

Coleman NEWS

October 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

"It takes a Village to Care..."



Upcoming Programs:

- Oct. 3rd – Music with Adrien Robitaille @ 2:30pm
- Oct. 6th – Baking Pumpkin Muffins @ 2:00pm
- Oct. 7th – Music with Bill Dickinson @ 2:30pm
- Oct. 8th – Men's Breakfast Social @ 9:30am
- Oct. 10th – Music with Just the 2 of Us @ 2:30pm
- Oct. 14th – Thanksgiving Social @ 2:00pm
- Oct. 16th – Cooking with Chef Alam @ 2:00pm
- Oct. 17th – Music with James Skarnikat @ 2:30pm
- Oct. 21st – Music with Rina Koski @ 2:30pm
- Oct. 23rd – Residents' Council @ 1:30pm
- Oct. 24th – Music with Brian Richard @ 2:30pm
- Oct. 26th – Halloween Décor Bus Tour @ 1:45pm
- Oct. 28th – Dairy Queen w/ Halloween Performance @ 2:30pm
- Oct. 29th – Pumpkin Carving @ 2:00pm
- Oct. 30th – Memorial Service @ 10:00am
- Oct. 31st – Life With a Baby @ 10:00am

Follow us on Instagram:
ColemanCareCtr



Like us on Facebook:
Coleman Care Centre



Use the hashtag:
#ColemanCares

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...

Fall has arrived and winter is just around the corner. This is a good time to remind families to do a seasonal clothing swap. With cooler temperatures, the need for warmer clothing is upon us. A good rule of thumb when bringing in clothing is to have 5-7 outfits, including long sleeve shirts and sweaters/ cardigans. Please remember to take new clothing to the Nurse/PSW for labelling to avoid items getting lost/misplaced.

October 7th, the Leadership Team along with Colemans 2024 Success Award Winners will attend the Annual Schlegel Villages Operational Planning in Niagara Falls where Schlegel Village Teams join to discuss the 2025 Operational Plan for the Organization. This is always a fun filled, informative few days where we have the opportunity to network and plan for success in providing the best care for our residents in the following years. We look forward to sharing this experience with Sawsan (Walk In My Shoes), Sarah (Follow-Through), Lopa (Be Present), Helen (Know Me) and Genavieve (Earn Trust).



Leeanne Shears

East Neighbourhood Coordinator



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 toward their fitness and exercise goals. This month's Participant is someone who is strong-willed to want to walk. He has been keen on strengthening his extremities, progressing into Sit-to-Stand exercises and now walking with the team at the parallel bars. Not only has he took steps forward in his exercises but also changed transfer status from being a TML to a Sit to Stand Lift.

Please join us in applauding
Arthur H. of Georgian as
September's participant of the
Month!

Sinithia Gnanachchenthana
PAL Coordinator



Village Highlights



This page includes pictures from our #ElderWisdom event held in the PSW classroom at Georgian College!



Village Highlights



This page includes photos from
our Fashion Show held in
September.

Mindful Moments:

Music is a wonderful thing! Though I am not the most musical, I still have a great appreciation for it. One of the aspects of music that I appreciate is how it can bring comfort and joy. I regularly hear residents singing along to the tunes we play in the lobby or joining in to sing the songs played during our chapel services.

As we age, music reminds us of moments from the past or helps us feel connected to something bigger than ourselves. Whether it's an old hymn, a favourite song from our youth, or a simple melody, music has a way of touching the soul. Music can help us feel close to God, give us peace, or even serve as a kind of prayer. For some, listening to a favourite song can feel like a moment of meditation, allowing the mind to slow down and reflect.

Music is also powerful in bringing back memories. A tune from the past can take us back to important times in our lives—maybe it's a wedding song, a lullaby we sang to our children, or a hymn from church. This can be especially important for those of us facing memory challenges, as music often stays with us when words fade.

Not only does music help us feel connected to ourselves, but it also brings us closer to others. Singing with friends or family, or simply listening together, can create a sense of togetherness and joy. In our later years, music can be a faithful companion, bringing us peace, hope, and connection. Whether we're singing, listening, or just humming along, music reminds us that we are never alone on our journey.

What are some of your favourite songs? Let me know.

Grace & Peace,
Michael Kotsopoulos
Spiritual Care Coordinator

*In
Loving
Memory*

Joan G
Leonard G

Residents' Council

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

Kathy Crump

A Message from the President:

IPAC (Infection Prevention and Control) Lead, Aimee, came in to discuss vaccine information/consents and IPAC procedures, as we are entering cold and flu season.

There will be 3 vaccines offered to the residents this year: RSV, Influenza and COVID.

Tentative programs were reviewed by the council.

Kathy reviewed the financial report– Tuck Shop continues to make a profit.

Kathy reviewed Resident Right # 23– Independence.

Resident Council and Food Committee Minutes have been posted on the Resident's Council Board in Main Street.

Kathy C

Residents' Council President

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

Right #19 (part 1): Every resident has the right to:

- i. participate fully in the development, implementation, review and revision of their plan of care,
- ii. give or refuse consent to any treatment, care or services for which their consent is required by law and to be informed of the consequences of giving or refusing consent.

**Next Meeting: Wednesday, Oct. 23rd, 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.**

Family Council is up and running and would
love to have new members join.

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

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



Village Celebrations

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



Muriel B ~ 09th

Herman H ~ 15th

Marilyn T ~ 16th

Milton P ~ 19th

Raili N ~ 19th

Joseph B ~ 20th

Helen L ~ 28th



Welcome

Marilyn T

Muriel B



THERE'S
always
SOMETHING TO BE
thankful
FOR

With the colours of Autumn marking another change of season, we reflect on the spirit of gratitude we have within Schlegel Villages. We are grateful so many people choose to make their home with us and we know that without the dedication, compassion and commitment of our amazing team members, we couldn't offer the care our residents deserve. We are thankful for all they do every day.

We are also grateful that this year we have seen fast progress in the construction of four new long-term care Villages, which when complete will allow us to expand upon our mission to offer our social model of living and our concept of Village Life to more of our neighbours. Across Ontario, there is a great need for new long-term care capacity, and Schlegel Villages is proud to be part of the solution.

ACTIVE AGING —WEEK—

The **Michael T. Sharratt Program for Active Living (PAL)** is one of the three Signature Programs that distinguishes Schlegel Villages among care providers, and during **Active Aging Week** from **September 30 to October 6**, we are reminded how fortunate we are to have such a program.

Our kinesiologists and exercise therapists work with partners and other team members to create individualized approaches to physical well-being for the residents we serve, and we encourage everyone to take advantage of the opportunities they offer. We see the impact of their efforts in many ways, and take this opportunity to share our gratitude for all of our PAL team members.



Schlegel Olympics, Summer 2024

Understanding Insomnia and How to Treat It

As we age, we often sleep less and experience poorer quality sleep. Many older adults struggle with insomnia, meaning they have trouble falling asleep, staying asleep, or waking up too early. Chronic insomnia, which lasts for more than three months, can significantly impact our health and quality of life because sleep is essential for our bodies and minds to recover.

Dr. Sophiya Benjamin, Schlegel Chair in Mental Health and Aging, studies these sleep changes and offers advice on managing insomnia.

- **Go to bed only when you're sleepy**, and if you're awake in bed for more than 20 minutes, get up and do something quiet like reading or listening to soft music until you feel sleepy again. Try to wake up at the same time every day to keep a regular sleep schedule.
- **Spend less time in bed if you can't sleep.** If you're lying in bed but not sleeping, try spending less time in bed. For example, if you're usually in bed for 9 hours but only sleep for 5.5 hours, try reducing your time in bed to 6 hours. This method works by increasing your body's sleep drive. You can slowly increase your time in bed as your sleep improves.
- **Relax before bed.** Try deep breathing, tensing and then relaxing your muscles, or



mindfulness exercises to help calm your mind and body. Remind yourself that it's okay to have a bad night's sleep once in a while. Your body will catch up, and being relaxed about it can actually help you sleep better.

- **Keep naps short.** If you need to nap, try to keep it under 20 minutes and avoid napping after 3 p.m.
- **Watch what you drink.** Avoid coffee or other caffeinated drinks after noon.
- **Talk to your pharmacist or doctor** to see if your medications might be affecting your sleep.

Understanding and accepting these natural changes in sleep as we age can help us take steps to improve our sleep quality. For more resources, visit mysleepwell.ca or consult with your doctor.

For more helpful content to enhance your life, subscribe to updates from the RIA at www.the-ria.ca/enews.



spark ideas. ignite change.

October 29-30

DoubleTree by Hilton
30 Fairway Road South, Kitchener

**Schlegel Villages and the
Research Institute for
Aging (RIA)** are excited to
be hosting our 9th annual
Innovation Summit!

This two-day event is an opportunity to learn and celebrate our collective passion for innovation, continuous improvement and research.

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

Sessions will include:

- Villages sharing creative solutions and innovations
- Researchers discussing current and future projects
- Innovators demonstrating technologies that have the potential to improve Village Life
- Updates on projects presented at previous Innovation Summits

**We look forward to
seeing you there!**



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**

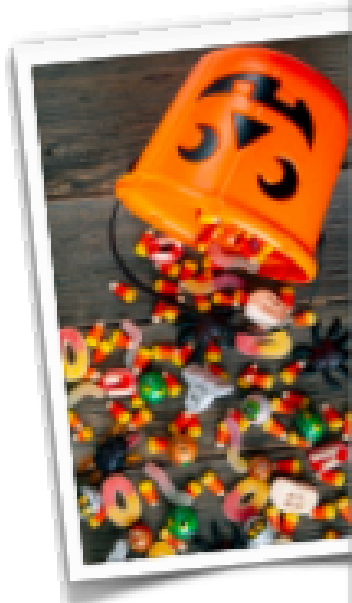
1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com

Searching for October

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



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

BONFIRE

BOSS'S (Day)

CANDY

COLUMBUS (Day)

COSMOS

GOURDS

HALLOWEEN

INDIGENOUS
(Peoples' Day)

LIBRA

OPAL

RAKE

ROSH HASHANAH

SCARECROW

SCORPIO

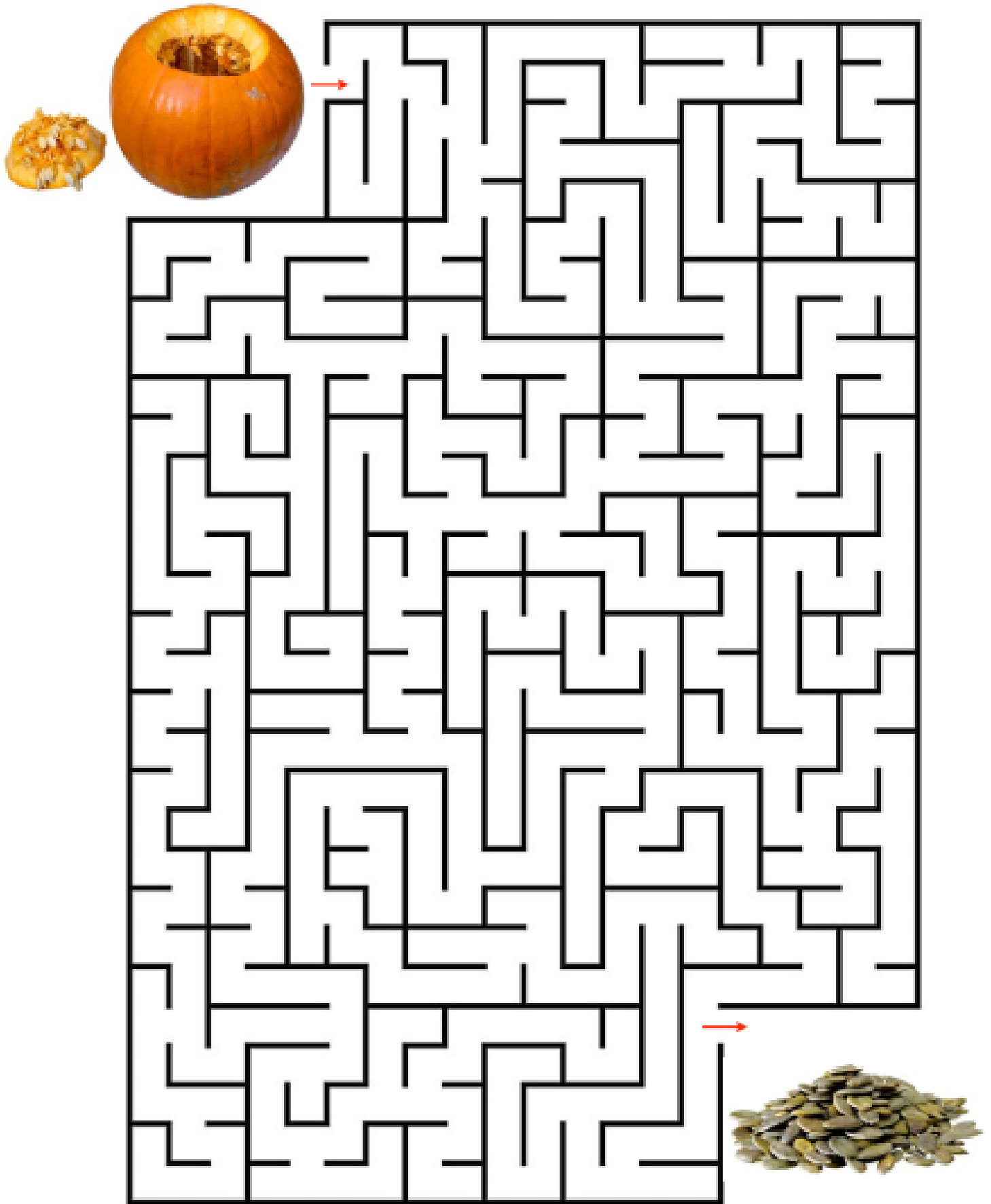
SWEETEST (Day)

THANKSGIVING
(Canada)

WORLD SERIES

YOM KIPPUR

A-Mazing Pumpkin Seeds



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