

Coleman NEWS

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

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

Up-Coming Events

- Feb. 01st – Music w/Adrien Robitaille at 2:30pm
- Feb. 05th – Music w/Bill Dickinson at 2:30pm
- Feb. 08th – Music w/Ty Sage at 2:30pm
- Feb. 11th – Superbowl Party at 1:30pm
- Feb. 12th – Music w/Brent Meidinger at 2:30pm
- Feb. 13th – Life with a baby at 10:30am
- Feb. 14th – Valentine's Day Social at 1:30pm
- Feb. 15th – Music w/Bob Cook at 2:30pm
- Feb. 19th – Music w/Christina Scala at 2:30pm
- Feb. 22nd – Music w/Brian Richard at 2:30pm
- Feb. 26th – Dairy Queen Social at 2:30pm
- Feb. 29th – In-House Chinese Food Dinner at 5:00pm

From the Village Office...

What is special about February?

February is the second month of the year in the Julian and Gregorian calendars. The month has 28 days in common years or 29 in leap years, with the 29th day. It is the first of five months not to have 31 days and the only one to have fewer than 30 days. It is said, Romans believed that even numbers are unlucky and that's why each month had either 29 or 31 days. But to reach 365 days one month had to be even, and thus February was selected to be the month with 28 days. February is Black History Month, Lunar New Year, Mardi Gras, Ash Wednesday, Valentine's Day, Family Day and Pink Shirt Day

Here are some fun National Days in February:

- February 9- National Pizza Day & World Marriage Day
- February 23- National Banana Bread Day
- February 24- National Tortilla Chip Day
- February 25- National Chocolate Covered Nut Day, Let's All Eat Right Day, National Clam Chowder Day & World Spay Day
- February 26- Tell a Fairy Tale Day & National Pistachio Day

2024 is the Year of the Wood Dragon, beginning on February 10th, 2024 (Chinese New Year) and concluding on January 28th, 2025 (Chinese New Year's Eve). The Dragon is also associated with the years 2012, 2000, 1988, 1976, 1964, and 1952. People born in Dragon years usually possess natural courage, tenacity, and intelligence, often displaying enthusiasm and confidence.

In Chinese culture, the Dragon holds a significant place as an auspicious and extraordinary creature, unparalleled in talent and excellence. It symbolizes power, nobility, honor, luck, and success. Consequently, 2024 is forecasted to bring about opportunities, changes, and challenges. If you're seeking a shift in your current lives, this year might offer a favorable chance.

In February we are introducing a new and exciting program to the recreation calendar. We are going to be adding VR (virtual reality) experiences for the residents in the village! We are looking forward to all the different activity options this platform offers.

In January a few of our residents had the opportunity to be a part of a photo shoot of creating some wood working kits. The photos are going to be used for the creation of a catalogue for a small business in Hamilton, ON called Build-It-Yourself. The village ordered quite a few kits in 2023 and then was contacted by the business owner to see if we would be interested in being featured in their catalogue to help expand their clientele base to seniors and long term care homes/day programs. We were thrilled to be able to take part. Stayed tuned for the published catalogue! We will be sharing the link on our socials.

A reminder to protect yourself and others while visiting. Please follow the screening questions posted when visiting, and postpone visits when you are unwell. Hand hygiene and masks are available at the main entrances and throughout the Village. Vaccination clinics for RSV, Influenza and Covid have been completed for eligible residents and are encouraged for family members as an additional layer of protection.

Alam Raymon

Interim Director of Food Services

Schlegel Villages – CONNECTIONS

SCHLEGEL VILLAGES ACKNOWLEDGES

BLACK
HISTORY MONTH

The roots of Black History Month are found in the remarkable legacies of two men whose contributions to black history are monumental. Frederick Douglass was born into slavery on a February day in 1817 or 1818 – there was no official record but he wrote that he marked his birthday as the 14th of February because his mother always called him her “little Valentine.” Douglass would become one of the most powerful abolitionist voices in history when he became a free man, and his speeches and writings offer an incredible first-person account of the struggles of history.

Abraham Lincoln, who was born on February 12, 1809, is immortalized in history in large part because the emancipation proclamation he signed in 1863 was a major catalyst for the official end to slavery in the United States.

Black communities in the United States began to celebrate the contributions of these two titans of history on their birthdays, and eventually Black History Month would be recognized in February in the United States and beyond.

Equality has been an elusive ideal, however, and within our Villages we have residents and team members who continue to represent the black community with distinction in all they do. We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.

Schlegel Villages – CONNECTIONS

NATIONAL Heart Month ♥ FEBRUARY ♥

The heart is the image of Valentine's Day, and during the month of February Canadians shine a spotlight on the importance of a healthy lifestyle to promote good heart health.

We're proud that we have the Michael T. Sharratt Program for Active Living (PAL) in our Villages as a core signature program, and encourage all residents to take advantage of the experience we have in our PAL teams to help everyone stay active and healthy.



Program for Active Living: Athlete of the Month

Participant 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 participant is someone who has come far with exercise struggling with some health issues. At first her exercise regime was a rollercoaster ride, but now she jumps back up with exercise 3-4 times a week; doing the NuStep and balance/UE strengthening; gradually improving on her progression.

Please join us in applauding Nancy Wallace of Huronia as January's participant of the Month!

Village Highlights



Afternoon in Vegas!



In January we had a fun casino afternoon. We had a blackjack table, roulette, dominoes and slot machines! It was a great time had by all!

We also had a visit from Empower Simcoe's Job Readiness program and the students had the opportunity to hand deliver cards they created for the residents as well as participating in our ax throwing and football toss game with the residents.



Mindful Moments w/Michael

Have you ever felt like there's a bunch of different feelings inside you, all playing their own tunes? It's a bit like having your own orchestra in your mind. Let's explore this idea of having different "musical" parts within us and how it can help us feel more balanced.

Imagine your mind is like a concert with lots of different instruments. Sometimes, these instruments (or parts of you) play different tunes at the same time. Think about a time when you had to make a choice. Maybe part of you wanted to be bold, while another part said, "Wait, let's be careful." It's like the instruments in a band playing different music, creating a mix of sounds.

These different parts come from our experiences, shaping how we react to things. Just like musicians in a band need to work together, our inner parts can learn to understand each other. When you're stressed, it's like some instruments play a tense tune, while others add a melody of worry. Recognizing these parts can help you understand why you feel the way you do.

The key is to be kind to yourself. Instead of ignoring certain feelings, try to listen to them. By understanding and appreciating all the different "musical" parts within you, you can create a beautiful harmony. So, the next time you feel a mix of emotions, remember that it's like your own special orchestra, making you uniquely you! There are no bad instruments!"

Grace & Peace,

Michael Kotsopoulos

Spiritual Care Coordinator

*In
Loving
Memory*

Victoria M
Leon 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 the last meeting:

- Michelle came and presented about the 2023 family and quality of life survey results.
- Michelle presented an area that we can work on improving in 2024; which revolves around personal choice, specifically bedtime.
- Jordan in the recreation department will take over the role of the resident council assistant.
- The highlights on the February calendar are; Barrie Colts Hockey Outing, Life with a Baby program, Valentines Day Social with Empower Simcoe and an In-House Chinese Food Dinner.
- There were lots of positive option changes for the new menu. Lots of new variety.
- Feb. 07th Tatum from the David Busby will be coming for the cheque presentation/ donation and to tell the committee where/what donations help with.

Resident's Bill of Rights:

Right to Quality of Care & Self Determination

Right #21:

Every resident has the right to have any friend, family member, caregiver or other person of importance to the resident attend any meeting with the licensee or the staff of the home.

Kathy C

Residents' Council

**Next Meeting: Wednesday, February 21, 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

The Family Council would like to thank everyone who participated in the basket raffle. Through the ticket sales \$845 was raised.

With this money we were able to purchase 2 10.5 inch Samsung tablets, protective cases and four MP3 players for music therapy.

We could not have done it without the staff support at Coleman.

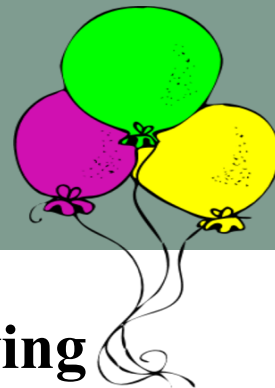


If you would like to attend a meeting, or have any questions please send an email to:

colemanfamilycouncil@gmail.com

Next Meeting
Wednesday, February 28th, 2024
6:30-7:30pm
Family Room

Village Celebrations



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

**Richard B ~ 05th
Frances G ~ 06th
Ross J ~ 07th
Leonard G ~ 20th
Sabine H ~ 25th**



**William Y
Margaret S
Adam B**

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

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 & Volunteer Coordinator	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
Student Services Coordinator	Karen Andrews/ Tabatha Newman	Ext. 111 Colman.Volunteers@SchlegelVillages.com
PAL Coordinator	Sinthia Gnanachchenthana	Ext. 118 sinthia.gnanachchenthana@schlegelvillages.com
Spiritual Care Advisor	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

Living safely with new in-home health monitoring technology

Imagine a future where your home could monitor your health and daily activities without cameras or needing to wear a device. There was a time this idea only existed in science fiction, but researchers at the University of Waterloo and the RIA have developed a new system that can do just that.

The team of researchers, led by George Shaker, PhD, adjunct associate professor, University of Waterloo created a state-of-the-art facility at the RIA that allows researchers to test technology solutions designed to help older adults take control over their health and well-being.

The Monitoring, Intervention, and Response for Aging Demo Apartment (MIRADA) is a space where researchers can study and demonstrate advanced monitoring systems to help address the unique challenges faced by aging populations.

The research team recently showcased an in-home monitoring system that uses radar sensors and artificial intelligence to detect a person's location and movements within a home without the use of cameras or other devices. The sensor emits low-power radio waves – less than those emitted by a WiFi internet system – that reflect off a person's body. This data can identify specific activities like walking, sleeping, eating, and even falling.

According to Shaker, this technology has exciting potential for health care. "Continuously monitoring



health and activities at home could mean declining health is noticed earlier," he explained.

Quick fall detection in any living space can save lives. The technology can also monitor bathroom visit frequency and duration, which provides insight into hydration and medical conditions, such as urinary tract infections.

Beyond falls and bathroom monitoring, walking information can be monitored. Walking changes often occur before health decline, and with this system, walking is measured daily rather than once in a while during clinic visits. Doctors can use the system to track small changes, triggering a closer look when needed.

This system offers an exciting glimpse into how wireless sensing and artificial intelligence could support healthier living. While further research is still required, the future looks bright for technologies that enhance care options without invading privacy.

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.