

# Coleman NEWS

Celebrating the news & events of The Village of Coleman Care Centre

March 2024

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**COLEMAN**  
Care Centre

### Mission

**Our mission is to provide holistic health care in a home environment, located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each Resident.**

*“It takes a Village to Care...”*



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**#ColemanCares**



**Did you know that  
Coleman Care Centre's  
Newsletters & Calendars are  
available online at:  
[http://schlegelvillages.com/barrie/  
village-life](http://schlegelvillages.com/barrie/village-life)**

### Up-Coming Events

- March 04<sup>th</sup> – Music w/Bruce Clarke at 2:30pm
- March 07<sup>th</sup> – Music w/Eric Kidd at 2:30pm
- March 10<sup>th</sup> – Daylight Savings– Spring forward
- March 11<sup>th</sup> – Music w/Zach Wojtala at 2:30pm
- March 13<sup>th</sup> – Memorial at 10:00am
- March 14<sup>th</sup> – Music w/Rina Koski at 2:30pm
- March 17<sup>th</sup> – St. Patrick's Day Celebration at 1:30pm
- March 18<sup>th</sup> – Music w/James Regan at 2:30pm
- March 21<sup>st</sup> – Music w/James Skarnikat at 2:30pm
- March 25<sup>th</sup> – Dairy Queen Social at 2:30pm
- March 28<sup>th</sup> – Music w/Just the Two of Us at 2:30pm

# From the Village Office...

In March 2024 we celebrate St. Patrick's Day on March 10<sup>th</sup>, Good Friday on March 29<sup>th</sup>, Easter Sunday on March 31<sup>st</sup>, Ramadan begins March 11<sup>th</sup>, Daylight Saving Time (turn your clocks forward) March 10<sup>th</sup> and First day of Spring March 19<sup>th</sup>.

## Some fun days to look forward to are:

- March 1<sup>st</sup> Share a smile Day
- March 5<sup>th</sup> National Cheese Doodle Day
- March 7<sup>th</sup> Sock Monkey Day
- March 8 Discover what your name means Day
- March 9<sup>th</sup> Get Over it Day
- March 10<sup>th</sup> National Bagpipe Day
- March 11<sup>th</sup> National Napping Day (after the clocks went forward)
- March 14<sup>th</sup> National Potato Chip Day
- March 18<sup>th</sup> National Awkward Moments Day
- March 20<sup>th</sup> International Day of Happiness
- March 23<sup>rd</sup> National Puppy Day

## Schlegel Villages Aspiration Statements:

Foster Authentic Relationships- At our Villages, authentic relationships begin by knowing and connecting with each other. They flourish when we honour and respect the unique personalities and life stories of everyone in the Village. "Know me, Respect me."

Organizationally we are working on the aspiration "Foster Authentic Relationships" in the Villages. You may have noticed the team in their new Blue Aspiration t-shirts on Tuesday. Each team member gave an example on how they were going to Foster Authentic Relationships with the residents in order to receive their new t-shirt.

We look forward to witnessing the new relationships being built and the growth of the existing strong and meaningful relationships within our Coleman Family.

*Leanne Shears*

East Neighbourhood Coordinator



## Notice of Public Consultation on the Issuance of a New Long-Term Care Home Licence for Schlegel Villages – Barrie located in Barrie, Ontario

The Ministry of Long-Term Care (MLTC) is reviewing a proposal from Schlegel Villages Inc. (the Licensee) for issuing a long-term care (LTC) home licence for Schlegel Villages – Barrie (the Home), a 112-bed long term care home currently located at 140 Cundles Rd. W., in Barrie, Ontario.

The proposal involves:

- the transfer and redevelopment of the Home's 112 beds at the North West corner of Mapleview Drive in Barrie, Ontario (the "Replacement Home");
- the development of 80 additional LTC beds allocated by the Ministry of Long-Term Care (the "ministry") to be included in the proposed 192-bed redevelopment project, subject to project approval and meeting all licensing requirements under the Fixing Long-Term Care Act, 2021 (the "Act"); and
- the issuance of a new licence with a term of up to 30 years for the operation of 192 "New" beds at the Replacement Home, following the redevelopment.

In accordance with section 109 of the Act, public opinion is being sought prior to the Director, Capital Planning Branch making a final decision related to the proposal. The management of this consultation has been delegated by the Director, Capital Planning Branch, to an independent third-party, Hill and Knowlton.

If you have comments or opinions and would like to bring them to the attention of the MLTC, you may submit them in writing on or before **March 23, 2024** by:

- a) sending an email at [LTCHomes.Licensing@hillandknowlton.com](mailto:LTCHomes.Licensing@hillandknowlton.com); or
- b) sending by mail to:

Long-Term Care Licence Consultations  
c/o Hill & Knowlton  
50 O'Connor Street, Suite 1115  
Ottawa, Ontario K1P 6L2

Details regarding the consultation will be posted on the Long-Term Care Consultation Registry located at [ontario.ca/page/ontarios-long-term-care-licensing-public-consultation-registry](https://ontario.ca/page/ontarios-long-term-care-licensing-public-consultation-registry) on February 23, 2024.

Please include the name of the LTC Home and quote Project #24-037 on all written submissions. As part of the MLTC's review, the Director will consider all written submissions before making a final decision relating to the proposal.

**For more information, please see the full document posted on the Resident Council board or ask your Neighbourhood Coordinator!**

Ontario 

# Schlegel Villages – CONNECTIONS

## INTERNATIONAL WOMEN'S DAY

March is an exciting time of year with the renewal of Spring just around the corner, and it's also a time to reflect on the important contributions the women in our lives make every day to enhance our communities.

**International Women's Day is Friday, March 8**, and within our Schlegel Villages Community, we think of the countless inspiring women who bring our mission and vision to life and model our values in all they do.

Indeed, the Schlegel Family's quest to build strong communities has always been guided by the stalwart influence of strong women. Max Becker and Wilfred Schlegel, grandfathers to the three brothers who now operate Schlegel Villages,

were hardworking, entrepreneurial community builders whose partners in life, Florence and Emma respectively, were the guiding beacon that helped foster success. Schlegel Villages founder, Ron, also relied on his wife Barb to ensure his path forward would help their vision become reality.

In our current Schlegel Villages landscape, we're proud that more than 2/3 of the team members and leaders within our Villages and our Support Office team are women helping move our mission forward.

Whether it's our residents or team members, we are surrounded by dedicated, compassionate women who make our Villages better through their example. We honour them all on International Women's Day.

### Women in our organization

**67%**

are senior  
leaders

**66%**

are  
leadership

**68%**

are from  
Support Office (SO)

**74%**

are GM/AGM's

**86%**

Overall  
(not including SO)





# Schlegel Villages – CONNECTIONS



WISDOM  
of the  
ELDER



## SCHLEGEL OLYMPICS *Summer* 2024

There's a competitive edge in all of us, no matter our age, and the Schlegel Olympics taps into this spirit among our residents. As part of our Wisdom of the Elder Signature Program, the Schlegel Olympics is a vibrant opportunity to celebrate the passion of our residents.

We're thrilled to announce plans for these exciting events to take place again this summer, so save the dates and keep in touch with your recreation teams for more information to come.

**Tuesday, July 30**

The Village of Glendale Crossing  
(West Villages)

**Thursday, August 1**

The Village of Taunton Mills  
(East Villages)

## Program for Active Living: Athlete of the Month

# Participant of the Month



The participant of the month is given to a resident who demonstrates dedication, enthusiasm, effort and perseverance toward their fitness and exercise goals.

This month's Participant is someone who is ready to exercise and make an effort despite his remarks of calling the gym 'The Torture Chamber.' He comes in 4-5 days a week alternating between the NuStep and the weights along with his favorite Beethoven Symphonies.

**Please join us in applauding Herman Hess of Kempenfelt as February's participant of the Month!**



# Village Highlights



Top Left: Ross  
enjoying the Barrie  
Colt's game!

Top Right: Jordan &  
Pam at our Valentines  
Day Social

Bottom Right: Margaret  
& Joan sporting the  
heart glasses that they  
decorated.





Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

# Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

## March 1-15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you  
for your  
nomination!**





# Mindful Moments w/Michael

If you've ever heard a professional athlete or celebrity give a speech after winning an award, they almost always thank the people who helped them get to the place they are now. Their point is this: they needed the people in their lives to encourage and empower them so they could be the best version of themselves that they could be.

Whether you're a sports superstar or just an everyday person, we all need good people around us. I'm a huge fan of Batman, but even I can admit that Batman wouldn't be anywhere without Alfred and Robin. I think you'd agree that the company we keep impacts us in tremendous ways!

Have you ever noticed how spending time with supportive people makes you feel encouraged, empowered, and more focused on all that is good? I certainly have! I am profoundly grateful for the good people in my life, and I would not be the person I am today without them.

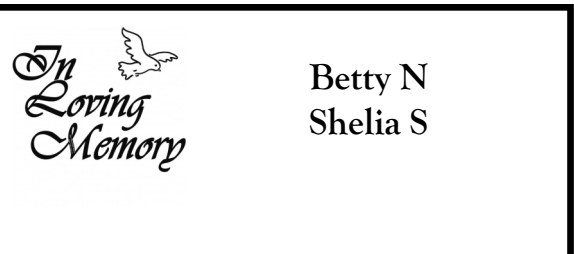
The truth is that surrounding ourselves with supportive people is crucial for our growth. When we are around those who uplift and inspire us, it shapes us for the better. Think about the times when someone encouraged you or provided a valuable perspective, a listening ear, a shoulder to cry on, or a genuine smile. Wasn't it just what you needed?

As we reflect on the impact of supportive individuals, let's not take them for granted. Let's take a moment to thank them for their unwavering support, encouragement, and belief in us. They have played an instrumental role in shaping who we are and where we're headed, and for that, they deserve our deepest gratitude.

So, on behalf of all those you have impacted, thank supportive people! We hope you know how grateful we are for you."

*Grace & Peace,*

*Michael Kotsopoulos*  
Spiritual Care Coordinator



# Residents' Council

## Coleman Care Centre Residents' Council Committee Neighbourhood Members / Executive Members

Kathy Crump

## A Message from the President:

Here are some highlights from February's meeting:

- By the end of March there will be a board in the village that lists all the additional services that are offered in the village and the cost associated, if any.
- Informed the council that there will be an increase to chocolate bars, chips and pringles on the tuck shop cart due to inflation and rising costs.
- It was suggested, and agreed upon, that the popcorn machine will be used more often.
- Outings to Walmart was discussed and Sarina explained that due to lack of interest from residents that are not in wheelchairs we are unable to fill the rental bus. We are going to see if the trips are offered less frequently interest my increase. Walmart trips will be offered every 2-3 months.
- Virtual Reality was discussed and Sarina explained that it is scheduled a few times on the calendar and that we are going to be incorporating VR into other programs. You might not see it listed on the calendar, but it will still be available.

### **Resident's Bill of Rights:**

#### **Right to Quality of Care & Self Determination**

##### **Right #22:**

Every resident has the right to designate a person to receive information concerning any transfer or any hospitalization of the resident and to have that person receive that information immediately.

**Next Meeting: Wednesday, March 20, 2024  
@ 1:30 in the Skylight Dining Room**

**The items below are food options that are always available if you don't like the menu choices for that day. Make sure you ask your server!**

## **AVAILABLE MENU ITEMS**

### **Breakfast:**

assorted yogurt, cheese omelet, hard boiled egg

### **Lunch:**

assorted yogurt, cheese or western omelet,  
assorted sandwiches on wheat, braised beef stew,  
chili, assorted ice cream

### **Dinner:**

Assorted yogurt, assorted soup of the day,  
assorted sandwiches on wheat, cheese or western  
omelet, braised beef stew, chili



# Family Council News



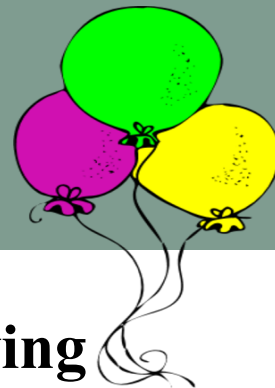
Family  
Councils  
Ontario

If you would like to attend a meeting, or have any questions please send an email to:

[colemanfamilycouncil@gmail.com](mailto:colemanfamilycouncil@gmail.com)

**Next Meeting**  
**Wednesday, March 27<sup>th</sup>, 2024**  
**6:30-7:30pm**  
**Family Room**

# Village Celebrations



**Happy Birthday goes out to the following  
Resident's for the month of March:**

**Frances R ~ 01<sup>st</sup>  
Steven P ~ 08<sup>th</sup>  
Victor D ~ 13<sup>th</sup>  
Heather H ~ 13<sup>th</sup>  
Margaret S ~ 15<sup>th</sup>  
Maureen L ~ 18<sup>th</sup>**



**Joyce G ~ West**

**Mary K ~ East**

# Coleman Care Contacts

For questions, concerns or compliments, see below for contact information:

**Coleman Care Centre**  
**140 Cundles Road West**  
**Barrie, ON**  
**L4N 9X8**

**Tel: 705.726.8691**  
**Fax: 705.726.5085**  
**Coleman.Admin@schlegelvillages.com**

<b>General Manager/ Director of Environmental Services</b>	<b>Michelle Uprichard</b>	<b>Ext: 104</b> <b>Michelle.Uprichard@SchlegelVillages.com</b>
<b>Scheduling/Administrative Coordinator</b>	<b>Ashley Bell</b>	<b>Ext: 101</b> <b>Ashley.Bell@schlegelvillages.com</b>
<b>Administrative Assistant</b>	<b>Jenn Carr</b>	<b>Ext: 105</b> <b>coleman.admin@schlegelvillages.com</b>
<b>Director of Nursing Care</b>	<b>Rita Dunn</b>	<b>Ext: 112</b> <b>Rita.Dunn@SchlegelVillages.com</b>
<b>Assistant Director of Nursing Care/IPAC</b>	<b>Aimee Dare</b>	<b>Ext: 119</b> <b>aimee.dare@schlegelvillages.com</b>
<b>Assistant Director of Nursing Care/RAI</b>	<b>Alyson Hirschfeld</b>	<b>Ext: 109</b> <b>Alyson.Hirschfeld@SchlegelVillages.com</b>
<b>Director of Recreation Services &amp; Volunteer Coordinator</b>	<b>Karen Andrews</b>	<b>Ext: 111</b> <b>Karen.Andrews@SchlegelVillages.com</b>
<b>Interim Director of Food Services</b>	<b>Alam Raymon</b>	<b>Ext: 108</b> <b>alam.raymon@schlegelvillages.com</b>
<b>West Neighbourhood Coordinator</b>	<b>Tabatha Newman</b>	<b>Ext: 102</b> <b>Tabatha.Newman@SchlegelVillages.com</b>
<b>East Neighbourhood Coordinator</b>	<b>Leanne Shears</b>	<b>Ext: 107</b> <b>Leanne.Shears@SchlegelVillages.com</b>
<b>Student Services Coordinator</b>	<b>Karen Andrews/ Tabatha Newman</b>	<b>Ext. 111</b> <b>Coleman.Volunteers@SchlegelVillages.com</b>
<b>PAL Coordinator</b>	<b>Sinthia Gnanachenthana</b>	<b>Ext. 118</b> <b>sinthia.gnanachenthana@schlegelvillages.com</b>
<b>Spiritual Care Advisor</b>	<b>Michael Kotsopoulos</b>	<b>michael.kotsopoulos@schlegelvillages.com</b>
<b>East Neighbourhood Nursing Station</b>		<b>Ext. 106</b>
<b>West Neighbourhood Nursing Station</b>		<b>Ext. 110</b>





## Audiology & Hearing Health Services for You and Your Loved Ones

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[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)



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[www.earandhearingclinic.com](http://www.earandhearingclinic.com)

## Bringing culture to the table

The food we eat is often tied to our culture or where we come from. If our meals don't match the smells and tastes we know and love, we might not eat or drink enough. This can affect quality of life and overall health. As the population of older adults grows and becomes more diverse, it's important for long-term care homes to offer a variety of foods that everyone can enjoy.

That's why Safura Syed, registered dietician and University of Waterloo PhD student, is leading a study focused on culturally inclusive food in long-term care homes.

"Not serving food that aligns with an older adults' cultural background can make them feel left out," explains Syed, a member of Heather Keller's Nutrition and Aging Lab. **"Food is important because it's part of who we are and where we come from."**

In her study, Syed is researching the challenges and supports food service managers and dietitians face in creating diverse menus.

Syed is also talking to residents and their families about how being served food from their culture affects their sense of belonging and makes them feel more at home. She's



using what she learns to help figure out the best way for LTC homes to include foods from all cultures in their meals.

Syed has found that personalized menus, acknowledging various holidays and religious days, and giving residents a chance to share their input, all help meet residents' cultural preferences.

"Eating food that tastes like home can make people eat better and stay healthier," says Syed. "By making sure everyone has food they enjoy and are familiar with, we can help everyone feel better and respected."

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Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews) to find out how you can help researchers like Syed and to stay up-to-date on the latest news, events, and helpful resources.