

Coleman NEWS

August 2025

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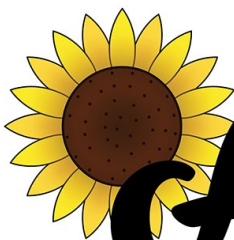


COLEMAN
Care Centre

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..."



August

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

**All Residents are provided a copy of the
Monthly Calendars, they are also
posted in your Neighbourhood!**

**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...

August is seen as the Month of Giving Back

As summer begins to wind down, August offers a unique opportunity to reflect, reconnect, and give back. Often seen as a transitional month—nestled between the vibrancy of July and the return to routine in September—August invites us to pause and consider how we can make a meaningful impact in our communities. With longer days and warmer weather lingering, August is ideal for outdoor events, community clean-ups, and charity drives. August is the perfect time to volunteer, donate and give back.

Support Local Causes: Whether it's donating to a food bank or helping at a community garden, small acts of kindness go a long way.

Random Acts of Kindness: Pay for someone's coffee, write a thank-you note, or simply lend a listening ear.

Volunteer Your Time: Many nonprofits need extra hands during the summer. Even a few hours can make a big difference.

The Ripple Effect

Giving back doesn't just benefit others—it enriches our own lives. It fosters connection, builds empathy, and strengthens the fabric of our communities. August reminds us that generosity isn't seasonal—it's a mindset we can carry throughout the year.

So, as the sun sets on summer, let August be a time of purpose. A time to give, grow, and glow—together.

Alyson Black

Assistant Director of Nursing Care/RAI

Stay hydrated!



FACTS



With the weather finally getting warmer, proper hydration is of increased importance for everyone but especially our residents



Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration



Evidence tells us that our residents need to drink at least 6-8 cups or 1500-2000 ml of water per day



Water in beverages (e.g. milk, coffee or tea) and foods counts!

TIPS



Drink water throughout the day



Eat foods with high water content such as fruit and vegetables



Drink together – when you consume water with others you are likely to drink more



Remind others to drink water regularly



Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking



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 was inspired by a co-resident to exercise to better her overall health. This resident took the initiative to approach the physio team and stated her goals to ambulate and manage her pain through ROM. Physio and KIN collaborated working together to help achieve our resident's goals. In doing so, resident was able to manage her UE/LE pain and walk independently short distances.

**Please join us in applauding
Francesca of Huronia as July's
Participant of the Month!**

Sinithia Gnanachenthana
PAL Coordinator

Village Highlights



Barrie Thunder
Classic Poker Run
made a stop at our
village!



Village Highlights



Ground Breaking Event
for our new build
Innis Landing!

Poem of the Month

Disasters

Disasters happen all the time,
They come in many a shape or size.
Some are personal,
Like not winning a prize.

Losing your home,
From a fire, or tornado.
Losing a loved one,
Its too soon for them to go.

Not having enough to eat,
Fruits and vegetables become a treat.
Being parted from the one you love,
Together again seems like heaven above.

Vehicle crashes,
Are never fun.
Some people can't walk,
let alone run.

If disaster hits,
It takes time to recover.
After winter and spring,
There is always summer.

Muriel B

Resident of West Neighbourhood

Mindful Moments

Physical Fitness

To those legions of couch potatoes, there is a way out. The gym or organized programs, or regimens of exercise, can work wonders for those who have increasing thighs. First of all, check with your doctor to assess your gym readiness. It might be pointed out, that for every pound of muscle added, there will be 50 extra calories burned each day. In other words, 10lbs of muscles will burn 500 calories a day for simply doing nothing. Another fact is that the density of muscle is a volume of 5x less than fat. The beautiful thing, is that every trip to the gym will increase your strength, provided the exercise is performed properly. The interesting fact is that with becoming stronger, exercising becomes easier. For the increased benefits, the list is long. One thing to be pointed out is this is an activity results of which are totally self directed; which means the greater the effort, the greater the gain.

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.

August 6th— Non-Denomination Church Service

August 13th—Non-Denominational Church Service

August 20th—Catholic Church Service

August 27th—Lutheran Church Service

July 30th—Non– Denomination Church Service

August 13th @ 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.

*In
Loving
Memory*



Bruce Pinkney

Residents' Council

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

Council President: Kathy C. Assistant Secretary: Brenda B

July Residents' Council Minutes Key Points

- Funding Summary reviewed– substantial amount of funds left over from the Casa Mia meal.
- Tentative August programs calendar was reviewed and council was asked for their input.
- Discussed the process of outings– giving everyone the fair chance to attend outings as we are limited in seats on the bus we book.
- Coleman's Quality Improvement Plan for this year was reviewed, along with a summary of the 2024-2025 QIP.
- Reviewed Resident Right #1: Respect & Dignity and #2: Life-style & Choices.

Please see full minutes posted on the Residents' Council board in Main Street or request a copy from a team member.

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, August 20th, 2025
@ 1:30 in the Fireside Dining Room**

Family Council



Family
Councils
Ontario

Family Council is Recruiting **New Members to Join!!**

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:

Hayley.Goodchild@schlegelvillages.com

Village Celebrations

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

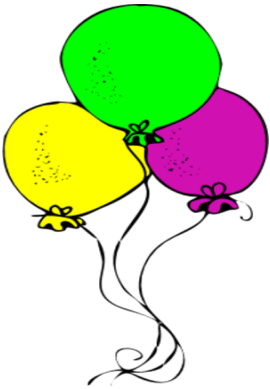
Maria A ~ August 4

Andy S ~ August 7

Irene W ~ August 9

Carolyn O ~ August 13

Lorna F ~ August 24



Nicole F-C.

Reginald H.

Shannon M.

Schlegel Villages – **CONNECTIONS**



**WILFRED
SCHLEGEL**

Monday, August 4

Day

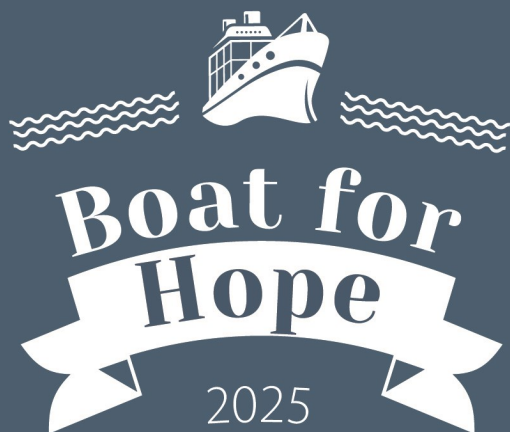
The **Civic Holiday in Canada** on the first Monday of August is intended to be more than just a welcome summer long weekend. Its purpose is to encourage a spirit of community and to inspire Canadians to reflect on how they can contribute to the well-being of those around them. This makes it a meaningful occasion for Schlegel Villages to celebrate Wilfred Schlegel Day—a tribute to the man whose values continue to shape the organization.

In 1953, Wilfred purchased the Schlegel family's first home dedicated to supporting older adults, setting in motion a legacy of care. His example inspired his son Ron and grandsons Rob, Brad, and Jamie to carry that commitment forward, strengthening their dedication to community through Schlegel Villages and their wider work in business and philanthropy.

This year as the Civic Holiday approaches, we encourage Villages take a moment to reflect on the many ways we see residents and team members supporting others and giving back to their community. There are knitting circles that continually use their skills to create warm booties and hats for newborns at local hospitals; we've seen residents raise funds for local shelters, food banks, and supportive housing organizations; others volunteer their time to support neighbours within the Village.

It is a beautiful gift we offer when we give of ourselves for the betterment of our community, and we're grateful for the many ways our Schlegel Villages family does this throughout the year.

Schlegel Villages – CONNECTIONS



As the July sun shone over a hazy Toronto skyline, residents and team members from several Schlegel Villages set sail for the annual Boat 4 Hope fundraiser in support of the **Wilfred Schlegel Hope Fund**.

Led by the team at The Village of Riverside Glen, the event has raised over \$120,000 since launching in 2019. It's more than just a day on the water—it's a celebration of community spirit and a reminder of the impact of collective generosity in times of crisis.

May Lui, representing presenting sponsor SGP Group Purchasing, spoke about the deep sense of connection this cause inspires. She was especially moved by the story of Tami Gunn, a team member from Coleman Care Centre who received support last fall after an explosion destroyed her home and injured her partner.

"There are not many programs that support employees like this during emergencies," May said. "It's quite special—and to be part of it, we feel like family."



Created in 2018, the Hope Fund is supported through voluntary payroll donations matched by the Schlegel family. **To date, it has provided more than \$1.3 million in aid to over 400 team members facing unexpected hardships**—thanks to the generosity of team members, residents, families, and community partners who continue to support events like Boat 4 Hope.

WILFRED SCHLEGEL
Hope Fund

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.

Sip Smart: Tips to Stay Hydrated

As we age, drinking enough fluids becomes increasingly important yet more difficult. Some people only drink water when they feel thirsty, but staying hydrated is essential for helping us digest food, control our body temperature, heal wounds, improve sleep quality, mood, and energy levels, and more.

Not drinking enough water can leave us feeling weak, tired, dizzy, constipated, confused, and even cranky.

Did you know that dehydration is estimated to affect half of long-term care (LTC) residents, as many do not consume the recommended 6 to 8 cups of fluid daily. This can happen for several reasons, such as limited access to fluids, ignoring dry mouth or other thirst signals, difficulty drinking due to challenges swallowing or holding a cup, and even drinking less to avoid going to the washroom.

Tips to stay hydrated

Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA), shares some ways you can avoid dehydration and sip smarter:



Make it a habit. Try drinking water:

- When you wake up
- After brushing your teeth
- During and after activities
- With medications
- Between meals and snacks
- With friends!
- Choose beverages that you enjoy
- Eat foods with high fluid content, such as cucumbers, berries, tomatoes, and soups
- Carry a reusable water bottle or your favourite cup to drink from on the go
- Plan for washroom access

To learn more about Heather's research on improving hydration among residents, visit the-ria.ca/resources/promote-hydration.



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 August

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

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



BEACH	GLADIOLUS	POPSICLES
BOATING	GOLF	SUNBLOCK
FAIRS	LEMONADE	SUNSHINE
FAMILY	LEO	SWIMMING
FIREFLIES	PEACHES	TRIPS
GARAGE SALE	PERIDOT	VIRGO

Coleman Care Contacts

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

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140 Cundles Road West
Barrie, ON, L4N 9X8

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