

Coleman NEWS

July 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..."



JULY



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>

Resident are provided monthly
Calendars & Newsletters by the
Recreation Team.

From the Village Office...

Welcome, July!

Summer has officially arrived, bringing with it sunshine, warm breezes, and plenty of reasons to smile. July is a wonderful time to slow down and enjoy the simple pleasures—like sitting in the garden, sharing stories with friends, or savoring a refreshment on a sunny afternoon on our back patio.

Let this month be a gentle reminder that every season of life holds beauty, and every day brings a new opportunity for joy. Whether you spend your time catching up with friends, enjoying nature, or simply savoring a moment of peace, know that you are valued, appreciated, and a treasured part of this home.

Here's to sunny days, good company, and a July filled with warmth and joy!

Michelle Uprichard

General Manager

Signs and symptoms of heat illness



Heat exhaustion

If you or someone you are with experience any of these symptoms, immediately move to a cool place and drink fluids; water is best. Alert a registered team member as soon as possible.



Skin rash



Muscle cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination

Heat stroke



High body temperature



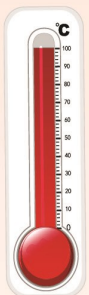
Confusion and lack of coordination



Dizziness or fainting



No sweating, but very hot, red skin



Heat stroke is a medical emergency – immediately report to a registered team member or call 911 if away from the Village. While waiting for help-cool the person right away by:

- Moving them to a cool place, if you can;
- Remove excess clothing (layers);
- Applying cold water to large areas of the skin; and
- Fanning the person as much as possible.



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 grown to love exercise and exercise classes. This resident has very much committed to changing his views on exercise; completing his strengthening exercises 2 – 3 times a week with improvements in both UE + LE weight progressions of 2lbs (UE) and 3lbs (LE).



Please join us in applauding Richard B. of Simcoe as June's participant of the Month!"

Sinithia Gnanachchenthana
PAL Coordinator

Village Highlights



Sneak Peaks of the
#ElderWisdom
Events in June.

Village Highlights



Our Garden Gala VAT event where team members and residents partnered up to create their own fairy gardens.

Poem of the Month

Nature's Power

We sat on the Patio,
With the plants and the flowers,
The sun on our face,
Proof of Nature's power.

Next we sat in the shade,
To protect our skin.
Yes, we did not have sunscreen on,
Fool Hardy, but not a sin.

The only wildlife,
Was a moth and some birds.
No snakes at all,
Of that, I am pleased beyond words.

I'm looking forward to going out again.
Nature is not your enemy,
It is your friend.

Muriel B

Resident of West Neighbourhood

Mindful Moments

Schillers ode to joy in a poem put to music in a chorus in his ninth sympathy. One of the sentiments were alle menschen werden bruder, which translates to all men will be brothers.

The famous four composers are:

Bach

Brahms

Beethoven

Mozart

These giants of composition are readily recognized for a lot of their compositions and people are sometimes committed to memorizing their works, like myself.

One can marvel at the children who are geniuses at their trade. Such children play piano, violin and other instruments and sometimes play Carnegie Hall, led by their proud tiger moms.

Roy B

Resident of Kempenfelt

Spiritual Care Updates

Upcoming Spiritual Care Programs:

Every Wednesday at **10:00am** we have a Service held in
Patioview Dining Room.

July 2nd— Memorial Service

July 9th—United Church Service

July 16th—Non– Denomination Church Service

July 23rd—Lutheran Church Service

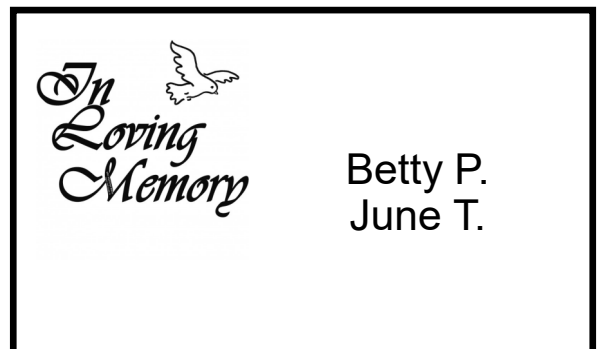
July 30th—Non– Denomination Church Service

July 16th @ 1:15pm Catholic Communion: Family Room.

Sound Rejuvenation every other Tuesday

—Crystal bowls used to deepen mediation and promote relaxation.

Jehovah's Witness Bible Study every other Tuesday.



Residents' Council

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

Council President: Kathy C. Assistant Secretary: Brenda B

May Residents' Council Minutes Key Points

- Kathy reviewed the Residents' Council Funding Summary with a disclaimer from Hayley that the Casa Mia catered lunch will be reflected on next month's Funding Summary.
- The tentative July calendar was reviewed. Dates and times for the following programs were reviewed. Residents were reminded that they are able to bring any ideas to the Recreation Team at any point.
- Michelle (GM) came in to discuss the Quality Improvement Plan (QIP)
- Kathy reviewed Resident Right #9.
- The back patio has had a make over. There are more flowers and a plant tower! This being said, we are going to try our best to move programs outdoors, weather permitting.

Please see full minutes on Residents' Council Board, located in Main Street.

Kathy C

Residents' Council

Resident's Bill of Rights:

Right to an Optimal Quality of Life

Right #14- Every resident has the right to exercise the rights of a citizen.

**Next Meeting: Wednesday, July 23rd, 2025
@ 1:30 in the Fireside Dining Room**

Family Council



Family
Councils
Ontario

Are you interested in joining Family Council?

What is a Family Council?

Family Council is an organized, self-led group of family and friends of residents who live here at the village who meet and focus on improving the quality of life for all residents living at the village.

Family Council is also a forum that provides support and encouragement to each other. Sharing thoughts and feelings with others who are in similar situations can provide comfort and belonging.

If you would like to attend a meeting,
or have any questions please send an email to:

colemanfamilycouncil@gmail.com

Next Meeting:

Wednesday, July 30th, 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 June:**

Marlene P~ July 2

Albina M ~ July 9

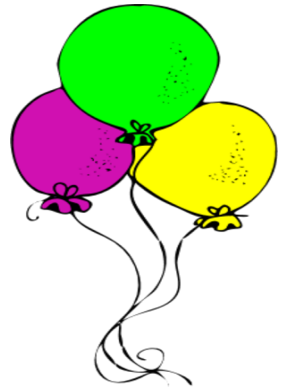
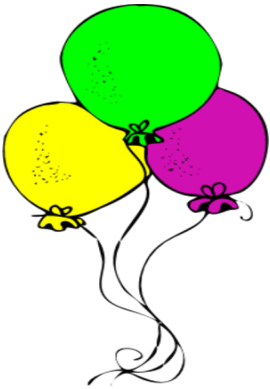
Val B ~ July 15

Mary M ~ July 17

Suzy D ~ July 18

Georgeanne A~ July 19

Janet R ~ July 19



Welcome

Mary M.

Schlegel Villages – CONNECTIONS



Schlegel family's pride in **CANADA**

"The beauty and vastness of the country and its countless different landscapes is a great point of pride," says Brad Schlegel, reflecting on the celebration of Canada Day this year. "Mirroring that it is the beauty of our people, with our multitude of cultures, and the bounty of their generosity and kindness."

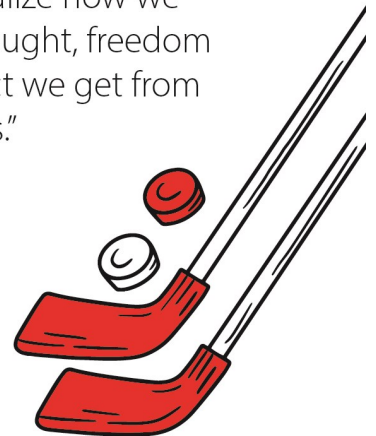
This year has been one of great reflection for many Canadians, for there have been new challenges borne out of changing perspectives among our global neighbours. There has been a rise in Canadian patriotism as a result, and across our Villages we see it in full force as our residents and team members celebrate the ties that bind us together across our nation on July 1.

As Jamie Schlegel considers this, he echoes much of what his brother says, with an added flare for a stalwart Canadian Passion. "I'm proud of the vast and rugged natural beauty of our land," Jamie says, "the humility and kindness of our people and the fact we dominate the game that really counts – hockey!"

For their father, Ron, who founded Schlegel Villages and in doing so, furthered his father's passion for community building, Canada finds its strength in its diversity. He notes he was born in a tiny Hamlet west of Kitchener, Punkeydoodles Corners, and as a boy moved to the village of Ailsa Craig. Influences came from Germany and Scotland respectively in these areas, and these blend together to make Canada strong. "In my opinion, Canada is the best country in the world," Ron says, reflecting on the diversity of language and geography that helps define the nation.

His oldest son, Rob, while travelling in Europe, expands on that reflection. "I am proud to be Canadian as we travel around the world and realize how we enjoy our freedom of thought, freedom of speech and the respect we get from people in other countries."

Happy
Canada
Day!



Schlegel Villages – CONNECTIONS



Throughout Senior's Month in June, we saw many great events to celebrate **#Elderwisdom** across the province, and we thank everyone who participated and helped remind our communities how much our oldest generations have to teach us. We are looking forward to the month of July as our Wisdom of the Elder signature program continues with our **Pursuit of Passions** tradition.

In years past, Villages have showcased the artistic talents of residents through art shows, large and small, but we've also found that a celebration of cuisine and the culinary passions of residents is always well received.

Throughout July, we know there are many events planned; some Villages are hosting cook-offs to showcase favourite recipes

where fellow residents and team members will have opportunities to vote on their favourites. In others, space is being created for residents and team members to cook together and break bread in the neighbourhoods with their neighbours.

Throughout the **"Timeless Recipes, Endless Stories"** events, the memories shared and the explanation of the meaning behind the recipes will be the greatest points of pride.

No matter how your Village and neighbourhood is focusing on the passion we all share for good food and company, we hope everyone can take a bit of time to share some of their culture and personal history through conversations about the foods we love.

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!

ALWAYS 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.

Boosting Brain Health: Small Habits, Big Impact

Brain Health Day (July 22) is a reminder that how we care for our brains today can shape how we live tomorrow.

Our brains change over time, but the choices we make every day can help keep them strong.

How we live, move, eat and connect with others can shape our brain health. Even small lifestyle changes can help support memory, thinking skills and overall brain function.

The Brain-Body Connection

Our brains and bodies are deeply connected. Lifestyle behaviours such as regular physical activity and a balanced diet not only support general health, they also have a positive effect on memory and thinking abilities.

What can you do?

- Take a brisk walk most days of the week
- Eat more vegetables, fish, and whole grains
- Limit processed foods and added sugars
- Stay hydrated

Exercise Your Mind, Too

Keeping the brain active is just as important as staying physically active. There's growing evidence that challenging your brain helps keep your thinking sharp.



Try these brain-boosting activities:

- Do a daily crossword or Sudoku puzzle
- Play matching games
- Use both hands equally for tasks like brushing your teeth or making breakfast
- Try a new form of movement like yoga, tai chi, or dancing – bonus if it involves remembering sequences
- Memorize short lists of items in your home, then test yourself after a short break
- Read aloud to yourself or others
- Use a journal to track emotions and memory progress
- Socialize regularly – join a game night, walking group, or volunteer activity

Take One Small Step Today

Whether it's going for a walk, trying a crossword puzzle, or adding more leafy greens to your plate, each step matters. The RIA offers tools, resources, and research-based programs to help older adults live their best lives—and that includes supporting better brain health.

Want more? Check out the Memory Workout By Us For Us Guide (the-ria.ca/bufu).



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.

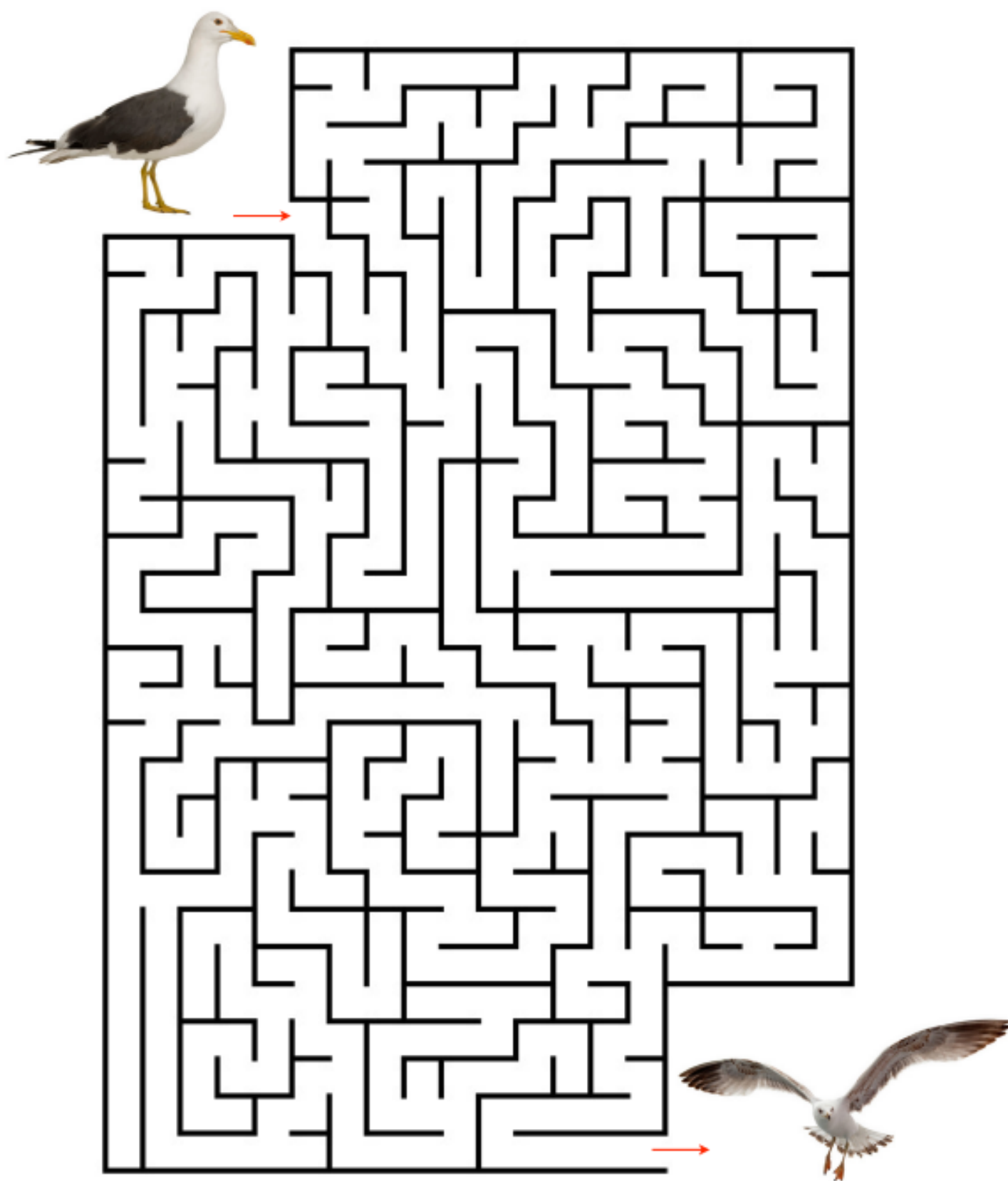
For more information or to book an **appointment please call**

1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com

A-Mazing Seagull



Coleman Care Contacts

For questions, concerns or compliments, see below for contact information:

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Barrie, ON
L4N 9X8

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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	Coleman.Volunteers@SchlegelVillages.com
PAL Coordinator	Sinthia Gnanachchenthana	Ext. 118 sinthia.gnanachchenthana@schlegelvillages.com
Spiritual Advisor	David Kim	coleman.spiritualadvisor@schlegelvillages.com
East Neighbourhood Nursing Station		Ext. 106
West Neighbourhood Nursing Station		Ext. 110