

Coleman NEWS

January 2025

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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...”



Up-Coming Special Events:

- Jan 2nd—Barrie Colts Hockey Game Outing @ 5:45pm.
- Jan 6th—Music with Bruce Clarke @ 2:30pm
- Jan 7th—Men's Breakfast Club @ 9:30am
- Jan 7th—Music with Marcus @ 2:30pm
- Jan 9th—Music with JF @ 2:30pm
- Jan 11th—Social Club @ 2:00pm
- Jan 13th—Music with Christina Scala @ 2:30pm
- Jan 15th—Afternoon at the Coleman Casino @ 2:00pm
- Jan 16th—Music with Zack Wojtala @ 2:30pm
- Jan 20th—Music with Bill Dickinson @ 2:30pm
- Jan 22nd—Residents' Council @ 1:30pm
- Jan 23rd—Music with JF @ 2:30pm
- Jan 25th—Social Club @ 2:00pm
- Jan 27th—Music with Tim Sturup & DQ Social @ 2:30pm
- Jan 29th—Chinese New Year Celebration @ 2:00pm
- Jan 30th—Music with Just the 2 of Us @ 2:30pm

Follow us on Instagram:

ColemanCareCtr

Like us on Facebook:

Coleman Care Centre

#ColemanCares

From the Village Office...

Hey there,

We most likely have met already, however I would like to take this chance to formally introduce myself! My name is Samantha Stark-Johnson, and I am the Director of Nursing Care for our Village! I began my journey as a Director with Coleman in 2024, however I have been a Director of Care for many years previously. I have been a nurse since 2010 and my specialty has always been on Long Term Care and Palliative Care, with specialty certifications in both along the way. Being resident centered and spreading kindness are the things I am most passionate about in Long Term Care. I am so excited to continue to get to know you all!! I wish you all a Happy New Year, and will see you around the Village!

Samantha Stark-Johnson

Director of Nursing Care

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

Program for Active Living:

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 has shown incredible commitment to their health, consistently participating in group classes, strengthening and balance, setting a great example for the other residents. His hard work and determination remind us that age is no barrier to staying active.

**Please join us in applauding
Roy B. of Kempenfelt as
December's participant of the
month!**

Sinthia Gnanachchentan
PAL Coordinator

Village Highlights



Santa and Mrs. Clause visiting the Residents spreading Christmas cheer!

Village Highlights



A variety of Holiday programming over the month of December!

Mindful Moments w/

A special thanks to Roy B. of Kempenfelt for helping to compose this post.

Humanity has always sought to connect with something greater. From ancient nomadic peoples marveling at lightning to contemplating the vastness of the universe, we long for meaning. The awe of life—whether in the intricate complexity of our seven trillion cells or in the grandeur of nature—reminds us of our small but significant place in something larger.

Stories, whether told in books or portrayed on screen, have long been our way of reaching for the transcendent. Iconic movies and literature inspire us across generations. For Roy, films like *Ben-Hur* and *Chariots of Fire* offered not just entertainment but profound lessons on courage and faith. Similarly, books like *War and Peace* have the power to comfort and guide during difficult times.

In *A Tale of Two Cities*, Sydney Carton's final act of sacrifice illuminates the power of selfless love. Giving his life to save another, he consoles a frightened fellow prisoner, offering peace and courage as they face the guillotine together. His final words resonate deeply:

"It is a far, far better thing that I do, than I have ever done; it is a far, far better rest that I go to than I have ever known."

May we hold onto the stories, moments, and experiences that inspire us. Let them remind us of the awe around us, the gift of life we've been given, and our call to live it meaningfully. Every breath we take is a chance to create, connect, and contribute to the beauty of something far greater than ourselves.

Grace & Peace,
Michael Kotsopoulos
Spiritual Care Coordinator

In 
Loving
Memory

Raili N
Ross J
Magda H

Residents' Council

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

President: Kathy C Assistant Secretary: Brenda B

A Message from the President:

- Jem (Physiotherapy Assistant - PTA) & Sinthia (Kinesiologist) from PAL/Physio came in to discuss their roles and responsibilities within the Village.
- November meeting minutes, and the Residents' Council Funding Summary were reviewed.
- January tentative programs calendar was reviewed.
- Resident right #25 and #26 were reviewed.
- Hayley (Director of Recreation), talked about how the goal is to increase the number of outings into the community in 2025.

**The Residents' Council minutes have been posted in Main Street
or ask a team member for a copy!**

Kathy C

Residents' Council President

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

Right #20:

Every resident has a right to ongoing and safe support from their caregivers to support their physical, mental, social and emotional wellbeing and their quality of life and to assistance in contacting a caregiver or other person to support their needs.

**Next Meeting: Wednesday, January 22, 2024
@ 1:30 in the Fireside Dining Room**

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

Next Meeting
Wednesday, January 29th, 2025
6:30-7:30pm
Family Room



Village Celebrations

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

Bernice Levasseur ~ Jan. 1

Judith Schust ~ Jan. 4

Madeline Ebert ~ Jan. 6

Gizella Szucs ~ Jan. 9

Pauline Webb ~ Jan. 13

Brenda Beauchesne ~ Jan. 15

Brenda Bernier ~ Jan. 19

Deanna De Barros ~ Jan. 20

Adam Baker ~ Jan. 23

Arthur Harris ~ Jan. 25

Maryanne Lee ~ Jan. 27

Maud Pegram ~ Jan. 31



Village Advisory Team:

It's exciting times at Coleman Care Centre with the newly formed Village Advisory Team (V.A.T) making a grand entrance in the New Year!

The Village Advisory Team is a small group of team members, residents and family who will meet every other month to discuss ways to bring our Schlegel Villages Aspiration Statements to life in the home.

Our 2025 aspiration is to:

“Create Opportunities for Meaningful and Shared Activities.”

Life in our Village is filled with meaning, purpose and shared moments. We recognize that the most natural activity can provide fulfillment and growth, and we support residents in defining experiences that bring them meaning.

The V.A.T. team will plan, organize, fundraise and implement creative ways, whether big or small, to provide meaningful and shared activities throughout Coleman Care Centre – and **YOU** can help by being apart of the Village Advisory Team today!

Contact Victoria Knight, Director of Food Services, for more information, or to join now.

Victoria Knight

Director of Food Services

GRAND SLAM OF CURLING

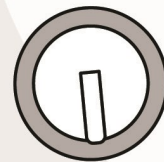
Schlegel Villages' Day

Thursday, January 16

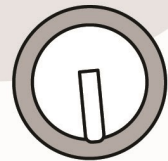
11:30 a.m. | Sleeman Centre, Guelph

Through the long Canadian winter, two sports bring energy to small towns and communities across the nation; hockey, of course, is the great Canadian game, but alongside the hockey arena nearly every small town in the country boasts a curling rink.

Curling has always been a way to draw communities together and this year **Schlegel Villages is proud to be a key sponsor** of the WFG Masters Grand Slam of Curling event in Guelph from **January 14–19**, which will bring the global curling community together with some of the world's top athletes.



Limited spots available

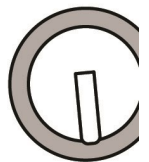


January 16 will be Schlegel Villages' Day at the bonspiel. We expect to have more than 500 people connected to our Villages at the Sleeman Centre that day, showcasing our love of competition and the way our communities are connected, despite the distances that separate our 18 Villages.

Interested in attending?

Reach out to the director of recreation or general manager at your Village.

We hope to see you there!



**#ElderWisdom
10th Anniversary**

Resident submission

Share your story, your connection to your hometown, and the places you've always dreamed of visiting, with us!



Deadline for submission is **Friday, January 10, 2025**

Schlegel Villages – CONNECTIONS



Alzheimer's Awareness Month



January marks a month of awareness around Alzheimer's disease and other forms of dementia in our Villages.

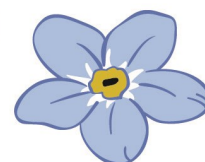
People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease and how to offer meaningful support.

LIMT, our signature dementia program, is coming to life within our Villages. ME forms, sharing our resident's life stories, are the first step in the Supportive Approaches to Care pillar of the program. This is ME top 10 frames are being installed to help us develop personal relationships with residents during care interactions.

The Meaningful and Active Engagement pillar is enhanced with new resources for Neighbourhood Time, a program that will be introduced across our Villages in 2025, where anyone in the neighbourhood can be involved in engaging residents!

GATHER support groups foster connections among residents, encouraging mutual support, and linking care partners with others who share similar experiences.

There are many LIMT successes to build on in 2025!



**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

Words of Wisdom offer Dementia Support

When facing a dementia diagnosis, big questions start to surface: *What happens next? How do I plan for the future? How will this change my relationships?* For care partners, the experience can be just as overwhelming.

The new Words of Wisdom resources are here to help throughout the dementia journey.

The idea for the resources started with a special event series, “People Living with Dementia Share Their Wisdom.” People from across Canada came together to share their experiences with dementia — from their diagnosis, to planning for the future, to handling stigma. Their heartfelt stories were full of wisdom, and it became clear that they should be shared with more people. The resulting collection of eight resources offer support for both people living with dementia and the people who support them.

For people living with dementia, the guides focus on topics like:

- Tips for handling common misunderstandings about dementia.
- What to expect after getting a diagnosis and where to find support.
- How to plan for future care and support as needs change.
- Simple ways to stay active and take care of mental, emotional, and physical health.



The “People Living With Dementia Share Their Wisdom” panel discussions were spearheaded by dementia advocate Myrna Norman.

For care partners, the guides cover:

- What it means to be a care partner and how to take care of yourself too.
- How to advocate for a loved one through the diagnosis process.
- Tips for care partners to stay healthy and manage stress.
- How to prepare for important care decisions.

Each guide is filled with simple steps people can take right away, like ideas for talking about future care, making a daily routine, and finding support in their community. Through the real quotes and reflections from people living with dementia and care partners, these voices show that while dementia can bring challenges, it is still possible to live well, find joy, and feel connected to others.

Whether you are a person living with dementia or supporting one, these guides are here to empower, inform, and inspire you. Find them at the-ria.ca/resources/words-of-wisdom



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 January

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



AQUARIUS

GARNET

PARKA

AUSTRALIA (Day)

HAT

POLAR BEAR PLUNGE

BLIZZARD

INAUGURATION

SKIING

CAPRICORN

MARTIN L. KING (Day)

SNOWDROP

FIREPLACE

MITTENS

SNOWFLAKE

FROZEN

NEW YEAR'S DAY

SWEATER

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	Samantha Stark-Johnson	Ext: 112 samantha.stark-johnson@schlegelvillages.com
Assistant Director of Nursing Care	Aimee Dare	Ext: 199 aimee.dare@schlegelvillages.com
Assistant Director of Nursing Care/RAI	Alyson Black	Ext: 109 Alyson.Black@SchlegelVillages.com
IPAC	Jamie Dewar	Ext: 119 jamie.dewar@schlegelvillages.com
Director of Recreation Services	Hayley Goodchild	Ext: 111 hayley.goodchild@SchlegelVillages.com
Director of Food Services	Victoria Knight	Ext: 108 Victoria.Knight@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 Gnanachenthana	Ext. 118 sinthia.gnanachenthana@schlegelvillages.com
Spiritual Care Advisor	Michael Kotsopoulos	michael.kotsopoulos@schlegelvillages.com
East Neighbourhood Nursing Station		Ext. 106
West Neighbourhood Nursing Station		Ext. 110