

Coleman NEWS

December 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..."

Happy
HOLIDAYS



Hello,
December!

Follow us on Instagram:
ColemanCareCtr
Like us on Facebook:
Coleman Care Centre
#ColemanCares

Did you know that
Coleman Care Centre's
Newsletters & Calendars are
available online at:

<http://schlegelvillages.com/barrie/village-life>

Up-Coming Events

- Dec. 03rd - Men's Breakfast Social @ 9:30pm
- Dec. 04th - Memorial Service @ 10:00am
- Dec. 04th - Christmas Decorating Day
- Dec. 05th - Cookies & Cocoa Party: Life with a Baby
- Dec. 10th - Holiday Movie Night @ 6:15pm
- Dec. 11th - Winter Bake Sale @ 1:30pm
- Dec. 12th - Holiday Lights Bus Tour (East Neighbourhood) @ 6:15pm
- Dec. 13th - Holiday Lights Bus Tour (West Neighbourhood) @ 6:15pm
- Dec. 14th - 12 Days of Christmas Begins!
- Dec. 16th - Christmas Celebration with Michael & Jody @ 10:15am
- Dec. 16th - Holiday Spirit Parade with Santa @ 12:00pm
- Dec. 18th - Residents' Council @ 1:30pm
- Dec. 21st - Christmas Tea and Music Performance @ 2:00pm
- Dec. 21st - Truck Show @ 6:30pm
- Dec. 25th - Bags of Love from Senior Wish Deliveries
- Dec. 26th - Celebration Social @ 2:00pm
- Dec. 28th - Hot Chocolate Bar & Movie @ 2:00pm
- Dec. 30th - Program with Michael @ 10:00am
- Dec. 21st - Dairy Queen Social @ 2:30pm
- Dec. 31st - New Year Countdown @ 12:00pm
- Dec. 31st - New Years' Eve Party @ 2:00pm

From the Village Office...

Oh how times flies!! I cannot believe we are already in December!! We have a number of fun programs planned for this month, ranging from decorating cookies while enjoying hot cocoa during our Life with a Baby program, touring Barrie to see all the beautiful lights, indulging in goodies from our Winter Bake Sale, sipping a cup of tea while listening to live Christmas music at our Christmas Tea and so much more!!! Please be sure to read your December calendar.

If you plan on booking the Family Room around the holiday's please call the front office and we will be happy to reserve the room for you. Please note there is a 2 hour limit for the room to allow for multiple bookings. Please bring any supplies you need for your event.

I wish you all a safe holiday season, filled with love and joy.

Hayley Goodchild

Director of Recreation Services

Entertainment Schedule:

Dec. 05th– Music with Adrien Robitaille @ 2:30pm
Dec. 09th– Music with Brent Meidinger @ 2:30pm
Dec. 11th– Music with Christina Scala @ 2:30pm
Dec. 12th– Music with Bill Dickinson @ 2:30pm
Dec. 16th– Music with Tim Sturup @ 2:30pm
Dec. 19th– Music with Bob Cook @ 2:30pm
Dec. 23rd– Music with Rina Koski @ 2:30pm

Program for Active Living:

Participant of the Month



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

This month's participant is someone who overcame barriers and remained focused and motivated. She works on pain management and strengthening with the physio team 2-3 times a week, while walking at the parallel bar 1-2 times a week with KIN. Over a course of 3 months she has improved from an unsteady gait to steady. Such a great win! When asked what you would you like to say to everyone, she said, "Don't think, just do it."

**Please join us in applauding
Brenda B. of Sunnidale as
November's participant of the
Month!**

Village Highlights



Our Life Sized Hungry Hippos program.



Mindful Moments with Michael

For many residents, Christmas is a particularly special time. It's not just about visits from family and friends, indulging in holiday treats, singing favourite carols, or even wearing those quirky, festive sweaters that suddenly become fashionable. Christmas holds a deeper meaning for many, especially for those whose faith is rooted in the Christian tradition. Whether or not you share this faith, the story of Jesus' birth carries some beautiful reminders for us:

Humility is displayed in the image of the Creator of the universe choosing to be born in a humble stable. It's a reminder of the power of humility, and how we might show this in our life.

Simplicity is seen in God's presence with humanity. It's not about grand displays or endless consumption (unfortunately, what many view the holidays to be) — it's about connection, love, and being present with all the beautiful people in the world.

Hope is the birth of a baby in such ordinary circumstances bringing extraordinary hope to the world. What seemingly ordinary things might be able to bring you hope?

This season, let's take inspiration from the Christmas story to find hope in the small, everyday moments. A smile, a kind word, or the laughter of a child can remind us that things can and will be okay. Whether through faith, community, or the joy of the season, may this time bring a little light to your days.

Grace & Peace,
Michael Kotsopoulos
Spiritual Care Coordinator

Residents' Council

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

Kathy C– President
Brenda B– Assistant Secretary

A Message from the President:

Here are some highlights from November's meeting:

- Michael, our Spiritual Advisor, joined the council to talk about his role in the village.
- December calendar was reviewed.
- Resident Right #24 was reviewed.
- Council has invited members from the PAL team to come to the next meeting to talk about their role in the village.
- Residents' Council minutes have been posted on Mainstreet.

Kathy C
Residents' Council

Resident's Bill of Rights:

Right to Quality of Care & Self Determination

Right #19 (part 3):

Every resident has the right to:

- iv. have their personal health information within the meaning of the *Personal Health Information Protection Act, 2004* kept confidential in accordance with that Act, and to have access to their records of personal health information, including their plan of care, in accordance with that Act.

**Next Meeting: Wednesday, December 18th 2024
@ 1:30 in the Fireside Dining Room**

Family Council



Family
Councils
Ontario

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

colemanfamilycouncil@gmail.com

Next Meeting
Wednesday, January 29th, 2025
6:30-7:30pm
Family Room



Village Celebrations

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

Julia S ~ Dec. 9

Peter S~ Dec. 12

Margaret M~ Dec. 15

Fe G ~ Dec. 19

Sharon L~ Dec. 21

Linda D~ Dec. 22

Christine R~ Dec. 25

Marilyn C ~ Dec. 26

Rick M~ Dec. 27



Schlegel Villages – CONNECTIONS



With the wintry days of December descending upon us, we celebrate the diversity of life within our Villages and the meaningful traditions that unite us in peace and joy during the festive season.

Whether it's the warmth of Christmas, the dedication of Hanukkah, the reflection of Kwanzaa, the triumph of light during Diwali that has already been celebrated, or the spiritual journeys of other traditions, this season offers us a time to come together in gratitude, kindness, and hope.

As we consider our diversity, we reflect on the evolution of faith within the Villages, recognizing that the concept of Chaplaincy in our Villages has grown into a more encompassing notion of Spiritual Care, led now by our Spiritual Care Leads.

May this festive season bring you light, love, and harmony, wherever you are, and may the shared values of compassion and goodwill inspire a bright and hopeful year ahead as we learn more about our neighbours and the traditions that guide them.



Interested in more?

Sign up for our monthly newsletter where we share stories and news about Village Life!



Mission-driven GROWTH

Since The Village of Winston Park first opened 30+ years ago in Kitchener, Schlegel Villages has carefully considered its pattern of growth in order to bring its social model of living to more communities across the province. After an extremely busy 2024, our family of 18 Villages on its way through another exciting period of growth.



After extensive renovations, Winston Park's grand reopening in the fall of 2024 was a time to celebrate the culmination of efforts that led to a state-of-the-art, 288-bed Long-Term Care (LTC) community on the footprint of the Village that launched the Schlegel Villages organization as it is known to this day.



The Village of Ridgeview Court, Milton

Construction is moving along nicely at four new Villages, and though timelines with projects like these can be affected by many variables, we are excited to welcome new residents to:

- **The Village of Ridgeview Court,** Milton (end of 2025)
- **The Village of Millers Creek,** Ajax (spring of 2026)
- **The Village of Riverbank Terrace,** Ottawa (late 2026)
- **The Village of Stouffer Mills,** Stouffville

We also have exciting plans announced in Hamilton, with a new 512-bed LTC Village to be partnered with Mohawk College and Supportive Housing provider, Indwell, rounding out an exciting new community there.

In early 2026, we expect to break ground in Barrie, Oakville and Richmond Hill as well, marking the beginning of what we know will be a busy and exciting New Year!

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

Using Nutrition to Improve Bone Health

Did you know that over 80 per cent of all fractures in people over the age of 50 are caused by osteoporosis?

It's important to consume enough calcium and vitamin D each day to maintain bone health, and to include protein at every meal to build and repair muscles and bones.

Check out these easy tips to improve your bone health from Lora Giangregorio, PhD, Schlegel Research Chair in Mobility and Aging, and Heather Keller, RD, PhD, Schlegel Research Chair in Nutrition and Aging, that you can incorporate into your life.

Protein at every meal and snack

Aim for ~20-30 grams at breakfast, lunch, and dinner. Or, eat small amounts of protein more often. 20 grams of protein are equivalent to three eggs, or half a cup of peanuts.

Get calcium through foods

It is better to get calcium through your diet - only take a supplement if you cannot get enough. Cow, almond, or soy milk, yogurt, cheese, white beans and almonds are high in calcium.

Ask your healthcare provider about Vitamin D

Adults over the age of 50 should take a daily supplement containing 400 IU (10 µg) of vitamin D



because there are few food sources that contain enough of this essential vitamin. Some people may need more – talk to your doctor or nurse practitioner about how much vitamin D you need.

Manage your weight

Avoid unintended weight loss. When you lose weight, you can lose muscle and bone. Weigh yourself at least monthly to monitor your weight.

If you are losing weight, or don't have much of an appetite, there are several evidence-based tips that can help: You can eat small amounts and more frequent meals or snacks; instead of water or tea, drink fluids with protein and calories like milk or high-protein drinks; eat foods higher in nutrients and calories like avocado, nuts or nut butter, or cheese.

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

It is our pleasure to offer full Audiology services to all Schlegel Village residents.



These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

Our services are located at your Retirement Village, and appointments are required.

For more information or to book an **appointment please call**

1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com

Searching for December

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



BOXING DAY
CANDY CANES
CAPRICORN
CHARITY
CHRISTMAS
HANUKKAH

HOT COCOA
KWANZAA
LIGHTS
NARCISSUS
NEW YEAR'S EVE
PEACE

POINSETTIA
SAGITTARIUS
TRAVEL
TURQUOISE
WINTER
WREATHS

Coleman Care Contacts

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

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140 Cundles Road West
Barrie, ON
L4N 9X8

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

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| General Manager/ Director of Environmental Services | Michelle Uprichard | Ext: 104 Michelle.Uprichard@SchlegelVillages.com |
| Scheduling/Administrative Coordinator | Ashley Bell | Ext: 101 Ashley.Bell@schlegelvillages.com |
| Administrative Assistant | Jenn Carr | Ext: 105 coleman.admin@schlegelvillages.com |
| Director of Nursing Care | Samantha Stark-Johnson | Ext: 112 samantha.stark-johnson@schlegelvillages.com |
| Assistant Director of Nursing Care/IPAC | Aimee Dare | Ext: 119 aimee.dare@schlegelvillages.com |
| Assistant Director of Nursing Care/RAI | Alyson Black | Ext: 109 Alyson.Black@SchlegelVillages.com |
| Director of Recreation Services | Hayley Goodchild | Ext: 111 hayley.goodchild@SchlegelVillages.com |
| Interim Director of Food Services | Alam Raymon | Ext: 108 alam.raymon@schlegelvillages.com |
| West Neighbourhood Coordinator | Tabatha Newman | Ext: 102 Tabatha.Newman@SchlegelVillages.com |
| East Neighbourhood Coordinator | Leanne Shears | Ext: 107 Leanne.Shears@SchlegelVillages.com |
| Volunteer & Student Services Coordinator | Hayley Goodchild/ Tabatha Newman | Ext. 111 Colman.Volunteers@SchlegelVillages.com |
| PAL Coordinator | Sinthia Gnanachenthana | Ext. 118 sinthia.gnanachenthana@schlegelvillages.com |
| Spiritual Care Advisor | Michael Kotsopoulos | michael.kotsopoulos@schlegelvillages.com |
| East Neighbourhood Nursing Station | | Ext. 106 |
| West Neighbourhood Nursing Station | | Ext. 110 |