

# Coleman NEWS

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

December 2023

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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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**@ColemanCareCtr**



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Like us on Facebook:  
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Use the hashtag:  
**#ColemanCares**

*Merry  
Christmas*



**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

- Dec. 04<sup>th</sup>- Music w/Bill Dickinson at 2:30pm
- Dec. 05<sup>th</sup>- Life with a Baby Christmas Party at 10:30am
- Dec. 07<sup>th</sup>- Music w/Zack Wojtala at 6:30pm
- Dec. 11<sup>th</sup>- Music w/Rina Koski at 2:30pm
- Dec. 14<sup>th</sup>- Music w/James Skarnikat at 2:30pm
- Dec. 16<sup>th</sup>- Christmas Jeep Tour through  
the parking lot at 5:50pm
- Dec. 18<sup>th</sup>- Music w/Bruce Clarke at 2:30pm
- Dec. 20<sup>th</sup>- "Christmas Eve" Church Service at 10:00am  
& Resident Council Meeting at 1:30pm
- Dec. 21<sup>st</sup>- Music w/Bob Cook at 2:30pm &  
Christmas Lights Tour at 6:30pm
- Dec. 25<sup>th</sup>- Christmas Cheer all day!
- Dec 28<sup>th</sup>- Music w/Eric Kidd at 2:30pm
- Dec. 29<sup>th</sup>- "New Years Eve" Party w/Bill Dickinson at 2:30pm
- Dec. 31<sup>st</sup>- New Years Bal Drop @ 12:00pm

# From the Village Office...

With 2023 coming to an end it's worth highlighting some of the positive changes that took place this year.

Automatic doors & a new call bell system in the west neighbourhood.

You might have noticed some new hangings on the walls and in residents rooms. The Family Gallery is frames for photos and a the Express Yourself is to display the talents of our residents art work. In resident rooms there has been a frame added that will display the residents Top 10. These are 10 unique facts about the resident that is taken from M.E. Forms. The list includes what is important to the resident and their life story. It will help the neighbourhood get to know the resident in ways that will build relationships, connections and meaningful moments.

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.

If you are planning on purchasing clothing for your family member please consider bringing in the clothes to be labelled prior to wrapping it up so your family member can enjoy it right away. If you do this, please visit the laundry room and let them know you need it back to wrap up!

It's still not too late to purchase tickets for the amazing raffle baskets that the family council made up. All proceeds are being used to purchase programming supplies for the residents. Tickets can be purchased in the front office, or from a member of the family council.

*Karen Andrews*

Director of Recreation Services

# Schlegel Villages – CONNECTIONS

## Seasons Greetings

As the calendar turns to December and winter winds begin to blow, our thoughts turn to the holiday season and we reflect on a year that has flown by.

As an organization, we were thrilled to see some new changes in our community of Villages in 2023; this spring, for example, we saw the small family of team members and residents from Waterloo's Pinehaven Nursing Home move to their new long-term care neighbourhoods in the redeveloped Village of Winston Park in Kitchener.



We also welcomed the first residents to our newest retirement expansion at The Village of Glendale Crossing this fall, and we're thrilled to have so many wonderful new team members there to add to our growing family. There were so many great and wonderful events and occasions in between – too many to capture here.



With 18 Villages spread out across Ontario and more to come, we are a growing family, indeed. We have people who work and live with us that come from all corners of the globe and this holiday season, we reflect on the many beautiful traditions we have come know thanks to the wonderful diversity we enjoy in our Villages every day. We revelled in the light of Diwali celebrations in November and we look forward to Hannukah beginning in the early part of December this year, leading towards Christmas and Kwanzaa.



No matter how our residents, families, team members and community partners celebrate, we wish for every blessing of the season upon us all, and we look forward to a beautiful New Year!



# Schlegel Villages – CONNECTIONS

## *Let's stay healthy* this holiday season

There are several ways to protect yourself and others from respiratory viruses.

We are encouraging everyone to stay up to date with their vaccines. They are an important way to boost your immunity and prevent severe illness from flu, COVID-19, and Respiratory Syncytial Viruses (RSV).

### *Helpful tips*



Get vaccinated



Clean and disinfect surfaces and shared items



Wear a mask



Optimize indoor air quality



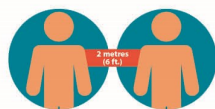
Wash or sanitize your hands often



Stay at home when you are sick



Cover your mouth when you cough or sneeze



Physical distance when possible

## 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 completes her exercises twice a week with ROM and Strength. When she started, she was very weak and hesitant to exercise, but with progression she had begun to love to exercise. If asked, “Let’s exercise, why not?” was her response. Be positive with exercise, you will never know where it will lead.

**Please join us in applauding Lorna Floren of Sunnidale as November’s Participant of the Month!”**



# Village Highlights



## Decoarting Sugar Skulls!



# VAT– Village Advisory Team

In September we brought back Conversation Café's.

We received quite a few responses and the top three aspirations we felt that we would like to see more in in the village in the year ahead were:

- **Create Opportunities for Shared & Meaningful Activities**
- **Promote Resident Empowerment**
- **Offer Flexible Living**

## **Promote Resident Empowerment:**

Our Villages support our residents' right to choose, and encourage residents to contribute to Village Life and their community which fosters purpose, meaning and growth. "Residents are our leaders."

Let's explore how this can be lived out in village life:

- Involving residents in all decision making (clothing, bedtime/awake time, meals, drinks and snacks, care plans, medication changes, shower/tub days & time, participation in village life, care conferences, etc.)
- Involving residents in committees (VAT, Quality of Life, Resident Council, etc.).
- Having residents participate in all aspects of village life and empowering them with the knowledge of how to safely do things that might be considered "high risk" activities.
- We promote knowing our residents likes and dislikes and preferences, but we have to always remember the importance of not assuming and asking the resident if they want tea or coffee, what kind of juice or snack they would like, as well as choice of meal. We can all be creatures of habit and will typically make the same choice day after day, but there will always be that time that we might change up our order and want to try something new.
- Involving residents in creating, and maintaining their care plan and making sure that if residents have goals (learning something new, weight loss or strength goals, etc.) that we are involving them in all areas of achieving this goal.

If you wish to join the VAT committee to try and help promote these three aspirations in 2024 please let Karen know!

# Mindful Moments w/Michael

Hey Beautiful Souls!

A holly jolly Happy Holidays to you all!

May you find joy in the little and maybe not-so-little things – whether it's the warmth of your favourite tea, the kindness of a friend, or simply basking in the beauty of a winter sunset.

May the joyous melodies of the season resonate in your heart and put a smile on your face.

May you find peace in the moments of stillness — in the gentle rustle of winter leaves, the silence of a snowfall, or the instants of mindful contemplation.

May you know hope as it fills your heart and soul.

If you're ever in need of someone to listen to what's going on in your life or someone to share a bad joke with, let me know. I'm good with either!

Wishing you a season filled with wonder, gratitude, and an abundance of all the good things life has to offer!

*Grace & Peace,*  
*Michael Kotsopoulos*  
Spiritual Care Coordinator

*In*   
*Loving*  
*Memory*

Gary D



# Residents' Council

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

Kathy Crump

## A Message from the President:

Here are some highlights from November's meeting:

*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, Nov. 22, 2023  
@ 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



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)

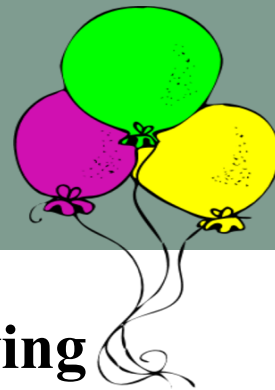
Make sure to purchase your raffle ticket before the draw on Dec. 15th. Tickets can be purchased from Kathleen D, Marilyn P, Norma H, Florence D or in the front office.

**Next Meeting**  
**Wednesday, January 31<sup>st</sup>, 2024**  
**6:30-7:30pm**





# Village Celebrations



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

**Peter S ~ 12<sup>th</sup>**

**Sharon ~ 21<sup>st</sup>**

**Christine R ~ 25<sup>th</sup>**

**Joan G ~ 25<sup>th</sup>**

**Marilyn C ~ 26<sup>th</sup>**

**Richard M ~ 27<sup>th</sup>**

**Florence P ~ 29<sup>th</sup>**



# 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>Colman.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, receivers

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

**1-800-745-5550**

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



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://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  
CAPRICORN  
CAROLING  
CELEBRATE  
CHRISTMAS  
COLD MOON

DECEMBER  
FESTIVE  
HANUKKAH  
KWANZAA  
NARCISSUS  
NEW YEAR'S EVE

SAGITTARIUS  
SNOW  
SOLSTICE  
TURQUOISE  
TWELFTH  
WINTER



Best wishes for a  
joyful holiday season  
and a happy New Year

• • • • •