

Coleman NEWS

September 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..."

Hello
September

Follow us on Instagram:
ColemanCareCtr



Like us on Facebook:
Coleman Care Centre



Use the hashtag:
#ColemanCares

Up-Coming Events

- Sept. 02nd - Game Show @ 2:00pm
- Sept. 05th - Music with Eric Kidd @ 2:30pm
- Sept. 08th - Grandparents Day Social @ 2:00pm
- Sept. 09th - Music with Bruce Clarke @ 2:30pm
- Sept. 11th - Waterfront Lunch Outing @ 12:00pm
- Sept. 12th - Music with Adrien Robitaille @ 2:30pm
- Sept. 16th - Music with James Regan @ 2:30pm
- Sept. 18th - Residents' Council @ 1:30pm
- Sept. 19th - Life with Baby @ 10:00am
- Sept. 19th - Music with Zach Wojtala @ 2:30pm
- Sept. 21st - Oktoberfest Celebration @ 2:00pm
- Sept. 23rd - Music with Rina Koski @ 2:30pm
- Sept. 25th - Fashion Show @ 2:00pm
- Sept. 26th - Music with Brent Meidinger @ 2:30pm
- Sept. 30th - Dairy Queen Social @ 2:30pm

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)

From the Village Office...

For many, the month of September signals the end of summer, the beginning of autumn, and the start of a new school year. With respect to the calendar, September marks the beginning of the series of months named after their numerical position in the year.

According to the original Roman republican calendar, September was the seventh month of the year rather than the ninth. The Roman calendar was only 10 months long and included the following months: Martius, Aprilis, Maius, Junius, Quintilis, Sextilis, September, October, November, and December.

Other thing we celebrate in the month of September

- Ethnic Foods Month
- Food Safety Education Month
- Fruits & Veggies—More Matters® Month
- National Biscuit Month
- World Car Free Day
- National Women’s Health & Fitness Day

Also,

September is Suicide Awareness and Prevention Month, the importance of primary prevention against self-harm.

If you’re in crisis or worried about someone who is, you can call or text 9-8-8, 24 hours a day, 7 days a week. Bilingual, trauma-informed, and culturally appropriate suicide prevention support.

Alam Raymon

Director of Food Services

Program for Active Living:

Athlete 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 is consistent with her exercises and has made tremendous improvement. She has increased in the amount of weight she uses during strengthening and the number of Sit to Stands. To her daily exercise means a healthier lifestyle which everyone should follow.

The More YOU DO, The More you CAN DO.

Please join us in applauding **Maryanne L.** of Simcoe as August's participant of the Month!

Sinthia Gnanachenthan
PAL Coordinator



Village Highlights



These pictures were taken at the Summer Schlegel Olympics 2024 hosted by The Village of Taunton Mills located in Whitby ON.



Village Highlights



The top right photo was captured at Heritage Park during the Barrie Thunder Classics Car Show. The three photos above were captured at our Luau Party. The three photos to the right were captured during our Simcoe County Museum Outing.

Mindful Moments:

On a scale of 1-10, with 10 being you just found \$20 in an old pair of jeans and 1 being you just stepped on a piece of Lego, how are you today? It's a humorous way to gauge your mood, but it captures the essence of those unpredictable highs and lows we all experience.

Finding that unexpected cash can instantly make your day better, like a little surprise gift from life. On the flip side, stepping on a Lego is one of those tiny disasters that makes you question everything for a moment — what are the chances!?

If your day feels like a 1 right now, don't worry. It will pass. Sometimes, even the smallest things can help turn things around. Celebrate the little victories, like a warm cup of coffee or a kind word from a friend. These small joys can lift your mood and shift your perspective.

If you're feeling 10/10 today, enjoy it and share your good energy with others. Savour it like a good meal (even lick the plate clean if you want)

Remember, every day has its highs and lows, and that's perfectly normal. Try to laugh off the little frustrations and stay open to the small joys that come your way. No matter where you are on the scale, keep in mind that every day offers something new.

Grace & Peace,
Michael Kotsopoulos
Spiritual Care Coordinator

In 
Loving
Memory

Eleanor L

Residents' Council

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

Kathy Crump

A Message from the President:

- ◇ Our General Manager, Michelle, updated the council on the Quality Improvement Plan and reviewed the 2024-2025 Continuous Quality Improvement Initiative Report.
- ◇ Our new Director of Nursing Care, Samantha Stark-Johnson, came to the council to introduce herself.
- ◇ The financial report was reviewed.
- ◇ Brenda B. has joined the Residents' Council Committee as the Assistant Secretary.
- ◇ The council reviewed the September programs, and discussed new programming ideas.
- ◇ Reviewed Resident Right #21.
- ◇ Please look at our Resident Council Board for more details.

Kathy C

Residents' Council

Resident's Bill of Rights: Right to Quality of Care & Self Determination

Right #18-

Every resident has the right to be afforded privacy in treatment and in caring for their personal needs.

**Next Meeting: Wednesday, Sept. 18, 2024
@ 1:30 in the Skylight Dining Room**

Family Council



Family
Councils
Ontario

The Family Council meets the last Wednesday of the month at 6:30pm at Coleman Care Center in the Family Room.

If you would like to attend the meeting, or have any questions please send an email to:
colemanfamilycouncil@gmail.com

**Next Meeting:
Wednesday, September 25th, 2024
6:30-7:30pm
Family Room**



Village Celebrations

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



Marjorie S ~ 08th

Linda M ~ 09th

Bert R ~ 14th

Ellie P ~ 17th

Ross F ~ 20th

Ingrid S ~ 23rd

Pam B ~ 28th



Welcome

Jennifer H.

WELCOME STUDENTS

As the cool nights of August lead us into September, we are reminded of the hopeful days of the beginning of a new school year. It is a constant among generations that nearly everyone has experienced in life, the excitement and nervousness of new classes, teachers and classmates; within our Villages, those feelings are something we relate to, for we are part of so many students' lives.

We offer a warm welcome to all of the many students who will be part of our communities this fall. They come from

The students who come to learn and grow alongside our team members are an important part of Village Life, and we're always thankful that they choose us!

high schools as volunteers or on co-op placements, and from colleges and universities through hands-on placement opportunities in practically all aspects of Village Life. In several of our Villages, they are also part of our Living Classrooms, brought to us in partnership with different Ontario Colleges, like Mohawk, Conestoga or Sheridan. These future healthcare professionals all have the potential to help us transform the healthcare system, and we hope many will stay and grow with us.





National Day for Truth and Reconciliation

The First Nations, Inuit, and Métis peoples shared their knowledge and wisdom with the first settlers in Canada, guiding them through an unfamiliar land. Over time, this relationship deteriorated as greed and dogma drove the expansion westward, disregarding the deep-rooted wisdom of Indigenous peoples.

In the 19th and 20th centuries, this relationship reached its darkest point, with government- and church-sanctioned efforts to suppress and erase Indigenous cultures. On Sept. 30, we join millions across Canada in recognizing this painful history as we observe the National Day for Truth and Reconciliation. We wear orange in memory of Phyllis Jack Webstad,

whose orange shirt was taken away on her first day at residential school, symbolizing the broader injustices faced by First Nations children, families and communities.

At Schlegel Villages, our doors remain open as we come together in the spirit of learning and reflection, recognizing always have more to do. We honor diversity and encourage everyone to learn from the past, engage in meaningful conversations, and reflect on the strength and resilience of Indigenous peoples. Together, we remember, and together, we move forward toward a more equitable future for all.



A guide to embracing art as an older adult

Studies have shown that the arts can enhance a person's physical, mental, emotional, social and spiritual life. Participating in activities like gardening or being a part of a book club can bring people together, encourage personal growth, and create fond memories!

What counts as an arts-based activity?

There's no one answer when it comes to this question. Some people think the arts are limited to things like dancing and painting, but you can also be creative by doing things like baking or even fixing up a broken clock. Everyone has their own ways of being creative and there's no limit to how you can enjoy the arts and its benefits.

How can I start taking part in arts-based activities?

Many people are afraid that they aren't very artistic – they may have been told from an early age that they shouldn't dance because they have two left feet. It's important to let go of these thoughts and try something new, you might be surprised by how much fun you have!

Not feeling particularly creative one day but still want to do something arts-based? You can simply observe! Just attending a play, watching a performance or listening to your favorite song will be good for your mood and health.



There are lots of ways you can express your creativity! Here are just some ideas:

- Reading
- Painting
- Drawing or sketching
- Writing
- Playing an instrument or singing
- Acting
- Knitting
- Sewing or quilting
- Dancing

What is Arts and Aging Day Canada?

Arts and Aging Day Canada happens every year on September 24. From virtual events you can join from your home to admiring others' creations on social media, this day is all about expressing creativity and sharing the impact the arts have made on the lives of older adults.

Visit the Arts and Aging Day Canada web page to learn how you can participate: the-ria.ca/events/arts-and-aging-day



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

September can be hot

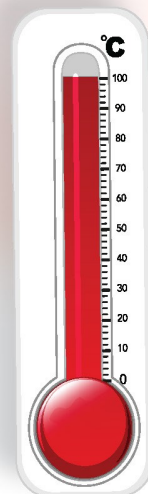
Keep cool and have fun!

G	F	M	K	L	W	X	S	E	Y	R	T	W	O
L	E	D	Z	I	J	H	F	S	T	U	A	R	N
H	C	K	A	G	S	E	U	V	I	M	H	E	B
Y	N	S	L	H	F	N	L	P	V	T	I	W	G
D	A	E	L	T	S	E	L	C	I	S	P	O	P
R	F	I	E	C	O	K	H	J	T	U	T	H	V
A	S	O	R	L	L	R	E	X	C	N	S	S	C
T	W	E	B	O	V	D	Z	Y	A	G	E	L	U
E	E	R	M	T	A	W	E	G	T	L	R	O	P
N	M	D	U	H	C	A	W	Q	H	A	U	O	I
S	F	Q	S	I	Y	T	A	H	G	S	M	C	C
D	R	T	T	N	H	E	L	A	I	S	Y	L	R
C	T	W	N	G	E	R	K	L	L	E	K	O	P
I	N	D	O	O	R	S	M	E	N	S	A	I	O

INDOORS
REST
SUNSCREEN
HAT
POPSICLES

COOLSHOWER
LIGHTACTIVITY
HYDRATE
FAN
SUNGLASSES

LIGHTCLOTHING
UMBRELLA
SHADE
WATER



Searching for September

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



Y	L	B	C	F	U	O	J	E	F	N	C	S	K	T
K	A	P	G	A	B	Y	Z	B	A	I	Z	B	J	X
Q	T	D	E	L	N	F	P	C	P	N	A	O	Z	A
T	F	V	S	L	U	N	O	A	P	T	G	Z	V	R
G	L	N	Z	T	V	R	I	J	P	H	F	M	E	B
Y	A	D	E	C	N	E	D	N	E	P	E	D	N	I
J	U	N	W	S	J	E	C	R	G	O	L	Q	O	L
S	K	L	A	T	S	N	R	O	C	C	Q	E	W	U
S	A	P	P	H	I	R	E	A	L	K	O	G	S	F
P	X	B	Q	C	E	E	H	V	P	G	A	C	P	R
L	A	B	O	R	D	A	Y	I	R	D	M	A	Y	O
M	A	Z	V	A	M	P	C	I	K	V	N	W	J	L
C	V	X	E	Y	B	A	V	A	Q	I	M	A	C	O
T	S	E	F	R	E	B	O	T	K	O	N	W	R	C
H	A	R	V	E	S	T	M	O	O	N	A	G	U	G

ACORNS
 APPLES
 CANNING
 COLORFUL
 CORNSTALKS
 FALL

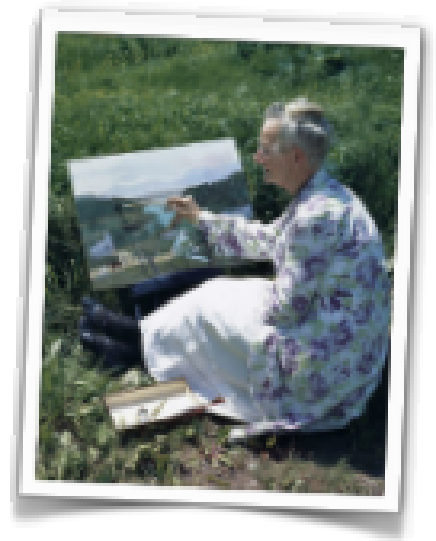
GRANDPARENTS' DAY
 HARVEST MOON
 HIKING
 INDEPENDENCE DAY
 (Mexico)

LABOR DAY
 LIBRA
 NINTH
 OKTOBERFEST
 SAPPHIRE
 VIRGO

Secret Grandma Moses Quote

Follow the instructions to cross off words in the table.
What do the remaining words say?

1. Cross off all arts and crafts activities.
2. Cross off all trees.
3. Cross off all farm animals.
4. Cross off all words that are U.S. states.
5. Cross off all types of family members.



aunt	life	horse	New York
is	painting	cottonwood	sculpting
Virginia	what	grandma	cow
duck	pine	we	birch
Utah	Maryland	crochet	make
origami	son	grandpa	it
always	oak	has	elm
donkey	been	chicken	Texas
Maine	knitting	pottery	always
will	sister	uncle	maple
fir	sheep	be	drawing

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	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 Gnanachchentan	Ext. 118 sinthia.gnanachchentan@schlegelvillages.com
Spiritual Care Advisor	Michael Kotsopoulos	michael.kotsopoulos@schlegelvillages.com
East Neighbourhood Nursing Station		Ext. 106
West Neighbourhood Nursing Station		Ext. 110