

Cornerstone

ISSUE NUMBER 27

GREATER VICTORIA ELDERCARE FOUNDATION NEWSLETTER

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Mission

The Greater Victoria Eldercare Foundation is a registered charity that raises funds to enhance the care of elderly residents living in the Aberdeen, Glengarry, Oak Bay Lodge, Priors and Mt. Tolmie long-term care facilities and generally supports elderly persons living in our community.

We accomplish this by raising funds for equipment, environmental enhancement, community support, research and education.



Manny Beith (left) and Recreation Therapist Denese Alexander, aka "Pinky Pie", were two of the 300 that enjoyed the 2010 circus performance.

The circus, the symphony and the opera ~ if you think this type of entertainment is a thing of the past for extended care residents, you are mistaken! Through the popular ArtsWay Program, residents of the facilities we support enjoy visits from Pacific Opera, Victoria Symphony and a variety of other professional entertainers. After one performance, Debra Gillespie, Coordinator of Social Work, noted, "The Opera was a big success – the residents and families keep talking about it. Some that initially declined said they enjoyed it and others who love opera said it was such a treat. A resident who played the harp with a symphony for many years was thrilled and said it lifted her spirits. One of the spouses who brought his wife, said that since they are not able to go out in the evening anymore, due to his wife's fatigue, seeing the Opera at Mt. Tolmie will be a fond memory for him and his wife."

Many thanks to our donors for funding ArtsWay. What a difference you have made!

TREASURER'S REPORT 2009/2010

~ *Eduard Mann, Volunteer Treasurer*

Highlights of the \$322,290 granted in fiscal 2009/2010 include:

Equipment - \$91,536

These grants included 14 specialty wheelchairs, a state-of-the-art wheelchair washer and six specialty mattresses. We were very fortunate to receive the gift of a Therakair Visio mattress. This has been on our wish list for some time but at \$14,500, was out of reach for our budget. We are so grateful to these donors!

For our wonderful therapy programs, we purchased a plinth bed for Mt. Tolmie and 14 anti-fatigue mats for the Priory's Hiscock Unit, as well as many smaller items to assist in stimulating the residents physically and mentally.

West Shore Adult Day Centre clients were thrilled with a new commercial dishwasher for clean-up following client meals and special functions.

Gardens - \$39,440

The Aberdeen (Lansdowne) deck project and the Priory's Ashgrove & Beechwood patio garden enhancement projects were completed in time for residents and their families to take advantage of the beautiful summer weather.

The new patio furniture and BBQs were well used this summer, as were the wheelchair-accessible swings at Mt. Tolmie and Aberdeen.

Renovations & Furnishings - \$108,780

An Arjo Rhapsody bathing tub for the Aberdeen (Hillside) bathing room and new paint, cabinetry and an extra-long Rhapsody bathing tub for the Priory's Beechwood bathing room completed two major projects previously started.

New furnishings completed the renovation of the main lobby and new visiting areas throughout Glengarry.

An outdated sound system in the main activity area at Oak Bay Lodge was replaced with wireless technology, enabling greater mobility and better clarity for presenters, residents and guests.

Resident Entertainment & Program Support - \$82,534

We provided weekly music therapy at five sites, and through the ArtsWay program, we provided access to first class entertainment from such arts groups as Opera, Theatre, Symphony, and Ballet companies at each

facility. We also hosted over 300 extended care residents, family members, staff and volunteers to a live circus performance on the lawns of the Gorge Road Hospital.

We were pleased to provide over \$5,500 in funding for staff education, an important element in providing the best care for residents.

As well as those programs and facilities already mentioned, the following also received funding support: Mobile Adult Day Program, Oak Bay Lodge Adult Day Program, Community Bathing Program, Piercy Respite Hotel, Yakimovich Wellness Centre, Pastoral Services and Volunteer Services.

A special project grant of \$10,000 helped produce the 2010/2012 edition of the Seniors' Services Directory. An extremely valuable resource for Capital Region seniors and their family caregivers, this is free to the public through various organizations, doctors' offices, health and community centres.

Thanks to our donors for the wonderful support which made these grants possible!

THE KULLY SEKHON MEMORIAL EDUCATION FUND

The official launch of the Kully Sekhon Memorial Education Fund was celebrated in November 2010 at our Savouries, Sweets & Sips event.

This important new fund honours Kuldeep “Kully” Sekhon, a well loved and highly respected Social Worker at Gorge Road Hospital.

For more than three decades, Kully Sekhon worked to make the world a kinder place for the marginalized and vulnerable in our community. Among the thousands of people she helped throughout her career, Kully had a particular regard for our elderly and for the people who care for them. Her willingness to advocate for those whose voices were no longer heard, to share her insights into the needs of the elderly and their family caregivers made Kully a respected mentor and educator for others working in the field of elder care.

After Kully’s passing in 2009, many of her colleagues felt strongly that

her legacy should not be forgotten. Several people got together to nominate Kully for a prestigious award ~ the University of Victoria School of Social Work’s Lifetime Achievement Award, which her family was proud to



accept on her behalf. Even this honour was not lasting enough for some, and the Eldercare Foundation was approached with the idea of creating an education endowment fund. With the blessing of the Sekhon family and the tireless work of many of Kully’s colleagues this vision quickly grew to become a reality.

Thanks to donations from family members, friends and colleagues, and a portion of the proceeds from our Savouries, Sweets & Sips event (see page 6 for details), the principal of the

Kully Sekhon Memorial Education Fund is closing in on \$30,000. As this is an open fund, donations can be added to the principal at any time. Educational awards will be made from interest income to any professionals who work with the elderly. We are sure Kully would be pleased.

Education for caregivers has been one of the central pillars of our Foundation’s mission statement since our inception in 1982. We have helped staff in all disciplines to upgrade their skills and keep abreast of best practices in care for the elderly. Over the years we have seen education funding from other sources diminished or cut entirely, making those that remain in place vitally important. We are so grateful to Kully’s family and friends for this fund, and for the opportunity to be a part of her legacy.

Call Eldercare Foundation at 250-370-5664 if you would like to help build this important resource or if you have questions about our education funds.

EMBRACE AGING 2011

PREPARE TO BE INSPIRED!



Each March since 2006, the Eldercare Foundation has partnered with local senior-serving organizations and businesses to highlight a myriad of activities, resources and educational opportunities available to help seniors and their families to make the most of the journey of aging by making sure they continue to **“Be Well, Be Secure, Be Connected and Be Enriched”**.

Although Embrace Aging Month 2011 is still in the final planning stages, we couldn't resist giving you a few hints of what is in store for seniors in the month of March. The workshops and events will cover a broad spectrum of topics of importance to seniors .

Victoria Target Theatre Society is a group of mature actors who use drama to address seniors' issues. This year they will perform **“Age on Wheels”**, a play that will, no doubt, resonate with those concerned about seniors and safe driving.

This presentation will be followed by a discussion on transportation and aging.

“Meditation and Health Benefits” will be led by Wayne Codling, a Buddhist monk and a teacher of Zen meditation.

Meditation brings health benefits and strengthens mental skills such as ability to concentrate and to counter stress, which in turn often helps with medical, physiological and emotional issues. The Zen tradition holds that if we can cultivate a better relationship between our mind and our body, that improved relationship will have positive effects on all aspects of life.

No meditation experience is required and you do not need to wear special clothing. Come and learn about the practice of meditation, experience some practical skills and bring your questions.

Some seniors have lost the capacity or the will to stand up for themselves. Others may have never had the

ability. **“Introduction to Advocacy Skills”**, to be presented by the Victoria Alzheimer's Association, will help attendees understand self-advocacy and gain confidence in asserting their position.

On March 15, from 9 a.m. to 4 p.m., Senior Living Magazine will host **Senior Expo** at the Pearkes Recreation Centre, 3100 Tillicum Road, Victoria. With a pancake breakfast, all-day entertainment (with 'Elvis' and a 1950's theme) and over 110 exhibits, you won't want to miss this!

During the month of March, the Eldercare Foundation encourages everyone to get out and explore what our community has to offer. If we incorporate art, fitness, education, family, community and wellness into our daily lives we will be inspired, and help to inspire others as well.

Watch our website - www.gvef.org for information on the many free workshops that will be presented in March 2011.

VOLUNTEER SPOTLIGHT



We are pleased to welcome two new members to our Board of Directors.



Kevin Bell is General Sales Manager for C-FAX 1070, KOOL FM and /A\

Vancouver Island. He first became involved with our foundation in 2005 as a driving force for the success of the Shopping Spree Lottery. Kevin's previous charitable associations

include C-FAX Santa's Anonymous and the Lodge at Broadmead. He is the father of two children, and enjoys playing hockey and golf.



Linda Mae Ross is Manager of Residential

Services at the PRIORITY Hospital (Hiscock and Heritage Woods units) and has been a supporter of the foundation for many years. Linda Mae is a new

grandmother, a gardener and an artist in the field of figure making whose collaborative gallery pieces have been acquired locally and abroad.

We are very grateful to all our Board Members for their dedication to the elderly:

Nancy Davy, Patrick Crofton, Ed Mann, Carmela Cooper, Dr. Tom Bailey, Kevin Bell, R.C. (Tino) DiBella, Paul Jeffery, Linda Jones, Craig Mearns, Dr. Mary Ellen Purkis, Linda Mae Ross, Prof. Holly Tuokko, Georgina Wong and Marie Zirk.

3 R'S CAMPAIGN UPDATE

Reach Out, Renew, Respect

The Foundation's 3 R's Campaign, with an \$800,000 fundraising goal, continues to generate donations and increase awareness of the Foundation's important work. We are pleased to report that we have now surpassed the half-way mark in this fundraising goal.

The 3 R's Campaign is a play on the popular phrase "reading, riting and rithmetic" but it promotes the Foundation's own 3 R's

which are: Reach Out, Respect, Renew. We are encouraging people to *Reach Out* by donating to help us fund valuable community programs for seniors and their family caregivers, as well as those in extended care facilities, and to help us fund education to enhance the way our elders are cared for.

We are asking people to help us *Renew* aging care facilities and equipment ~ mattresses to guard against skin breakdown, wheelchairs that

are appropriately sized, lift and transfer apparatus that protects the safety of residents and caregivers, equipment to help those who have difficulty breathing and welcoming spaces, inside and out, where residents can spend time with family and friends. All this we ask to help protect the *Respect* our elders deserve.

Thank you for everything you do to make this vision a reality.

Be Well

Be Secure

Be Connected

Be Enriched

SAVOURIES SWEETS & SIPS

~ ANOTHER SWEET SUCCESS!

Guests at this November 2nd event enjoyed delicious savouries created to pair with South African wines and desserts incorporating Amarula Cream. Twelve chef teams entered our challenge this year and winners were chosen by our Media Judges, Food Critic Judges and guests.

After a “bubbly” reception, **Chris Starsenic of PMA Canada** led us through an informative tasting of 8 South African wines and Amarula Cream. Guests enjoyed live entertainment performed by **Bill Armstrong and his band Midlife Crisis** as they tasted, tested, paired and judged.

A live and silent auction were introduced this year to help boost the Eldercare Foundation’s fundraising efforts and the new Kully Sekhon Memorial Education Endowment Fund (see related article on page 3). We are very grateful to all businesses and individuals who donated items for auction. You have been a great help in launching this fund so successfully!

Westin Bear Mountain Golf Resort & Spa Chefs Colin Hobbs and Carey Jordan McLaughlin, won the overall **Grand Prize, the Food Critic** award for their **Savoury** offering and the **People’s Choice** award for their **Sweet** creation. The Food Critics chose Chefs Megan Hennis & Jaclyn Bickford of **M & J Pastry Arts Inc.** as winners in the Sweet category.



Our amazing chefs!

The **Media judges** agreed with the Food Critics on the choice of **M & J Pastry Arts** as the winner in the **Sweet** category and chose **Chef Ian Goard** of the **Hotel Grand Pacific** as their **Savoury** winner.

The **People’s Choice** award for **Savoury** went to **Chef Shirley Lang** of **Kitchens of Distinction Private Catering**.

Thank you to all those who made the evening such a success: all participating chefs, Kathleen Shandley of PMA Canada Limited for all her support over the years, the management and staff of the Delta Victoria Ocean Pointe Resort & Spa, our judges (Eric Akis, Christine Lilyholm, Shelora Sheldon, Jeff Bell, Kyle Reynolds and Meribeth Burton, who also acted as MC), our Media Sponsors ~ Times Colonist, KOOL FM, /A\ Vancouver Island, C-FAX 1070 ~ and Victor Crapnell of Art Department Design, Huff 'N' Puff Party Stuff, Bill Armstrong and musicians from Midlife Crisis, and our volunteers, especially Deb Gillespie who sat on the organizing committee, gathered countless auction items, helped set up the ballroom and acted as our auctioneer.

Many thanks to our guests for all their support. We hope you had a fabulous time and will join us again next year! **If you missed it**, call our office at 250-370-5664 to be put on the mailing list for this delicious event in 2011.

BARIATRIC EQUIPMENT POOL SEEDED BY THRIFTY FOODS GIFT



Thanks to our friends at Thrifty Foods, we are starting to build a pool of Bariatric equipment. Specially sized and reinforced to handle the needs of larger people, this type of equipment is not necessary for most people in extended care, but when it **is** needed it is rarely available, due to the extra cost involved. Our goal is to create a pool of bariatric equipment that can be accessed, as needed, by the Health Authority's Therapy Department in Greater Victoria. This would allow extended care residents who need the extra support and design

features provided by bariatric equipment to have access to enhanced comfort and safety.



Occupational Therapist Cathy Patchell admires a new bariatric wheelchair, thanks to Thrifty Foods.

This equipment pool would be made available to residents of all facilities the Eldercare Foundation supports as well as residents at Saanich

Peninsula Hospital and Gorge Road Hospital.

Thrifty Foods' gift of \$10,000 to the Foundation's **3R's Campaign** has provided a wonderful start toward this goal. To date, we have ordered two walkers, four commodes, two Tilt-In-Space wheelchairs, nine wheelchair cushions and three Saska poles, which help those with limited mobility get out of bed. In the future, we hope to add beds and mattresses as well as additional commodes, walkers and wheelchairs.

Thrifty Foods makes us smile again!

UPCOMING EVENTS

MARK YOUR CALENDAR AND PLAN SOME FUN!



A Motivational Day
Saturday, January 15, 2011
1 pm—5:30 pm
Victoria Conference Centre
COST: \$65 (taxes included)
Featuring nine inspirational speakers you won't forget!

Net Proceeds to benefit four local charities, including the Eldercare Foundation.

Embrace Aging Month
March 2011

Workshops and presentation throughout March 2011
Watch for details to come on www.gvef.org

Senior Expo
March 15, 2011
Pearkes Recreation Centre

Are you one of Victoria's famous "last minute ticket buyers"?

Don't miss out on the fun. To keep informed about upcoming events, bookmark our website at www.gvef.org and click on "Events" for particulars.

Be Well

Be Secure

Be Connected

Be Enriched

CAN YOU HELP?

The Eldercare Foundation is committed to providing education to our community's elderly and their caregivers. We do this through initiatives like Embrace Aging Month, highlighting public educational sessions like those featured in this issue, and by funding courses for care-giving staff wishing to further their skills and knowledge in the geriatric field.

Program support for the elderly in residential care is another important focus for us. Music, art, laughter, gardening, physical and mental activities; all these make a huge difference in the lives of those who have had to give up so much of their independence because of deteriorating health.

We are so grateful for the donations that allow us to provide these supports. If you are willing and able to help, please donate to our 3 R's Campaign: Reach Out, Respect & Renew. Thank you so much.

YES, I CAN HELP!

- Enclosed is my cheque payable to the Greater Victoria Eldercare Foundation*
- Please charge my gift of \$ _____ to my:*
 VISA MC AMEX

Card number _____ Expiry _____

Name on Card _____

Signature _____

Please send my tax receipt to:

Name _____

Address _____

Postal Code _____ Phone _____

Email: _____

Please use my gift for:

- Area of greatest need
- Education & Program Support
- Equipment & Homelike Enhancements
- Other _____



GREATER VICTORIA ELDERCARE FOUNDATION

Formerly Juan de Fuca Hospital Foundation

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