Shannex™

FALL 2026 | ISSUE 61

CONNECTIONS

Great People, Great Moments



A Celebration of Acadian Culture

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The Heart of the Dining Experience
Parkland Ancaster

The Grand River Restaurant dining room team at Parkland Ancaster, ON, brings care, positivity, and teamwork to every meal service. By embracing service excellence standards in every interaction, they create a warm, welcoming dining experience that makes residents feel valued and at home.

Harsimran Kaur, Vanessa Zhang, Skye Sowden, Katarina Lazdins, Sindella Hess, Kialah Macabuag, Wilma Pabiona, Favour Edu, Emma Marie Meyer, Genesis Oruebo, and Nolan Meyer

Editor's Note

Katherine VanBuskirk

The stories in this *Connections* edition all share something in common. They celebrate people making a positive difference in the lives of others.

Throughout these pages, you'll discover how recognition and appreciation are helping build a strong workplace culture (see page 3), meet team members who have embraced new opportunities and continued to grow their careers (page 4), and read inspiring stories of volunteers, residents, and community partners whose contributions leave a lasting impact (pages 14 and 16).

At the heart of this edition is our *Great People* (pages 11-12), and we're celebrating the relationships, support, and connections that make our communities thrive. You'll also find stories of innovation (page 9), sustainability (page 7), friendship and belonging (page 17), and the moments of joy that help make every day meaningful (page 20).

This edition is filled with reasons to be proud of the people who make Shannex what it is. Through leadership, innovation, volunteerism, service, and friendship, these stories highlight the contributions that help our communities feel welcoming, supportive, and connected.

Thank you to the residents, volunteers, families, partners, and team members who help create the stories and make Shannex such a special place to live and work.

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:

Donna Elliott shares a heartfelt hug with team member Marjorie Pil following her wedding celebration (read more on page 17).

Shannex™

A Sweet Celebration
Adeline Hall

Team members gathered to celebrate the opening of Adeline Hall in Bedford, N.S., and the successful welcome of 144 residents to their new home.

Jason Shannon celebrates the opening of Adeline Hall with members of the Adeline Hall team



President's Message

Jason Shannon

I'm pleased to present the fall issue of Connections, which is focused on our Great People and the important role they play in strengthening Shannex every day.

During October, we are celebrating Great People Month across New Brunswick, Nova Scotia, and Ontario. It is a month-long opportunity to recognize the team members who show up every day for residents, families, and one another, and who help make our communities safe, caring, and welcoming places to live and work.

Recognition is an important part of building a strong culture. Since launching Moments, our online recognition platform, team members have shared more than 18,000 recognitions over the past year. Each one is a reminder that appreciation matters, and that recognizing service excellence, teamwork, growth, leadership, safety, and innovation helps reinforce the behaviours and values that define who we are.

There is also much to recognize and celebrate across the organization. We have added nursing home capacity in Nova Scotia and have four new homes under construction in New Brunswick. Each one will provide more older adults with a safe, caring community supported by dedicated and compassionate teams.

I'm also proud that we launched the Pathways to Success Bursary and awarded the initial recipients. By supporting Continuing Care Assistants as they pursue their Licensed Practical Nurse education, we are investing in our people and strengthening the quality of care we provide.

We are also advancing healthy aging research and education through our academic partnerships, including the appointment of Dr. Nick Bray as the inaugural Shannex Research Chair in Aging Transitions at the University of New Brunswick and Dr. Caitlin McArthur as the Shannex Research Chair in Artificial Intelligence and Healthy Aging at Dalhousie University.

These milestones support our ability to serve residents today while helping shape the future of aging, care, and service. They are also a reminder that progress is driven by people: those who deliver care and service every day, those who lead change, those who support one another, and those who bring new ideas forward.

I hope this issue gives you a clear view of the people, partnerships, and progress that continue to strengthen our communities and move Shannex forward.



Jason Shannon

Culinary Corner

Slow-Braised Beef Short Ribs (Serves: 8)



As the days grow cooler, comfort foods take centre stage. This slow-braised beef short rib recipe is rich, hearty, and perfect for sharing with family and friends.

Beef Short Ribs

Ingredients

- 3 kg bone-in beef short ribs
- 30 ml kosher salt
- 10 ml cracked black pepper
- 60 ml canola oil
- 2 onions, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 cloves garlic, crushed
- 60 g tomato paste
- 750 ml red wine
- 1.5 L beef stock
- 2 bay leaves
- 4 sprigs thyme
- 2 sprigs rosemary

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.

Recognizing *Great People*

Gordon Hall

What happens when appreciation becomes part of everyday work? At Gordon Hall, Moncton, N.B., it creates a culture where people feel valued and supported. Long before *Moments*, our team member recognition platform, the team found meaningful ways to celebrate one another. Today, Gordon Hall is Shannex's most active *Moments* user, thanks to leaders like Health Services Manager Wunmi Tosin-Ojuri, who makes recognition a priority. "*People deserve to receive their flowers while they can still smell them*," says Wunmi.



Wunmi Tosin-Ojuri and Gabriel Espina

Great People Grow Here

Behind every success story is a person who embraced new opportunities and never stopped growing. We are proud to celebrate team members whose journeys reflect the spirit of *Great People Grow Here* and are grateful for the impact they make each day.



Bryan Ventura, Executive Chef
Parkland on the Glen

Bryan Ventura's Parkland journey is a recipe for growth. He joined Parkland on the Glen, ON, as a Sous Chef in 2022, building meaningful relationships with residents and colleagues before expanding his experience at Parkland Ancaster in 2025. The opportunity to learn from different teams strengthened his leadership skills and prepared him for his return to Parkland on the Glen as Executive Chef. Today, Bryan leads the culinary department, overseeing menu planning, food quality, team development, and operations, while creating memorable dining experiences for residents and fostering a positive kitchen culture.



Sarah O'Quinn, Workforce Coordinator
Parkland Clayton Park

Sarah O'Quinn's Parkland journey began in 2019 at Parkland Clayton Park, N.S., with a desire to make a difference in the lives of older adults. Starting on the wait staff team, she quickly built meaningful relationships with residents and colleagues, including one resident who affectionately introduced Sarah as her adopted granddaughter, a connection she still treasures today. Over the years, Sarah has grown into the role of Workforce Coordinator while contributing to initiatives such as the Quality of Work Life Committee, Joint Occupational Health and Safety Committee, and Green Team.



Raffael Melito, Resident Experience Manager
Parkland on Eglinton West

When the pandemic disrupted life in 2020, an unexpected opportunity at Parkland on Eglinton West, ON, changed the course of Raffael Melito's career. After being laid off and starting a small cleaning business, Raffael joined the community as its first Housekeeping Supervisor. Over the next six years, he helped build a resident-focused housekeeping department, expanded his knowledge, and developed his leadership skills. His dedication to creating exceptional resident experiences ultimately led him to his current role as Resident Experience Manager. Along the way, he found mentors, friendships, and a workplace that continues to inspire growth and new opportunities.

***Great Moments* We're Grateful For:** Team members who embrace new opportunities and inspire others to grow.

Proud to Lead

Pride is a celebration of authenticity, belonging, and the freedom to be yourself. As we celebrated Pride, we are grateful for the diverse voices, experiences, and perspectives that make our communities stronger.

Monarch Hall, Riverview, N.B., had a colourful Pride makeover thanks to Natalie Thorne and Colleen Gagnon, who helped bring this vibrant balloon arch to life.

Natalie Thorne and Colleen Gagnon ▶



Team members at Parkland West Bedford, N.S., gathered proudly beside the Pride flag, celebrating diversity, inclusion, and acceptance.

◀ *Parkland West Bedford team members*

Tucker Hall and Cohen Hall, Saint John, N.B. celebrated Pride with colourful decorations, cupcakes, and plenty of community spirit.

Ashley Tayes ▶

Vimy Court, Bible Hill, N.S., brought residents and team members together through a variety of Pride celebrations and activities.

◀ *Mary MacGillivray*

Parkland Antigonish, N.S., celebrated Pride by creating a colourful display that reflected the commitment to inclusion.

▲ *Parkland Antigonish team members*

Thérèse LaForge, Laurida Brun, Hilda Gagnon, and Raymonde Blanchard Roussel



A Celebration of Acadian Culture

Faubourg du Mascaret

Across our communities, August 15 brings together residents, team members, and the community to celebrate French culture. In Moncton, N.B., Faubourg du Mascaret's Acadian Day celebrations showcased strong traditions, including the annual Tintamarre march, lively Acadian music, and classic favourites such as poutine and crêpes râpées. Together, the community celebrated the traditions, culture, and spirit that make Acadian heritage so special.



Community spirit shines as Faubourg du Mascaret takes part in a parade



A Partnership in Motion
Harbourstone Enhanced Care

When the Residents' Council identified an interest in chair yoga, Harbourstone Enhanced Care, Sydney, N.S., sought out community expertise to help bring the program to life. Through a connection with CB Holistic Health, owner Charlotte Donovan and fitness instructor Caylie partnered with the team to develop and lead classes tailored to residents' needs. The Chair Yoga & Stretch Sequence Program continues to be a success today, demonstrating how resident feedback and strong community partnerships can create meaningful opportunities that support health, wellness, and quality of life.

Residents enjoy a yoga class at Harbourstone Enhanced Care

Loved by Residents
Parkland Fredericton

Residents at Parkland Fredericton found a meaningful way to celebrate Wellness Coach Fiona O'Connor as she prepared for the arrival of her baby boy. Their idea led to a special baby shower, where residents decorated 28 onesies in sizes ranging from 3 to 12 months. The colourful creations were displayed as party décor before becoming a heartfelt gift for Fiona to take home. The celebration reflected the relationships built with residents, whose thoughtfulness showed just how much she means to the Parkland Fredericton, N.B., community.



Hand-painted onesies created by residents

Resident Spotlight: Chris Crace
Parkland at the Common

Parkland at the Common, Halifax, N.S., resident Chris Crace brought home a gold medal from the 2026 Special Olympics Nova Scotia Provincial Summer Games, held at St. Francis Xavier University. Competing in golf, Chris earned top honours in the longest drive competition. He was excited and humbled by the win, describing it as a proud accomplishment.



Chris Crace

Caught You Being Green

Every day, people in our communities are choosing greener ways of living, one small action at a time. Together, they help build a shared commitment to sustainability. Here are just a few *Great People* making a difference.

From T-Shirts to Tote Bags
Ryan Hall

Sustainability and creativity go hand in hand at Ryan Hall, Bridgewater, N.S. Recreation Programmer Karen Coulstring regularly incorporates environmentally conscious activities into her recreation programming, giving residents opportunities to have fun while making a positive impact. In celebration of Upcycle Day, residents transformed donated t-shirts into reusable shopping bags, giving old items a new purpose and helping reduce waste.



Elaine Winters, Lynne Smith, Faye Beals, and Maynard Varner

A Greener Way Forward
Parkland at Home

For Emeka Okolie, a Personal Attendant/Companion with Parkland at Home, sustainability is more than a campaign, it is a lifelong commitment. Inspired by the beauty of nature and the importance of protecting it for future generations, Emeka encourages simple, mindful choices that reduce waste. Whether carrying a reusable shopping bag, bringing a refillable water bottle, or choosing reusable containers, he believes small actions can create meaningful change.



Cheers to Sustainability
Opal Ridge Hall

Opal Ridge Hall, Dartmouth, N.S., celebrated Plastic Free July with a coffee break featuring reusable mugs. The simple initiative brought team members together while helping to reduce single-use waste and promote more sustainable everyday habits.

Did you know?
53 team members received *Caught You Being Green* recognitions through *Moments*, celebrating the actions they took to support a cleaner, more sustainable environment.



Front row: *Alyssa Kiss, Kendall Jones, Daelin Cameron, Carolyn Robinson, and Kenji Paderanga*
Middle row: *Kristine Ortega, Philip Leblanc, Courtney Amamio, Natalie Johnstone, Danielle Thakur, and Christine Crowell*
Back row: *Kevin Connolly, Kelsey Brown, Lisa Grandy, Dolapo Olugbemide, Mark Aymar, and Manuel Alibagon*

Taking the Next Step

Ten team members have been awarded the Pathways to Success Bursary, supporting Continuing Care Assistants (CCAs) as they pursue their Licensed Practical Nurse (LPN) education. By investing in their growth, we are helping build the future of care.

Congratulations, Emma Brown, Katelyn Brown, Chiemi Lumbania, Nicola Malcom, Cindy Martin, Cheryl Agravante, Dexter Beron, Gagandeep Kaur, Christine Nonan, and Andrea Richard!

In this issue, we're featuring two recipients and their stories, with updates from all 10 team members to come as they continue their educational journeys.

Cindy Martin
Orchard Court



After more than 20 years in long term care, including 13 years with Shannex, Cindy is pursuing her LPN education to expand her clinical skills while continuing to care for the residents and families she knows so well at Orchard Court, Kentville, N.S. For Cindy, this next step is also about setting an example for her children, showing them that hard work, determination, and lifelong learning can lead to new opportunities.

Andrea Richard
Tucker Hall



Inspired by the encouragement of her family and friends, Andrea is pursuing her LPN education after 10 years as a CCA at Tucker Hall, Saint John, N.B. She is excited to expand her clinical skills, continue growing in her career, and provide the best possible care for the residents she has come to know and love.

Investing in Dreams
Parkland at the Gardens



Back row: *Syed Samiuddin, Sonal Sharma, Amanda Saba, Beatrize Dunn, Aneena Raji, and Estefana Donis*
Front row: *Phoebe Donasco and Joan Craig*

Thanks to the generosity of resident Joan Craig, nine team members at Parkland at the Gardens, Halifax, N.S., are pursuing their educational goals through the Joan Craig Bursary. What makes the bursary unique is its only requirement: a genuine desire to better one's life and achieve personal aspirations. Recipients are advancing their studies in fields such as business administration, cybersecurity, therapeutic recreation, and geriatric healthcare. Through her investment in education, Joan is helping team members achieve their goals. Thank you, Joan, for supporting the growth and success of our *Great People*.

Caught You Being Innovative

Innovation thrives when ideas challenge the ordinary and improve the way we work. We are grateful for team members whose creativity and curiosity help us continually improve the experience of residents, families, and team members.

Leading the Way with AI
Moody Hall

AI Scribe, a pilot program at Moody Hall in Halifax, N.S., is helping us explore how artificial intelligence (AI) can support clinical teams by making documentation more efficient. Using voice recognition, the technology creates draft clinical notes from care interactions or dictated observations, reducing time spent on paperwork. The pilot includes nurses, CCAs, community leaders, and allied health professionals. One participant, Patricia Johnstone, LPN, has been actively incorporating AI Scribe into her documentation workflow, noting that it has helped save time while making her documentation more detailed and easier to read. Thank you for embracing this opportunity to test an innovative tool and provide valuable feedback. Your insights are helping us better understand how technology can support teams and improve workflows in the future.



Patricia Johnstone

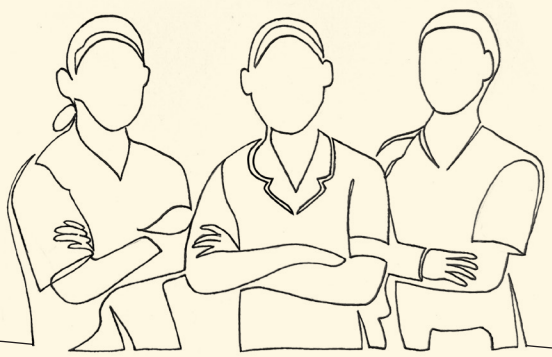
Innovating Pathways to Practice
Parkland at Home

At the Nova Scotia Internationally Educated Nurses (IEN) Conference, Shannex contributed to conversations on workforce sustainability, leadership, and successful integration. Innovative approaches to supporting IENs were showcased, including insights from Ron Garcia, International Recruitment Manager, who participated as a panelist. Reflecting on the experience, Ron shared:

> *"As an IEN myself, I understand that integration extends beyond the workplace. Many nurses are adapting to a new country, culture, climate, and support system. Successful integration isn't just about becoming licensed or employed. It's about feeling valued, supported, and like you truly belong."*



Janice Regulacion, Sharon Agoncillo-Galang, Ron Garcia, Kelley Hiltz-Cameron, and Hans de Wit



Special Care Home Week
New Brunswick

During Special Care Home Week, we celebrated the *Great People* who make our communities feel like home. Ashley Perry, LPN Shift Supervisor at Parkland Saint John, N.B., brings warmth and compassion to every shift. Inspired by her nanny's example of caring for others, Ashley values the relationships she builds with residents, families, and colleagues. "This place truly holds a special place in my heart," says Ashley. "I truly love it here."



Celebrating Housekeeping and Environmental Services Appreciation Week

Our housekeeping and environmental services teams work together to create spaces that feel safe, comfortable, and welcoming. While they may work in different locations, they share a common commitment to service excellence.

During Housekeeping and Environmental Services Appreciation Week, their dedication and care were celebrated. Thank you for everything you do.



Tyler Jackson, Yvette White, and Bailey Simpson, Northumberland Hall



Gretta Kwon, Irma Perez, Kim Cyr, Heather Alberts, Jane Oku, Parkland Saint John



Dev Karki, Harpreet Singh, Shishir Thapa, Sandeep Kaur, Yashmeet Kaur, and Devika Babu, Maplestone Enhanced Care



Philomene, InsightHeart Foundation program participant

Shannex Cares

A Lasting Impact

Supported through our Shannex Cares Program, InsightHeart Foundation in Toronto, ON, empowers individuals through community programs, accessible resources, and genuine care, helping reduce social isolation while giving participants opportunities to build new friendships, explore new interests, and connect with their community. For participant Philomene, the experience was transformative: "Through the laughter, conversations, and shared experiences, I felt connected, valued, and part of a caring community again." Stories like Philomene's highlight the impact community partnerships can have in creating meaningful connections and moments of joy.

What Connects Us

"Alison and Nancy have gone above and beyond to make us feel welcome. Nataliia is wonderful. Yuliia, Alexa, Nancy, and Jodi are standouts in keeping up personal relationships. Jodi is extremely knowledgeable and ready to assist in any way."
– Parkland Riverview



Nataliia Kuziv and Yuliia Dvorianyn



Alison Baxter, Jodi Chesser, Nancy LaForest



Alexa Gallant



Nadine Oliver

"Linda Coleman and Shayla MacLean have been very accommodating and helpful. The staff are perfect models of great hospitality!"
– Parkland Cape Breton



Shayla MacLean and Linda Coleman

"Monique Bond has been great, but everyone has been extremely welcoming and helpful."
– Parkland at the Common



Monique Bond

"Ashley, Mahalia, Jason, the maintenance team, and concierge staff all helped tremendously."
– Parkland Ajax



Malachy McIlwee, Layton Sanderson, Mia Scrivano, Mahalia Silvera, Dan Caissie, Jason Gawley, and Ashley Williams

Behind every *Great Moment* are *Great People*.

Moving into a new home brings new surroundings, routines, and relationships. As part of our Welcome Survey, residents and families are invited to share feedback about their move-in experience and transition into our communities. Their responses help us understand what's working well and identify opportunities to improve the resident and family experience. Many also take the opportunity to recognize the Great People who help residents and families settle into life in a new community.



Bryant Bastarache

> *"We especially enjoy Kevin and Bryant. They are very caring and kind."*
> **– Embassy Hall**



Kevin Buckley



Carol

> *"We are so impressed with the staff and care at Moody Hall. We were welcomed immediately. Carol Anne is the best!"*
> **– Moody Hall**



Jacqueline Martell, Melissa D'arcy, Bertha Asantewaa

Being There from Day One

Arborstone Enhanced Care

At Arborstone Enhanced Care, Halifax, N.S., helping residents and families settle into their new home is a team effort that begins well before move-in day. As General Manager Gabby Gispar-Lindson says, "It takes a village to make a move successful." From answering questions and sharing information in advance to learning residents' preferences and routines, team members work together to support a smooth transition.

That approach is reflected in feedback from residents and families. One family member shared, "*Incredible team at Arborstone. Not a single glitch. All of the information was provided in advance by the incredible Dawn Priest. Everyone was expecting us and very organized and welcoming!*" Another recognized Dawn Priest and Katie Jessome for being "*fantastic... very professional, empathetic, and caring. We felt very welcome.*" For Dawn, that feedback reflects the efforts of the entire team, working together to help residents and families feel at home from day one.



Katie Hughson and Dawn Priest

Caught You Being Great

Every day, Shannex's *Great People* make a positive difference for residents, families, and team members. Here are just a few of the people helping shape the exceptional culture and community that define Shannex.

A Friendly Face
Celtic Court

Seanna Voutier, Administrative Coordinator at Celtic Court, Sydney, N.S., is known for her warm personality and welcoming smile. A favourite among residents who often stop by the front desk for a chat, Seanna is always willing to lend a hand and supports recreation programs that help keep residents engaged, connected, and smiling.



Making Every Day Brighter
Losier Hall

Colleen Power, Resident Attendant at Losier Hall, Miramichi, N.B., brings kindness and compassion to every interaction. Her caring approach helps residents feel valued and supported, creating meaningful interactions that make a difference each day.



A Caring Presence
Bridgeview Hall

Laurine Bateman, Recreation Coordinator, Bridgeview Hall, Miramichi, N.B., is known for her warmth and genuine connections with residents, families, and team members. Through engaging programs, daily interactions, and her involvement in the Social Committee, she helps create a welcoming community where people feel valued.



Going Above and Beyond
Elk Court

EJ Murray-Clark, Clinical Support team member, Elk Court, N.S., is known for her kindness, teamwork, and a positive attitude, EJ goes the extra mile to bring joy to residents and support fellow team members, helping create a welcoming community.



The Gift of Giving Back

Volunteers make a difference wherever they choose to share their time and talents. Through their generosity, they strengthen communities and enrich the lives of those around them. Here, we're highlighting a few volunteers whose contributions are making a meaningful impact.

A Familiar Face
Parkland Riverview



Some volunteers make such a difference that their impact is felt throughout the community, and Mary Rose is one of those people. A resident at Parkland Riverview, N.B., Mary has been generously volunteering for several years. From calling Bingo and leading Giant Crossword activities to helping with horse racing events and monthly birthday celebrations, Mary is always ready to lend a hand and brighten someone's day. Her kindness makes Parkland Riverview a better place for everyone.

Inspired by Kindness
Cohen Hall



Eight years ago, when Emir Ersin and his family moved to Saint John, N.B., they were welcomed with a kindness that left a lasting impression. Today, as a student with a passion for healthcare, psychology, and neuroscience, he gives back to that same community through volunteering at Cohen Hall. The relationships he has built with residents have deepened his appreciation for empathy and human connection. What began as his first volunteer experience has inspired an ongoing commitment to serving others, proving that even the smallest acts of kindness can make a lasting difference.

It Takes a Valley!
Parkland in the Valley



Lynn Purdy



Patti Lowery



Tim Lowery

Creating a welcoming community takes many helping hands, and volunteers play an important role at Parkland in the Valley, Quispamsis, N.B. For the past seven years, Lynn Purdy has volunteered twice a week, serving tea, leading craft classes, and bringing joy to residents. Patti and Tim Lowery have also become familiar faces in the community, serving coffee and refreshments during morning socials while building meaningful connections with residents. Together, these dedicated volunteers help create opportunities for friendship, conversation, and a strong sense of belonging.

Caught You Being Safe

Safety is at the heart of everything we do. We are grateful for the team members who consistently put the wellbeing of others first and help create environments where everyone feels safe and supported.

Powered by Safety
Station Yards



Safety is more than a priority for Brian Johnson, Facility Maintenance Manager at Station Yards, Moncton, N.B. Through his proactive approach to identifying hazards, responding to emergencies, and fostering safe work practices, Brian helps create a safer environment for both residents and team members. During recent events, his calm leadership and commitment to safety were instrumental. Through initiatives such as Friday Safety Tours, a QR Code Reporting System, and enhanced lift safety training, Brian continues to strengthen a culture where everyone is empowered to put safety first.

Creating a Safe Home
Debert Court



Back row: *Tracy Simpson, Lindsay Fraser, Zachary Ford, Amanda Adshade, Letasha Berry*
Front row: *Wilma Lynds, Abeth Dabu, Shelley Turner*

Safety starts with everyday actions. At Debert Court, N.S., the Support Services Team plays an important role in creating a safe and welcoming home for residents. By keeping resident rooms clean and organized, they help reduce trip hazards, and during hot, humid weather they take extra steps to keep floors dry and minimize slip risks. Their dedication helps create a safer environment for residents, visitors, and team members.

Leadership in Wound Care
Parkstone Enhanced Care



Congratulations to Tara Henneberry, Community Manager at Parkstone Enhanced Care and Wound Care Lead, for presenting her research at the Skin Under the Lens conference. Her work highlights the value of consistent, evidence-based wound care and improved resident outcomes. Thank you, Tara, for your commitment to resident safety.

Did you know?
1,485 team members received *Caught You Being Safe* recognitions on *Moments*, celebrating their commitment to creating a safe environment for everyone.

Advancing Healthy Aging
University of New Brunswick & Dalhousie University



Dr. Nick Bray



Dr. Caitlin McArthur

We're proud to celebrate another milestone in our commitment to healthy aging research and education across Atlantic Canada. The University of New Brunswick (UNB) has announced the appointment of Dr. Nick Bray as the inaugural Shannex Research Chair in Aging Transitions at the School of Integrated Health, while Dalhousie University has appointed Dr. Caitlin McArthur as the Shannex Research Chair in Artificial Intelligence and Healthy Aging within its Faculty of Health. These appointments, the first of three research chairs to be announced through our academic partnerships, reflect our shared commitment to advancing research and innovation that helps people live well, for longer, while improving quality of life for older adults today and for future generations. Congratulations to Dr. Bray, Dr. McArthur and our partners at UNB and Dalhousie as we continue to strengthen research, education and innovation in healthy aging.

Women in Technology Driving Innovation
Home Office

Innovation is powered by people, and at Shannex, Jessica Shannon, Megumi Suzuki, Chinenye Onwubiko, and Heidi Leavitt are helping shape the future of technology and care. Together, they form an all-women management team leading key technology functions in a traditionally male-dominated field. Between managing HR systems, enhancing clinical software, and leading enterprise applications and technology projects, their work helps create solutions that support team members and residents. Through collaboration and a passion for innovation, they are driving meaningful change while inspiring the next generation of women in technology.



Megumi Suzuki, Jessica Shannon, Chinenye Onwubiko, and Heidi Leavitt

Great Rewards
for Great People

Helping Team Members Make the Most of Their Benefits

Shannex has launched an Introduction to Benefits course to help team members better understand and access the programs available to them. Designed for new and existing team members, the course highlights health benefits, virtual care through Consult+, retirement and savings plans, Venngo WorkPerks, the Employee Referral Program, and more. Through customized learning paths, team members can find the information most relevant to them and get the most from their benefits. Check out the course on *Shannex Connects*.

Behind the "I Do"
Maplestone Enhanced Care

When residents Donna Elliott and Charles Beaver said, "I do," the team at Maplestone Enhanced Care, Halifax, N.S., came together to make their special day a reality. After 26 years together, the couple celebrated their love surrounded by family, friends, and their Maplestone community. Through the years, they have shared many chapters of life and today enjoy spending time together watching television, listening to classic country music, and sharing meals.

Led by the recreation team, months of planning went into creating a meaningful celebration. Team members helped organize every detail, from decorations to the reception, while thoughtful touches throughout the day made the occasion even more memorable, including a team member's daughter serving as the flower girl.

The support extended far beyond regular duties. Team members lent a wedding dress, volunteered their time, and even returned on their days off to take part in the festivities. Their dedication helped ensure Donna and Charles could celebrate this important milestone with the people who matter most.

The wedding reflected the strong sense of community that makes Maplestone feel like home, with residents, families, and team members coming together to create memories the couple will cherish for years to come.



Donna Elliott and Charles Beaver celebrate with family and the Maplestone Enhanced Care team





***Great Moments* We're Grateful For:**
Friendships that turn communities into home.

Friends Who Feel Like Family
Adeline Hall

For new residents Carol Levy, Anne Marie McAleenan, and Garnett Wheadon, friendship has been key to feeling at home at Adeline Hall, Halifax, N.S. Whether gathering around the lunch table, sharing daily conversations, or simply knowing familiar faces are nearby, these connections bring comfort and belonging. Carol says her friends feel like the family she never had, while Garnett's experience shows that people from different backgrounds can build meaningful bonds. Together, they've discovered that friendship is one of the best parts of starting a new chapter.

DRIVEN BY NOSTALGIA

Many meaningful memories are tied to the vehicles that were part of our lives and the journeys they made possible. Residents revisited those memories during a vintage car show, sharing stories of favourite vehicles, road trips, and milestones inspired by the classic cars on display. Teams also helped residents create new memories through Share the Wind motorcycle sidecar rides, bringing the thrill of the open road to communities across Nova Scotia.



Stanley Miller,
Cedarstone Enhanced Care



Reta Reid,
Cedarstone Enhanced Care



Reid, Linda MacIsaac, and Paul,
Parkland West Bedford

Celebrating the One Who Celebrates Others

Home Office



Every day, Chelsea McMillen helps team members feel seen, valued, and appreciated. Specialist based at Home Office in Halifax, N.S., she makes it a priority to connect with team members across the organization. Over the past year, Chelsea has played a key role in the rollout of Moments, our team member recognition platform. Since launching in November 2025, Moments has inspired more than 18,000 recognitions, helping foster a culture of appreciation across Shannex. While Great People Month highlights recognition, Chelsea's work continues year-round. From supporting recognition programs and planning the Shannex Excellence Awards to partnering with teams across the organization, she is always looking for ways to celebrate the people who make a difference every day.

Shannex
EXCELLENCE AWARDS

Celebrating Excellence

Each October, the Shannex Excellence Awards recognize team members whose work helps shape our communities and the experiences of those we serve. Congratulations to this year's award winners and finalists. We look forward to sharing more about their achievements in the next issue of Connections magazine.

Growing Together

What starts with a few plants can grow into something much bigger. Gardening projects have created opportunities for people to connect, contribute, and take pride in spaces that can be enjoyed by the entire community.

The Gift of Time
Parkland Clayton Park

Residents and team members help brighten our communities. At Parkland Clayton Park, N.S., resident Ronald (Ron) Driskill has done just that through his dedication to creating a beautiful patio garden. Drawing on his passion for gardening and landscaping, Ron spent months planning, planting, and caring for the space. With support from fellow residents and team members, the vision came to life. The result is a vibrant garden that residents and visitors can enjoy throughout the season.



Therese Marchand, Dexter Kaulbach, Ron Driskill, Grant Koehler, and Jeannie Ward



Bill Gates and Ron Driskill

More Than a Garden
Parkland in the Valley

What started as a simple gardening project at Parkland in the Valley, Quispamsis, N.B., has blossomed into something much more. Raised garden boxes in the courtyard between Concorde Hall and Embassy Hall have become a gathering place where residents, team members, and community members can connect. Filled with flowers, vegetables, and plenty of conversation, the garden has fostered a sense of purpose and pride while creating a space where friendships grow, and community flourishes.



Alisha Carver and Brigitte Ledermann

Great People, Lasting Impact
Parkland Saint John

Sometimes, the most meaningful additions to a community begin with one person's vision. At Parkland Saint John, N.B., that person was Maintenance Manager Curtis Fisher. This summer, Fisher Pond Lookout was unveiled in recognition of Curtis's contributions to the community. Overlooking the pond, the new gathering space offers a peaceful place to watch ducks glide across the water, spot fish below the surface, and enjoy time together in nature. More than a beautiful outdoor destination, Fisher Pond Lookout is a tribute to Curtis's dedication, and a lasting reminder of how our *Great People* leave an impact that can be enjoyed for years to come.



Back row: *Ursula Grammenos, Mary Farmakoulas, Tammy Hunter, Linda Alexander, and Shirley Hatelt*
Front row: *Curtis Fisher*

Creating *Great Moments*

***Great Moments* We're Grateful For:**
The small moments that become cherished memories.

Creating Lasting Memories
Frederick Hall





Front row: *Marissa Gesmundo, Shirley Eddy, June Alward, Carolyn Mills, Eryana Cook, and Esther Jones*
Back row: *Bessie Messer, Kanika Garg, and Beth Gaines*

Kanika Garg and Bessie Messer

It's shared experiences that make all the difference. At Frederick Hall in Fredericton, N.B., the recreation team is always finding creative ways to bring residents together. Recently, they went the extra mile by organizing a picnic outing, giving residents the chance to enjoy the outdoors, connect with one another, and make new memories. Whether it's a special excursion or an everyday activity, the team's dedication to resident engagement helps create a strong sense of community.



Gina Amuenda, Carla MacBridge, Colleen Curtis, Nancy Owen, Norman L'Heureux, and Shirley Morash

A Sweet Surprise
Parkland at the Lakes

It's team members like Wellness Coach Erin Stevens who turn ordinary days into *Great Moments*. During a recent wheelchair and walker wash at Parkland at the Lakes, Dartmouth, N.S., residents enjoyed plenty of bubbles, laughter, and positive energy. Erin took the celebration one step further by creating her own ice cream truck and delivering popsicles across the community, spreading smiles to residents and team members wherever she went. Thank you to Erin for helping create such a joyful day!



Elizabeth Phillips and Erin Stevens

Fashion Show Fun
Parkland Cape Breton

The team at Parkland Cape Breton, Sydney, N.S., recently hosted a fashion show that gave residents the chance to celebrate their individuality and express themselves through fashion. Each participant brought their own unique style and personality to the runway, creating a fun day filled with self-expression and confidence.



Snapshots



Gary Condon, Pat Condon, Janet Hopkins, Dianne Beaufoy, Stephen Beaufoy, and Joan Dawson

Creative Expressions

Residents at Parkland at the Gardens, Halifax, N.S., enjoyed a memorable day trip to Luckett Vineyards, where they savoured delicious food and wine.



Ruby Malla, Samantha Rose, Dorothy Aitken, and Shelby Ryan

Moments of Pride

Residents and team members at Parkland Truro, N.S., filled the halls with Pride, waving colourful flags and celebrating together.



Denise Smith and Betty Farrell

Cheers to Retirement

Cedarstone Enhanced Care, Truro, N.S., celebrated the retirements of Denise Smith and Betty Farrell, honouring 25 and 24 years of dedicated service. Best wishes for your retirement!



Wilma Hunter

Pedal Party

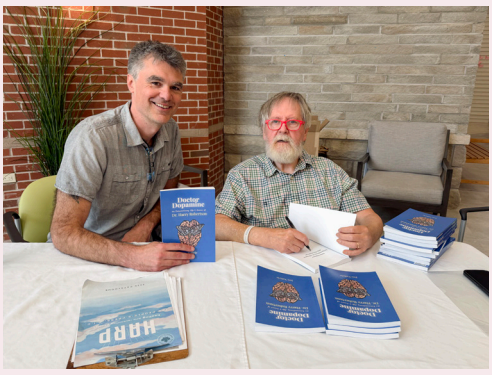
Thomas Hall, Fredericton, N.B., and Nursing Home Without Walls brought residents together for a Petal Party, combining sensory engagement with a keepsake.



Megan McCarron and Lillian Edwards

An Un-fur-gettable Day

Cedarstone Enhanced Care, Truro, N.S., welcomed a petting zoo visit featuring a mini horse, donkey, sheep, and other furry friends.



A True Bookworm

A book signing was held for Moody Hall, Halifax, N.S., resident Harry Robertson to celebrate the release of Doctor Dopamine, co-authored with Jon Tattrie.

Jon Tattrie and Harry Robertson



Brewing Creativity

Creativity was brewing at Parkland West Bedford, N.S., as residents crafted beautiful coffee cup flower arrangements.

Paula Morse, Hope Gray, Florence Minty, and Jean Larson



Anu Joseph and Wendy Freeman

Proudly Me

Parkstone Enhanced Care in Halifax, N.S., expressed their Pride by creating colourful collages that celebrate what makes them feel safe, valued, loved, and unique.



Larry Watt

A Cherished Resident

Long-time resident Larry Watt is known for his sense of humour, love of family, and passion for sailing. Larry's friendly nature and positive spirit have made him a valued member of the N.B. community.



Jean Lee and Reid, Blomidon Court

Making Every Ride Count

Share the Wind brought excitement, laughter, and smiles to residents at Blomidon Court in Greenwich, N.S., through unforgettable motorcycle sidecar rides.



Let the Games Begin!

Residents put their skills to the test during the Monarch Hall, Riverview, N.B., Summer Olympic Games, competing in five fun-filled challenges.

Elizabeth Wickwire, Marilyn Edmonds, Mary Wilt, Nancy Caissie, Marjorie Wood, Joan Hyslop, and Leah Durnford



Cruising into Parkland

The KV Cruisers treated residents, families, and the Parkland Saint John, N.B., community to an evening of nostalgia, showcasing a collection of vintage cars.

Ed Cousins, Keith Peacock, and Cecile Pevlin









MOMENTS matter.

So do the people who make them happen.

Celebrate the everyday achievements of the Great People who enrich our communities.

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