

Coleman NEWS

November 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



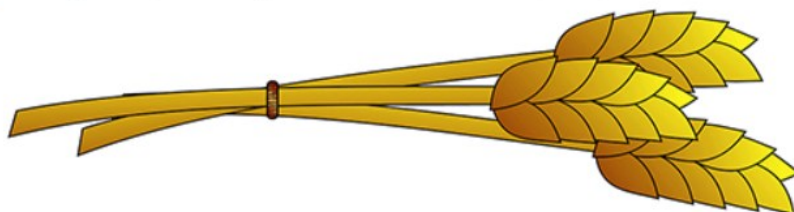
COLEMAN
Care Centre

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..."

November



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...

As November arrives and autumn gives way to winter's first chill, we're reminded of the warmth that comes from being part of a caring community. At Coleman Care Centre, this season is a time to reflect on gratitude — for our residents, families, and team members who make every day meaningful.

Though Thanksgiving has passed, the spirit of thankfulness continues. This month, we look forward to cozy gatherings, Remembrance Day reflections, and the early signs of the holiday season.

This month we have the following special events to look forward to:

November 11th— Remembrance Day.

New choir group every Friday.

2026 Schlegel Olympic Training.

November 19th—Life with a Baby Social.

November 27th—Winter Bake Sale

A friendly reminder to families and residents that the cooler months are upon us and to ensure you have weather appropriate clothing available.

Hayley Goodchild
Director of Recreation 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 a resident who was initially skeptical about participating in exercise eventually agreed to try after ongoing encouragement from the Kinesiologist (KIN). Since then, she has been attending daily sessions focused on pain management and posture exercises. She has shown noticeable improvement in her upper extremity range of motion, particularly when lifting her arms overhead.

Through this experience, she has become convinced that regular exercise can significantly enhance her functional abilities. She now encourages other residents by saying:

"You may think you can't because of your pain, but exercise can help manage it. Listen to the Physio and KIN team — it really works!"

**Please join us in applauding
Fiorisa T. of Simcoe as
October's participant of the
Month**

Sinithia Gnanachchenthana
PAL Coordinator

Village Highlights



Snap Shots from
our Mini-Fall Fair

Village Highlights



Snapshots from
Halloween!

Poem of the Month

Material Girl

Material has a meaning.
Cloth, fabric, or made of matter,
They need them,
If you are a dressmaker or a hatter.

Plaid is very popular,
For men and women too.
Some like polka dots or stripes,
Choose whatever suits you.

Speaking of suits,
Herringbone or pinstripe had their time.
Choose a current style or go retro, that is fine.
One shoulder dresses,
Are like the Amazons of old.
Their bow arm was free,
For hunting or battle we are told.
The fashion magazine are good for ideas,
To be your own person, dress as you please.

Muriel B

Resident of West Neighbourhood

Mindful Moments

Frank Capra

It's a Wonderful Life, Mr. Deeds Goes to Town, and Mr. Smith Goes To Washington, and then Meet John Doe.

This whole genre of movies was called Capraesque, and all the movies had a grip on the imaginations and moral sins of millions of movie goers in the 40's.

It can be imagined that without TV invented, people were starving for entertainment with an excellent moral backing.

In It's a wonderful life, George bailey had a wanderlust as a boy, but then his father died and he took over the savings and loans, when things went bad, an \$8000 deposit was absconded by the local miser mogul Mr. Potter. George Bailey was discouraged and wanted to end his life, this is when a neophyte angel made it that George Bailey no longer existed. Seeing how his life had affected the town of Bedford Falls, he desperately wanted to take back his life, and so it happened. The financial problem was solved when the townsfolk gathered together and gave him bags of money, and his rich friend gave him \$25,000. A final caption of the film was Clarence the angel that took Tom Sawyer, and the caption was ***"No man is a failure that has friends"***.

This was a movie that was very serious and about its wonderful heartedness and contained a lot of moral questions.

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.

November 5th — Lutheran Church Service

November 12th — United Church Service

November 19th — Non-Denominational Church Service

November 26th — Anglican Church Service

November 12th & 26th @ 1:15pm Catholic Communion: Family Room.

Tuesday, November 4th @ 10:30am—Jehovah's Witness Bible Study

Tuesday, November 11th @ 10:00am—Remembrance Day Ceremony

Tuesday, November 18th @ 10:30am—Jehovah's Witness Bible Study

Tuesday, November 25th @ 10:00am—Sound Rejuvenation

Residents' Council

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

Council President: Kathy C. Assistant Secretary: Brenda B

October Residents' Council Minutes Key Points

- Updated outstanding invitations to Residents' Council including: Michelle Uprichard, Sarina Dodd-Clements and Jamie Dewar.
- Reviewed Residents' Council Funding Summary and November Tentative program calendar.
- All Resident Response Forms were resolved.
- Resident Right #6 was reviewed.

Please see full minutes posted in Main Street.

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, November 19th , 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:**

Lorraine G. ~ Nov. 8

Lynn H. ~ Nov. 11

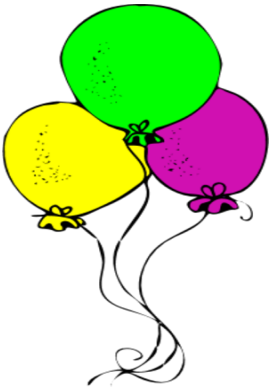
Evelyn B. ~ Nov. 14

Dianne V. ~ Nov. 14

Rodney P. ~ Nov. 22

Jennifer H. ~ Nov. 23

Heather F. ~ Nov. 26



David W. Alta W. Trudie R. Marion C.

Schlegel Villages – CONNECTIONS



Each year on the 11th hour of the 11th day of the 11th month, our entire Schlegel Villages community pauses in quiet reflection. Across our Villages, we wear the red poppy as a visible symbol of remembrance and gratitude — a promise to hold close the memory of those who served.

Today, veterans of the Second World War are far fewer in number. Yet their stories, their courage, and their sacrifice remain deeply woven into our collective history. We honour not only them, but also the grandparents, sons, daughters, siblings, and spouses whose lives were shaped — and sometimes forever altered — by war. In every generation, we've known conflict and selfless people who have stepped up in service of their neighbours, and there are threads of memory, sometimes bold, sometimes faint, that connect us through grief, pride, loss, and hope.

Within our Villages, residents, team members, and families share in remembrance. We gather, we listen, and we reflect on all we cherish because of those who gave so much. We remember the names, the faces, the hopes deferred, and the enduring legacies of sacrifice. We honour the past, and we recommit to peace. As we witness conflict around the world, we are reminded that these men and women fought not for war itself, but for the promise of a more peaceful future. That promise is ours to uphold.

Let us hold in our hearts all those within our Villages who remember loved ones who served — the families, the descendants, the friends. And may we all, together, strive today and always to live in a way that honours their memory: with gratitude, reflection, compassion, and a steadfast hope for peace.

November 11 **Lest we forget**

Schlegel Villages – **CONNECTIONS**

November is

FALLS **PREVENTION** **MONTH**



It takes a community to prevent a fall: **We all have a role to play!**

November is Falls Prevention Month, and across our Villages, we take this time to recognize the extraordinary efforts of our **Program for Active Living (PAL) team** members who lead the way in helping residents stay strong, balanced, and confident in their mobility.

Our kinesiologists and exercise therapists bring expertise and creativity alongside the clinical teams in every Village to guide residents through exercises and functional movements that build strength and reduce the risk of injury. Yet as they often remind us, falls prevention is truly everyone's responsibility. Every team member, every resident, and every loved one has a role to play — whether it's encouraging safe movement, removing a potential tripping hazard, or simply offering a steadying hand.

Falls can happen, but with awareness, teamwork, and the daily commitment of our PAL teams and all who support them, we can help reduce risk and keep our communities safer for everyone. This month, and always, we are grateful for the dedication of our PAL professionals and for the care and commitment that defines life in our Villages.



Questions?
Speak to **your PAL team.**



ALSO AVAILABLE MENU

FALL/WINTER 2025

BREAKFAST

1. Assorted Yogurt
2. Cottage Cheese
3. Hard Boiled Egg
4. PB & Jam Sandwich
5. Cream Cheese Sandwich

LUNCH

1. Egg Salad Sandwich
2. PB & Jam Sandwich
3. Assorted Deli Meat Sandwich (Ham, Turkey, Roast Beef)
4. Cold Cheese Sandwich
5. Omelette (Western, Plain, or Cheese)
6. Macaroni Salad
7. Creamed Corn

DINNER

1. Egg Salad Sandwich
2. PB & Jam Sandwich
3. Assorted Deli Meat Sandwich (Ham, Turkey, Roast Beef)
4. Cold Cheese Sandwich
5. Chili
6. Beef Stew
7. Mashed Potato
8. Creamed Corn

PLEASE NOTE:
*Chili & Beef Stew are on
an alternating weekly
schedule.*

The Mystery of Unexplained Falls

Falls are a major concern for older adults, often leading to poorer health and loss of independence. While we often think of falls being caused by a trip or slip, about 25 per cent of falls that lead to a hospital visit have no clear cause. These unexplained falls are more likely to result in hospital stays.

To better understand unexplained falls and their impact on older adults the RIA recently brought together 32 experts from across Canada — including healthcare providers, researchers, and policymakers — to share insights and develop a plan to better understand and prevent these falls.

Researching Better Solutions

The Think Tank identified four top areas for future research to tackle this problem:

1. Using data collected from wearable technologies to better understand the symptoms that happen right before an unexplained fall.
2. Creating a research network to establish standardized ways to check for and treat unexplained falls across Canada.
3. Identifying system-level tailoring of standardized diagnosis and treatment that works well across different patient groups and care settings.
4. Conducting a thorough review to summarize what is already known about screening, risk, interventions, and care for unexplained falls.



Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, presents his research at the Think Tank.

Ultimately, the goal is to develop a plan that includes screening (checking for things like hydration, thinking abilities, and low blood pressure), grouping people based on their level of fall risk, and individualized treatment.

Helpful Tips to Avoid Falls

- Ask for help! Use your call bell if you feel dizzy, unsteady, or need to get up, especially at night or when getting out of bed.
- Choose sturdy, non-skid shoes or slippers that fit well and have a closed back.
- Keep your room free of clutter, throw rugs, electrical cords, and anything else you could trip over.
- Regular, gentle exercise helps maintain strength and balance. Good hydration at eating regularly is also key, as dehydration and low blood sugar can contribute to dizziness.
- Take your time when going from lying down to sitting, and from sitting to standing.

As part of this work, the RIA is hosting the Aging Well in Place event on November 28. In addition to fall prevention, attendees will learn about nutrition. Attendees can attend virtually or in person at the Waterloo Community Pavilion. To learn more and register, visit the-ria.ca/events/aging-well-in-place or call 519.904.0660.



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 November

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

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



ACORNS

AUTUMN

(Black) FRIDAY

BEAVER (Moon)

CHILLY

DAYLIGHT (Saving)

FEAST

FIREPLACE

GRATEFUL

LEAVES

MAIZE

MUMS

REMEMBRANCE (Day)

SAGITTARIUS

SCORPIO

THANKSGIVING (Day)

TOPAZ

VETERANS (Day)

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

General Manager/ Director of Environmental Services	Michelle Uprichard	Ext: 104 Michelle.Uprichard@SchlegelVillages.com
Administrative Coordinator	Jenn Carr	Ext: 105 jenn.carr@schlegelvillages.com
Administrative Assistant/ Team Experience Coordinator	Cindy Angers	Ext. 101 Cindy.angers@schlegelvillages.com
Scheduling Coordinator	Jordan Attwell	Ext. 113 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