

Coleman NEWS

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

March 2023



COLEMAN
Care Centre

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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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@ColemanCareCtr



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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>**

**HAPPY
ST. PATRICK'S
DAY**

Up-Coming Events

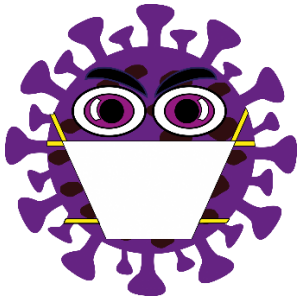
March 02nd – Music w/Zack Wojtala at 6:30pm in Patioview.
 March 06th – Music w/Bill Dickinson on the East at 2:30pm
 March 08th – Women's Day Social at 1:30pm in Patioview
 March 09th – Music with Bob Cook on the West at 2:30pm
 March 10th – Cake Tasting at 10:00am in the Patioview Dining Room
 March 12th – Daylight Savings Time.. Spring FORWARD
 March 13th – Music with Bruce Clarke on the East at 2:30pm
 March 16th – Music with Christina Scala on the West at 2:30pm
 March 17st – St. Patrick's Day Social at 1:30pm
 March 20th – Music with Ken & Catherine on the East at 2:30pm
 March. 23rd – Music with Eric Kidd on the West at 2:30pm
 March 27th – Treats in the Hall at 1:30pm
 March 29th – Memorial Service at 10:00am in Patioview
 March 30th – Music with Rina Koski on the West at 2:30pm

From the Village Office...

Welcome March!

Spring is just around the corner. Wet muddy weather continues. Please remember to utilize the shoe covers (at main entrance) to avoid wet floors in the Village.

Covid News- Outbreak is OVER. Thank you everyone for following the Covid protocols to aid in keeping the outbreak at bay. We continue to require all team members and visitors to screen for symptoms upon entering the Village and have moved to Rapid testing every other day.



Recruitment- The Health Care industry continues to struggle with staffing. We continue to work closely with the Full-time Schlegel Villages Recruitment Team to Recruit new Team Members. In the month of March, we hired 1 Maintenance and 6 Personal Support Workers. If you see new faces in the Village, please help welcome them. Team members who refer a new team member will earn up to **1000 pts** success points. **250 pts** when a new team member is hired + **250 pts** when the team member passes probation + **500 pts** when the new team member reaches their 1 year anniversary.

Sincerely,

Leanne Shears

West Neighbourhood Coordinator

Program for Active Living: Athlete of the Month

Athlete of the Month

The athlete of the month is given to a resident who demonstrates dedication, enthusiasm, effort and perseverance toward their fitness and exercise goals. This month's athlete of the month has a long history with exercising and has continued his commitment. Last month, he began expanding his exercise regimen to include standing to keep his legs strong. For his exceptional determination and effort, please join us in congratulating **John Ryan** of the **Huron** neighborhood as **February's Athlete of the Month!**



Village Highlights

Zoo to You



January 25th we had a visit from Zoo to You. We saw anything from a gecko to a sugar glider. We also saw a candem and El-la the tortoise!!

We can't wait for thme to come and visit us again.





Stories from the **GREEN BENCH** Podcast

Join **Kathy Buckworth** and co-host **Evelyn Brindle** as they discuss community, connection, love, life, learning, and more on our **Stories from the Green Bench** podcasts.

Your seat on the green bench is ready and waiting.

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SCHLEGEL VILLAGES



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Health & Safety

Coleman Care Centre's Joint Health & Safety Committee

Chair-Person **Karen Andrews– Certified Member**
Director of Recreation Services

Co-Chair Person **Sharon Gray**
PCA

Committee Members **Cindy Angers– Certified Member**
Housekeeping Aide

Leanne Shears– Certified Member
East Neighbourhood Coordinator

Jim Flear
Maintenance

Andrea Boston
RN

Adam Hall
Dietary

Aimee Dare
ADNC/IPAC Lead

Next Meeting:

Thursday, March 16th, 2023 @ 1:15pm
Skylight Dining Room

VAT– Village Advisory Team

What is the VAT? The purpose of VAT is to promote and advance Schlegel Villages' aspirations as they pertain to your village' operational plan. The VAT acts as an informed and wise council, offering collaborative input to help guide the Village leadership team in resident-centered decision-making. The VAT is not a social committee, nor does it work on projects that are not related to your aspirations and/or operational goals. The VAT does not work in isolation, but takes meaningful steps to thoughtful and strategically coordinate with other Village committees. The VAT's primary purpose is to provide input, feedback and, at times, implementation support related to the action steps and strategies associated with your village's operational planning goals.

There are 8 Aspiration Statements in total. In 2019 they were revamped since they were first created. Below are 3 of the 8 Aspiration Statements that we try to achieve as both a village and an organization.

How can you see these aspirations being lived out in day to day life?

CREATE OPPORTUNITIES FOR MEANINGFUL AND SHARED ACTIVITIES

Life in our Villages is filled with meaning, purpose and shared moments. We recognize that the most natural activity can provide fulfillment and growth, and we support residents in defining experiences that bring them meaning. "Live life to the fullest."

PROMOTE CROSS-FUNCTIONAL TEAMS

In our Villages, all team members are engaged with every aspect of resident and Village Life by fostering collaboration within each Neighbourhood. "Working together to put LIVING first."

The VAT is currently in the re-forming stages and we will be reviewing the aspirations statements throughout 2023.



WANTED: **VOLUNTEERS**

COME VOLUNTEER AT THE COLEMAN CARE CENTER!

We are looking for volunteers to join our vilage team!
If you are a highscool student looking to complete your
volunteer hours, a co-op, or you just want to volunteer your
time! We are looking for volunteers to assist with programs,
outings, friendly visits, tuck shop and much more!

For more information contact Karen Andrews
705-726-8691 or karen.andrews@schlegelvillages.com

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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

3 Ways to Resist Perfection and Choose Self-Compassion

We've probably all heard of perfectionism - when one's self-worth is tied to their ability to achieve or be perceived as flawless in all things - but have you heard of self-compassion? Self-compassion is when we choose to be understanding, kind, and empathetic toward ourselves when we struggle, fail, or feel inadequate. Self-compassion resists the urge to criticize ourselves when pain or insecurity rises within us. So how can we practice self-compassion and resist perfectionism?

Here are three ways:

Choose Kindness over Judgment

It's really easy to beat ourselves up, isn't it? It doesn't take much to start "shoulding" on ourselves ("I should have done...") or criticizing aspects of ourselves that we don't like ("If only I were..."). Instead of heaping judgement and shame on ourselves when we fail or experience difficulties in life, why not try and be gentle with ourselves? Life is complex and we're doing our best.

Look Outward and Not Inward

We are all vulnerable and imperfect. It's simply unrealistic to think we can go through life without faltering or failing. Yet, life's difficulties can sometimes make us feel isolated, as if we are the only one who is faltering or failing. When this happens it's easy to look inward and think of ourselves as the issue. Instead, we can acknowledge that everyone is stumbling through life because life is hard.

Practice Mindfulness

Perfectionism brings a whole host of hard and complex emotions. For instance, we can experience distress, anxiety, and avoidance when we feel stuck due to challenging circumstances. Mindfulness helps us to hold our thoughts and feelings without judging ourselves for having them. This invites us to normalize our thoughts and feelings as a regular part of human life. We are not our thoughts. We are not our emotions. The more we remind ourselves that our negative feelings and thoughts are a part of being human, the less intimidating they are.

I hope this gave you something to think about. I'm always here to listen or chat if that would be helpful.

Grace & Peace,

Michael Kotsopoulos
Spiritual Care Coordinator

*In Loving
Memory*

Lois Ormerod
Freda Wood

Residents' Council

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

Kathy Crump

A Message from the President:

There was no January Meeting.

Tuck Shop remains profitable.

The next meeting is March 29th at 1:30 on the Skylight Dining Room, please make sure to come and attend the meeting.

Resident's Bill of Rights:

Right to an Optimal Quality of Life

Right #12- Every resident has the right to be given access to protected outdoor areas in order to enjoy outdoor activity unless the physical setting makes this impossible.

Kathy Crump
Residents' Council

**Next Meeting: Wednesday, March 29th, 2023
@ 1:30 in the Skylight Dining Room**

Family Council



**Would you like to be part of a Family Council here at Coleman Care
Centre**

What is a Family Council?

Family Council is an organized, self-led group of family and friends of residents who live here at the village who meet and focus on improving the quality of life for all residents living at the village.

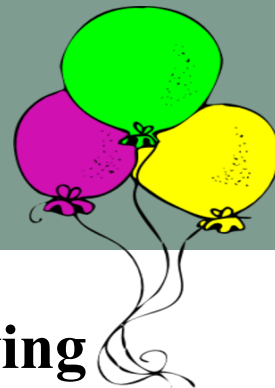
Family Council is also a forum that provides support and encouragement to each other. Sharing thoughts and feelings with others who are in similar situations can provide comfort and belonging.

Currently we are recruiting family and friends who are interested in starting a Family Council to please speak to Karen Andrews, Director of Recreation at karen.andrews@schlegelvillages.com or 705-726-8691

ext. 111



Village Celebrations



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

Frances Robinson ~ 01st

Doreen Gimblett ~ 02nd

Steven P ~ 08th

Heather Hembruff ~ 13th

Maureen Lonsway ~ 16th



Maud Pegram ~ Room 2

Andrei “Andy” Szadkowski ~ Room 37

Joan Gordanier ~ Room 10

Patricia Kriz ~ Room 12

Coleman Care Contacts

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

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

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

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	Rita Dunn	Ext: 112 Rita.Dunn@SchlegelVillages.com
Assistant Director of Nursing Care/IPAC	Aimee Dare	Ext: 119 aimee.dare@schlegelvillages.com
Assistant Director of Nursing Care/RAI	Alyson Hirschfeld	Ext: 109 Alyson.Hirschfeld@SchlegelVillages.com
Director of Recreation Services	Karen Andrews	Ext: 111 Karen.Andrews@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 Coordinator	Karen Andrews	Ext. 111 Colman.Volunteers@SchlegelVillages.com
PAL Coordinator & Exercise Therapist	Myahri Garameshik-Garravi	Ext. 118 Myahri.garameshikgarravi@schlegelvillages.com
Chaplain/Spiritual Care	Michael Kotsopoulos	michael.kotsopoulos@schlegelvillages.com
East Neighbourhood Nursing Station		Ext. 106
West Neighbourhood Nursing Station		Ext. 110



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For more information or to book an appointment at Coleman Care Centre, please call

1-800-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Strategies to boost fluid intake and avoid dehydration

It's important to drink enough fluids for more reasons than you might realize. Water is needed for many things in your body, including digesting food, controlling body temperature, and healing wounds. When you don't drink enough water, it can cause you to feel weak, tired, dizzy, constipated, confused and cranky.

Yet one in five long-term care residents become dehydrated every year. This can happen for different reasons, like limited access to fluids, ignoring dry mouth and other thirst signals, having a hard time drinking because of physical challenges, and drinking less to avoid going to the bathroom often.

To help older adults avoid dehydration, Heather Keller (Schlegel Research Chair in Nutrition and Aging) and her [Nutrition and Aging Lab](#) have been exploring solutions to avoid dehydration. Some successful methods include carrying a water bottle, offering preferred cups and drinks, learning thirst signals to know when you're thirsty, planning for washroom access, eating foods with high fluid content, drinking with others, drinking in between meals, and making fluid intake a part of your daily routines.

The lab's current project, called "PROMOTE," is working with Schlegel Villages to test the practicality



of seven strategies to promote hydration in older adults.

Tips for improving hydration

To determine how much water you need, Keller suggests thinking about your body size, how active you are, the temperature outside, and the food you've eaten. Interestingly, 20-40 per cent of the water we get comes from the food we eat. As a general rule, at least six to eight cups of fluid per day is recommended.

As you get older, you may find that you don't feel as thirsty as you used to. However, monitoring how often you need the bathroom and how much you are urinating can help you figure out how hydrated you are, to ultimately improve your overall health.

Want more information on hydration? Watch Keller's webinar recording, Strategies to Improve Hydration in Older Adults: <http://bit.ly/3Kh0jUV>

Subscribe to updates from the RIA at www.the-ria.ca/enews to find out how residents, care partners and team members can get involved in projects like this one.