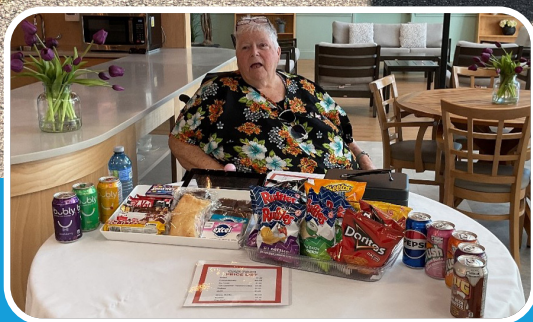


Shannex

SUMMER 2026 | ISSUE 60

CONNECTIONS

Better Together



A Thoughtful Solution

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Shaping Future Nurses in Long Term Care

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Paws, Claws, and Conversation

Kindred Critters visited Vimy Court, Bible Hill, N.S., through the efforts of the resident council, introducing animals that sparked memories and storytelling among residents.

Olive Lattie

Celebrating the Future of Care in Fredericton

Jason Shannon took a moment during a recent event to meet nursing students at Neill Hall and Medley Hall in Fredericton, N.B. They are participating in UNB’s dual-degree nursing program, which is delivered in collaboration with Manipal Academy of Higher Education (MAHE). Read more on page 14.

Jason Shannon stands alongside UNB students



Editor’s Note

Katherine VanBuskirk

Summer has a way of bringing people together.

As the days grow longer and brighter, so do the opportunities to connect. Whether it’s sharing a meal outdoors, enjoying music in the sunshine, or taking a moment to sit and talk with someone new, the everyday moments of summer provide lots of opportunities to connect with others.

This is our 60th edition of *Connections*, so it’s appropriate that it highlights the many ways people connect across our communities every day. In this issue we’re sharing a few great examples, including intergenerational visits (page 8), outdoor gatherings (page 17), and acts of kindness (page 9). Each story reflects how meaningful relationships continue to grow.

You’ll meet residents reconnecting with lifelong passions (page 16), teams coming together in support of one another, and communities creating spaces where everyone feels welcome. These connections contribute to wellbeing, bring comfort, and enrich daily life.

As you turn these pages, we hope you see yourself in these stories and are reminded of the small but powerful ways we can all stay connected this season.

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:

Carmen MacDougall and Kit Ogilvie enjoy a sunny day at Parkland Riverview, N.B., as they take part in the community’s Alzheimer’s Walk.



Shannex™

President’s Message

Jason Shannon

It is my pleasure to share the summer edition of *Connections*, our 60th issue. Over the years, this publication has captured many important moments across our organization, from celebrations and new beginnings to periods of change and growth. Most importantly, it has continued to shine a light on the people, experiences, and shared purpose that make Shannex who we are.

Since our last issue, I am pleased to report that the CUPE labour disruption affecting six of our nursing homes in Nova Scotia has been resolved. This was an exceptionally challenging time for our frontline team members. In moments like this, a great deal is asked of our teams, and they responded with compassion, resilience, and professionalism, ensuring residents continued to receive the support they need and deserve. I want to extend my sincere appreciation to the *Great People* who work in these homes, to the management teams who worked around the clock to provide support, and to the many others who stepped forward to help their colleagues in both visible and quiet ways.

We are always stronger together. Throughout the past year, I have had the opportunity to visit nearly all of our communities, and I continue to be inspired by the warmth, dedication, and sense of belonging that I see wherever I go. That spirit is especially evident during the summer months, when there are so many opportunities to connect. June was a meaningful time of recognition and celebration across our communities.

Filipino Heritage Month, National Indigenous History Month, Pride Month, and Canadian Multiculturalism Day gave our teams opportunities to share experiences, stories, and traditions that strengthen belonging for residents, families, team members, and visitors.

June also marked an exciting new beginning with the opening of Adeline Hall, a new licensed long term care community for 144 residents in Bedford, N.S. The first residents moved in on June 29, 2026, and the team has been busy welcoming each resident and family into their new home. Milestones like this are meaningful not only for those directly involved, but for all of us at Shannex, as we continue to grow and create communities where people can feel at home and live fulfilling lives.

Alongside these larger celebrations, the past few months have also been filled with the everyday connections that matter just as much. As you read this summer issue, I hope you feel a sense of pride in the stories shared here and in the impact they represent. Thank you for the compassion, dedication, and spirit you bring to our communities each day. It is reflected throughout this milestone edition.

Jason



Culinary Corner

Maple Dijon Roasted Chicken Thighs (Serves 4)

Executive Chef Dennis MacDonald from Parkland on the River, Miramichi, N.B., shares a dish that combines sweet Maritime maple syrup and tangy Dijon mustard to create a simple yet irresistible glaze. As it roasts in the oven, the glaze caramelizes beautifully, coating the chicken in rich flavour while creating perfectly crisp, golden edges.

Ingredients

- 4 bone-in, skin-on chicken thighs
- ¼ cup pure maple syrup
- 2 tablespoons Dijon mustard
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 tablespoon apple cider vinegar or lemon juice
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon fresh thyme leaves (or ½ teaspoon dried)

Method

1. Preheat the oven to 400°F (200°C). Line a baking sheet or roasting pan with parchment paper.
2. In a small bowl, whisk together the maple syrup, Dijon mustard, olive oil, garlic, apple cider vinegar, salt, pepper, and thyme.
3. Pat the chicken thighs dry with paper towel and arrange them skin-side up on the baking sheet.
4. Spoon about two-thirds of the maple Dijon mixture over the chicken thighs.
5. Bake for 30 minutes, then brush with the remaining glaze. Continue roasting for another 10–15 minutes, or until the chicken is cooked through, and the skin is golden and slightly caramelized (internal temperature should reach 165°F / 74°C).
6. Let the chicken rest for 5 minutes before serving. Spoon any pan juices over top for extra flavour.



Safe Together Parkland Clayton Park

As part of Health and Safety Week, team members at Parkland Clayton Park, N.S., demonstrated their commitment to safety by creating a short video focused on responding to a choking incident. The activity reinforced the importance of preparedness and calm action in critical moments. By learning and supporting one another, the team strengthened the connections that help keep everyone safe and confident.



Fatima Ahmed, Queen Luro, Ro'a Khairallah, Charlene Martin, Jaswinder Kaur, Rashmi Rashmi, and Navreet Kaur

A New Space to Gather Parkland at the Common



Parkland at the Common, Halifax, N.S., celebrated the opening of its new outdoor terrace with a summer gathering filled with music. Residents enjoyed fresh bites, a signature Parkland Spritz, and lighthearted games, while a 50/50 raffle supported the Alzheimer Society of Nova Scotia. Located on the fifth floor, the terrace offers a comfortable mix of sun and shade, greenery, and views of the Halifax Common. This welcoming space is open daily for relaxation, socializing, and enjoying seasonal programs.

Jean Shaw, Linda Feron, Donna Logan, and their special guests

Strength in Every Stroke Faubourg du Mascaret

Team spirit was on full display at this year's Moncton Dragon Boat Race, where the Faubourg du Mascaret team proudly improved its standing, finishing 6th overall, up from 7th last year. Twenty dedicated team members from Moncton, N.B., raised nearly \$2,000 in support of the Lions Sick Children's Fund Inc. and the Alzheimer Society of New Brunswick. With their strong sense of teamwork and commitment to giving back, they are already looking forward to next year's race.



*Back row: Derek Green, Louis St-Coeur, Rejean Cormier, Sheena Landry, Jill Purcell, Nadia Maldonado, Hana Ait Toudghi, Manel Boukari, Alexandra Gagné, Eric Henderson, Chelsie Gautreau, and Isabelle Landry
Front row: Lynn McDermott, Savannah Beaupré, Alex Coté, Shawna Beaupré, Carole Morey, and Claire Leroux*

La puissance dans chaque coup de rame Faubourg du Mascaret

L'esprit d'équipe était au plein essor lors de la course de bateaux-dragons de Moncton cette année, où l'équipe du Faubourg du Mascaret a fièrement amélioré son classement, terminant 6^e au classement général, contre une 7^e place l'année dernière. Vingt membres dévoués de l'équipe, venus de Moncton, ont récolté près de 2 000 dollars au profit du Lions Sick Children's Fund Inc. et de la Société Alzheimer du Nouveau-Brunswick. Forts de leur esprit d'équipe et de leur engagement envers la communauté, ils attendent déjà avec impatience la course de l'année prochaine.



♥ Care That Continues

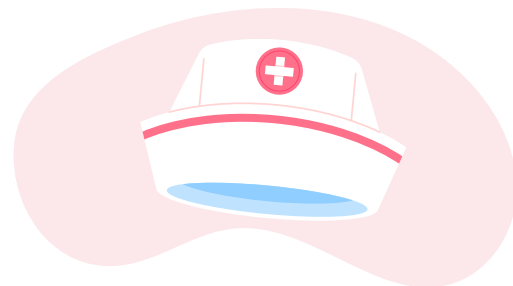
When a nurse retires, their commitment to care continues. During National Nursing Week in May, we always take time to acknowledge the many retired nurses who live with us, sharing their warmth and wisdom, and leaving a lasting impact on those around them.

Building Bonds Through Stories Parkland Cape Breton

A meaningful afternoon was shared at Parkland Cape Breton, N.S., during National Nursing Week, marked by a wine and cheese gathering in celebration of retired nurse residents and Licensed Practical Nurses. The space was filled with stories from retired nurse residents whose lifelong commitment to compassionate care continues to inspire the community.



*Back row: Carmel Coffin, Joyce Arnold, Honorine MacMullin, Jean Brann, and Jessie Covey
Front row: Jenevieve MacEachern, Norma Gillis, Sheila Budge*



A Life of Care Parkland at the Gardens

Born and raised in New Glasgow, N.S., Teresa Fitz Phelan felt called to care for others from a young age. At just 18, she began her nursing training in Antigonish, a decision that led her to Halifax and a role as a general nurse at the former Halifax Infirmary. Those early years shaped a lifelong commitment to compassion and service.

After marrying in 1955, Teresa turned her focus to raising six children, carrying the same steady care into her family and community. Today at Parkland at the Gardens, Halifax, N.S., with her children living nearby, she enjoys a peaceful routine and the comfort of familiar connections. She describes herself as comfortable and content, a reflection of a life lived with purpose, love, and strength.



France Cleary with her beautiful smile

Bringing The Community Together in Bloom Orchard Court

The Apple Blossom Parade at Orchard Court, Kentville, N.S., brings residents, families, and team members together in a joyful celebration each year. Edith MacKinnis, their beloved centenarian, was crowned the Parade Queen, and Orrin Rafuse was named Parade King. It is these everyday moments that build lasting social connections within our homes.



Troy Blancher and Donna Mitchell



Doug Bartlett and Elvis

Can't Help Falling Into Fun Nursing Home Without Walls

An afternoon of music, laughter, and shared fun brought the community together as Nursing Home Without Walls partnered with the Recreation team at Neill and Medley Halls in Fredericton, N.B. An Elvis impersonator entertained guests with lively music, photo opportunities, and iconic snacks, turning the gathering into a memorable celebration.

A Game Well Played Tucker Hall

During a friendly best two out of three game of cribbage, maintenance team member Troy Blancher and resident Donna Mitchell shared a moment of connection and friendly competition. By spending part of his lunch break with a resident, Troy exemplified the compassion and sense of community that make, Tucker Hall in Saint John, N.B., so special.



FIFA Spirit Ocean, Gordon, Garraway Halls

As the FIFA World Cup took center stage for Canada, team members and residents at our nursing homes in Station Yards, Moncton, N.B., gathered along Main Street in their jerseys to rally behind Team Canada and share a memorable moment.

Small Moments, Lasting Connections

A shared smile, a heartfelt conversation, or a simple act of kindness can spark meaningful connections across generations. Everyday interactions and special visits feel especially meaningful in the summer months, when our communities open their doors and hearts a little wider.

A Daily Joy Parkland on Eglinton West

Parkland on Eglinton West, ON, has recently welcomed Itty Bitty Scholars Daycare, a space for infants, toddlers, and preschool-aged children located right within the community. Throughout the day, shared smiles in the hallways and cheerful greetings are already bringing a special sense of warmth and joy to residents' daily lives.

These everyday interactions create opportunities for connection that feel natural and uplifting. Residents often pause to watch, wave, or share a kind word, while children respond with curiosity and delight. The program supports an open and connected environment, encouraging relationships across generations while extending a welcoming presence into the surrounding neighbourhood.



The new Itty Bitty Scholars daycare space is ready to welcome children and families

Shared Moments Parkland at the Gardens

At Parkland at the Gardens, Halifax, N.S., a year-end school visit by Grade 3 students from Inglis Street Elementary School filled the afternoon with creativity. Residents and students spent time together making colourful bead bracelets, playing games, reading stories, and sharing conversations that bridged generations.

The visit also included a special musical moment, with students performing piano pieces that filled the space with warmth. These shared experiences offered residents a chance to connect with the energy and enthusiasm of youth, while students gained a deeper appreciation for the stories and presence of older generations. Moments like these remind everyone of the comfort that comes from simply spending time together.



An Inglis Street Elementary School student places a bracelet on Joan Shaw's wrist



Millie Green, a Parkland Ancaster resident, proudly holds her Parkland Award, recognizing the person who best embodies the spirit of Parkland.

Where Community Shines Parkland Ancaster & Parkland on the Glen

There was no shortage of applause, laughter, and friendly competition for residents at Parkland Ancaster and Parkland on the Glen, ON. Both communities held annual awards celebrations. From Best Dressed and Best Dance Moves to Heart of Gold, Social Butterfly, and Most Helpful, residents nominated and voted for one another, shining a spotlight on the people who make each community unique.

The celebrations featured special entertainment, delicious food, and plenty of memorable moments, but what stood out most was the pride residents felt in recognizing one another. The awards were a reminder that community is built by the people who live it every day, and that the friendships, personalities, and connections shared throughout the year are worth celebrating.



Back row: June Fountain, Janet Harrigan, Enid, Marguerite Sumeraj, John Robinson, and Helen Robinson, Doreen Richards, Barb Chambers, Ann Macdonald, and Rick Ray
Front row: Derry Rose

Long Term Care Proud Debert Court

Each year on June 13, Long Term Care Proud Day recognizes the important and meaningful work of those who choose a career in long term care. At Debert Court, N.S., that pride is reflected in everyday moments, where compassion, care, and connection make a lasting difference in residents' lives.

Scott Smith, Lorraine Haley, and Arlene Weatherbee



Comfort and Care When It Mattered Most Parkland Truro



When a Parkland Truro, N.S., resident was unexpectedly admitted to the hospital, her beloved cat, Tommy, was left without anyone to care for him. Knowing how much Tommy meant to her, Client Services Assistant Grant Parly stepped in.

Grant cared for Tommy as if he were his own, ensuring he was fed, groomed, and never alone. He arranged veterinary visits and made Tommy’s care part of his daily routine, even returning on days off to provide the same comfort and attention.

When it became clear the resident could no longer resume Tommy’s care, Grant welcomed Tommy into his home, where a strong bond quickly formed. His actions reflect the extraordinary lengths he went to support both a resident and someone she dearly loved.

The Power of Everyday Connection

There’s something special about the moments we share with others, whether it’s a familiar conversation, a laugh over a favourite game, or simply sitting side by side on a sunny day. These everyday interactions may feel small, but they play an important role in how we feel, helping to lift our mood, ease stress, and keep our minds engaged.

Sometimes, having someone to visit, share stories with, or spend time together can help bring those moments back into daily life. It’s not about doing anything extraordinary, it’s about companionship, consistency, and the comfort of knowing someone is there. Learn more at parklandathome.com



Building Connections Over Lunch Monarch Hall

A group lunch initiative at Monarch Hall in Riverview, N.B., is helping residents build new friendships and feel more connected. While residents enjoy welcoming dining experiences every day, this monthly gathering brings together four residents at a time for a smaller, more intimate meal designed to encourage new connections. Held in a calm, comfortable setting with soft music and thoughtful table arrangements, the lunches provide an opportunity to enjoy good food, conversation, and meaningful connections. Residents have shared how much they value these gatherings, often speaking positively about the experience and looking forward to future invitations.



Elizabeth Wickwire, Joan Hyslop, Dave Lyman, and Leah Durnford

Pitching In for a Greener Tomorrow Cedarstone Enhanced Care & Parkland Clayton Park

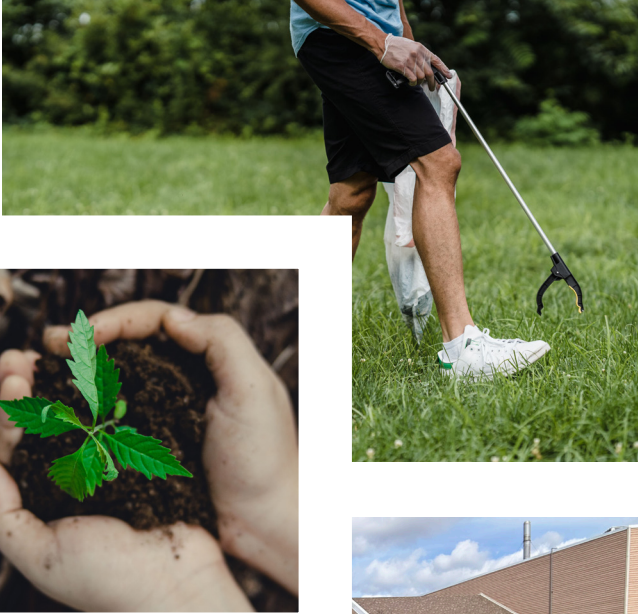
With gloves on and community spirit leading the way, residents and team members at Parkland Clayton Park, N.S., stepped outside for an afternoon of environmental care, collecting several bags of litter from the surrounding area while enjoying the fresh air. At Cedarstone Enhanced Care, Truro, N.S., residents and team members also took part in a similar effort, coming together outdoors to help care for their local environment and make a positive impact. These activities offer a meaningful way to spend time outdoors, connect, and contribute to the world around us.

Did you know?

We are committed to growing communities of environmental stewards. Residents and team members across our organization help lead sustainability initiatives through Green Teams and Green Team functions, which are active in 100% of our communities.



Back row: Shari Landry, Diane McQueen, Dona JoJo, Jeanie Ward, Amanda Brown, Sara O’Quinn, Pam Crouse, Donna Howell, Steffi Christian, and Rob Hanscomb
Front row: Sam Turner and Alicia Misener



Valerie Bigcas, Ferdeleen Pulusan, Marinell Boncales, Shweta Macwan, Abhi Rajeev, Maria Agcon, Robin Morrison, Jason Talbot, Steeve Stoddard, and Grace Davidson

Turning Recognition into Impact Debert Court

Moments, our team member appreciation platform, turns recognition into meaningful action. When Claire Mosher, Administrative Coordinator at Debert Court, N.S., received *Moments* points for her participation in the Random Acts of Green Challenge, she chose to use her recognition in a way that reflected what matters most to her: caring for the environment.

Through Dots.eco on *Moments*, Claire directed her points toward several climate focused initiatives with real, measurable impact. These included protecting **100 square feet of land** for a nature reserve, helping save **10 sea turtle hatchlings**, and **removing five pounds of plastic** from the ocean. A virtual scratch card revealed where these efforts were taking place around the world, creating a tangible connection between recognition and positive environmental change.

With a wide range of options available, from environmental initiatives to personal wellbeing rewards, team members can use their *Moments* points in whatever way feels most meaningful to them.



Claire Mosher and her horse Tiggs

WHERE CARE MEETS CONNECTION



Across our communities, relationships, partnerships, and a shared commitment to quality care help residents living with dementia feel understood, supported, and connected. Through ongoing improvements in dementia care, education, and programming, we are helping residents live with dignity and purpose.

Learning, Growing, and Caring Better

At Parkland Ajax, ON, inclusion is more than an idea, it's a commitment in action. Through a partnership with the Alzheimer Society of Durham Region, the community recently achieved Dementia Friendly Community designation.

Education, training, and ongoing community engagement help residents, families, and team members build a culture of inclusion and compassion. More importantly, this designation represents a shared promise to support people living with dementia with dignity and understanding.



Ashley Williams, Eloisa Chico, Arlene Malabanan, Alana Ethier, and Lisa Benjamin

Creating Meaningful Moments



At Arborstone Enhanced Care, Halifax, N.S., connection takes many forms, especially within the Memory Support Neighbourhood, where programs are designed with a person-centred approach.

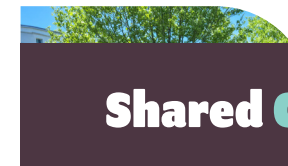
One standout initiative is the Baby Therapy Centre, an innovative, non-pharmacological program that creates opportunities for residents living with dementia to experience nurturing interaction, emotional comfort, and a renewed sense of purpose.



Parkland Saint John, Cohen Hall, and Tucker Hall participate in the Alzheimer's Walk



Jan Robinson and Dianne Kendall



Eunice Burnes

Shared Commitment

Across New Brunswick, Nova Scotia, and Ontario, Alzheimer's Walks brought residents, families, team members, and community partners together in support of connection and care. In Saint John, N.B., communities raised more than \$1,000 for the Alzheimer Society, while at Parkland Riverview, N.B., residents and loved ones gathered for live music, a barbecue, and shared moments of joy. These walks created space to connect, celebrate, and support an important cause, together.

Strengthening Access to Support

At Parkland Ajax and Parkland on Eglinton West, ON, connection extends beyond daily life through meaningful community partnerships. Both communities proudly donated \$2,500 to the Alzheimer Society of Durham Region and the Alzheimer Society of Toronto, reflecting a shared commitment to compassionate care and to ensuring those affected by dementia have access to vital resources and support.



Abigail Beveridge and Pawan Grewal



Alana Ethier, Kendel Ferrara, Lisa Benjamin, and Ashley Williams



Clinical Corner

Arborstone Enhanced Care

Arborstone Enhanced Care, Halifax, N.S., has been recognized nationally for excellence in the Appropriate Use of Antipsychotics. One of only 32 long term care communities across Canada to meet this standard, Arborstone is the only home in Nova Scotia to receive this recognition.

This achievement reflects a strong commitment to compassionate, person-centred care and evidence-informed prescribing practices that prioritize resident safety, dignity, and quality of life. Nationally, many long term care residents continue to receive antipsychotic medications without a diagnosis of psychosis, despite the associated risks.

“Being recognized for our work in the appropriate use of antipsychotics is an important milestone for us at Arborstone,” says Gabby Gaspar-Lidstone, General Manager. “It reinforces our focus on compassionate, individualized care, and our dedication to continuously improving practices that support resident wellbeing.”

This recognition highlights the leadership and clinical excellence demonstrated by the Arborstone team, alongside Dr. Lewis, Dr. Olabisi, Dr. Raju, and Dr. Couture, in supporting safer medication practices.



*Back row: Bee Ann Fradejas, Kuljit Kaur, Mary Ann Castaneda, Gabby Gaspar-Lidstone (me), Jamienn Lara Cornelia, Rowena Ochoco, Krissa Rabaya, Ethel Vila, and Gran Quijano
Front row: Mitchel Lumaque, Julivel Layno, Heneylyn Rostata, and Stephanie Castanares*

A Thoughtful Solution

Moody Hall

At Moody Hall, Halifax, N.S., a simple idea shared through Resident Council has grown into something meaningful for the entire community. Residents brought their vision to life with the opening of the “Snack Shack,” a canteen offering treats for residents, team members, and families. The idea began when council members recognized that not everyone could easily visit local stores and wanted to create a more accessible option.

Guided by resident input, the Snack Shack reflects a shared commitment to choice and inclusion. Items are thoughtfully priced, with all proceeds returned to the Resident Council to support initiatives that enhance daily life at Moody Hall. The canteen is proudly led by resident Linda Slaunwhite, whose dedication has been central to its success. More than a canteen, it’s a place where connection happens naturally through shared moments and conversation.



Linda Slaunwhite

+ Growing the Future of Nursing

Compassionate care starts with skilled and confident caregivers. Through partnerships, hands-on experience, and mentorship, nursing students are gaining valuable skills while building connections with residents and team members.

Shaping Future Nurses in Long Term Care Fredericton, New Brunswick

The Shannex Long Term Care Summer Institute introduces University of New Brunswick (UNB) nursing students to the rewarding and meaningful world of long term care through hands-on learning and mentorship. The growing program brings UNB nursing students into our New Brunswick long term care homes, where they are welcomed and supported by teams at Neill Hall, Medley Hall, Thomas Hall, Monarch Hall, Cohen Hall, Tucker Hall, and Embassy Hall. Through Shannex’s partnership with UNB, students learn alongside experienced nurse mentors who share their knowledge, experience, and passion for long term care.

The UNB Faculty of Nursing’s Long Term Care Summer Institute allows students to see firsthand the meaningful relationships and everyday moments that define person-centered care, while also helping strengthen care for older adults and inspire future nurses. As the program continues to grow, it remains rooted in the generosity of team members who take the time to teach, guide, and shape the future of care.



*Back row: Emily Brown, Alison Lindsay, and Charlene Coburn
Front row: Brooke Williston, Lily Glazier, and Hope Cyr*

Empowering Future Nurses

An innovative partnership between the University of New Brunswick and the Manipal Academy of Higher Education is helping prepare the next generation of nurses. This spring, the inaugural cohort completed placements in New Brunswick long term care communities, gaining hands-on experience alongside residents and care teams. The first graduates are expected to be practice-ready in early 2027, with credentials recognized in both Canada and India.

“Programs like this allow us to contribute meaningfully to the development of skilled, confident, and compassionate nurses who will make a difference in the lives of others.”
— Gillian Ferris, Vice President of Operations, Enhanced Care New Brunswick



The inaugural cohort of nurses alongside Gillian Ferris

Proud Inclusion

This Pride Month, Lorelei Sullivan-Hickey, Workforce Coordinator at Parkland West Bedford, N.S., introduced a simple but meaningful initiative, Pride flag and pronoun pins for team members across the community. The response was immediate and positive. What began as a small gesture quickly encouraged conversations about inclusion, respect, and self-expression, helping to strengthen a welcoming environment for everyone.

With Pride celebrations continuing beyond the publication of this issue, we look forward to sharing more highlights and stories from across our communities in the next edition of *Connections* magazine.



From Pen Pals to Friendship Parkland at the Lakes

Nearly a year of letter writing culminated in a memorable intergenerational gathering when students from Ocean View Elementary School visited their pen pals. Residents and students at Parkland at the Lakes, Dartmouth, N.S., spent the day enjoying games, bowling, conversation, and an ice cream social while getting to know one another beyond the pages of their letters.

A special highlight was resident Adam Mueller’s cello performance, which inspired everyone to join in singing “O Canada”. The visit was a wonderful reminder of the friendships that can grow when generations come together.



Residents smiling alongside Ocean View Elementary School students

Great People Grow Here Hope Cyr

Since joining Shannex in 2011, Hope has built a remarkable career grounded in compassion, dedication, and continuous learning. Starting as a Continuing Care Assistant at Thomas Hall, she spent 13 years supporting residents with kindness and respect while pursuing her Practical Nursing education. After graduating, Hope stepped into an LPN role that led her from Neill Hall and Frederick Hall back to Thomas Hall. She later embraced the Restorative Assistant role, where she helped revive the sit-to-stand program, supporting residents to maintain mobility, independence, and quality of life. Today, Hope is continuing her journey as an RN student through the UNB Summer Institute Program, balancing work and studying with determination. Her commitment to growth reflects her desire to provide the highest quality care. For Hope, Shannex has always been a place to learn, grow, and make a meaningful difference in residents’ lives.



Rose-Marie Leger, Grace Johnston, Thelma Barclay, Paula Clarke, and Pauline Beaulieu



Wanda Trenholm, Thelma Barclay, Grace Johnston (Recreation Coordinator), Paula Clarke, and Pauline Beaulieu

A Stitch of Thanks Ocean Hall & Gordon Hall

A simple idea became a moment no one will forget. Members of the Ocean Hall and Gordon Hall quilting groups in Moncton, N.B., gathered to create two handmade quilts as retirement gifts for Ocean Hall Community Manager Vivian Follett and Regional Manager Carole Morey. When the quilts were presented, there were tears, smiles, and joy in seeing how deeply their kindness was felt.

While skilled hands carefully stitch each piece, with support from Grace Johnston, Recreation Coordinator, others came to sit together and enjoy one another’s company. With each stitch, connections are strengthened, creating a sense of belonging that extends beyond the quilts themselves. Looking ahead, the quilters hope to continue gifting their work to team members and to extend that same warmth to the wider community through charitable donations.

Friends in Every Note Opal Ridge Hall

The Songwriter’s Circle at Opal Ridge Hall in Dartmouth, N.S., brings residents together to create original songs. Led by music therapist Kendall Jones, participants collaborate each month, sharing memories, stories, emotions, poetry, and musical ideas to craft lyrics and melodies in a supportive environment. Together, they have been creating a song titled *Good People Make Good Friends*, exploring the meaning of friendship while building meaningful social connections through creativity and shared expression.



Kendall Jones joined by a group of residents for their monthly session

99 Together! Parkland West Bedford

On May 30, Edna Matthews celebrated her 99th birthday, joining her husband Bill, who is also 99. What an incredible milestone for this remarkable couple! Bill and Edna were among the first residents at Parkland West Bedford, N.S., and continue to be cherished members of the community. We wish Edna a very happy birthday and send our warmest wishes to both her and Bill.



Edna & Bill Matthews smiling alongside their family

A Garden for New Beginnings

West Bedford Transitional Health

Small victories happen every day as patients rebuild strength, confidence, and independence. This spring, West Bedford Transitional Health, N.S., opened an outdoor rehabilitation garden designed to help patients practice real-world mobility skills. Featuring sidewalks, cobblestones, grass, ramps, curbs, and steps, the space mirrors everyday environments. Whether using a cane, walker, or wheelchair, patients can safely build confidence and test their abilities before returning home, making the transition from rehabilitation to daily life easier and more reassuring.



A Little Sunshine and Soil

Pavillon Landry

Nothing says summer like getting your hands in the dirt. At Pavillon Landry, Moncton, N.B., residents enjoyed some sunshine while tending to the garden beds, a natural way to connect through shared purpose, fresh air, and the simple pleasure of being together.

Un peu de soleil et de terre

Pavillon Landry

Rien ne symbolise mieux l'été que de mettre les mains dans la terre. Au Pavillon Landry, à Moncton, dans le Nouveau-Brunswick, les personnes résidentes ont profité du soleil tout en s'occupant des parterres de fleurs, une façon naturelle de créer des liens grâce à un objectif commun, à l'air frais et au simple plaisir d'être ensemble.



Gilles Nadeau

Digging In for Summer

Moody Hall

Gardening season began with smiles at Moody Hall, N.S., where residents planted more than 60 flowers, along with tomatoes, herbs, and vegetables. For many, gardening revives cherished summer memories and remains a meaningful tradition. Residents help care for the garden and enjoy its harvest, with fresh ingredients later featured in recreation-led cooking programs that bring everyone together to share the experience.



Brenda Wilson

Progress and Purpose

West Bedford Transitional Health



As Kay Foster progressed, so did her care. Through physiotherapy and occupational therapy, she reduced pain, regained confidence, and rediscovered her abilities. “Every step felt like progress,” she said.

Patients at West Bedford Transitional Health, N.S., are encouraged to take an active role in recovery, building independence through personalized plans and activities. For Kay, that included painting the recreation cart, a reflection of her journey through challenge toward the goal of going home.

By the end of her stay, Kay felt stronger and ready to take control of her life. Her advice: commit to the process, and progress will follow. Looking ahead, she’s eager to return home, get back in the car, and explore Halifax once again.



Recreation cart decorated by Kay Foster



Welcome to the Neighbourhood

Adeline Hall

Adeline Hall has opened its doors in Bedford, N.S., warmly welcoming residents into a new place to call home. Thoughtfully designed to provide a welcoming and supportive living environment, the new home is located in our Bloomsbury community alongside our existing long term care home, Moody Hall.

Team members, residents and visitors will enjoy the many unique spaces, such as our Main Street feature, which is designed to support connection, learning and quality of life. It will also be a home where our valued relationship with Dalhousie University, including the work of their new Research Chair, can continue to flourish through collaboration, innovation and a shared commitment to advancing care for older adults.

Trish Arrowsmith is Adeline Hall’s General Manager. With personal and professional experience on what it means to live in long term care, she is focused on what matters most to families.



My mother is in long term care, and when I leave after visiting her at Parkstone, I know she’s being cared for to high standards. I want families at Adeline to feel the same confidence.



Filipino Heritage Month Celebrations

Filipino culture is rooted in values such as respect, resilience, family, community, and caring for others. We were proud to celebrate Filipino Heritage Month by recognizing team members whose cultural values shape their work every day.



Celebrating Our *Great People*

John Marie Alonzo, Recruitment Assistant Home Office

John Marie draws inspiration from Filipino values of kindness, compassion, respect, empathy, and bayanihan. These values shape how she supports colleagues and residents, helping to foster a positive, caring, and collaborative workplace for everyone.



CJ Llana, CCA Parkstone Enhanced Care

CJ Llana highlights the Filipino tradition of caring deeply for elders. Working at Shannex allows them to express the love, respect, and compassion they grew up with, ensuring residents receive care that is not only professional but also deeply personal and heartfelt.



Arnold Mondoy, LPN Vimy Court

Arnold Mondoy shares the Filipino value of malasakit, showing genuine care, compassion, and concern for others. This inspires him to provide thoughtful, resident-centered care, build meaningful relationships, and contribute positively to a supportive environment.



Celebrating Culture and Community

The team at Vimy Court, Bible Hill, N.S., came together to mark Filipino Heritage Month with a meaningful flag-raising ceremony, joined by colleagues in a shared celebration of culture and community.



Nursing Home Week New Brunswick Miramichi



Gellie Anne and Christine Nonan

At Losier Hall and Bridgeview Hall, Miramichi, N.B., this spirit came to life during the third annual carnival celebration along Main Street at Losier Hall. Residents, families, and team members from Bridgeview Hall and Parkland on the River gathered to share laughter and enjoy treats, a reminder that connection is at the heart of everything we do, especially during moments of celebration.

Each year, Nursing Home Week in New Brunswick, held from June 8 to 14, is a time to reflect with gratitude on the people who make our communities feel like home. We celebrate the dedication of team members who provide compassionate care each day and the residents who bring warmth and a true sense of belonging.



*Back row: Charlene Shaddick, Joe-Anne Baisley, Charlene O'Donnell, Alyssa Duplessie, Emily Manderville, Kia Lynch, Kortney Patriquin, Tammy Malley, Jerywn Butad, Deneane Keane, Darlene McAuley-Cabel, Jessica Esson, and Joanne Hardy
Front Row: Albert Narboada, Diedra Hare, Kim Savoie, Robyn Carnevale, Laura Watt, Erin Martin, and Jill Watt*

A Community Designed for Connection Station Yards

At the core of Station Yards in Moncton N.B. is a simple idea: life should be lived in community spaces, where neighbours meet, walkable streets invite conversation, and shared spaces create opportunity for connection.

Station Yards is a master-planned community in the heart of the city, designed for connection, active living, and everyday ease. Home to three Enhanced Care communities, Garraway, Gordon, and Ocean Hall, soon Station Yards will bring together residences, green spaces, and local amenities in one walkable, welcoming neighbourhood. Construction is expected to begin in Fall 2026.

Learn more at stationyards.ca



Snapshots



Across our communities, summer moments continue to bring people together in simple, meaningful ways.



Joan Hyslop, Jill Price, Marilyn Edmonds, Elizabeth Wickwire, and Leah Durnford

Creative Expressions

Each week at Monarch Hall, Riverview, N.B., residents explore their creativity through art using watercolours and acrylic paints, with their beautiful creations displayed in the Book Nook.



Grant and Joyce Folkins

A Birthday Dance

A very special moment at Parkland Saint John, N.B., as resident Joyce Folkins celebrates her birthday with a heartfelt dance shared with her husband, Grant.



Maria Nay Baylosis BBQ'ing burgers for team members

Nursing Week BBQ Celebration

Team members at London Hall, Bedford, N.S., came together for a fun Nursing Week lunchtime BBQ to relax, connect, and celebrate.



Timeless Tunes

The Stepping Stones Troubadours delighted a full house of residents at Parkland Fredericton, N.B., with a lively performance featuring cherished classic favourites.



James Kavanagh and Sandra Anderson

On a Roll

What better way to celebrate World Bicycle Day than feeling the wind in your hair? Residents of Vimy Court in Bible Hill, N.S., embraced the day on wheels.



Phyllis Parker and Sr. Melda Comeau

National Fudge Day

Helpers and taste-testers at Caritas Residence, Halifax, N.S., prepared for National Fudge Day, crafting salted caramel fudge to deliver to all residents.



Carla MacBride, Patrick Blanco, Brian Villalongja, Nadia Baskerville, Magdalena Gomez, Laura Jackson, and Oscar Juezan

Celebrating Their Great People

Parkland at the Lakes, Dartmouth, N.S., hosted a team social, offering team members a chance to connect and celebrate their great work.



Honouring Nurses Across Generations

Current and retired nurses came together at Parkland Ajax, ON, for a nursing luncheon, celebrating their shared commitment and lasting impact on the community. Thank you for everything you do and have done.



Connecting Conversations

The teams from Parkland Saint John and Parkland in the Valley, Quispamsis, N.B., visited St. Andrews for an afternoon of conversation about retirement living.

Katelyn Kirk, Jennifer Conway, Sydney Peacock, Michelle Pellerin, Judy Mitchell



All Hands in Halifax

The Property and Support Services annual forum was held at Home Office, Halifax, N.S., bringing together team members from Nova Scotia, New Brunswick, and Ontario.



Games Across Generations

The Halifax Regional Police youth volunteer group hosted an evening of games, bringing together residents of Parkland at the Lakes, Dartmouth, N.S., together for a little competition and some great intergenerational moments.

Ruth Ball and Ruth Snow enjoying a game led by Halifax Regional Police youth volunteers



**“What makes us *unique*,
makes us *strong*.”**

From Shannex's *Commitment to Diversity*

Learn more at shannex.com/diversity

