

# Coleman NEWS

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

April 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...”*



Follow us on Twitter:  
**@ColemanCareCtr**



Follow us on  
Instagram:  
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Like us on Facebook:  
**Coleman Care Centre**

Use the hashtag:  
**#ColemanCares**



### Up-Coming Events

- April 01<sup>st</sup> – Easter Social at 2:00pm
- April 04<sup>th</sup> – Music w/ Adrien Robitaille at 2:15pm
- April 08<sup>th</sup> – Music w/ Brian Richard at 2:30pm
- April 10<sup>th</sup> – Life Sized Hungry Hippos at 1:30pm
- April 11<sup>th</sup> – Music w/ Bill Dickenson at 2:30pm
- April 15<sup>th</sup> – Music w/ Brent Medinger at 2:30pm
- April 18<sup>th</sup> – Music w/ Bob Cook at 2:30pm
- April 22<sup>nd</sup> – Armchair Travel to Mexico at 1:30pm
- April 23<sup>rd</sup> – Life with a Baby at 10:30am
- April 25<sup>th</sup> – Café Outing at 1:15pm
- April 29<sup>th</sup> – Dairy Queen Social at 2:30pm

Did you know that  
Coleman Care Centre's  
Newsletters & Calendars are  
available online at:  
<http://schlegelvillages.com/barrie/village-life>

# From the Village Office...

Welcome to April, where we welcome spring and the warm embrace of longer days ahead.

## Top Tips For April

### 1. Embrace the Outdoors

With the arrival of spring, take advantage of the increasing daylight and warmer weather by spending time outdoors. Engaging in activities like walking or simply sitting in a park can boost mood, reduce stress, and enhance overall well-being.

### 2. Practice Mindfulness

Incorporate mindfulness techniques into your daily routine to stay grounded and present. Whether through meditation, deep breathing exercises, or mindful journaling, taking moments to center yourself can help alleviate anxiety and promote mental clarity.

### 3. Connect with Others

April is a great time to rekindle connections with friends and family. Social support is essential for maintaining good mental health, so prioritize spending quality time with loved ones, whether virtually or in person. Reach out to someone you care about today and strengthen those important bonds.-

As we enter into the warmer seasons, we encourage families to review and refresh their loved one's wardrobes and clothing items; please keep in mind that storage in residents rooms is minimal.

Eye exams will be available on-site April 30, 2024 with a fee for service. Consent forms are available at the Village Office or you can register by calling ON-SITE SPECIALISTS at 1-800-556-1762.

A provincial spring COVID-19 booster campaign has been announced, which recommends a spring booster dose for those who are at risk of severe illness from COVID-19. We will share further details once available.

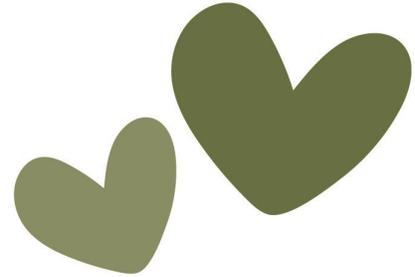
*Aimee Dare*

Assistant Director of Nursing Care/ IPAC Lead



# National Volunteer Week

## April 14-20



April is a time of such excitement with the promise of spring unfolding, and it's also a time when we celebrate the countless gifts and contributions of the many volunteers who help make our Villages such wonderful places to live and work.

National Volunteer Week is April 14-20 this year, and the theme "Every Moment Matters" certainly resonates within our Village communities. We see every day how a quiet moment between volunteer and resident can have a resounding impact. It is something Barb Schlegel, who helped found our organization, lived and breathed every day.



This will be the second year that Villages across the province will offer the Barb Schlegel Volunteer Award in Barb's memory, and we look forward to sharing all of the recipients at the end of that special week. In the meantime, please take a moment to revisit the award page on our website with our 2023 recipients, and be sure to thank all of the volunteers who make your visit special!

[schlegelvillages.com/volunteer](https://schlegelvillages.com/volunteer)

We  our  
**volunteers**

#NVW2024

# Schlegel Villages – CONNECTIONS



## Thank our **CAREGIVERS**

**Caregivers week** is a special time in May dedicated to recognizing and thanking our remarkable team members for their unwavering dedication and care!

This year, we invite everyone to express their gratitude by submitting a short video (under 2 minutes) to honor and appreciate the hard work and compassion of our Caregivers across all the Villages.

These heartfelt messages will be compiled and shared with our team members throughout the week of May 12-18, creating a powerful reminder of the impact they make every day.

Let's come together to celebrate the incredible difference our caregivers make in the lives of so many!



Scan the QR code or visit the link below to upload your video.

[schlegelvillages.com/thank-caregivers](https://schlegelvillages.com/thank-caregivers)

**The deadline for submissions is Tuesday, April 30.**



## 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 recipient is someone who does not refuse and is open to trying something new. She has worked with the physio team 2-3 times a week and has tremendously improved in her ROM and UE Strength.

**Please join us in  
applauding *Linda M.* of  
Hurononia as March's  
Participant of the Month!**

# Village Highlights



Photo Above:  
Music w/ **Just the Two of Us.**

Remaining photos were captured at  
the **Spring High Tea.**

# Mindful Moments with Michael

In the quiet moments of our days, we sometimes find ourselves facing regrets – those times when we wish we had chosen differently, spoken up, or just paused to appreciate life's moments.

Regrets, like unexpected guests, often show up without warning. They remind us of paths we didn't take, words left unsaid, and opportunities we missed. These moments can be both comforting and challenging, as dealing with regrets is important for our emotional & spiritual well-being.

Yet, amidst regrets, lies an opportunity for growth and learning. Each regret holds within it a lesson waiting to be discovered, a chance to glean wisdom from our past actions. By reflecting on our regrets, we can uncover the meaning behind them, understanding why certain choices were made and how we can approach similar situations differently in the future.

Life is a mix of joy and sorrow, success and challenges. While we can't change the past, we can shape our present and future with purpose and kindness. Through prayer, meditation, and honest conversations, we can create a safe space to explore our regrets with dignity.

As we journey through life's ups and downs, let's accept our regrets as lessons in our shared human experience. Let's handle them with grace, learn from them with humility, and find comfort in knowing that every moment – past, present, and future – offers opportunities for growth and renewal.

*Grace & Peace,*

*Michael Kotsopoulos*

Spiritual Care Coordinator

*In  
Loving  
Memory*



Mona. S.  
Larry. T.  
Ursula. G.  
Mary-“Bonnie”. K.

# Residents' Council

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

Kathy Crump

## A Message from the President:

Here are some highlights from March's meeting:

- Hayley, the new Director of Recreation, attended the meeting and introduced herself to the resident council.
- The new village was discussed as there were letters sent out to residents. Please see the minutes for more information, and your Neighbourhood Coordinator for any questions.
- The April calendar was reviewed, as well as new program ideas and outings.
- Prices have been increased at the Tuck Shop and there doesn't seem to be any concerns.
- Please read the minutes posted on the resident council board.

*Kathy C*

Residents' Council

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

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

Right #23.

Every resident has the right to receive care & assistance towards independence based on a restorative care philosophy to maximize independence to the greatest extent possible.

**Next Meeting: Wednesday, April 24, 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:**

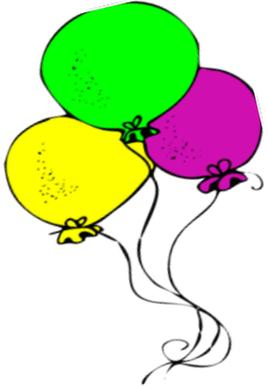
Assorted yogurt, cheese or western omelet, assorted sandwiches on wheat, braised beef stew, chili, assorted ice cream.

### **Dinner:**

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

# Village Celebrations

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



**John R ~ 09<sup>th</sup>  
Christine S ~ 13<sup>th</sup>  
Jennie L ~ 20<sup>th</sup>  
Eleanore L ~ 21<sup>st</sup>  
Robert P ~ 24<sup>th</sup>  
Kathy K ~ 26<sup>th</sup>  
Robert F ~ 28<sup>th</sup>**

**Welcome**

**Margaret M ~ East**

**Julia S ~ East**

**Eleanor P ~ West**

# 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>Hayley Goodchild</b>	<b>Ext: 111</b> <b>Hayley.Goodchild@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

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receiver, etc.

For more information or to book an appointment at your retirement home call

**1-888-745-5550**

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



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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

## Empowered aging: A guide to advance care planning

Making future health-care decisions can be challenging, but with the right information and guidance, it can lead to care that honours your wishes and safeguards your dignity. [Dr. George Heckman](#), Schlegel Research Chair in Geriatric Medicine, shares important and helpful advice about advance care planning to empower you to make informed health-care decisions, ensuring your voice is heard and respected.

### Understanding advance care planning

Advance care planning is about sharing your values and wishes about health care if you become unable to speak for yourself. It includes conversations with your doctor, family, friends and care partners to help you think about, talk about, and write down how you wish to be cared for. Sharing your wishes can help guide your care partner and doctor to respect your choices, so your care aligns with your desires at times where you are unable to communicate.

### Choosing a substitute decision maker

A substitute decision maker is someone who will share your medical wishes to your doctor, and not their own wishes for you. It's important to choose someone who understands and respects your desires.

### Questions to ask your doctor

Advance care planning involves sharing your choices around specific health conditions that you are likely



to have. In order to make these choices, it's important to understand your health, your health care options, and what to expect. Some questions you may want to ask your doctor include:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- How can I prepare for these anticipated problems?
- What types of treatments and/or procedures are available?
- What are the benefits, risks and side effects of these treatments and/or procedures?
- What can I realistically anticipate after these treatments and/or procedures, especially as it regards my quality of life?
- What will happen if I decide to not have the treatment and/or procedure?

By talking about future health-care wishes early and making sure those who care for you understand your desires, you can face this journey with confidence and dignity.

To get more tips about advance care planning, explore the BABEL resources at [www.the-ria.ca/resources/babel](http://www.the-ria.ca/resources/babel)