

# Coleman NEWS

November 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:

- Nov. 02<sup>nd</sup> - Darts Tournament @ 10:00am
- Nov. 03<sup>rd</sup> - Daylight Saving Time– Fall BACK
- Nov. 04<sup>th</sup> - Music w/Bruce Clarke @ 2:30pm
- Nov. 05<sup>th</sup> - Men's Breakfast Social @ 9:30am
- Nov. 06<sup>th</sup> - In-House Lunch @ 12:00pm
- Nov. 07<sup>th</sup> - Music w/Eric Kidd @ 2:30pm
- Nov. 11<sup>th</sup> - Remembrance Day Ceremony @ 10:45am
- Nov. 14<sup>th</sup> - Music w/James Regan @ 2:30pm
- Nov. 18<sup>th</sup> - Music w/Zach Wojtala @ 2:30pm
- Nov. 20<sup>th</sup> - Residents' Council @ 1:30pm
- Nov. 21<sup>st</sup> - Craft Social @ 2:30pm
- Nov. 23<sup>rd</sup> - Magical Entertainment @ 2:00pm
- Nov. 25<sup>th</sup> - Dairy Queen Social @ 2:30pm

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...

*Rooster—November bird of the month*

*A rooster is an adult male chicken.*

*Is a Rooster a chicken? In agriculture, particularly poultry rearing, the term "rooster" is used to describe a mature male chicken, usually kept by chicken breeders. So yes, a rooster is a chicken.*

*They have excellent memory, and studies show they can recognize up to 100 faces of humans around them.*

*A rooster has a bright red bit under his beak called a wattle, and the more attractive it is, the more females will like him. In other words, it is used to – you guessed it – pick up chicks.*

*Back in ancient times when there was no alarm clock, rooster played an important role of waking people up.*

*The Chinese zodiac sees this bird as a symbol of honesty and moral courage*

*Rooster ranks tenth among twelve Chinese zodiac signs. The Years of the Rooster include 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017, 2029. People born in the year of Rooster are usually self-assured, confident, and ambitious. They display dedication and discipline towards their tasks, often striving for excellence in whatever they do.*

*Tabatha Newman*

West 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 truly believed in herself that she can do anything if she put her mind to it; a strong-willed soul. Sincere to her goal that she will be able to do things independently again. Through the Physio team, she did her exercises daily with strengthening the Lower Extremity and went from walking from parallel bars to supervised walker. When asked what she would like to share: She said *'I love to encourage individuals as much as I can on benefiting from exercise and NEVER GIVE UP.'*

**Please join us in applauding  
Maria B of Huronia as October's  
participant of the Month!**

*Sinithia Gnanachchenthana*  
PAL Coordinator



# Village Highlights



Photos from our Halloween Programs!

# Mindful Moments:

Recently, I came across this meaningful reading by the poet Morgan Harper Nichols and I want to share it with you. Give it a read and then I have some questions for your reflection.

"And the thing about blooming is, nothing about the process is easy. It requires every part of you to stretch upward, with your roots firmly planted in the ground; and in the sun, and in the rain, and wind, you stand anyway, even against the pull of the soil. And through it all, one day you will see all along you were transforming. This took everything out of you, but the struggle was beautiful and necessary for your growth."

1. As you reflect on the challenges you've faced, how have they shaped who you are today?
2. In what ways have you had to "stretch" or grow in recent years, despite hardship or uncertainty?
3. How has aging influenced your sense of beauty, both in yourself and in others?
4. What memories or life lessons do you cherish as markers of your personal growth?

What wisdom would you like to pass on to others about the journey of aging and growth?

I hope this encouraged you.

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

*In Loving Memory*

Mary R  
Ingrid S

# Residents' Council

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

**Kathy Crump**

## **A Message from the President:**

- Reviewed Resident Response Forms.
- Received an anonymous donation to Residents' Council Fund.
- Residents encouraged to sign up for the Barrie Colts Game if interested.
- Council would like our Spiritual Advisor, Michael, to join next meeting to explain his roles in the village.
- The location of the council is permanently changed to Fireside dining room
- Resident right #24 was reviewed.
- Council minutes have been posted on the board in Mainstreet.

*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, Nov. 20th, 2024  
@ 1:30 in the Fireside 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.**

**MEET AND GREET:  
November 20th 10-4pm  
Front Lobby**

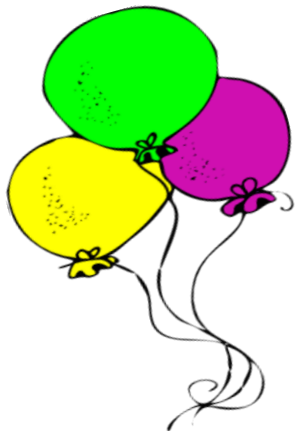
If you would like to attend the meeting, or  
have any questions please send an email to:  
**[colemanfamilycouncil@gmail.com](mailto:colemanfamilycouncil@gmail.com)**

**Next Meeting:  
Wednesday, January 29<sup>th</sup>, 2024  
6:30-7:30pm  
Family Room**



# Village Celebrations

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



**Patricia K - Nov. 4<sup>th</sup>**

**Betty P - Nov. 6<sup>th</sup>**

**Lynn H - Nov. 11<sup>th</sup>**

**Evelyn B - Nov. 14<sup>th</sup>**

**Rodney P - Nov. 22<sup>nd</sup>**

**Jennifer H - Nov. 23<sup>rd</sup>**

**Sylvia B - Nov. 25<sup>th</sup>**

**Heather F - Nov 26<sup>th</sup>**



**Welcome**

**Maria. A.**

**Sylvia. B.**

**Magda. H.**

**Marilyn. D.**

**Eunice. B.**

**Jaqueline. S.**

**Ethel. B.**

**Fe. G.**

**Muriel. P.**



## Why we wear the poppy

After losing a friend in the 1915 Battle of Ypres along the Western Front of the First World War, a humble doctor was inspired by the loss of a friend and the red poppies that managed to grow throughout the desiccated battlefield.

Lt. Col. John McCrae would use that inspiration to write *In Flanders Fields*, the most iconic poem in the English language to honour the sacrifice of countless soldiers in the ongoing effort to preserve freedom. We hear the solemn beginning words each year:

*“In Flanders Fields the poppies blow,  
between the crosses, row on row . . .”*

and we are transported to a terrible dark period that now only lives in history books and the memories passed down through generations.

The red poppy Canadians wear upon their lapels from the last Friday in October until we mark the end of that terrible war on November 11th symbolizes our commitment to always remember those who served, not only in that war but in those that followed and the times of peace we cherish.

The Royal Canadian Legion raises approximately \$20 million across the country each year through the annual Poppy Campaign. These funds directly support veterans and their families at a local level and help each Legion Branch ensure the words **“Lest We Forget”** carry the weight of remembrance always.

We wear the poppy with pride and gratitude, honouring those who give of themselves for the benefit of all.

*Our  
freedom.*

*Their  
sacrifice.*



*November 11*  
**Lest we forget**

# Schlegel Villages – CONNECTIONS



## Success Awards

In early October, leadership team members from across Schlegel Villages gathered in Niagara Falls for the organization’s annual Operational Planning retreat. There were residents and family members among the crowd of more than 500 people, and their insights were fantastic, but we were also grateful for the invaluable contributions of the Village Success Award Winners who were also part of the event.

These amazing direct support team members were recognized at the Village level for their commitment to the five key values that define our Connect the Dots customer service credo:

**Know Me; Earn Trust; Be Present; Follow Through; and Walk in My Shoes.**

The dedication and commitment of these team members and the passion they bring to the Villages every day makes them the ideal experts to contribute to the upcoming operational goals of each Village. We’re thankful for their leadership and all they do to inspire us all to live our values every day.



**Congratulations**  
*winners!*

## Supporting your neighbours: Preventing social isolation

As we age, the risk of social isolation—a lack of meaningful contact with others—can increase. However, feeling disconnected doesn't have to be part of getting older.

Social isolation can negatively affect health and well-being. Older adults who are isolated may be more likely to fall, experience depression, struggle with daily tasks, and have difficulty thinking clearly. They are also at a higher risk of developing dementia and may visit the emergency department more frequently.

Staying connected is key to maintaining health and happiness. This can be achieved through personal connections, community programs, faith-based organizations, or social services. Reducing social isolation helps ensure a fulfilling life.

### Signs of Social Isolation

How can you tell if a neighbour might be socially isolated? Here are some things to watch for:

- Have they mentioned feeling lonely or cut off from others?
- Are they getting dressed or staying in the same clothes/pajamas for long periods of time?
- Has their behaviour changed or have they recently stopped going to social events they used to enjoy?



### How You Can Help

Sometimes, an older adult may just need someone to talk to. Other times, they may need more support. Here are a few ways you can make a difference:

- Be a friend—take time to listen and show you care.
- Recommend a community program or service.
- Check in with a visit or phone call.
- Introduce them to new social opportunities.
- Talk with their family or care partners to find out how you can support them.

Read the Supporting Your Neighbours: A Community Conversation Guide for more information about the health impacts of social isolation, signs to look out for, common barriers, and tips to help.

Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews) to stay up-to-date on the latest news, events, and helpful resources.



# 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](http://www.earandhearingclinic.com)

# Searching for November

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



APPLE CIDER

AUTUMN

(Black) FRIDAY

CORNUCOPIA

DAYLIGHT (Saving)

ELECTION (Day)

FAMILY

FOOTBALL

MIGRATION

MUMS

REMEMBRANCE (Day)

SAGITTARIUS

SCARF

SCORPIO

SQUIRRELS

THANKSGIVING

TOPAZ

VETERANS (Day)

# Secret Jewelry Quote

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

1. Cross off all words that rhyme with *bead*.
2. Cross off all gemstones.
3. Cross off all types of metal.
4. Cross off all words that are shapes.
5. Cross off all synonyms of *shiny*.



you	circle	gold	emerald
speed	can	read	sapphire
glossy	triangle	always	tell
what	kind	heart	garnet
silver	seed	of	person
a	copper	polished	square
man	really	thinks	breed
opal	you	amethyst	are
gleaming	platinum	by	sphere
the	ruby	nickel	oval
need	earrings	lustrous	he
teardrop	topaz	gives	titanium
feed	tin	aquamarine	you

# 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**

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**Fax: 705.726.5085**  
**Coleman.Admin@schlegelvillages.com**

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<b>Director of Recreation Services</b>	<b>Hayley Goodchild</b>	<b>Ext: 111</b> <b>hayley.goodchild@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>
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