

# Coleman NEWS

October 2025

## Inside:

|                               |    |
|-------------------------------|----|
| From the Village Office...    | 2  |
| Program for Active Living     | 3  |
| Village Highlights            | 4  |
| Village Highlights            | 5  |
| Poem of the Month             | 6  |
| Mindful Moments               | 7  |
| Spiritual Care Update         | 8  |
| Residents' Council            | 9  |
| Family Council                | 10 |
| Village Celebrations          | 11 |
| Schlegel Villages Connections | 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..."*



All residents are provided a personal copy of the Monthly Calendars, and are also posted in your Neighbourhood!

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...

## **October in Canada:**

### **Autumn Comforts and Moments of Gratitude**

October is a special time in Canada; a month filled with the beauty of changing leaves, cooler air, and the cozy comforts of fall. Here at our home, we welcome the season with open arms and warm hearts.

This month brings Thanksgiving, a time to reflect on the things we're grateful for: the laughter of friends, the support of caregivers, and the joy of shared moments. It's also a wonderful season to enjoy classic autumn treats, craft activities, and the colourful views from our windows.

As the days grow shorter, we'll be lighting up the month with festive decorations, pumpkin-themed fun, and a touch of Halloween magic. Whether it's a warm cup of apple cider or a cozy chat with a neighbour, October is all about slowing down and enjoying the simple pleasures of the season.

Happy October to all!

**Victoria Knight**  
Director of Food Services

# 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 remains highly motivated and demonstrates consistent determination to improve functional outcomes. Presenting left-sided muscular atrophy involving both upper and lower extremities;

She is currently engaged in physiotherapy focused on strengthening and balance training, as well as a kinesiology-led walking program. In doing so, she has shown measurable improvements in muscular endurance and strength, which have positively impacted her ability to perform fine motor tasks and activities of daily living (ADLs) with increased efficiency and independence.

**Please join us in applauding Mary M. of Huronia as September's participant of the Month!**

*Sinithia Gnanachchenthana*  
PAL Coordinator

# Village Highlights



Snap Shots from  
our celebration  
on Grandparent's  
Day!



# Village Highlights



Snapshots of our Camp Day Social  
with guests from our Homeschooling  
Community!

# Poem of the Month

## Paths to Joy

Eating a cookie,  
Playing hookie.

Learning to dance,  
Envisioning France.

A castle of your own,  
Being world-know.

Clothes that you enjoy,  
Kids with lots of toys.

Equality for everyone,  
Do work; then have fun.

Time alone; then time with friends,  
A love story that doesn't end.

*Muriel B*

Resident of West Neighbourhood

# Mindful Moments

## Edifying Edificis

### Tallest Buildings in the World:

Firstly, the CN tower is not a building but a free standing structure standing at 815ft high. A similar free standing structure in Russia is over 2200ft high, however, this structure is held together with guide wires. I had the good fortune to see the rapid rise of the CN tower each day in my commute to work in downtown Toronto. To cap it off, if you will pardon the pun, I parked in the adjacent parking lot to see the large blocks of steel put in place piece by piece by the powerful sikorwisky sky crane, a very powerful helicopter. An early rivalry in Manhattan New York was the building of the Chrysler building, making it the temporary tallest building in the world. This distinction did not last long, with the building of the Empire State building at 102 stories. It might be added that the very many movies made in New York can be easy identified as such, by an aerial shot of the aforementioned buildings. One of the tallest buildings in the world is in the country Dubai. If you are a Tom Cruise fan, he hung from the windows of this building in one of the Mission Impossible movies. The list of the tallest building was recently released, and the tallest building was 2750ft tall, a mere 900ft taller than the CN Tower. The competition of sky scraper is now world wide, not just in Manhattan New York. In Koalalampure, two towers, at 750ft is which were the two towers are connected by a bridge.

*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.

October 1st — Lutheran Church Service

October 8th — United Church Service

October 15th — Catholic Church Service

October 22nd — Memorial Service

October 29th — Anglican Church Service

October 8th & 22nd @ 1:15pm Catholic Communion: Family Room.

Tuesday, September 7th @ 10:30am—Jehovah's Witness Bible Study

Tuesday, September 14th @ 10:00am—Sound Rejuvenation

Tuesday, September 21st @ 10:30am—Jehovah's Witness Bible Study

Tuesday, September 28th @ 10:00am—Sound Rejuvenation

# Residents' Council

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

Council President: Kathy C. Assistant Secretary: Brenda B

## September Residents' Council Minutes Key Points

- Council approved team member Jamie D. to join council meeting to discuss upcoming Flu Shots in October.
- The tentative October calendar was reviewed with the council.
- Residents' Council Funding Summary reviewed, steady increase.
- Resident response forms were reviewed.
- Kathy reviewed Bill of rights #4 freedom from abuse & #5 freedom from neglect.

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, October 15th , 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.

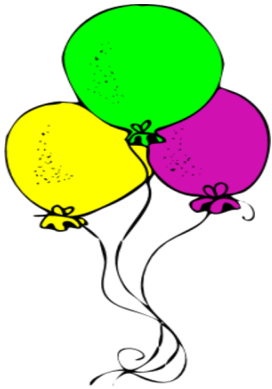
Family Council is also a forum that provides support and encouragement to each other. Sharing thoughts and feelings with others who are in similar situations can provide comfort and belonging.

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

**[Hayley.Goodchild@schlegelvillages.com](mailto:Hayley.Goodchild@schlegelvillages.com)**

# Village Celebrations

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



**Sandy P. ~ Oct. 8**  
**Muriel B. ~ Oct. 9**  
**Marilyn T. ~ Oct. 16**  
**Milton P. ~ Oct. 19**  
**Joey B. ~ Oct. 20**  
**Helen L. ~ Oct. 28**



**Murray P.**



## there's always SOMETHING TO BE *thankful* FOR

As we move into October, we are filled with the spirit of gratitude that naturally emerges as the leaves turn colour and the autumn days grow cooler. At Schlegel Villages, we always have so much to be thankful for, and 2025 is no exception.

Day-to-day life in our Villages is filled with countless moments where team members and residents connect in meaningful ways. Each is worthy of gratitude, though they often pass without a second thought – this is simply Village life unfolding.

There are also moments and events that shine a brighter spotlight on the mission that drives us forward. These require planning, effort, commitment and dedication from residents, team members, volunteers, families and friends.

Our celebrations of the **Wisdom of the Elder Signature Program** this year were shining examples.

**Continued on page 2.**

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# Schlegel Villages – CONNECTIONS

In 2025, we marked the **10th Anniversary of our Green Bench #ElderWisdom campaign** with events in every city where our Villages are found. Hundreds of people had the opportunity to sit upon the Green Bench and be reminded of all that our Elders have to offer.

Beyond our own communities, the bench travelled to Elmira, to our nation's capital, to the edge of Canada on the coast of Newfoundland, and even overseas to England. With a documentary crew capturing each adventure, we look forward to sharing the final product with all of our Village communities.

As we look toward Thanksgiving this October, we are grateful for everyone who helps bring our passion for the Wisdom of the Elder to life. We know how much our oldest generations have to offer, and through our collective efforts, we are proud to share this wisdom with the world.

**WISDOM** *of the*  
**ELDER**



Doug Robinson and Bob Harrison in Brighton Beach, England.



Tom Farr visiting his childhood home in Elmira, Ontario.

**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.

## Healthy Aging: Why Nutrition Matters as We Age

Malnutrition might not be the first thing you think of when you think about aging—but it's more common than you realize. A [recent study showed that one-third of Canadians aged 55 or older are nutritionally at risk](#), potentially leading to more hospital stays, emergency visits, and physician consultations.

Changes in our appetite, medications, or health conditions can all impact how and what we eat.

"As you age, your body changes, and so do the nutrients your body needs to stay healthy," said Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA). "Eating nutrient-dense meals can help you stay healthy and independent."

Below are five nutrient-dense foods you can add to recipes or enjoy on their own.

### Almonds

Add them to salads, granola, trail mix, yogurt, cereal, or as a topping for desserts. They're a great source of vitamin E – a powerful antioxidant that is also important for the health of your brain and eyes.

### Dark chocolate

Dark chocolate (at least 70 per cent) is loaded with magnesium and iron. Magnesium is important for your muscles, keeps your heart beating daily, and strengthens



your immune system. Iron helps preserve many essential functions in the body.

### Wheat Germ

Add wheat germ to your diet—yogurt, oatmeal, meatballs or meatloaf, smoothies, muffins, granola, or parfait toppings. Wheat germ is an excellent source of omega-3, an essential nutrient for immune function, and bone, muscle, and heart health.

### Flax seeds

Flax seeds can easily be added to baked goods such as muffins, breads, loaves, or topped on yogurt, salads, or cereal. They contain a lot of fibre, a nutrient crucial for digestion and regular bowel movements.

### Lentils and beans

Add lentils and beans to salads, rice dishes, chili, and tacos, or puree them to make a dip. They are rich in protein, fibre, and iron. Protein is important for maintaining muscles, brain health, and much more.

For additional resources, visit [the-ria.ca/nid](https://the-ria.ca/nid).

To receive updates from the RIA, subscribe to our newsletter at [the-ria.ca/subscribe](https://the-ria.ca/subscribe).



# 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 October

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

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



AUTUMN

BATS

COBWEBS

COLUMBUS (Day)

CORN MAZE

COSTUMES

HAYRIDES

INDIGENOUS  
(Peoples' Day)

LEAVES

LIBRA

PUMPKINS

SCORPIO

SQUASH

SUKKOT

SWEETEST (Day)

THANKSGIVING  
(Canada)

WORLD SERIES

YOM KIPPUR

# Coleman Care Contacts

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

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**Barrie, ON, L4N 9X8**

**Tel: 705.726.8691 Fax: 705.726.5085**  
**Coleman.Admin@schlegelvillages.com**

|                                                              |                                         |                                                                         |
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| <b>General Manager/ Director of Environmental Services</b>   | <b>Michelle Uprichard</b>               | <b>Ext: 104</b><br><b>Michelle.Uprichard@SchlegelVillages.com</b>       |
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| <b>Administrative Assistant/ Team Experience Coordinator</b> | <b>Cindy Angers</b>                     | <b>Ext. 101</b><br><b>Cindy.angers@schlegelvillages.com</b>             |
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| <b>West Neighbourhood Coordinator</b>                        | <b>Tabatha Newman</b>                   | <b>Ext: 102</b><br><b>Tabatha.Newman@SchlegelVillages.com</b>           |
| <b>East Neighbourhood Coordinator</b>                        | <b>Leanne Shears</b>                    | <b>Ext: 107</b><br><b>Leanne.Shears@SchlegelVillages.com</b>            |
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| <b>PAL Coordinator</b>                                       | <b>Sinthia Gnanachchenthana</b>         | <b>Ext. 118</b><br><b>sinthia.gnanachchenthana@schlegelvillages.com</b> |
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| <b>Music Therapist</b>                                       | <b>Jody Speck</b>                       | <b>colemanmusic.therapist@schlegelvillages.com</b>                      |
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