

Coleman NEWS

October 2026

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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...”

October

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...

Happy October everyone! October is a very exciting month! We are welcoming in the autumn season, cooler weather, sweater season, crisp air and beautiful color changes outside with prime leaf peeping season! In October we also welcome Thanksgiving – allowing us to reflect on the things we are thankful for in our lives. We welcome Halloween – such a fun holiday full of spooky and cute costumes, treats and great movies!

October also brings along the dreaded cold and flu season. Unfortunately, every year we are faced with the same types of cold and flu around this time. At our Village we are doing everything we can to try to stop the spread of germs as much as possible! We have a full cold and flu program we use to help – and part of that program is our vaccine clinic! Our Infection Prevention and Control lead has set up a vaccine clinic for residents and team members and will put up posters for the dates! Stay tuned! The next defense we have against cold and flu season is – always wash your hands and stay home if your sick to stop the germ spread!

Hoping you all have a wonderful October with warm drinks, cozy sweaters, thankfulness, bright colours, cute costumes and no colds!

Samantha Stark-Johnson
Director of Nursing Care

Participant of the Month



The participant of the month is awarded to a resident who demonstrates dedication, enthusiasm, effort and perseverance toward their fitness and exercise goals.

This month's featured participant is a resident who demonstrated increased initiative and enthusiasm in participating in group classes. She is consistently in good spirits and actively contributes as a positive team player. She encourages and supports fellow residents through cheering and positive reinforcement. Throughout the activities, she demonstrates creativity by introducing her own thoughts to

the games while actively promoting and encouraging participation in exercises.

**Please join us in applauding Maud as
September's Participant of the Month!**

Sinthia Gnanachchenthana
PAL Coordinator

Poem of the Month

Face Your Fears

I've been in a wheelchair for years,
At first the idea brought me to tears.

Now I find
I'm glad to be alive.

In the past I've spent too much time alone,
Now I'm in a long-term care home.

Sometimes I'm in groups when I want to be,
I also borrow an iPad to watch documentaries.

I do the search a word for fun,
I tend to talk about when I was young.

I've helped choose books for a library,
That was on my bucket list, good for me.

The thought of long-term care homes caused me fear.
Now I am so glad I'm here.

Muriel B

Resident of West Neighbourhood

Mindful Moments

Athletes

Here are some images in sports history

Bob Beamon setting off down the ramp of the long jump. It was a perfect jump and a perfect launch with no faults. He soared away and landed onto the track 27 1/2 feet, 2 1/2 feet farther than any other.

Pele is just one word, but a word that convinces that he is the greatest soccer player ever. An idea of his signature flying upside down goal in a World Cup soccer game.

Willie Mays conjures up excellence in baseball in one play. Willie was moving in the infield when the crack of the ball forced Willie to turn and head off in pursuit of the ball. Willie ran fast, locked in the pursuit of the ball and as he was approaching the fence, he dove and caught the ball. This was one of the great plays in baseball history.

Nadia Comaneci, a 14-year-old Romanian, became the top gymnast of the 1976 Montreal Olympics. Nadia scored a perfect 10 in three appearances. There was no way to display a perfect 10, so they hung up just 1.

Roy B

Resident of West Neighbourhood

Spiritual Care Updates

Upcoming Spiritual Care Programs:

Wednesday, Oct 7 @ 10:00am— Non-Denominational Service

Wednesday, Oct 14 @ 10:00am— United Service

Wednesday, Oct 21 @ 10:00am — Catholic Service

Wednesday, Oct 28 @ 10:00am— Anglican Service

Catholic Communion: Wednesday August 9 & August 23 @ 1:15pm

Anglican Communion: Friday October 23rd @ 10:00am

Tuesday, Oct 6 @ 10:30am—Jehovah's Witness Bible Study

Tuesday, Oct 13 @ 10:30am—Sound Rejuvenation

Tuesday, Oct 20 @ 10:30am—Jehovah's Witness Bible Study

Tuesday, Oct 27 @ 10:30am—Sound Rejuvenation

Reoccurring Spiritual Programs:

Wednesdays @ 10:40am Life Group following services.

Tuesdays @ 9:30am For the Soul Group Program.

East Neighbourhood: Thursdays @ 9:30am Soul Care 1:1 Visits.

West Neighbourhood: Fridays @ 9:30am Soul Care 1:1 Visits.



Spiritual Care Lead:
Alysia Whiteside

*In
Loving
Memory*

Evelyn Becker
Joyce Goddard

Residents' Council

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

Council President: Kathy C. Assistant Secretary: Brenda B

Residents' Council Minutes Key Points

- Organizing a Mini-Olympics for the new year. This was a suggestion from a council member who really enjoyed the Schlegel Olympics.
- Mini Fall Fair on October 8th 2026. We will be having 3 vendors in the family room. This event will be cashless for residents, meaning we will use trust cards for payment.
- Tentative October calendars reviewed with the council.
- Council member brought up the fashion show that we had a few months ago and mentioned that they really enjoyed it. The council agreed and mentioned that everybody seemed to have fun and they would enjoy seeing it again. Recreation team to explore doing this event again in the future.

Kathy C

Residents' Council President

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

Resident's Bill of Rights: Resident Right #15

“Every resident has the right to exercise the rights of a citizen”

**Next Meeting: Wednesday, October 21 2026
@ 1:30 in the Fireside Dining Room**

Family Council



Family
Councils
Ontario

FAMILY COUNCIL MEETING: October 15th @ 3:30PM FAMILY ROOM

New Members Welcome To Join!!!

Any questions, direct to:

Teresa | Family Member | teresa@ucabranding.com

Village Celebrations

Happy Birthday goes out to the following:



Sandy—October 8th

Muriel—October 9th

John —October 16th

Marilyn—October 16th

Milton—October 19th

Joey—October 20th

Helen—October 28th



Welcome

Janet & Melissa

Village Highlights



Photos from an outing in September to Williams Café.

Schlegel Villages – CONNECTIONS



REMEMBERING RON

— *Our father, our founder, our friend.* —

With October upon us, our minds shift to the season of gratitude and the spirit of Thanksgiving. We're especially touched as we reflect on the passing of Ron Schlegel, the man who inspired the Villages we call home today.

When news hit that Ron had passed, the outpouring of support from across the Villages was keenly felt by the entire Schlegel family, and the memories being shared across the Villages have been wonderful to hear. Team members spoke of how he loved to sit with everyone at Team Member appreciation events, and he always wanted to take photos with everyone. Others reflect on the days when he and his lovely wife, Barb, would travel from Village to Village after church on Sundays. Barb would be making new friends with residents, while Ron would be asking team members about their passions outside of the Village, or what they felt could be done to improve life within. Perhaps the biggest wave of gratitude rises when one considers the values that drive Schlegel Villages forward in all we do.

Hard-working and Hands-On was how Ron lived every day, from his time in his youth working on the farms outside of Ailsa Craig, to his many entrepreneurial ventures later in life.

There is no better example of **Genuine and Humble** than the way Ron carried himself in all he did. No matter if he was speaking with the Governor General of Canada or the cashier at his local Sobeys, he genuinely cared for others, and the conversation was never about him.

The **Caring Relationships** at the heart of Village Life are a testament to the vision Ron had for the Villages, and the outpouring of love we've heard after his passing shows how much he was cared for.

Persistence and Passion are at the root of any success, and one cannot find success in life without overcoming great challenges and staying true to one's passion. Ron's true passion was community building.

The last of the Schlegel Villages values is **Creative and Innovative**, and when we consider the world-renowned Research Institute for Aging that Ron and his family founded, and the Village model we thrive in, there are few better words to describe him.

This October, we lean into gratitude, and we are thankful to carry Ron's values forward, always in the pursuit of building strong, inclusive communities for all.



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.*

Mental Health Matters at Every Age: Recognizing the Signs This World Mental Health Day

While conversations around mental health and wellness have grown significantly in recent years, older adults are often [left out of the conversation](#). Generational stigma and the belief that profound sadness, hopelessness, loneliness, or fatigue are “a normal part of aging” often prevent people from seeking the support they need and deserve. Coexisting medical conditions can further complicate this, making mental health issues harder to detect, treat and manage.

This October 10, [World Mental Health Day](#) offers an opportunity to challenge those assumptions, raise awareness and break the silence. The reality is, depression is not a natural part of aging. Yet, according to the [Canadian Coalition for Seniors Mental Health](#), up to 20 per cent of older adults experience symptoms of depression, with that number doubling for people in hospitals or long-term care (LTC) homes. As we age, [several risk factors can impact our mental health](#), such as losing a loved one or friend, cognitive challenges, or a life-changing diagnosis.

Recognizing the Symptoms

We all have bad days and times when we feel down. But clinical depression is a serious, persistent condition where you may feel sad all the time and lack interest in activities that used to bring joy. Symptoms can range from mild to severe. For care partners, family members, and older adults, recognizing the signs is the first step in providing support.



Watch for these common symptoms:

- Significant sleep issues, such as sleeping too much or struggling with insomnia.
- Noticeable changes in eating habits, including a sudden loss of appetite or excessive eating.
- Lingering, intense feelings of guilt or worthlessness.
- Finding absolutely no joy in activities, hobbies, or routines you once loved.
- A noticeable decline in personal hygiene and daily self-care.
- Trouble concentrating, focusing, or finishing simple, everyday tasks.

Taking Action and Finding Support

Starting a conversation about mental health can feel scary, especially if you feel ashamed to open up or ask questions. Normalizing conversations around mental health will shift societal perceptions and reduce stigma, ensuring older adults feel more comfortable addressing their concerns without fear or judgment.

By checking in on our family, friends, and neighbours, we can reduce the social isolation and loneliness that can fuel depression and impact mental health. Check out the [social isolation community conversation guide](#) for helpful tips on supporting those around you.

For more detailed guidance, explore the Schlegel-UW Research Institute for Aging’s (RIA) expert insights on [demystifying depression in older adults](#).



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 October

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



ACORN
CANDY
COLUMBUS (DAY)
COSMOS
CROW
HALLOWEEN
HUNTER'S (MOON)
INDIGENOUS (PEOPLES' DAY)
LIBRA

OPAL
SCALES (LIBRA)
SCORPIO
SCORPION (SCORPIO)
SIMCHAT TORAH
SPIDER
SWEETEST (DAY)
THANKSGIVING (CANADA)
WORLD SERIES

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	Pauleta Edwards	Ext. 113 pauleta.edwards@schlegelvillages.com
Director of Nursing Care	Samantha Stark-Johnson	Ext: 112 samantha.stark-johnson@schlegelvillages.com
Assistant Director of Nursing Care	Aimee Dare	Ext: 199 aimee.dare@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	Alam Raymon	Ext: 108 alam.raymon@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 Care Lead	Alysia Whiteside	coleman.spiritualadvisor@schlegelvillages.com
Music Therapist	Jody Speck	colemanmusic.therapist@schlegelvillages.com
East Neighbourhood Nursing Station		Ext. 106
West Neighbourhood Nursing Station		Ext. 110