their national pride. We’re proud to stand behind these incredible athletes and cheer them on as they represent our country on the world stage!



Gerald Flecknell, Parkland Saint John resident, gets into the Olympic spirit

Joy Around Every Corner

With the holidays still fresh in our minds, it's the perfect time to reflect on the acts of generosity and joy that made the season bright across our communities. From thoughtful gifts to creative talents and heartfelt visits, these moments remind us just how meaningful it is to spread cheer during the holidays and beyond.

Giving Back This Holiday Season Moody Hall

Instead of a traditional Secret Santa exchange, the Basin Armada U16 AAA hockey team chose to give back to the community. The team packed more than 20 stockings filled with gifts and essential items, ensuring they could be opened on Christmas morning at Moody Hall, Bedford, N.S. The players hand-delivered the stockings and hope to make this act of giving a holiday tradition for years to come.



Basin Armada U16 AAA hockey team joins Moody Hall residents on Main Street



Bettyann Young

Sharing Her Sparkle Tucker & Cohen Hall

Resident Bettyann's passion shines through every earring and bracelet she creates. She loves gifting her handmade jewelry to friends, and recently, team members at Tucker and Cohen Hall, Saint John, N.B., helped her share her talent even more. With her own table at weekend events and a successful spot at their Christmas Craft Sale, Bettyann's creativity inspires everyone to celebrate their hobbies.

Spreading Holiday Cheer Harbourstone Enhanced Care

During Sydney Credit Union's Spirit Week, team members came together to support a cause close to their hearts: Christmas for Seniors. Through their collective efforts, funds were used to provide holiday gifts and comforting items for residents at Harbourstone Enhanced Care, Sydney, N.S., adding a special touch of warmth and cheer throughout the holiday season. Members of the Sydney Credit Union team were also delighted to visit Harbourstone to spend time with residents and team members.



Nancy Beaton, Santa Claus, Margie Morrison, Ellen Bryden, Theresa Cameron, Haily Phillipppo, Farren Lanceleve, Mairibeth Reilly, Vikki Ford, Mary Ann Newman, and Kayla Williams

Sustainably Wrapped Parkland Clayton Park

This holiday season, the prizes at the Parkland Clayton Park, N.S. holiday party were wrapped with sustainability in mind, using newspaper and reusable bows. Our communities continue to embrace environmental stewardship throughout the year, finding creative new ways to deepen our commitment to protecting the planet. To learn more about joining a Green Team, contact your General Manager.



Tony Mifsud and Gaffar Asanbe

Going Once, Going Twice, Sold! Parkland at the Gardens

On December 3, 2025, Parkland at the Gardens, Halifax, N.S., proudly raised over \$20,000 at the fourth annual Celebration of Wreaths, a beloved fundraising event supporting the Mental Health Foundation of Nova Scotia. The event showcased beautifully crafted wreaths donated by local businesses, which attendees enthusiastically bid on.

Thanks to the generosity of the community, and led by Parkland resident Maureen Banyard, Parkland at the Gardens has raised over \$60,000 for mental health initiatives over the past four years, making a meaningful impact on the lives of countless individuals.



Bree-Lynn Pelly, Maureen Banyard, Starr Cunningham, and Jason Shannon



Sister Catherine Arsenault

Mitten Tree Magic Parkland Antigonish

Each year, the Sisters of St. Martha organize the Annual Mitten Tree Donation for the Kids Resource Centre, with participation from residents and team members at Parkland Antigonish, N.S. In celebration of the Sisters' 125th Anniversary, this year's goal was to collect 125 mittens and hats, and they exceeded it! For many years, Sister Catherine has added a special touch by donating her hand-knit dolls. This year, she crafted 50 dolls for children in need, thanks to generous yarn donations. Her generosity is a beautiful reflection of the caring spirit at Parkland Antigonish and the support from the surrounding community.

Passion & Perseverance

Parkland in the Valley

Don Bonnar, a resident of Parkland in the Valley, Quispamsis, N.B., has been honoured with the New Brunswick Country Music Hall of Fame's Pioneer Award for his lifelong dedication and positive impact. Inspired by his sister Cherie, Don mastered stringed instruments and even hosted his own Rogers Cable show.

Today, music remains central to his wellbeing as he plays with friends and enjoys uplifting community jams. He emphasizes how music, connection, and supportive environments enrich daily life, offering simple yet powerful advice: "Don't sell yourself short," "have a positive attitude," "don't give up," and "if you need help, ask for it." Don's journey highlights how staying true to your passions can nourish life at every age.



Don Bonnar



Elise Doane

Brushing Up on Creativity

Parkland at the Gardens

Each week, a vibrant splash of colour fills Parkland at the Gardens, Halifax, N.S., as residents gather for a paint class guided by longtime art teacher and resident Mary Lou Payzant. The group meets to share techniques, spark ideas, and enjoy the simple joy of creating. Participants enjoy experimenting with new pigments and feel inspired to paint more often. They also value the fresh opportunities to express their love of colour and the relaxed, social atmosphere of learning together.

"It's a pleasure to get back to teaching," says Mary Lou. "The group is enthusiastic, dedicated, and painting keeps minds sharp and focused."

Volunteers and siblings Ethan and Eunice remind us of the true meaning of community and caring for one another. They learned these values from their mother, Marinell, Administrative Coordinator at Cedarstone Enhanced Care, Truro, N.S.

Ethan, a Grade 12 student and school band member, volunteers to give back to his community and build the compassion and communication skills he'll carry into his goal of becoming a doctor. His sister Eunice, in Grade 10, also sings and plays in her school band, sharing her musical gifts to uplift residents and support their emotional wellbeing.

Together, they help with program set-up, assist in arranging activity spaces, and spend time in one-on-one visits, reading with residents, playing board games, and engaging in thoughtful conversation. Residents often share positive feedback, noting how respectful, kind, and genuinely engaging both Ethan and Eunice are during every visit.

Melodies of Compassion

Cedarstone Enhanced Care



Eunice, Shweta Macwan, and Ethan prepping for the Remembrance Day ceremony



Lorraine Whalen and Olugu Ukpai

The Power of Drumming

Arborstone Enhanced Care

Feeling energized, connected, and uplifted was the overwhelming response at Arborstone Enhanced Care in Halifax, N.S., during an African drumming workshop led by Drum Against Malaria for Black History Month/African Heritage Month. Residents, team members, and families eagerly joined in, filling the room with joyful, grounding rhythms as facilitators shared their mission of using music and community to support emotional wellbeing. The session left an unforgettable reminder of music's power to heal, inspire, and bring people together.

Sharing Their Wisdom

Parkstone Enhanced Care

Recognizing the depth of wisdom within the community, Parkstone Enhanced Care, Halifax, N.S., introduced a "Question of the Month" initiative to highlight and share residents' lived experiences. Each month, they ask residents for tips on topics such as saving money, managing stress, or staying healthy. Responses will be collected through stations, during programs, and in one-on-one conversations. At the end of the month, they will display the questions and answers in a common area for everyone to read. This approach provides an opportunity for residents to share their life experiences and advice to benefit others.



Margaret Cottreau, Lucy Larade, Sharon MacIntosh, Susan Tripp, and Brenda Young

Joyful Hearts

Parkland at the Lakes

Joyful Hearts is more than a name for the resident-led singing group at Parkland at the Lakes, Dartmouth, N.S. The group of music lovers meets regularly to practice, share laughter, and perform for fellow residents. Their performances are always met with smiles, applause, and a sense of shared enjoyment, turning simple moments into lasting memories. At Parkland at the Lakes, the Joyful Hearts are proof that every music note carries friendship, laughter, and joy.



Jim Devine, John Anderson, Frank Hartman, Derrick Chaulk and Sanford McGrath

Wellness, Comfort & Peace of Mind, Right at Home

For nearly four decades, our work has brought us into people's lives at moments that matter. Through the years, one truth has stayed the same: people want to age in the place they know best. Home.

In fact, **89% of Canadians age 50+ say they hope to remain at home as they grow older.**

They want familiarity, routine, and independence. While many find this when they move to a Parkland community, we want to help more older adults continue to live the lives they love, in the comfort of their own homes, with the support they choose.

That's why we're pleased to share that Parkland at Home is growing. After 15 years of providing trusted in-home care, our next chapter brings more options and more ways to stay well, with new and expanded services in Nova Scotia, New Brunswick, and Ontario.



"We are pleased to be offering the Parkland experience beyond our residence communities. It's about meeting people where they want to be and making life easier, fuller, and supported in the ways that matter—at home."

- **Chrissy Jardine**, General Manager of Parkland at Home.





■ Our At-Home Services Include:



Housekeeping & Laundry



Personal & Specialized Care



Companion Care



Household Support



Errands & Transportation

Day after day, home after home, our team is proud to offer support that feels personal.

■ The People Behind the Care

Behind every visit is a person, someone who shows up not just with skill, but with heart.

Our caregivers and support teams bring warmth, professionalism, and a genuine desire to make life better for clients and their families. They reliably help ensure safety and independence, while building the kind of relationships that turn support into connection.

"What I love most about my role is building relationships with clients and their families. The trust and appreciation they show make this work truly meaningful."

- **Mohit Bhagat**, Parkland at Home Team Member



**To learn more about Parkland at Home, please visit
parklandathome.com**

2025 Long Term Care Awards of Excellence

Nursing Homes of Nova Scotia Association

The 2025 Long Term Care Awards of Excellence celebrate individuals and teams whose innovation and compassion are strengthening care across Nova Scotia. This year's recipients embody leadership that enhances the lives of residents.

Trailblazer Award: Cinderella (Cindy) Cruz, Arborstone Enhanced Care

In just six months, Recreation Programmer Cindy Cruz has transformed Arborstone's memory support neighbourhood through innovative, person-centered programs that enhance sensory stimulation, emotional wellbeing, cognitive engagement, and social connection. Her most notable initiative, the Baby Therapy Centre, introduces doll therapy as a non-pharmacological approach to dementia care. This nurturing space encourages caregiving behaviours that reduce anxiety, spark storytelling, and improve communication. Her work is shaping Arborstone's approach to dementia care, inspiring other communities, and setting a new standard for innovation in long term care. Congratulations!



Cinderella Cruz

Champion for Dignity Award: Behaviour Support Teams

Congratulations to Courtney Richardson, Mairibeth Reilly, Adrienne McMahon, Catherine Orychock, Robin Morrison, Lavona Staples, Geena Dickie, and Prabhveer Singh from Harbournstone in Sydney, N.S., Cedarstone in Truro, N.S., and Parkstone Enhanced Care in Halifax, N.S. Their dedicated teams partnered with Healthcare Excellence Canada to reduce inappropriate antipsychotic use in long term care by championing person-centered approaches for residents with dementia. Through their leadership, they have improved clinical outcomes, influenced sector-wide standards, and set a new benchmark for compassionate, evidence-based care in Nova Scotia.



Maria Agcon, Robin Morrison, Ellen Bryden, and Kyle Richardson



Mary Atwood, Tammy Hunter, Shinta Richard, Gabrielle Barrieau, Robert Colwell, Normani, and Norma Gaudet

Celebrating Acceptance and Connection

Parkland Saint John

Parkland Saint John, N.B., hosted its first-ever drag performance, featuring the talented Normani, who shared an inspiring message about embracing people's differences. Residents and their families responded with warmth and joy, reminding everyone that love and acceptance are at the heart of true connection. This uplifting event beautifully reflected our commitment to social wellness, building meaningful relationships, and celebrating the unique spirit of everyone in our community.

One Year of Care & Innovation

West Bedford Transitional Health

West Bedford Transitional Health is celebrating one year as Atlantic Canada's first standalone transitional health centre, in partnership with Nova Scotia Health. This innovative model of care delivers the right care in the right place, supporting patient recovery while easing pressure on hospitals and emergency departments. With phase 2 set to open this spring, adding 110 new patient rooms, West Bedford Transitional Health will continue to play a vital role in strengthening Nova Scotia's health system. Congratulations to the dedicated team making a meaningful difference every day!



Erika Paz, Taiba Amiri, and Mandria Coleman



Sarah Mahmoud, Krasimir Takev, Robert Hanscomb, Angela MacAdam, Jason Gawley, Marc Katryk, Brenna MacDonald, and Mia Cuenat

General Manager Mentorship Program

A second cohort of our *Great People*, have completed the General Manager Mentorship Program. After several months of classroom learning, on-the-job shadowing, and mentorship, the program has now successfully concluded. Congratulations to all participants on this achievement!

The Power of Pets

Celtic Court

A warm purr or friendly nudge adds a special kind of warmth to daily life. In Cape Breton, Celtic Cat Winnie is a perfect example. Likely the most spoiled cat on the island, Winnie brings joy, routine, and plenty of laughter to her home. For many residents at Celtic Court, Sydney, N.S., Winnie is a comforting presence, and a reminder that love often comes on four legs.

Did you know?

Studies show that older adults with animals often feel less lonely, experience less stress, and enjoy a greater sense of purpose.



Celtic Cat Winnie

Nursing Home Without Walls Launches at Faubourg du Mascaret

The launch of the Nursing Home Without Walls (NHWW) program at Faubourg du Mascaret in Moncton, N.B., took place on November 17, 2025, at Pavillon Landry. The event was attended by Alexandre Cédric Doucet, Honourable Lyne Chantal Boudreau and Dr. Suzanne Dupuis-Blanchard. By supporting older adults, the program aims to improve quality of life and support independent living at home.

“I am proud to promote older adults’ wellbeing through flexible and personalized support,” said Chelsie Gautreau, Seniors Navigator, NHWW Moncton.

With Shannex already delivering NHWW programs in Miramichi, Saint John, and Fredericton, the impact of this service is expanding across New Brunswick.

For more information or to get involved, contact Chelsie Gautreau, Seniors Navigator, at fssmmoncton@shannex.com.



Chelsie Gautreau, Alexandre Cédric Doucet, Honourable Lyne Chantal Boudreau, Dr. Suzanne Dupuis-Blanchard, and Gillian Ferris

Lancement du programme « Foyer de soins sans murs » au Faubourg du Mascaret

Le lancement du programme « Foyer de soins sans murs » (FSSM) au Faubourg du Mascaret à Moncton, au Nouveau-Brunswick, a eu lieu le 17 novembre 2025 au Pavillon Landry. Alexandre Cédric Doucet, l'honorable Lyne Chantal Boudreau et Dre. Suzanne Dupuis-Blanchard ont assisté à l'événement. En supportant les aînés, le programme vise à améliorer leur qualité de vie en les aidant à vivre de manière autonome à domicile.

« Je suis fière de promouvoir le bien-être des personnes âgées grâce à un soutien flexible et personnalisé », a déclaré Chelsie Gautreau, navigatrice auprès des aînés, FSSM Moncton.

Shannex offre déjà des programmes FSSM à Miramichi, Saint John et Fredericton, élargissant ainsi la portée de ce service à l'ensemble du Nouveau-Brunswick.

Pour plus d'informations ou pour vous impliquer, communiquez avec Chelsie Gautreau, navigatrice auprès des aînés, à l'adresse fssmmoncton@shannex.com.

Connecting Generations Parkland Riverview

At Parkland Riverview, wellness grows through relationships made possible by community partners.

The Riverview High School Royal Storm Dragon Boat team made its fourth annual visit to Parkland Riverview, N.B.. Students and teachers brightened outdoor spaces and encouraged residents to enjoy time outside. The visit also featured ATLANTIKA Dance, whose selections from the upcoming Kingdom of Sweets performance filled the room with beauty and movement. The live performance was especially meaningful when dancers took time to meet residents after the performance.



Riverview High School Royal Storm Dragon Boat team

Helping Hands

Embassy Hall

Each week, the Embassy Hall community in Quispamsis, N.B., is brightened by two exceptional volunteers, Lucille Srikiissoon and Liz Flogeras. Generously sharing time and talents, they deliver warmth, patience, and joy to every resident they meet. From lending a hand during Bingo to offering support with hair care, Lucille and Liz are fixtures of daily life at Embassy Hall, and their kindness is especially felt in the recreation department, where they help create meaningful moments and a strong sense of connection among residents.



Lucille Srikiissoon and Liz Flogeras

Caught You Being Great

Shannex's *Great People* make our communities shine. Their kindness and dedication make every day brighter for residents, families, and team members alike, and their greatness deserves to be celebrated!

Don't forget to log in to Moments to celebrate everyday wins and recognize colleagues who bring our Guiding Principles to life!



Jacqueline Qureshi and Michelle Garciano

Small Acts, Big Impact

Opal Ridge Hall

Opal Ridge Hall in Dartmouth, N.S., hosted its first flu and COVID-19 vaccine clinic to support the health and wellbeing of residents. This initiative was made possible thanks to the dedication of two team members who went above and beyond to ensure a smooth and welcoming experience for everyone. Community Manager Kristine Ortega recognized them through Moments, Shannex's new team member recognition platform, celebrating their commitment to creating a safe, healthy environment for residents.

A Strong Culture of Safety

Parkland at the Common

Safety is always a top priority. Parkland at the Common in Halifax, N.S., recently held its first Joint Occupational Health and Safety Committee (JOHSC) meeting, an important step in keeping both residents and team members safe. These committees, which exist in every community, allow team members to work together to identify potential hazards and support a strong culture of safety.

Every team member plays a role by staying alert, recognizing risks, and taking care of themselves and others. Shannex continues to strengthen its safety culture through strong leadership, ongoing training, increased awareness, and the sharing of best practices.



Brenden Butchart, Astha Kohli, Victoria Roberts, Olalere Olaide, Peter Henderson, Jinky Meneses, Kimberly Pande, and Erin McDonald



Inge Arsenault

Floral Fun Parkland on the River

Team members and residents at Parkland on the River, Miramichi, N.B., got creative making floral centerpieces. Using pipe cleaners and vases, the group assembled bouquets that don't need water! The recreation team gathered the materials and guided residents through each step. Thanks to their teamwork, the setting for the next tea party is already prepared, highlighting the strong sense of community at Parkland on the River.



Mae Berggren

Tangled Memories: A CCA's Reflection Vimy Court

This touching poem by Mae Berggren, written on her own time while working as a Continuing Care Assistant at Vimy Court, N.S., offers a heartfelt glimpse into how memories may tangle with Alzheimer's disease and other forms of dementia, even as the emotions of love and comfort remain vivid. Originally shared in recognition of Alzheimer's Awareness Month in January, Mae's words remind us how presence and simple acts of kindness can bring deep reassurance. Scan the QR code to read her full poem.



Building Community and Purpose Parkland West Bedford

At Parkland West Bedford, N.S., the 670 Residents Council Association helps neighbours stay connected. This resident-led group shares ideas, supports wellness programs, hosts social activities, and gives back to the wider community, successfully supporting the Gateway Community Foodbank multiple times each year. Members like Roly Burton and Ed Empringham say the Council offers meaningful responsibility and keeps residents involved. Alongside team member-led recreation, resident-driven activities provide choice and ownership by celebrating the experience and talents residents bring to the community.



Ed Empringham



Roly Burton

Connexions entre voisins

Faubourg du Mascaret

Cette année, les promenades en calèche ont créé une ambiance festive qui a réuni les personnes résidentes, les familles et les membres de la communauté du Faubourg du Mascaret à Moncton, au N.-B. Le Spirit Ridge Ranch a généreusement veillé à ce que tout le monde puisse y participer. Les rires, les sourires et les moments partagés ont mis en évidence la valeur des expériences communautaires pour favoriser le bonheur et le bien-être général.

Neigh-bourly Connections

Faubourg du Mascaret

This year's horse and carriage rides created a festive atmosphere that brought residents, families, and members of the Faubourg du Mascaret community in Moncton, N.B., together. Spirit Ridge Ranch generously ensured that everyone had the opportunity to take part. The laughter, smiles, and shared moments highlighted the value of community experiences in fostering happiness and overall wellness.



*Un groupe de personnes résidentes du Faubourg du Mascaret
A group of residents from Faubourg du Mascaret*

Wellness and Rhythm

Parkland Clayton Park

Team members joined Wellness Coach Amanda Brown for a lively Drum Fit class, one of the residents' favourite activities. Management, front-line team members, and two Dalhousie RN students joined in, drumming, laughing, and moving to the beat. It was such a hit, they're already planning the next one!



Front row: Shalene Rafuse, Christina Henderson, and Amanda Kennedy

Back row: Anna Marie Staples-Sears, Claire Mosher, McKayla O'Brien, and Sarah Hadley



Bringing Moments to Life

Debert Court

When Moments, Shannex's new team member recognition platform, launched in November, Debert Court, N.S., wasted no time making it meaningful and fun for their team. To celebrate and recognize the *Great People* who make Debert Court such a special place, the team created a custom photo frame where team members could stop, smile, and be recognized for the Moments that matter. The frame quickly became a hub of positivity, laughter, and appreciation, perfectly reflecting the spirit of the Moments platform.

Thanks to initiatives like this, Debert Court is showing how Moments can be more than a platform. It's an experience that celebrates people, builds connections, and recognizes the everyday wins that make a big difference.



Michelle Deir, Lindsay Field, Amanda Covin, and Sarah O'Quinn

Valentine's Day in Miramichi

Bridgeview Hall & Losier Hall



Rose Marie Fleiger and Catherine Matchett



Bernard Dempsey smiling alongside Kindertots participants

Valentine's Day was celebrated with creativity, music, and plenty of love in Miramichi. At Bridgeview Hall, Kindertots visited to help residents craft heartfelt Valentine's cards, filling the community with warmth and kindness. Meanwhile, Losier Hall hosted a Valentine's social with entertainment, a photo booth for couples, and a packed musical performance by Jim and the Down East Entertainers. As the festivities wound down, the feeling that lingered was one of togetherness and heartfelt appreciation throughout the communities.

L'amour est dans l'air au Faubourg

Love Is in the Air at Faubourg



Thérèse et Yvon LeBlanc célèbreront leur 71e anniversaire de mariage cet été. / Thérèse and Yvon LeBlanc will celebrate their 71st wedding anniversary this summer.



Jeannette et Léopold Léger sont mariés depuis 66 ans. / Jeannette and Léopold Léger have been married for 66 years.



Huguette Léger et Nelson Lajoie se sont rencontrés il y a 23 ans. / Huguette Léger and Nelson Lajoie met 23 years ago.



Violetta et Gerald Roberts sont mariés depuis plus de 15 ans. / Violetta and Gerald Roberts have been married for over 15 years.

Leading With Care

Dr. Christy Bussey, Chief Medical Officer

We are pleased to introduce Dr. Christy Bussey, Shannex's first Chief Medical Officer. The creation of this role reflects our organizational commitment to clinical excellence and recognizes the importance of strong medical leadership that helps drive innovation, improve outcomes, and meet the evolving needs of residents, patients, and the broader health system.

Dr. Bussey is an experienced medical leader with a deep commitment to quality care. Formerly the Medical Executive Director with Nova Scotia Health and a member of its Senior Leadership Team, Dr. Bussey has led complex clinical operations and large physician teams. In this new role, she will strengthen clinical governance and care standards, reinforcing Shannex's commitment to high-quality, evidence-based, and person-centred care.

Welcome, Dr. Bussey!



Dr. Christy Bussey

Shaping the Future of Nursing

Shannex Scholarship Recipient



Lauren Thornton

Lauren Thornton is one of three students to receive University of New Brunswick's 2025 Shannex Scholarship, awarded to students enrolled in the Bachelor of Nursing or Bachelor of Nursing Advanced Standing programs at UNB's Fredericton, Saint John, and Moncton campuses. Inspired by her grandmother and fueled by a passion for helping others, Lauren shines in clinical placements, with a special focus on dementia care and pediatrics. This scholarship brings her one step closer to becoming a nurse practitioner. With dedication, heart, and ambition, Lauren is ready to transform the future of nursing, one compassionate moment at a time.

Leading the Way to a Healthier Future

Mount Saint Vincent University Scholarship Recipients



Hende Eldlk, Bohdan Luhovyy, Sara Mafla, and Dana Power

The Shannex Graduate Scholarship at Mount Saint Vincent University (MSVU) supports standout students shaping the future of healthy aging. Created through Shannex's 2024 investment in aging research, the award recognizes emerging leaders who turn ideas into real improvements for older adults. This year's recipients, Sara Mafla and Hende Eldlk, are Applied Human Nutrition researchers exploring innovative ways to enhance care and nutrition in long term care. After connecting with Dana Power, MSVU Alumni, and Shannex Vice President, Nova Scotia Enhanced Care, they shared how meaningful it is to see their work influencing the sector. Their passion shows how bright the future of care can be.

Snapshots

Snapshots

Snapshots



Sister Ethel Cody

Art at Mary's Court

At Mary's Court in Antigonish, N.S., residents embraced Freestyle Fall Painting, a lively, hands-on activity that lets them express their creativity.



James Cavanaugh

No Tricks, Just Chicks!

James was the undisputed winner of the Halloween costume contest at Vimy Court, Bible Hill, N.S., with his clever 'Chick Magnet' outfit.



Ed Tracy and Jill Barber

Harmony at Parkland Saint John

The Imperial Theatre in Saint John hosted a holiday performance at Parkland Saint John, featuring Jill Barber, a Juno Award nominee who filled the room with festive spirit.



Dorice and Frank Richard

Having a Ball at Faubourg du Mascaret!

This year's Winter Ball was a joyful celebration, bringing residents and families together for an evening of music, laughter, and connection.



Amy Maria

Fire Safety in Action

During Fire Prevention Week, Arborstone Enhanced Care, Halifax, N.S., had an engaging and educational visit from the local fire department.



Curling Without Ice

Who says curling can only be played on ice? At Parkland on the Glen in Mississauga, Ont., residents and team members brought the sport indoors and cheered each other on in a lively game.



Gisele MacDonald, Brenden Butchart, Evelyn MacIsaac, and Ingrid Noseworthy

Road to the 2026 Olympics

Parkland at the Common, Halifax, N.S., had a fantastic time cheering on Canada's top men's and women's curling teams as they competed for a spot at the 2026 Olympic Winter Games.



Joey Dibblee and Jacob Maniacco

Rain or Shine

Residents of London Hall, Dartmouth, N.S., enjoyed a trip to the Halifax Boardwalk, choosing to carry on through the rain with high spirits and enthusiasm.



Eleanor Faulkner, Scarlett Boyce, Kim Munsie, Shaylee Munsie, and Wrenly Boyce

Crafting Memories Together

Residents and children at Parkland Truro, N.S., enjoyed a joyful craft activity with General Manager Shaylee Munsie and her family, sharing creativity and laughter.



Tove Henriksen and Joyce Stewart

Bridge Shuffle & Social

This fall, Parkland on Eglinton West, Etobicoke, Ont., hosted a Bridge Shuffle & Social, where residents connected, welcomed new Bridge Club members, and enjoyed cocktails in the pub.

Consult+

Supporting Mental Health, Every Step of the Way



Caring for our team members means supporting both physical and mental wellbeing. That's why mental health support is a vital part of our benefits program. Through Consult+, an online mental health service, team members can access confidential, professional support from any location, helping them save time and remove barriers to care. The service supports challenges such as stress, anxiety, burnout, grief, and depression, and is delivered by a multidisciplinary team of qualified specialists. By prioritizing mental health, we continue to foster a workplace where people feel supported, valued, and cared for. **Download the app today!**



A community program that makes a difference in the lives of older adults.

Wellness



Social Connections



Active Living



Learn more at shannex.com/shannexcares