



HELP US HELP HAITI



Together, we are BSF Strong!



Pursuit 2021 2018-2021 Strategic Plan

Our Values

Quality

We relentlessly pursue quality with pride and enthusiasm. We believe in the highest standard of care and safety to ensure service excellence.

People First

People are at the centre of everything we do. We are committed to those we serve and we recognize that our people are essential to our success.

Engagement

We respect the strengths, interests and needs of the communities in which we operate and closely collaborate with our staff, residents, families and partners.

Leadership

We strive for excellence and act boldly to propel The Foundation and seniors care forward with confidence.

Compassion

We act with kindness, empathy and understanding towards each other and those we care for.

Philosophy

The preservation of dignity and the pursuit of happiness.

Mission

As a charitable organization we are an innovative force, providing high quality person-centred care and services to optimize well-being and enrich people's lives.

Vision

We will provide leadership to create a future where people can live life to the fullest, with dignity, hope and happiness — in caring and supportive communities.

Strategic Goals for 2018-2021

1. Achieve excellence in quality of care and living
2. Increase resident, family and community engagement
3. Develop and support our people and teams
4. Diversify and expand to better meet changing community needs
5. Enhance innovation through research, best practices and investments in technology and infrastructure
6. Optimize financial resource stewardship

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Message from the CEO



Each year, The Brenda Strafford Foundation fondly celebrates 'Dr. Strafford Day' to commemorate the birthday of our Founder, the late Dr. Barrie Strafford.

Dr. Strafford's birthday was a day he always loved to celebrate. So, every year, we continue the tradition of celebrating the anniversary of his birthday in commemoration of his many, far-reaching contributions as Founder of The Brenda Strafford Foundation. For over forty years, Dr. Strafford was the driving force of The Foundation. Right up until his passing in April 2016, he dedicated himself to the service of others.

The past few years have been a time of change and transition for The Foundation. While we have our eyes set on the path ahead as we strive to achieve our mission and vision, we continue to reflect and build upon our proud history.

We take this opportunity to highlight two significant milestones in The Foundation's history that demonstrate Dr. Strafford's visionary leadership and philanthropic generosity:

- This year marks the 25th Anniversary of Wentworth Manor. Opened in 1996, Wentworth Manor was the province's first multi-level care centre pioneering the 'aging in place' concept in Alberta.
- This year also marks the 25th Anniversary of The Brenda Strafford Society for the Prevention of Domestic Violence and opening The Brenda Strafford Centre in 1996, in response to a recognized need for longer-term accommodation options for women and children escaping domestic violence.

These significant milestones in The Foundation's proud history are two examples of The Foundation's philosophy coming to life, made possible by Dr. Strafford's generosity and vision. As we continue to build upon the achievements and successes of our past, The Foundation has a promising future that is full of great potential.

Although his presence is dearly missed, The Foundation remains guided by Dr. Strafford's founding purpose and his commitment to the service of others. Please join us in honouring Dr. Strafford – may his memory and his commitment to 'The Preservation of

Dignity and the Pursuit of Happiness live on in The Brenda Strafford Foundation and live on in all of us.

Together, we remain BSF Strong!

Retirement

As previously announced, I am stepping down as President and CEO of The Brenda Strafford Foundation (BSF) at the end of December.

I want to take this opportunity to thank all staff for your ongoing dedication to The Foundation and its Mission, Vision and Values – especially under my tenure with The Foundation over the past 8 years. I take great pride in the many successes that we have achieved together over this time.

As I reflect upon my long career in healthcare, I am deeply appreciative to have had this opportunity to serve The Foundation and the people impacted by our work. I am proud to have been able to be part of such a committed and compassionate team within an organization that is a driving force for innovation and impact in the service of others.

With every new project, The Foundation strives to contribute something new that not only enhances the care and quality of life of those that we directly serve, but also makes a broader contribution to improving the continuing care sector and other important social challenges.

Most recently, The Foundation's response to the COVID-19 global pandemic has been a defining time in history for us all. All staff throughout BSF should be very proud of how we have responded to this unprecedented threat to our society's safety and well-being.

It has been a privilege to serve as President and CEO and I can think of no greater place than The Brenda Strafford Foundation to end my career as I begin to prepare for my upcoming retirement.

I look forward to being part of successes still to come as I remain with The Foundation during this leadership transition. I know that The Foundation will continue to play a key role in influencing the future of seniors' health and supporting marginalized populations guided by our philosophy: *'The preservation of dignity and the pursuit of happiness.'*

Mike Conroy
President and CEO



Message from the Board Chair

Norma Jackson Dedication

In September, we took the opportunity to celebrate Ms. Norma Jackson's long-standing service to The Brenda Strafford Foundation, and the many significant contributions made in her remarkable history of service to The Foundation and within the continuing care sector.

Norma started her career at The Foundation as Director of Nursing at Bow View Manor in 1971. Since that time, Norma has held many leadership roles within The Foundation including Administrator, Vice President, Interim President and CEO, and Board Chair.

Norma also served as the founding Board Chair of The Brenda Strafford Society for the Prevention of Domestic Violence for 23 years, from 1996 to 2019. The Society was established by Dr. Strafford in response to a recognized need for longer-term accommodation options for women leaving emergency shelters.

Norma selflessly devoted her professional nursing career to the care of the elderly and to improving the continuing care system for the benefit of both residents and staff. She has continued to contribute in immeasurable ways after her retirement from professional nursing, through her ongoing volunteer service at The Foundation and beyond.

In 2013, Norma was honoured with a Lifetime Achievement Award by the College and Association of the Registered Nurses. In 2018, the Alberta Continuing Care Association also honoured Norma with a Lifetime Achievement Award in recognition of her exemplary client care through a commitment to quality, compassion, excellence, and enriching lives in continuing care.

On March 31, 2020, Norma retired as Chair of The Brenda Strafford Foundation's Board of Directors. She held this position since 2016 after the passing of our Founder Dr. Barrie Strafford in April 2016.

On behalf of the Board of Directors, and the Strafford Family, I extend sincere gratitude to Norma for her leadership and wise counsel in steadfastly guiding The Foundation through the transition after Dr. Strafford's passing, at a time of immeasurable loss for The Foundation.

Although she retired from the role of Board Chair in 2020, Norma continues to serve as an active Board Member. And this year, 2021 marks an extraordinary 50 years of service to The Brenda Strafford Foundation.

The Brenda Strafford Foundation's Board of Directors was pleased to dedicate the 'Norma Jackson Auditorium' at Cambridge Manor in recognition of Norma's remarkable lifetime of service and exceptional contribution to The Brenda Strafford Foundation.

Clayton Sissons
Board Chair



Human Resources



Board Chair Commendation Awards

The Board of Directors once again wishes to extend our sincere gratitude to everyone throughout The Brenda Strafford Foundation for their ongoing exceptional response to the COVID-19 pandemic. From the leadership team to the frontline staff, across all departments, and all sites, the outstanding teamwork, dedication and compassion you have all continued to demonstrate has been truly remarkable.

In September, The Board of Directors was pleased to recognize the exceptional contributions of various staff members from different departments, and across different sites, with a special Brenda Strafford Foundation Board Chair Commendation Award. These individuals from throughout The Foundation were nominated for their outstanding responses during the COVID-19 pandemic.

Peter Fraser

Occupational Therapist, Bow View Manor

For being instrumental in Bow View Manor's response to the COVID-19 pandemic by demonstrating leadership to promote an interdisciplinary approach to quality of life for residents, families and staff and exemplifying The BSF Way.

Paul Letourneau

Chef and Kitchen Coordinator, Wentworth Manor

For being instrumental in Wentworth Manor's exceptional response to the COVID-19 pandemic by embodying The Foundation's mission striving to continue to provide high quality person-centred care and services to optimize well-being and enrich people's lives.

Sarah Richardson

Receptionist, Tudor Manor

For being instrumental in Tudor Manor's exceptional response to the COVID-19 pandemic by demonstrating an unwavering commitment to support the safety and well-being of residents and families and always being prepared to go above and beyond to support the needs of the team.

Mumtaz Hamirani

Program Manager, Cambridge Manor

For being instrumental in Cambridge Manor's exceptional response to the COVID-19 pandemic by always putting the needs of residents, families, and the team first and leading by example when encountering challenges with humility, dignity and compassion.

Cheryl Joel

HCA Educator, Clifton Manor

For being instrumental in Clifton Manor's exceptional response to the COVID-19 pandemic by always putting the needs of residents and teammates first, exemplifying The Foundation's Value of 'People First,' and inspiring 'BSF Strong' team spirit.

Leo Escandor

Administrator, Clifton Manor

For being instrumental in Clifton Manor's exceptional response to the COVID-19 pandemic by navigating through challenging and complex circumstances with a strong leadership presence and dedication to the well-being of residents, families, and staff.

Jenny Robinson

Chief Operating Officer, The Brenda Strafford Foundation

For being instrumental in The Foundation's exceptional response to the COVID-19 pandemic through leadership in infection prevention and control and clinical practices to support outbreak prevention and containment across The Foundation.



Recognizing Long-Standing Service

BSF proudly celebrates our many long-standing employees that have provided The Foundation with a long history of commitment, dedication, and exceptional service. Congratulations to all employees who have celebrated service milestones in Q1-Q2 2021 (April-September).

Bow View Manor

Christine Maricar Espina	5	Jacqueline Duong	5
Maricel Comia	5	Ronnel Padua	5
Jessica Relitz	5	Debbie Willemsen	5
Shayla Smith	5	Rita Farmer	10
Alphi Cabantog	5	Maninder Brar	10
Jeanica Garcia	5	Catherine Gillis	10
Eregee Loriezo	5	Shanty Paul	10
Elma De Dios	5	Gerilene Eguico	15
Florence Banaga	5	Maria Badon	15
Naleenie Hillcoff	5	Tammy King	25
Alona Partible	5	Sneh Padarat	30
Venisha Dsilva	5		

Cambridge Manor

Deva Mukkilla	5	Tanya Holmes	10
Binta Sylla	5		

Clifton Manor

Kelly McLennan	5	Patricia Hallstrom-Notte	15
Jade Abrea	5	Leticia Millard	20
Presentacion Torres	10	Vicky Bacani	20
Eileen Veno	15		

Tudor Manor

Samantha Tucker	5	Sherry Little	10
Maricris Rosaupan	5		

Wentworth Manor

Amandeep Mehat	5	Kathleen Mcconnell	10
Lise Cormack	10	Joanna Singpet	10
Amandeep Gill	10	Victoria Omidele	10
Linda Brown	10	Merlita Cauton	20
Sonia Hurtatis	10		
Tigist Gutema	10		

Employee Education Scholarship Recipients

Congratulations to the following Employee Education Scholarship Recipients awarded in 2021.

Sarah Allen
ADP RTA

Disability Studies
Bow Valley College

Harjinder Gill
RN

CAN Gerontology Certification
CAN

Tracy Oliver
Unit Clerk

Licensed Practical Nurse
Columbia College

Samantha Tucker
RTA

Recreation Therapy
Lethbridge College

Samantha Pitre
LPN

LPN Leadership Program
Bow Valley College

Eva Tabon
HCA

Licensed Practical Nurse
Bow Valley College

Chepchirchir Kimabwai
LPN

Registered Nursing
Athabasca University

Iqbal Ali
HR Director

HR Certificate
eCornell

Partners in Injury Reduction Update

Since the completion of the Partners in Injury Reduction (PIR) External Audit in November 2020, the PIR Committee has been working diligently to address all PIR action items such as various policy, process and form changes, program implementation and the creation of new tools. Some of the completed action items are as follows:

- An entire overhaul of the Task Analysis and Inventory for all positions
- Updating of various policies in the OHS Manual
- Updating of the Respectful Workplace – Prevention of Violence and Harassment policy in the HR Manual
- Updating of the Terms of Reference for the Health and Safety Committee and corresponding policy in the OHS Manual
- Implementation of the trail OHS Checklist tool

On November 1-5, 2021, our Internal Auditors conducted our 2021 PIR Maintenance Audit at the following sites except for Cambridge Manor.

Innovation, Research & Quality



Welcome James Connell, Quality Improvement Manager
The Brenda Stafford Foundation

BSF Introduces Cycling Without Age

The Brenda Stafford Foundation is proud to be the first seniors' care provider in Canada to introduce the Cycle Without Age program to all five of our seniors' care sites within our organization.



"It's great! I love it! I felt free."

Mary Paterson, Resident, Bow View Manor

"As Recreation Therapy professionals, we are always trying to think outside the box on how to engage residents with new and innovative programs that remove boundaries to leisure and optimize quality of life. That's why we were absolutely thrilled to receive a donation of a trishaw from the Cycling Without Age organization, not only to provide our residents with an exciting new experience, but to further enhance their opportunities to enjoy the great outdoors!"

Sherry Little, Manager of Therapeutic Recreation at Tudor Manor



Welcome Francis Guerrero, Special Projects (Operations)
The Brenda Stafford Foundation

Helpful Home Virtual Round Table

What does a helpful home look like? What role does technology play in helping with creating a helpful home?

On October 14th, a virtual round table event was held in partnership with Best Buy and Health Cities. Stakeholders from government, industry, service providers and patient groups were invited to brainstorm and answer the above questions and discuss how to create and implement a helpful home to support aging in place.

Evidence shows that technology can play a meaningful role in helping older adults remain safe, independent, and connected to their communities. In light of decreasing ratio of caregivers, and care spaces to care recipients in supporting older adults, aging at home is a priority for all entities involved.

A helpful home should provide convenience, connection, and security. The ultimate goal is supporting independence and empowerment for older adults to live healthily and safely at home, supplementing the work of care and providers.

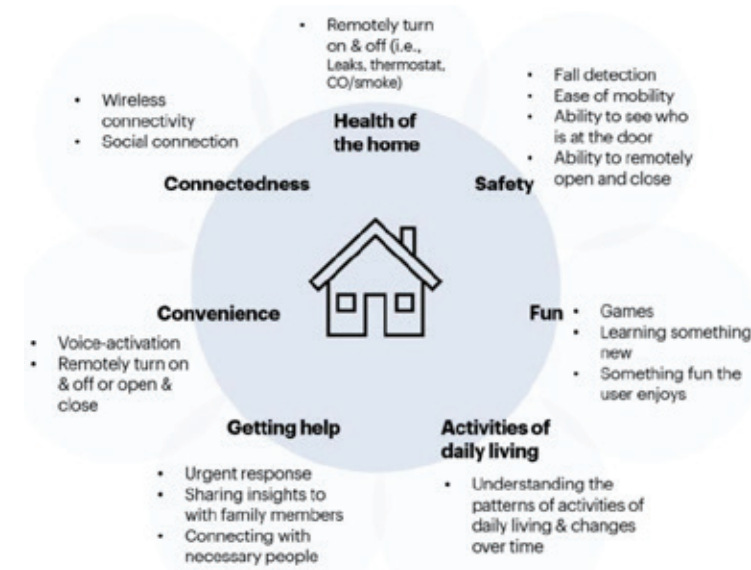
Outcomes in the session resulted in identifying barriers, required partners and actions to support aging at home with technology. The next steps involve working with Best Buy to see how these lessons can translate to the smart condo (unit purchased at Maple) and the continuing care unit of the future at Cambridge Manor.

About the partners

Best Buy Canada is one of Canada's largest and most successful omnichannel retailers, operating the Best Buy, Best Buy Mobile, and Geek Squad brands. With over 160 Best Buy and Best Buy Mobile stores across Canada and an expanded assortment of lifestyle products offered through BestBuy.ca, Best Buy is a leader in total retail, catering to customers how, when, and where they want to shop. Over the past three years, Best Buy Canada has made a strategic investment in products and services to support tech-enabled support and care models in our communities, including the creation of a new department called Best Buy Health. Best Buy Health has been working towards identifying ways to support older adults and their caregivers/partners with technology and services. For more information, visit BestBuy.ca.

Health Cities is a Canadian not-for-profit corporation that works with clinicians, innovators, philanthropic organizations, and companies to develop new models of care that can drive better health outcomes and economic growth in the health sector. Our focus is on transforming innovations from our health sector into solutions that have commercial application and global relevance, adopting them for impact locally and scaling them for export to global markets.

What is a helpful home?



Simply Compassion Society

The Brenda Stafford Foundation has formed a new partnership with the Simply Compassion Advocacy Society to pilot the Simply Seniors Pilot Project. The project involves intergenerational projects (Simply Photos), personal history stories (Simply Activities), creating homelike environments (Simply Home), engaging residents in meaningful activities (Simply Music) and getting outdoors. It also includes empathy training for staff and volunteers (Simply Training). This is very aligned with the main principles of the BSF Way.

We are very fortunate to partner with Simply Compassion Advocacy Society and look forward to sharing updates on progress of activities that will occur at Cambridge Manor and Tudor Manor. To date, they have already shared blankets and slippers to create homelike environments.

Thank you to the Simply Compassion Advocacy Society for your partnership. We look forward to working with you.

Fund Development



Welcome Derek Bechthold,
Fund Development Manager



Chief Financial Officer, Karyn Golem, with the TD Financial and 8760 Expense Management team.



Clayton and Roxanne Sissons with sponsors and players at the putting contest.



Winning Team: Liam McFadden and Robert Cowan from Chandos and Shane Bassen from Vanderpols Eggs with a score of 57 plus a count back.



President and CEO, Mike Conroy, with the SGP and Medical Mart presenting sponsor team.

The **Brenda Strafford** Foundation **2021 Golf Classic**
Presented By SGP & Medical Mart

THANK YOU

More than \$100,000 raised at The BSF 2021 Golf Classic!

We are overwhelmed by the generosity of our friends and business partners, and wish to thank them and our residents and staff for supporting The BSF 2021 Golf Classic presented by SGP and Medical Mart.

Thanks to you we raised more than \$100,000 in support of resident outdoor gathering areas at our manors. This is outstanding and will go a long way toward improving our activities and outdoor landscapes. What a great show of support!

From a hole sponsorship to presenting status, we deeply appreciate our sponsors and are proud to recognize them as supporters of The BSF.

We were so pleased to be able to gather safely and plans are underway for next year's tournament. Count on updates in the new year.

For now, thank you again for your spreading the word and we'll be back in touch next year about The BSF 2022 Golf Classic!



Mike Conroy

\$5,000 raised from silent auction

\$2,950 raised from Lucky Golfer Packages

Presenting Sponsors



Gold Sponsor



Silver Sponsors



Bronze Sponsors



Breakfast Sponsor



Lunch Sponsors



Hole Sponsors

Beutel, Goodman & Company
Bow Valley College
Carbert Waite
Ecolab
Goodfellow Schuettlaw
Hamilton and Partners
HBI Haworth
Insight
Mawer Investment Management
McLennan Ross LLP

Kiosk, Wine and Beverage Sponsors

Handicare
Rosewood College
Servpro

Hole-in-one Sponsors

Fortinet
Volunteer Sponsor

S2
Servpro
TD
Truman
Westport Manufacturing

What's The Buzz?

Bow View Manor

We kicked summer off with a Luau Party, Twist Tie & Dye following a 60's party! The residents had a blast dyeing their head pieces for the party!

Many big smiles were seen behind ice cream cones during our ice cream truck visits. Ice cream seems to be a favorite whether you're young or old!

Stampede kicked off with a Bow View Manor's Staff Parade in all dining rooms with disco lights, music, stick horses barrel races and a dance parties! We had Stampede Socials for all neighborhoods on the Adult Day Programme patio with mini donuts, games, music & many yahoooooo's! Staff provided entertainment with stick horse races and line dancing!

We had our first outing to Angel's for ice cream with University of Calgary Nursing students and Comfort Care Aides! The residents enjoyed the conversations and scenic walk along the Bow River.

We ended summer with a Water and Splash Party on the Adult Day Programme Patio with water painting, water balloon games, hula hoop toss and water balloon hot potato!

We hosted a Staff Stampede Brunch with all the fixings! In addition, we hosted our first Annual Happy Birthday to all staff party with cake, punch, piñatas, Simon Says and musical chairs!

This fall has been celebrated with Oktoberfest, Thanksgiving Tea's, Wine Club Wine Tasting and National Senior's Day Elvis Themed!

We are pleased to announce our volunteers are back in our home! We have many musical volunteers, Church Service, pet therapy and more!

The sound of live music has been uplifting for our residents, creating many sing alongs, dancing and memories.

Also, a HUGE thank you to Green Drop for donating flowers for our Patio and MERCER for volunteering for our outing to Angel's for ice cream!

Cycling without age has been launched at Bow View Manor with a multidisciplinary approach with Therapeutic Recreation, Restorative, Second Floor Program Manager, Health Care Aides and Social Worker. Feedback has been wonderful thus far!



Staff Spotlight: Ameira Steidl

Ameira Steidl is a Recreation Therapist at Bow View Manor. Ameira is a true role model for The BSF Way! Ameira is always challenging our residents to empower their strengths and abilities, knows little details of what makes each resident unique and brings the best out in our residents. Ameira is always revamping or creating new programs to ensure our residents continue to enjoy a quality of life. Ameira is a great role model and leader in the Therapeutic Recreation Department.



What's The Buzz?

Cambridge Manor

Cambridge Manor continues to grow, welcoming new residents, staff and initiatives! During this quarter, Cambridge Manor celebrated their one-year anniversary since opening on July 13th, 2020 when we welcomed the first of our residents. We've come a long way since then and have even reached our 200th resident milestone! This quarter saw lots of excitement at Cambridge Manor, including the opening of our Fitness Center as well as C&B Bistro, both located on the main floor.

July was an exciting time in Calgary and at Cambridge Manor with Stampede fun in the air! These ten days of brought Stampede BBQ's, Line Dancing, Midway Fair Games & Food, Stampede Saloons, Horse-Races, classic western films and even a petting zoo! As COVID-19 restrictions eased, residents were able to attend larger group events and mingle between floors. Cambridge Manor was also pleased to welcome Live Entertainment on-site. Resident's at Cambridge Manor even got to partake in Olympic fun, as we watched athletes compete in Tokyo, holding our very own Olympic games featuring opening ceremonies, various 'summer' sports to participate in, team flags and more. Residents and staff also got to take the bus out for numerous outings including: Scenic Drives, Bragg Creek Provincial Park, Angel's Café, Bowness Park and Coffee stops.

We celebrated summer days with Tropical Parties and beach volleyball competitions, ice cream socials and Sundae bars! In August, we held our annual 'Release of the Butterfly Ceremony' as a way to remember and honor residents that have passed in the previous year.

September was another busy month for residents of Cambridge Manor. C&B Bistro in the main floor opened for the first time and residents, staff, families and visitors can now enjoy fresh soups, sandwiches, baked goods and of course, coffee! Residents were delighted to have 'Elvis' come in and perform for them. On September 16th, we hosted a 'Grand Opening' Celebration of Cambridge Manor in which residents could enjoy fine wines and a selection of cheeses. Residents also celebrated Oktoberfest with German food, polka music, decorations and of course, beer!

October is another action-packed month. Resident's enjoyed Philharmonic musicians alongside their Thanksgiving Tea event, topped off with cucumber sandwiches, chocolate-covered strawberries and other goodies. Residents continue to enjoy having live entertainment in the building with new performers each week. In October, we even had some fluffy visitors when the P.A.L.S team brought their dogs to see our residents. The Recreation Team also turned our interior courtyard into a Pumpkin Patch to continue to encourage residents to walk and get outdoors. Halloween Festivities included movie matinees in the auditorium, Pumpkin Carving activities and a Halloween dance and costume party. Resident received individual goodie bags to get in on the Halloween fun and treats!

The Recreation Therapy team is looking forward to this next quarter of holiday fun and cheer!

Together, we remain BSF Strong!



Staff Spotlight: Allie Smorodin

Allie is a Registered Dietitian and started at The Brenda Strafford Foundation in February of 2020 working part-time at both Bow View Manor and Wentworth Manor (in person and virtually during pandemic). Allie has been working at Cambridge Manor since opening day in July of 2020 and has been instrumental in quality improvement initiatives related to food and the dining experience.

Allie sees all Long-Term Care and Private Long-Term Care residents at Cambridge Manor and her day to day activities include assessing resident's nutritional status, assisting residents to ensure their nutritional needs are met, and monitoring intake, chewing/swallowing, and weight trends. Behind the scenes, keeping all diet information in order and ensuring residents are receiving a safe, enjoyable dining experience.

Allie has also been working on numerous projects to help improve the overall dining experience for residents and is committed to ensuring continuous improvements at Cambridge Manor.

- Participated in a resident meal time to better understand the resident experience by eating the same meal, sitting in their dining room, and getting the same service they were
- Held focus group for residents to identify areas for improvement with the dining experience
- Joined the new BSF group – Hospitality Committee – to focus on overall improvements to hospitality services
- Spends time in the dining room daily speaking with residents, family, and staff to receive feedback, as well as lending a hand wherever needed
- Attending Chef's Club and Resident & Family Council meetings so she is always in the know of resident feedback and conversations
- Providing staff education to ensure food and beverages are safely provided to residents through in-services, posters, documentation, etc.
- Team player with other departments to ensure a holistic approach to food, such as working with OT for adaptive utensils or recreation to bring out the enjoyment in food.
- Plans for the future: continuing to work at improvements to the residents dining experience at Cambridge Manor



What's The Buzz?

Clifton Manor

Clifton Manor started the summer season with the long awaited Calgary Stampede! There were many special events and activities to celebrate the festivities that we missed out on last summer, including a pancake breakfast, an afternoon having fun at the horse races, an outdoor petting zoo with Butterfield Acres Farm Corral, a BBQ, and lots of afternoon entertainment. Our residents were also able to spend time learning more about the history of the Calgary Stampede and the Indigenous Peoples of Canada. In keeping with the July celebrations of Calgary and Canada, our residents closed off the month celebrating the 2020 Tokyo Olympic festivities which included our very own Clifton Manor Summer Games! Our residents took part in wheelchair races, javelin, and volleyball, complete with a gold medal ceremony celebrating their successes.

Moving into August we continued to revel in the glorious warm and sunny summer days. The outdoor BBQ events were a resident favorite because nothing says summer like sunshine, BBQ, and ice cream! We also took time during August to remember all of our residents and staff that have passed away over the last year at our 3rd Annual Release of the Butterfly Memorial Service. We were fortunate to have beautiful weather and welcomed many families to the service to pay tribute to their loved ones. Our residents enjoyed a lovely performance from Concerts in Care, a program offered through the Health Arts Society of Alberta, featuring classically trained musicians who shared their incredible talents with our residents and families.

September began with a sweet celebration in honor of Grandparent's Day: an old time Ice Cream Shoppe afternoon with delicious ice cream sundaes, sock hop music, and a special photo booth to capture some memories. As the warmer days slowly began to fade away, our kitchen team held a special BBQ Steak Dinner with all the fixings which was a delicious way to say goodbye to summer and hello to fall. Our residents also enjoyed the final performance from Concerts in Care for the 2021 season and truly enjoyed all of the musical entertainment they shared with us. Closing off the month, our residents and staff celebrated Oktoberfest with cultural programs and activities to learn about the history of the festivities and Germany, including a themed Cocktail Hour afternoon, a traditional German cuisine lunch, and a beer tasting with different German-style beer.

Fall has been moving in with full force in October as the leaves fall and temperatures cool but our residents have taken advantage of many new fun and exciting indoor programs. We celebrated Thanksgiving with a special Cocktail Hour with our friends and family, as well as a traditional Thanksgiving meal with all the trimmings for dinner. We also enjoyed all of the spooky fun that comes with Halloween and had some fun at our Ice Cream Float Social with residents and families indulging in a glass of pumpkin guts or bat juice- Yum! Our residents and recreation team are excited for all of the Halloween fun to come this month and for the rest of the special programs and activities as we close out the remainder of the 2021 year.

Dolma Tsering, RN took a leave of absence to volunteer and support the COVID-19 response efforts at an orphanage in Tibet.



Staff Spotlight: Dawn Chua

We are excited to introduce Dawn Chua, our new RN Educator at Clifton Manor! Dawn started with Clifton Manor 6 years ago as a Registered Nurse, working throughout the building and spending much of her time supporting the residents and staff as the RN on our KINDD neighborhood. She became the RN Educator in June and brings her passion for providing quality resident care to our staff as she provides information and education to our teams. Dawn can often be found spending time on the neighborhoods engaging with residents and staff so that she can make sure she provides the education and support they need to provide quality care and make Clifton feel like home. When she's not working, you'll likely find Dawn hiking or enjoying various movies and music, especially those from Korea. She's also enjoys trying new and delicious foods and sharing her recommendations with others. Welcome, Dawn! We're happy to have you as our RN Education



What's The Buzz?

Tudor Manor

YAHOO! Tudor Manor residents were so happy that recreation programming was back in full swing again in time for Stampede! From pancake breakfasts and BBQ lunches to rodeo games and outdoor concerts, everyone 'jumped on the bandwagon' and had so many opportunities to show their Stampede spirit and let their inner cowgirl or cowboy shine!

Our partnership with Holy Trinity Academy (HTA) High School, while virtual, continues to thrive and as a special tribute to the graduates, our residents made a special video to wish them well on the next chapter in their lives. The students and their families were so touched by this gesture and the residents had so much fun making the video. We are so grateful for this intergenerational partnership and the reciprocity it fosters.

The Tokyo Summer Olympics kept us captivated as we cheered on our Canadian athletes and eagerly kept track of our daily medal count! We sang O' Canada and had resident torch bearers each day and learned about so many of the different sports. We even became athletes ourselves as we gave a few of the events a try! Our favourites were water sports, and while we did not have an Olympic size pool to jump into, the residents still felt the splash of the water as they were misted with spray bottles as they practiced their butterfly and backstrokes! We finished off the week with our Closing Ceremonies event with live music and residents were served Mochi, an authentic Japanese ice cream dessert. To top it off, chocolate gold medals for all!

"Animals share with us the privilege of having a soul." - Pythagoras

In September, we surrounded ourselves with the love of animals, big and small! We first made our annual trip to The Calgary Zoo, where residents and family members enjoyed observing (and hearing!) the many animals the zoo has to offer. The penguin exhibit stole the show but seeing a hippo up close and personal was also a real highlight for many. Everyone enjoyed a picnic lunch and loved being outside for the entire day! We are so happy we can provide residents and families opportunities like this to share in special experiences together.

Our 4-legged friend Dundee the horse also came for a visit and patiently stood at our front entry for almost 2 hours allowing residents to pet and snuggle with him. He is a gentle giant whose presence is so calming for our residents. It is amazing to hear the many horse stories that come flooding back when they interact with Dundee and even for our city slickers who have never been so close to a horse before, it is truly a therapeutic experience for all. Thank you to Jenni Malin, Dundee's owner who specializes in equine therapy, for taking time to visit with us!

Tudor Manor is excited to see our Centenarian Club grow! Welcome to the club Elma D, who turned 100 in August. She joins Ethel M and Lucy M who both turned 103 this year! These ladies continue to inspire us every day! Thank you to the Okotoks Fire Dept. for stopping by to make Elma and Lucy's day extra special!



Staff Spotlight: Sam Tucker

Therapy Aid with Tudor Manor since 2016. Within her role, she plans and implements therapeutic recreation programs to maintain and improve overall quality of life of our residents. She also assists with administrative tasks and often looks for new opportunities to learn and grow. In fact, she is currently enrolled in the Lethbridge College Therapeutic Recreation in Gerontology program to become a Recreation Therapist and has been the recipient of the BSF Education Scholarship.

In her spare time, Sam plays Roller Derby, does gymnastics, and loves spending time with her kittens. Sam says she loves working at BSF for the many staff professional development opportunities provided and for their commitment to utilizing innovation to optimize resident programming. Thanks for all you do Sam!



What's The Buzz?

Wentworth Manor

During the last 3 months, Wentworth Manor successfully celebrated many special events which also included big events such as the Summer Fiesta, Stampede, Special Dining Inns, staff performances for Multi-Cultural Day and many more! For our Summer Fiesta fund raising event, we had over 200 individuals in attendance with residents, families, staff and other members of the community. During this event we raised more than \$250 which will go towards purchasing a Smart TV for the Trafalgar neighborhood. We were fortunate to have a beautiful weather during Stampede which allowed us to do an outdoor BBQ for the residents and staff on each unit. We had an entertainer performing outdoor for the residents as well as a surprise dance performed by the staff. The staff support from Wentworth Manor was wonderful during all of the special events. They have done amazing performances for the residents, filling in for entertainers during restrictions. We appreciate all their hard work and dedication towards our residents.

Recreation and kitchen staff collaborated together to do special themed dining inns. During this time, residents enjoyed special lunches with beautiful decorations in the dining room. We also successfully celebrated many personalized birthday parties as per family's request as they could not visit their loved ones during their special day. We were able to contact residents' families and were able to present residents with personalized card that included memorable pictures from their families and gifts to make their day special.

Wentworth Manor has many exciting events coming in the next couple of months. One of the events will be Oktoberfest, where residents will be joined by family and staff members to enjoy a festive lunch with entertainment and a photo booth! Another October event will be a Halloween Costume Ramp Walk! Residents and staff will have the chance to dress up and show their festive side while showcasing their carved pumpkins and other Halloween crafts!

We are looking forward to a fun and festive fall season here at Wentworth Manor.



Staff Spotlight: Melita Matila

Melita Matila has been working as a Health Care Aide in the foundation for past 20 years. She works in Residence building in Wentworth Manor. She brings her compassion and kindness to the residents she cares for every day. Melita says "Every time I am working I am learning something new." She also shares how she loves being a part of a supportive care team where everyone contributes to optimizing quality of life for the residents.



Healthy Aging Conference

In partnership with University of Calgary and Linnaeus University (in Sweden), an exciting conference was held in November. This two-day international, interdisciplinary Innovative Solutions for Health Aging: Research Symposium brought together researchers from several disciplines and other key stakeholders from the community and beyond to:

- Enhance and encourage exchange and discussions
- Facilitate future collaborations underpinned by principles of co-design/co-creation

The symposium will provide valuable networking for researchers in this field in Canada and Sweden, and build new research collaborations for future co-design, co-creation, and evaluation of technological solutions to advance healthy aging.

The primary theme for this event, "Innovative Solutions for Healthy Aging", comprises four sub-themes:

- Physical Literacy (move/improve technology)
- Virtual Reality
- Exergaming
- Emerging Technologies (new technologies/new uses for existing technologies)

Brenda Strafford Chair in Geriatric Medicine



Congratulations Dr. Jayna Holroyd-Leduc for being recognized by Women's Executive Network (WXN) as one of Canada's 100 Most Powerful Women 2021.

The Brenda Strafford Foundation is extremely fortunate to benefit first-hand from Dr. Holroyd-Leduc's expertise and leadership. As the Brenda Strafford Foundation Chair in Geriatric Medicine, she has been instrumental in continuing to advance our partnership with the University of Calgary and has furthered our research and innovation agenda in support of our mission to advance high quality person-centred care and services to optimize well-being and enrich people's lives.

Local Charitable Programs



The Brenda Strafford Society for the Prevention of Domestic Violence

25th Anniversary Celebration

The Brenda Strafford Society for The Prevention of Domestic Violence was founded by Dr. Barrie Strafford and The Brenda Strafford Foundation in 1996, in response to the dire need in Calgary for long term accommodation and substantial supports for women and children exiting emergency shelters.

The Brenda Strafford Centre, named for Dr. Strafford's late wife, initially opened in 1996 as a second-stage shelter for women and children leaving emergency shelters. In 2010, the Centre expanded to also include progressive housing to further support women and children impacted by domestic violence. Throughout its history, the Centre has evolved to be one of the largest post-emergency shelters in the country in its mission to support people at risk who have experienced family violence to live safely and successfully in the community.

This year, The Society and Centre celebrated its 25 Year Anniversary. The Foundation is proud to have supported The Society for the past 25 years and is proud of the growth, accomplishments and impact that The Society and Centre have achieved since first established.

The Brenda Strafford Centre was pleased to host its 25th Anniversary Celebration at Meadow Muse Pavilion on Thursday, August 26.

The Centre was pleased to host our supporters in a beautiful setting, along with some of our amazing residents and volunteers while enjoying garden and chef inspired hors d'oeuvre and refreshments. Guests enjoyed a delightful summer outdoor event, filled with games, activities, silent auction and other donation opportunities that will make a huge difference in the lives of the women and children we serve.

Strong Like a Women Campaign

Witnessing women make a courageous decision to leave an abusive relationship and start rebuilding their lives truly embodies what it means to be Strong Like a Woman.

November is Family Violence Prevention Month in Alberta. From November 1 to November 30, 2021, the Brenda Strafford Centre, Discovery House and Sonshine Community Services will join together to create awareness and raise funds with the 'Strong Like a Woman' campaign. With your help, and the fitness studios we partner with, we will make this campaign a success and benefit the women and children facing domestic violence who need our support!

The funds raised from these charity classes will build awareness of the mission of these three long-term shelters and facilitate their work on ending domestic violence in our communities.

Find out more at: brendastraffordsociety.com



International Charitable Programs

Dominica



Since 1986, The Brenda Strafford Eye Centre in Roseau has provided Ophthalmology services in partnership with the Princess Margaret Hospital, the only large acute care hospital in Dominica.

In October, 2021, The Foundation signed an Memorandum of Understanding to support ophthalmology services at the new Dominica-China Friendship Hospital that is under construction on the site of the Princess Margaret Hospital.

“The agreement will provide state of the art equipment for our ophthalmology department thereby developing an eye care centre of excellence in the region. For this, we are grateful and look forward to continued collaboration with friends of Dominica,” stated Dr Irving McIntyre, Dominica’s Minister of Health, Wellness and New Health Investment.

Haiti



The past few months have been very difficult for people in Haiti, including the patients and staff of The Institut. The tragic assassination of the President of Haiti and resulting political instability comes on top of months of increased insecurity in the country, a wave of COVID19 infections complicated by a delayed start of COVID19 vaccinations, gas shortages, and an ever-increasing cost of living. During these troubled times, the low-cost, specialized medical services provided at The Institut are more important than ever. The Institut remains open, with the dedicated staff providing over 4,000 consultations each month.

In June, 443 of 453 (98%) patients surveyed at The Institut were satisfied with the services they received. Of patients surveyed, 77% indicated that the main reason they seek services at The Institut is the quality of care, and 95% reported the reception at The Institut as either good or very good.

One bright spot in the past few months was the generosity of our supporters, donating \$14,022 CAD that enabled The Institut to replace its problematic roof over the outpatient clinic. The new roof enhances the experience and safety of the staff and patients, creating a more dignified environment to give and receive care.

Additionally, Institut Brenda Strafford employee of 13 years, Antonine Buissereth, received a BSF Employee Education Reimbursement Fund award. This award will help Antonine finish her studies to become a pharmacy assistant.

Jamaica



Canadian Vision Care Partnership

The Brenda Strafford Foundation was established as a Registered Canadian Charity in 1975 by Dr. Strafford in memory of his late wife, Brenda. Dr. Strafford founded BSF out of compassion under the guiding principle to cater to humanity, creating a legacy in Brenda’s name that would perpetuate her desire to give back to the community in a meaningful way. Over the past 45 years, BSF has established a number of different charitable activities, which have recently been branded under the umbrella of “BSF Cares”. These various activities support a wide range of populations in need, both locally and internationally.

One of the organizations that BSF has partnered with to provide charitable supports is Canadian Vision Care (CVC). The team identified that there was a gap in the availability and affordability of eye care services available in Montego Bay, Jamaica to treat issues such as cataracts, glaucoma, diabetic retinopathy, uncorrected refractive error, and childhood blindness. While many of these issues can be treated, due a lack of sufficient capacity in the vision care system to address these issues and excessively long wait times, they are more prevalent in Jamaica than in developed countries.

To address this issue, in 2018, BSF and CVC partnered to open a new eye care centre in Montego Bay, Jamaica. The clinic now provides optometry, ophthalmology, and ophthalmic services to the community.

BSF is proud of the community partnerships we have formed over the years to meet the needs of those in the communities we operate. Canadian Vision Care delivers free, quality eye care to those in need in over 20 countries in the developing world. For many, CVC is the only source of accessible eye care. For more than 40 years, volunteers with CVC have been travelling the world to provide the gift of sight and they have now served more than 400,000 people in need.

One of CVC’s more notable projects is the Eye Train in Manila, Philippines. In 2013, an old rail car was converted into an eye clinic, and a second rail car was converted shortly after. CVC continues to support this important project by providing volunteers, as well as donations of equipment, eye glass frames and supplies for the Eye Train. More than 80,000 people in the Philippines have now received vision care aboard the Eye Train. In June 2021 alone, the Eye Train served 210 patients and provided free eye glasses to 82 individuals, most of whom were children.

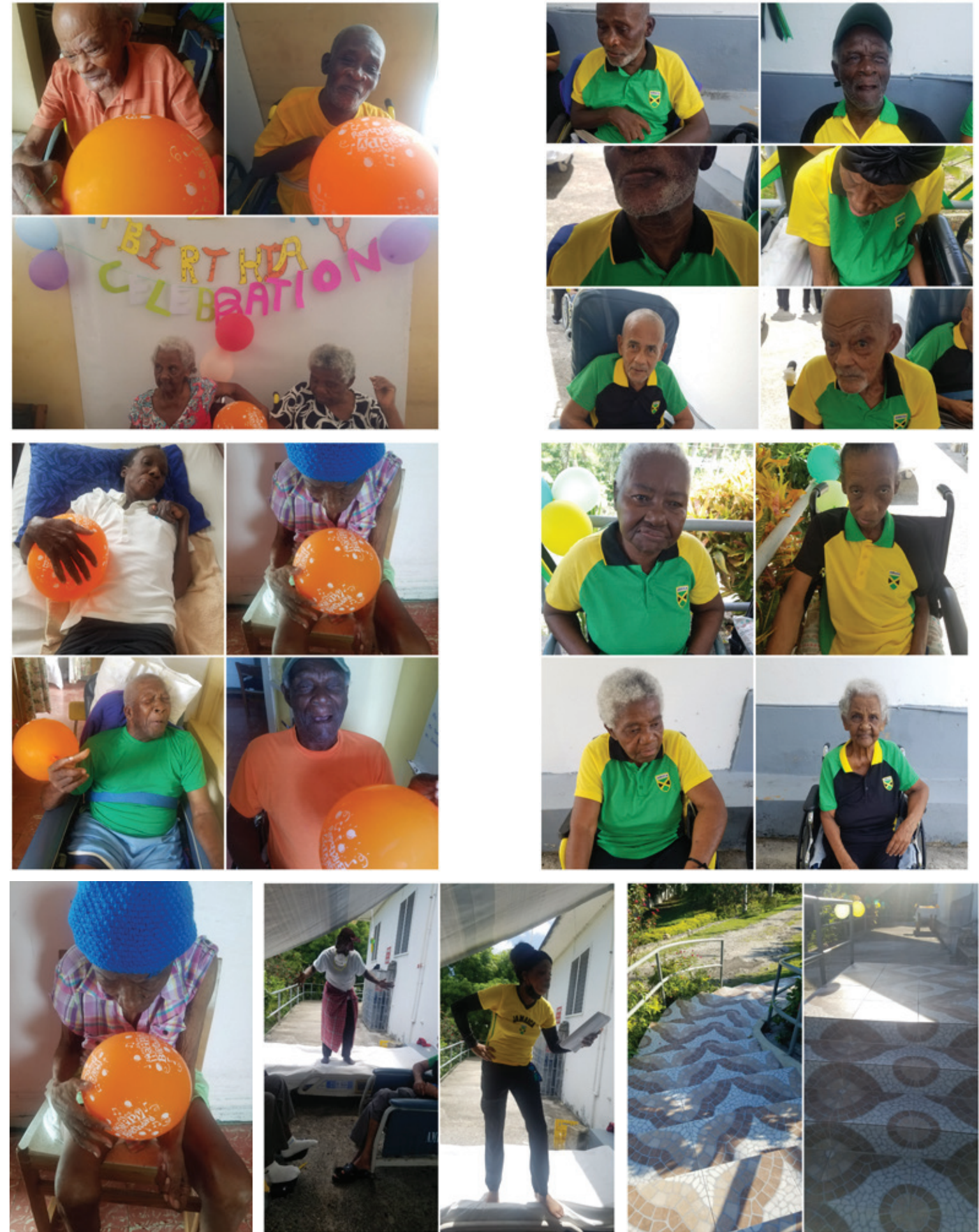
BSF is pleased to partner with Canadian Vision Care in Jamaica and to support them in the great work they do globally.

IBS Long-standing
Service Recognition

Marie Duge Bataille
Optometry Technician
15 years

Bellange Pierre
Archives Aide
20 years

Life at the Village of Hope Hospice



Haiti Earthquake 2021: Institut Brenda Strafford Emergency Fund

On August 14, 2021, a massive 7.2 magnitude earthquake struck southern Haiti, causing devastation in this underserved area of the Caribbean. The earthquake damaged or destroyed 120,000 homes, injured 12,000 people, and caused 2,200 deaths, leaving 650,000 people in need of humanitarian assistance. Unfortunately, the Institut Brenda Strafford, part of The Brenda Strafford Foundation, a registered Canadian charity, is in southern Haiti and was significantly affected by the earthquake.

Serving the people of Haiti in partnership with the Ministry of Health since 1982, Institut Brenda Strafford is Haiti's largest charitable medical facility specializing in eye, ear, nose, and throat care, providing 5,000+ consultations in a regular month. However, many buildings at The Institut and homes of our 108 staff were damaged by the earthquake. While some services were disrupted by the earthquake, our dedicated staff went into action, providing emergency medical care under tarps and tents in the moments immediately after the earthquake. Numerous people in the community were forced to take shelter in makeshift tents or unsafe houses, with some of our staff taking refuge on the Institut's grounds.

Two months after this tragic event, The Brenda Strafford Foundation and The Institut remain committed to helping people in Haiti. The Foundation is also supporting The Institut's staff as they continue to provide medical care for others, while trying to recover from significant losses in their own lives.

HELP US HELP HAITI

The Brenda Strafford Foundation is asking for your generous support.

While the road to recovery will be long and challenging, we are extremely grateful for the ongoing generosity of our donors and supporters to 'Help Us Help Haiti,' as we continue to strive to provide high-quality, compassionate, and dignified medical services to those in need.

100% of donations received by The Brenda Strafford Foundation for the 'Haiti Earthquake 2021: Institut Brenda Strafford Emergency Fund' will support the Institut's response efforts in our areas of greatest need.

We are committed to our people and will match all donations made towards "Staff Relief" to assist our team members in rebuilding their homes – doubling the impact of your donation!

Donate at: thebsf.ca/haiti

Current priorities in our earthquake response

- Ensuring the continued safety of our staff and patients
- Continuing the provision of medical services and re-establishment of all services
- Safely and quickly repair our damaged infrastructure
- Supporting our staff in their recovery efforts
- Ongoing collaboration with the Ministry of Health and other organizations to support earthquake response efforts in the region

Highlighted achievements since the earthquake

- Provided 7,400+ medical consultations
- Filled 8,500+ prescriptions for medication
- Distributed donated tents, tarps, food and water to staff and others in need
- Provided shelter on campus to staff in need
- Coordinated structural assessments for The Institut's buildings and the houses of 45 employees
- Completed minor repairs to the outpatient clinic and outpatient surgery areas, enabling most services to return to their normal spaces
- Started reconstruction of collapsed property walls
- Provided Foundation Tous Ensemble, a Haiti-based non-profit organization whose clinic was damaged, with space to provide their physical rehabilitation services on The Institut's grounds
- Provided valuable local insight to international organizations responding to the earthquake
- Collaborated with the Ministry of Health to make COVID19 vaccines available on-site at The Institut



Repairs in progress at the Outpatient Clinic



Reopening the Outpatient Clinic. Earlier this year, donor support helped us to replace the roof of the Outpatient Clinic – now one of the first spaces we have for safe use after the earthquake



In 2020, Institut Brenda Strafford opened the new Pre-Consultation Area, made possible by generous donations. This new space was one of the few buildings at the Institut not severely affected by the earthquake. It was able to be quickly re-purposed, enabling us to provide emergency shelter, medical care and surgeries in a safe and dignified space during our disaster response.



A staff member of Institut Brenda Strafford stands outside their home that was destroyed during the earthquake.



Partnerships with humanitarian agencies including UNICEF, FONTEN, and Samaritan's Purse have enabled us to acquire tents for the provision of medical and surgical services. Here one tent is being used for visual acuity testing.



Live life to the fullest

Enjoy a rich and full life with comfort and peace of mind in a true aging-in-place community as you experience the 'BSF Way' and our 'people-first' approach to seniors care and living.

Our Private Choice seniors wellness lifestyles include:
Independent and Assisted Living | Private Long Term Care | Specialized Memory Care | Short Term Respite Care

The health and wellness of our people and our community is always our top priority – tours are available in a limited capacity for Private Choice residents with important health and safety precautions in place. We welcome your inquiries, as we continue to welcome new residents who choose to make their home with us.



Welcome home to Cambridge Manor, our newest seniors wellness community



The Brenda Strafford Foundation Cambridge Manor
University District | NW Calgary
403.536.8675 | CambridgeManor.ca



Make yourself at home in our newly renovated private suites at Wentworth Manor



The Brenda Strafford Foundation Wentworth Manor
Christie Park | SW Calgary
403.242.5005 | WentworthManor.ca

Find out more about our renowned, award-winning care and services at theBSF.ca