

Coleman NEWS

September 2025

Inside:

From the Village Office...	2
Heat Related Illness Poster	3
Program for Active Living	4
Village Highlights	5
Village Highlights	6
Poem of the Month	7
Mindful Moments	8
Spiritual Care Update	9
Residents' Council	10
Family Council	11
Village Celebrations	12
Schlegel Villages Connections	13
Alternate Dining Menu	14
Research Matters Poster	15
Ear & Hearing Clinic Poster	16
Word Search	17
Coleman Care Contacts	18



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..."

September

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

All residents are provided a personal copy of the Monthly Calendars, and 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>

From the Village Office...

Hello There:

The summer has been beautifully warm and now it's time for cool fall evenings filled with magnificent colors, reds , yellows and oranges.

My favorite color of fall is the magnificent color of the BLUE Sapphire . The birthstone of September.

Its also a great time to refresh your wardrobe from shorts and T's to warmer sweater and pants.

Did you know? There are two birthstones for September - Sapphire and Lapis Lazuli. The official birthstone for September is blue **Sapphire** and thus the September birthstone color is **deep blue**. The alternative birthstone for September is **Lapis Lazuli**, which also occurs in a deep royal blue color.

Blue Sapphire is one of the Zodiac birthstones for Virgo (Aug 23 - Sep 23) and Lapis Lazuli is one of the birthstones for Libra (Sep 24 - Oct 23).

BLUE SAPPHIRE GEM

LAPIS LAZULI



Tabatha Newman
Neighbourhood Coordinator

September can be hot

Keep cool and have fun!

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

INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

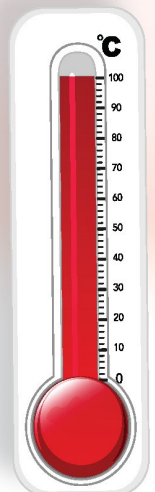
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER



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 changed her perspectives towards exercise positively and gave it a chance.

She embarked on a journey to maintain her health and wellbeing and participated in exercise 1 – 2 times a week with KIN. She has been completing Strengthening and Mobility exercises with gradual progression to intensity.

Please join us in applauding Heather of Simcoe as August's Participant of the Month!

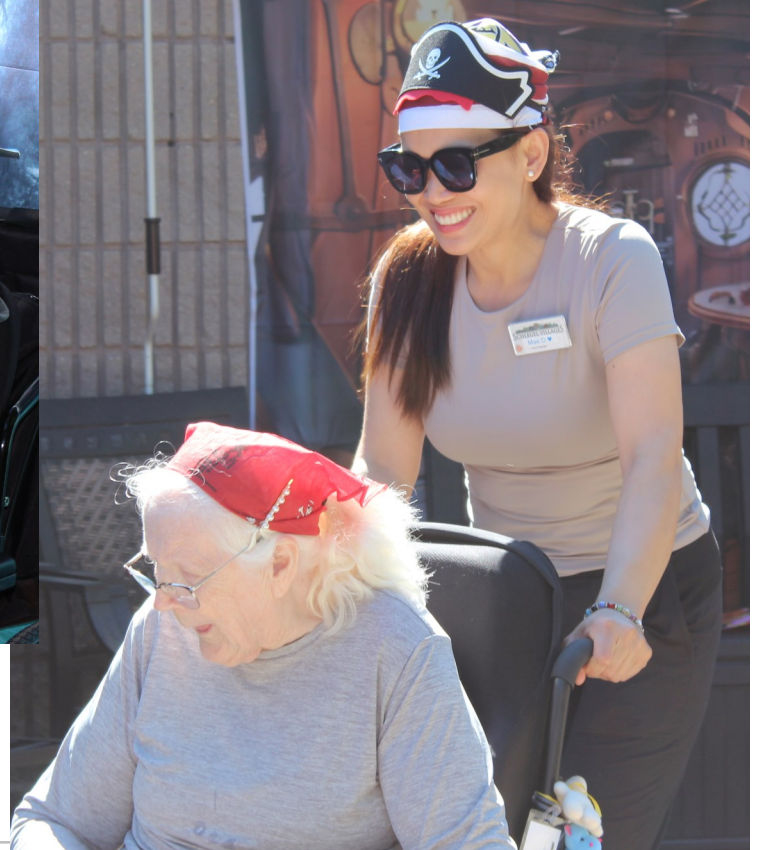
Sinthia Gnanachchenthana
PAL Coordinator

Village Highlights



Snapshots of
Coleman's Pirate
Party spearheaded
by our VAT Team

Village Highlights



Snapshots of Coleman's Pirate Party
spearheaded by our VAT Team

Poem of the Month

Childhood

People who talk about,
The care free days of childhood.
Have forgotten the truth,
There was worry along with the good.

Will anyone like me?
Will I fail at school?
Will there be a bully?
Will someone be cruel?

How long will it take,
Before I am rich?
Will I drive a car,
Right into a ditch?

Everyone worries,
About something common you see.
If you write it down,
You'll be a writer like me.

Muriel B

Resident of West Neighbourhood

Mindful Moments

Pets R Us

Since the dawn of civilization, pets have been with us. For example, wolves around the campfire. All breeds of dogs are originated from the wolf. This is a symbiotic relationship in which wolves helped in the hunt, and enjoyed the scraps of meat around the campfire. Since these early times, an explosion has taken place in where cats and dogs have run to the forefront and the great many pets have been taken care of by humans. Example, hamsters are cared for, the hamster will produce seeds from its pouch and washes up, and have the meal and then sleep for about 20 hours, and then come out and run in its wheel practically the whole night. So, if you have the old style hamster wheel, you will hear the squeaking beside your ear all night. Small lizards like chameleons, are more properly called anoles. They change colour from green to brown, which is actually them changing to their environment. Whatever the case, pets can be cared for, which is an exercise in patience for young people. Pets give an example to the early skills necessary for the more complicated task of child rearing. The pet industry in general, infuses literally billions and billions of dollars in the economy as people wish to take care of their pets in a royal way.

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.

September 3rd — Lutheran Church Service

September 10th — United Church Service

September 17th — Anglican Church Service

September 24th — Non-Denomination Church Service

September 24th @ 1:15pm Catholic Communion: Family Room.

September 5th— Sound Rejuvenation

September 9th— Bible Study with David

September 16th— Sound Rejuvenation

September 23rd— Jehovah's Witness Bible Study

September 30th— Sound Rejuvenation

Residents' Council

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

Council President: Kathy C. Assistant Secretary: Brenda B

August Residents' Council Minutes Key Points

- Council approved team member Caleb to be the new Residents' Council Assistant.
- The tentative September calendar was reviewed with the council.
- Kathy reviewed the Visitor Policy. No questions, concerns, or comments were had by the council
- Residents' Council Funding Summary reviewed, steady increase.
- Resident response forms were reviewed.

Please see minutes posted 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, September 17th, 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:**

Marjorie S— Sept. 8

Linda M— Sept. 9

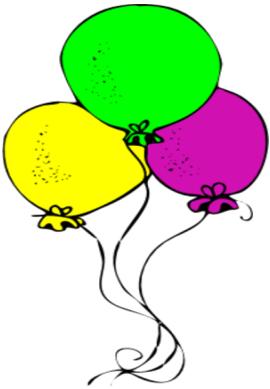
Joan S—Sept. 13

Bert R— Sept. 14

Ellie P— Sept. 17

Ross F— Sept. 20

Pam B— Sept. 28



Welcome

Nicole F-C.

Reginald H.

Shannon M.

National Day for Truth and Reconciliation

At the age of six, Phyllis's grandmother gave her a bright orange shirt for her first day of school. When she arrived at residential school, it was taken away – along with her other clothes – and never returned. For Phyllis, the colour orange came to symbolize the profound loss, disregard, and pain experienced by children in the residential school system.

This day calls us to remember the countless First Nations, Inuit and Métis children taken from their families, and to acknowledge the lasting harm caused by colonial policies that suppressed and attempted to erase entire cultures.

On **September 30**, we join Canadians in honouring the National Day for Truth and Reconciliation and **Orange Shirt Day**, inspired by the story of Phyllis Jack Webstad.

At Schlegel Villages, our doors remain open as residents and team members come together in the spirit of learning, reflection, and conversation. Honouring diversity is one of our core values, and we believe that understanding the truth is essential to building an equitable future for all. We stand together and we remember that **Every Child Matters**.

Consider wearing an orange shirt on September 30, and understand the meaning behind it. You can purchase an official shirt through **[orangeshirtday.org](https://www.orangeshirtday.org)** to ensure a portion of the proceeds go to the Orange Shirt Society and other Indigenous-supporting organizations.

Schlegel Villages'

FOOD DRIVE

September is Hunger Action Month.

To show our support, we will be collecting donations for local food banks across Ontario!

Please speak with one of your recreation team members in your Village to learn how you can get involved!

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.

The Power of Creativity: How the Arts Can Support Healthy Aging

As we age, staying active — mentally, emotionally, and physically — becomes more important. One powerful way to support well-being across all of these areas is through the arts.

Why arts matter for aging well

According to Kate Dupuis, Schlegel Innovation Leader in Arts and Aging, the benefits of creative activities are wide-ranging:

“Studies have shown that participating in arts-based activities helps older adults in many different domains of well-being — physical, mental, emotional, social and spiritual,” said Dupuis. “You don’t have to be an artist to see these benefits. Simply watching a dance performance or listening to your favourite song can be just as powerful.”

During times of isolation, like COVID-19 outbreaks, the arts also serves as a lifeline, offering meaningful opportunities for connection.

Creativity comes in many forms

When people think of the arts, they often picture painting, dancing, or singing — but creativity takes many forms. Activities like baking, sewing, quilting, gardening, or even restoring an antique car can be just as impactful.



“We’ve seen people surprise themselves by trying something new,” said Dupuis. “Letting go of the idea of not being creative opens the door to joy, enrichment, and self-expression at any age.”

Some initiatives even bring generations together, such as programs where children and their parents join older adults in long-term care for music and movement activities, like Dupuis’ Intergenerational Jamboree program.

“When we think about aging, creativity and self-expression are so important for health and well-being, including brain health,” said Dupuis. “As the field of aging moves away from focusing solely on a medicalized model to a more holistic one, creativity demonstrates its power to connect, inspire, and support well-being.”

Whether it’s reading, painting, singing, dancing, gardening, or simply appreciating a performance, creativity can spark joy and connection at every age.

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

Hot Waffles

The words listed below can be found vertically and horizontally.



BELGIAN
BREAKFAST
BUTTER
FLUFFY
FORK



IRON
KNIFE
STICKY
SYRUP
TOPPINGS

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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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
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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