

# Coleman NEWS

April 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 Events

April 02– Exotic Animal Showcase @ 2:00pm  
April 03– Music with JF @ 2:30pm  
April 06– Bunny Bowling @ 2:00pm  
April 07– Music with Bob @ 2:30pm  
April 08– Men's Breakfast Club @ 9:30am  
April 09– Bradford Greenhouse Outing @ 1:15pm  
April 10– Music with Zack @ 2:30pm  
April 12– Easter Jeopardy @ 2:00pm  
April 14– Music with Two Hearts Content @ 2:30pm  
April 16– Easter Headband Craft @ 2:00pm  
April 17– Bradford Green House Outing @ 1:15pm  
April 18– Life with a Baby Social @ 10:00am  
April 20– Baking Mini Egg Cookies @ 2:00pm  
April 21– Easter Celebration @ 2:00pm  
April 23– Book Talk Celebration @ 2:00pm  
April 24– Music with Adrien @ 2:30pm  
April 28– Music with Brent & DQ @ 2:30pm  
April 30– Silent Disco! @ 2:00pm

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 has Sprung!!

As April begins, the Earth becomes alive again with warmer days and the sights and smells of spring awake our senses. We are finally moving past the last few traces of winter and into warmer months ahead. We welcome the sunshine, rain showers and the first signs of new growth as both trees and flowers reawakening from their long winters sleep.

Most of like to enjoy spending time outdoors; going on walks or by just simply being able to open the windows to allow fresh air inside. It's season of renewal! We can accomplish this by decluttering your space, planting seeds in the garden or even by settings goals for the future.

### Important April Dates:

April Fools Day—April 1st

World Autism Day—April 2nd

Pet Day– April 11th

Passover—April 12th-20th

Palm Sunday—April 13th

Good Friday—April 18th

Easter—April 20th

Earth Day—April 22nd

*Jamie Dewar*

Assistant Director of Nursing Care/ IPAC Lead

# Program for Active Living:

## *Participant of the Month*



The participant of the month is given to a resident who demonstrates dedication, enthusiasm and perseverance toward their fitness goals. This month's participant is someone who had a setback following a fall losing her ability to walk independently. She now works continuously with physio 2-3 times a week, strengthening her lower extremity and balance resulting the capability to walk at the parallel bars. Team members were astonished to see the improvement in regaining her independence.

**Please join us in applauding Christine R of Huronia as March's Participant of the Month!**



# Village Highlights



Photos were captured during our Cooking with Tami program!

# Poem of the Month

## Spring

Snow melting  
Water flowing  
People moving  
Flowers growing

New energy  
New vitality  
New curiosity  
New clarity

Bursting river  
Flowing creek  
Geese arrive  
Robins speak

Snowdrops have won their battle,  
    Against snowdrifts.  
Daffodils make their stand,  
    Against cancer.  
With the first smell of spring,  
    Comes the first signs of hope.

Life has won once more.

*Muriel B*

Resident of West Neighbourhood

# Mindful Moments

## Backyard Treasures

Backyards vary in size and inventiveness. I.e. If you wish to put up garden gnomes no one is going to stop you. Beyond backyards which are your property, we have named parks which are the public domain.

When my wife and I had a car, we would frequently visit these parks with our encompassing park pass. For \$30.00, we had unlimited access to all the provincial parks in Ontario. We would often pack a lunch and head to Awenda Provincial Park on the north shore of Penetang. The entrance of the park was lined with Trilliums (Ontario's protected flower). Going down the hills we would come to Georgian Bay which could be seen stretching into the distance. The profile of a large rock called Sleeping Giant lay ominous on the water. My list of provincial parks is long but a few I would like to mention include Earl Rowe, Springwater Park which used to be an animal sanctuary and Balsam Lake Park.

There are many more parks and conservation centres lie waiting to be discovered and explored. This is our rich heritage of the great outdoors.

*Roy B*

Resident of West Neighbourhood



# Spiritual Care Update

Hello Schlegel Family,

My name is David Kim, and I will be serving as your Spiritual Advisor. It is both a pleasure and a privilege to offer you spiritual care.

I graduated from the University of Toronto (Knox College) with two master's degrees: a Master of Divinity and a Master of Psychospiritual Studies. I am also a Presbyterian pastor and a Qualifying Psychotherapist. With my knowledge and experience, I am committed to serving you with all of my heart.

I have a lovely family—my wife, Nara, and three energetic children: Daniel (12), Yoel (10), and Lael (8). Every summer, we enjoy camping trips to embrace the beauty of the season. If you want to chat about camping, please feel free to reach out—I'd be happy to share stories! Lastly, I'm a hugger and a high-fiver! So when you see me on-site, please feel free to give me a hug or a high-five.

I'm here not only as your Spiritual Advisor but also as your friend and companion. Thank you very much for welcoming me into your community.

God bless you!

Warmly,

*David Kim*

Spiritual Advisor



# Residents' Council

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

Kathy Crump

## A Message from the President:

Here are some highlights from March's meeting:

- Council welcomed Sam, our Director of Nursing Care, to the meeting to discuss the Quality Improvement Plan for the village in 2025.
- Reviewed Resident's Council funding summary and discussed options on what to use it for. Council agreed that a catered meal for the whole village is a good route to go. Any leftover funds, council will pick a charity to donate to.
- Reviewed the tentative April calendar.
- New volunteers have started– Jorge and Nimfa.
- Please see Residents' Council Board on Main Street for more details.

*Kathy C*

Residents' Council

### **Resident's Bill of Rights:**

#### **Right to Quality of Care & Self Determination**

Right #23.

Every resident has the right to receive care & assistance towards independence based on a restorative care philosophy to maximize independence to the greatest extent possible.

**Next Meeting: Wednesday, April 23, 2025  
@ 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](mailto:colemanfamilycouncil@gmail.com)**

**Next Meeting:**  
**Wednesday, April 30<sup>th</sup>, 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 April:**



**John R ~ April 09<sup>th</sup>**

**Christine SB ~ April 13<sup>th</sup>**

**Jennie L ~ April 20<sup>th</sup>**

**Robert P ~ April 24<sup>th</sup>**

**Kathy K ~ April 26<sup>th</sup>**

**Marilyn D ~ April 30<sup>th</sup>**



**Happy April Birthday**



# National Volunteer Week

April 27–May 3

Our Villages thrive because of the relationships that bloom in all of our neighbourhoods among all Villagers – our residents, team members, community partners, and, of course, our wonderful volunteers. At the end of April, we'll make extra time to pay a special tribute to the countless people who give their time, energy and love to the people who call our Villages home.

**Volunteers Make Waves** is the theme this year, and we think of the steady, ongoing force the waves of volunteers have in the lives of our residents and team members. That impact ripples over the course of time, and for the third year in a row, Villages across the province will offer the **Barb Schlegel Volunteer Award** in memory of the kind-hearted matriarch of the Schlegel Villages family, who always gave of herself in service of others.



We look forward to sharing a snapshot of the recipients at the end of that special week and invite you to visit our website featuring our 2024 recipients; be sure to take a moment to thank all of the volunteers who make our Villages such wonderful places to live and visit.

We  our  
**volunteers**

#NVW2025





## — APRIL IS — **PARKINSON'S** **DISEASE AWARENESS** — MONTH —

Across Canada, it's estimated that more than **110,000 people** are living with Parkinson's disease.

Within our Villages, we know and have known many who always inspire us with their tenacity and perseverance in the face of the challenges the disease can present.

A key aspect that rings true is the fact that the experiences of someone living with Parkinson's are as unique as the individual; there is no single path of progression of symptoms and no certainty in predicting the pace. What is common, however, is the fact that people living with the disease and their loved ones deserve every opportunity to make the most of every moment, and we're proud to support in any way we can.

April is marked across the country as Parkinson's Awareness Month, and we urge everyone to take some time to learn more about the many ways people living with the disease and their loved ones are affected.

Sharon Hunwick, a resident living at Erin Mills Lodge who was diagnosed with Parkinson's disease at the age of 43, shared her fascinating insights on the Stories from the Green Bench podcast.

This April, we join Canadians across the country in pursuit of more knowledge and research to help slow and hopefully eliminate the progression of this disease.

For more information and resources visit Parkinson Canada at [parkinson.ca](http://parkinson.ca)

**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.

## Advance Care Planning Can Bring Peace to People Who are Dying

For many people, the thought of dying brings up feelings of fear and uncertainty, which may prevent them from finding peace as they face the end of life.

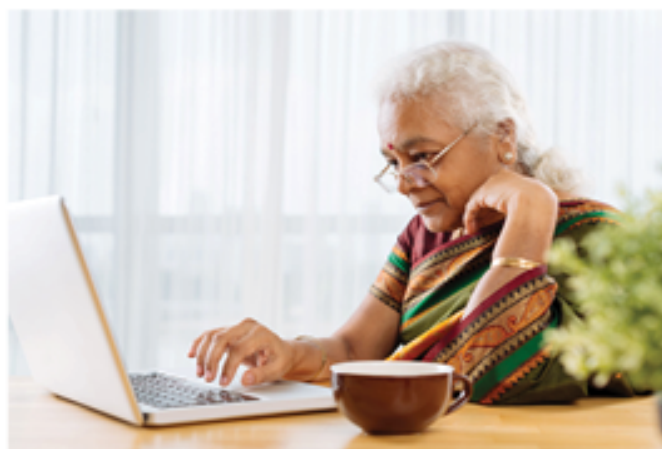
Nearly one in five older Canadians may not experience peace with dying, according to a recent data analysis of the Canadian Longitudinal Study on Aging at McMaster University. The analysis, published earlier this year, highlights the importance of end-of-life care and suggests advance care planning may help people feel more at peace before they die.

As people go through their end-of-life journey, their health and symptoms will change, and it is the responsibility of their healthcare team, family, friends, and care partners to ensure their end-of-life wishes are understood and honoured.

Heather Keller, Schlegel Research Chair in Nutrition and Aging, and her colleagues Dr. Allan Garland and Dr. George Heckman share important and helpful advice to empower you to make informed healthcare decisions ensuring your voice is heard and respected.

### What is Advance Care Planning?

Advance care planning is about documenting your wishes and instructions for your present and future health should you be unable to speak for yourself. We understand these conversations can be difficult, but with



the right information and support, advance care planning can help you find peace at the end of your life. Below are some tips to help you make informed healthcare decisions.

### Choose a substitute decision-maker

A substitute decision maker is a person or persons who will inform the care team about your wishes if you are unable to do so yourself. The substitute decision-maker must understand and represent your wishes for medical care and be able to provide consent for treatments.

### Speak to your healthcare team and ask questions

Here are a few questions you may want to ask your healthcare provider:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- What will happen if I decide not to have the treatment and/or procedure?

For additional resources about Advance Care Planning, visit [the-ria.ca/resources/babel/](https://the-ria.ca/resources/babel/).





# 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](mailto:retirement@earandhearingclinic.com)**

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

# Searching for April

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

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



APRIL FOOLS' DAY

ARBOR DAY

ARIES

BASEBALL

DAISY

DIAMOND

EARTH DAY

EASTER

KITE

PASSOVER

RAINBOWS

SHOWERS

SPRING

SPROUT

TAURUS

TAXES

THAW

TULIPS

# 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**

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<b>Volunteer &amp; Student Services Coordinator</b>	<b>Hayley Goodchild/ Tabatha Newman</b>	<b>Ext. 111</b> <b>Coleman.Volunteers@SchlegelVillages.com</b>
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