

Coleman NEWS

March 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..."

 MARCH

Up-Coming Events:

Mar. 4th– Music with Marcus Schwan
Mar. 5th– Mardi Gras Party
Mar. 6th– Music with JF
Mar 8th– Women's Day Trivia
Mar 10th– Music with Rina Koski
Mar. 11th– Men's Breakfast Club
Mar. 13th– Music with Eric Kidd
Mar. 14th– Rangoli Art
Mar. 17th– St. Patrick's Day Celebration
Mar. 20th– Walmart Outing
Mar. 20th– Music with JF
Mar 24th– Music with Christina Scala
Mar 26th– Cooking with Tami
Mar 27th– Walmart Outing
Mar 31st– Music with Bill Dickinson & Dairy Queen

Follow us on Instagram:
ColemanCareCtr
Like us on Facebook:
Coleman Care Centre
#ColemanCares

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

From the Village Office...

SPRING is around the corner and Coleman Care Centre is counting down the days until we can officially ring in the “vernal equinox” on Thursday, March 20th. It's a time when we see nature coming back to life after the dormant winter months, and it reminds us that there is always a chance for new beginnings. This sense of hope can also inspire us to believe in ourselves and our ability to make positive changes in our lives. It's a season that encourages us to be hopeful and optimistic about the future.

As a reminder, we would like to welcome family members to join our newly reformed Village Advisory Team (VAT), who will be having their 2nd meeting on March 11th from 1:45pm – 2:15pm. We will discuss how we can bring our 2025 aspirational statement to life:

“Create Opportunities for Meaningful & Shared Activities”

We look forward to creating opportunities for meaningful and shared activities with our cherished Residents, their loved ones, and our team members.

winter
fool's spring  **We are here**
second winter
spring of deception
third winter
mud season
actual spring

Victoria Knight
Director of Food Services

Program for Active Living:

Participant of the Month

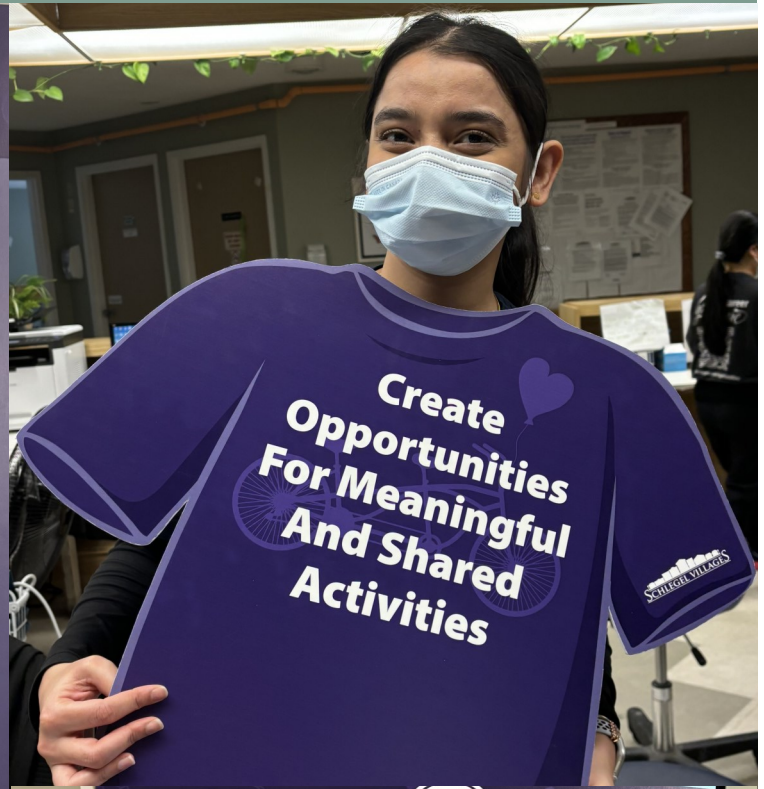


The Participant of the Month is given to a Resident who demonstrates dedication, enthusiasm, effort and perseverance toward their fitness and exercise goals. This month's Participant is someone who challenged her beliefs on exercise and made a goal to increase her activity. She seeks the gym 2-3 times a week to improve her core stability and strength. When asked what she would like to share with the other Residents, she said *'It is hard to start, but once you start it feels good to be healthy and fit.'*

Please join us in applauding Jennifer H of Kempenfelt as February 's Participant of the Month!

Sinithia Gnanachchenthana
PAL Coordinator

Village Highlights



A few pictures from our aspiration kick off day! Our shared aspiration going into 2025 is
“Create Opportunities For Meaningful and Shared Activities”

Village Highlights



More photos captured
from our aspiration
kick off day.

Poem of the Month

Reminisce

Oatmeal is a good cereal,
Mary Poppins would approve.
Belief in fairy tales,
Is something many lose.
Your own memories,
Are something to treasure.
Reminiscing about your life,
Try to, at your leisure.
Be the historian on your life.
Don't forget who you are,
It's a terrible plight.

Muriel B

Resident of West Neighbourhood

Mindful Moments:

The Benefits of Music

To start, music hath charm to heal the savage breast. Music which is one favors, seemingly has boundless amount which one can unleash from the canyon of one's mind. Written music of course is superior to the memory of same. Some great composers also stand for other causes, for instance, Beethoven removed Eroica from his third symphony to denounce Napoleon's atrocities. It was said by Beethoven's assistant that listeners had no choice but to be kidnapped by the composer's inner world.

In writing this, I have been listening to Beethoven's symphony #9, an amazingly beautiful long work, 65 minutes, with a choral finale written to Schiller (the poet). Ode to joy in which a telling verse; Alle Menschen Werden Bruder which means "all men will be brothers".

By the way, Beethoven was completely deaf when he took upon this fabulous work.

Roy B

Resident of West Neighbourhood

Spiritual Updates and Events

Up-Coming Spiritual Programs:

March 4th @ 10:00am—Jehovah's Witness Bible Study

March 5th @ 10:00am—Lutheran Church Service

March 11th @ 10:00am—Sound Rejuvenation

March 12th @ 10:00am— Non-Denominational Church Service

March 12th @ 1:15pm—Catholic Communion

March 18th @ 10:00am—Jehovah's Witness Bible Study

March 19th @ 10:00am—Non-Denominational Memorial Service

March 25th @ 10:00am—Sound Rejuvenation

March 26th @ 10:00am—Anglican Church Service

March 26th @ 1:15pm—Catholic Communion

Updates:

Ash Wednesday, March 5th @ 10:00am— Lutheran Church Service, Residents will have the option to receive ashes on their forehead as a sign of reflection.

We are currently seeking a new Spiritual Advisor to join our team. In the mean time, you can reach out to Hayley Goodchild, Director of Recreation, in regards to spiritual care inquiries.

Spiritual Celebrations for March:

Shrove Tuesday
Ash Wednesday
Purim
Holi
Eid al-Fitr

*In
Loving
Memory*



Margaret S
Patricia K

Residents' Council

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

Council President: Kathy C. Assistant Secretary: Brenda B.

A Message from the President:

Residents Council was cancelled this month due to the outbreak.

Please note the next meeting date below.

Kathy C

Residents' Council President

**Resident's Bill of Rights:
Right to Quality of Care & Self
Determination
Right #22:**

Every resident has the right to designate a person to receive information concerning any transfer or any hospitalization of the resident and to have that person receive that information immediately.

**Next Meeting: Wednesday, March 19, 2025
@ 1:30 in the Fireside Dining Room**

Family Council News



Family Councils Ontario

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

Last Meeting was cancelled due to the outbreak.

Next Meeting:
Wednesday, March 26th, 2025
6:30-7:30pm
Coleman Care Centre– Family/Blair Room

Village Celebrations

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



Frances R ~ March 1

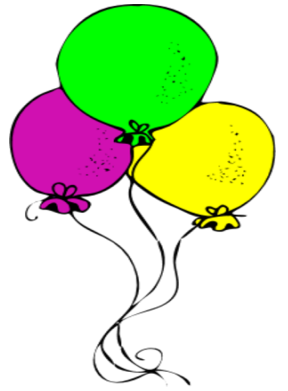
Steven P ~ March 8

Heather H ~ March 13

Victor D ~ March 13

Maureen L ~ March 16

Roy B ~ March 20



Schlegel Villages – CONNECTIONS

INTERNATIONAL WOMEN'S DAY

On **March 8**, we celebrate the immeasurable impact of the women in our lives as we mark **International Women's Day**.

Within our Villages, women make up the majority of the population of both team members and residents, and we are forever grateful for the impact they have in our communities every day.

We also recognize March as **Nutrition Month**, and we wanted to pay special tribute to the many women who bring healthy and nutritious meals to the dining rooms of our Villages. They play such a vital role in the overall well-being of our residents, for they are essential in planning, preparing, and serving balanced meals that meet the needs of those we serve.

Through their dedication, they not only provide nourishment but also create a sense of comfort and care, bringing meaningful dining experiences to our residents every day.

SCAN TO LEARN MORE

about these five women, their diverse career stories and favourite recipes.



Alam Raymon
The Village of Humber Heights



Evelyn Marquez
The Village of Erin Meadows



Brigitte Swaby
The Village of Erin Meadows



Madelaine Sperry
Erin Mills Lodge



Starr Albino
The Village of Wentworth Heights



Schlegel Villages – CONNECTIONS

Celebrating our **CANADIAN ROOTS**



Over the past several weeks, we've seen worrisome trends in the relationship between Canada and the United States. With all the talk of tariffs and trade imbalances, however, we have seen a surge in pride in the values we celebrate as Canadians, and we've been feeling it through Schlegel Villages, as well.

For more than 70 years, our Schlegel Family has grown, beginning with humble roots at our first care home in London, Ontario.



Egerton Private Hospital, London, ON, 1953

Today, we are 18 Villages strong and we're looking forward to opening more in the coming years, beginning in late 2025/early 2026 with The Villages of Ridgeview Court in Milton and Millers Creek in Ajax.

The diversity we celebrate in our Villages is a representation of the diversity we value so much in the communities around us, and it is something we, as Canadians, will always be proud of.



The Schlegel family
From left: Jamie, Ron, Barb, Brad and Rob

The items below are food options that are always available if you don't like the menu choices for that day.

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

Medication Management Made Simple

Managing medications can be difficult as we age. Keeping track of prescriptions, understanding dosages, and ensuring safe use all require careful attention. Tejal Patel, pharmacist and Schlegel Specialist in Medication Management and Aging, shares expert advice to help you simplify the process and improve your medication safety.

Keeping Track of Medications

Maintaining an updated list of all medications is essential. This should include:

- Prescription drugs
- Over-the-counter medications
- Vitamins and supplements (e.g., ginseng, ginkgo)
- Any natural health products

Update this list whenever there is a change, such as a new medication, stopping a medication, or changing the dosage. Keep track of any side effects and discuss them with your doctor.

Getting the Right Support

If you have difficulties with medication use, talk to your pharmacist. They can help with:

- Opening bottles or blister packs
- Swallowing pills
- Reading medication labels



- Understanding instructions
- Organizing your pills

Pharmacists offer solutions, such as easy-open packaging or other ways of taking a medication.

Key Questions to Ask About a New Medication

1. Does this interact with any medications or supplements I take?
2. What side effects should I watch for?
3. When will I start to feel its effects?
4. What time of day should I take it, and should it be taken with food?
5. How should I stop taking it safely?
6. How often will I need a refill?
7. What happens if I miss a dose?
8. Are there any activities (e.g., driving) I should avoid while taking this medication?

By staying informed and seeking the right support, keeping track of medications can become an easier part of daily life.

Subscribe to updates from the RIA at 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

Darling Ducks

The words listed below can be found vertically and horizontally.



BILL
DIVE
DRAKE
FLOAT
NEST



PADDLE
POND
QUACK
SPLASH
WADDLE

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
Administrative Coordinator	Ashley Bell	Ext: 101 Ashley.Bell@schlegelvillages.com
Administrative Assistant/ Team Member Experience Coordinator	Jenn Carr	Ext: 105 coleman.admin@schlegelvillages.com
Scheduling Coordinator	Jordan Attwell	jordan.attwell@schlegelvillages.com
Director of Nursing Care	Samantha Stark-Johnson	Ext: 112 samantha.stark-johnson@schlegelvillages.com
Assistant Director of Nursing Care	Andrea Boston	Ext: 199 andrea.boston@schlegelvillages.com
Assistant Director of Nursing Care/RAI	Alyson Black	Ext: 109 Alyson.Black@SchlegelVillages.com
Infection Prevention and Control Lead (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 Coleman.Volunteers@SchlegelVillages.com
PAL Coordinator	Sinthia Gnanachchenthana	Ext. 118 sinthia.gnanachchenthana@schlegelvillages.com
East Neighbourhood Nursing Station		Ext. 106
West Neighbourhood Nursing Station		Ext. 110