

Voice of Happiness



The Preservation of Dignity and the Pursuit of Happiness

Winter 2016



Photo's at Bow View Manor
Courtesy of Carl Patzel
Photographer/writer el,

WHAT'S INSIDE

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What good is the
warmth of *summer*,
without the cold of
winter to give it
sweetness.

- John Steinbeck

Bridging the Gap Between People and Possibilities

How often are changes made to the work that you do without anyone discussing the changes with you? All too often this occurs in workplaces of all types. This often results in frustrated employees and changes that don't work out as well as intended. Neither are desirable results.

Thankfully organizations are recognizing that there is a better way and The Brenda Strafford Foundation is one such organization. The better way is by engagement. Engaging employees about potential changes that effect their work, the services they provide, and other organizational decisions enables the organization to access more ideas and knowledge than would otherwise occur.

As I have noted previously, The Brenda Strafford Foundation has close to 1,000 highly motivated and skilled staff. By listening to their ideas and suggestions the organization will invariably make better decisions.

Of course, this process takes active participation by both leaders and staff. Over the past number of months The Foundation has focused on leadership development to provide our leaders with a variety of skills including how to facilitate engagement. I trust that you will be seeing a different and more engaging approach to problem solving and decision making in your work environment. I encourage all of our staff to get involved when the opportunity presents itself.

A specific initiative to support innovation through engagement was introduced in January 2016 at Tudor Manor called **"Innovation Huddles"**. Teams from various areas at Tudor Manor were brought together, from all shifts, to identify opportunities for improvement.

Examples of some of the excellent suggestions included:

- ◆ Create a skyping program with families of residents who do not see their loved ones often,
- ◆ Have a "busy box" with engaging sensory activities that are accessible for all staff at all times
- ◆ Conduct a music history class to accommodate the different tastes in music and varying ages within supportive living,
- ◆ Have themed dining events such as "Fifties Friday",
- ◆ Create a palliative care box with items and resources required for palliative care that is easily accessible and additionally provides evidence based information that can be provided to families,
- ◆ Conduct themed team building activities like an amazing race that is inter-departmental with all staff.

All of the suggestions were then presented to Tudor Manor Management leaders to discuss how these ideas could be implemented. If implementation was not possible, the reasons for not implementing were shared with the team that brought the idea forward.

As noted, effective engagement relies on participation, listening, and effective follow-up action. When the opportunities arise – get engaged!

Submitted By Mike Conroy

Translating Research in Elder Care (TREC) shares study results with frontline staff at Bow View Manor.

Translating Research in Elder Care (TREC) is a research program focused on developing solutions for improving the quality of care provided to nursing home residents, enriching the work life of their caregivers, and enhancing system efficiency.

In December, Fiona Mackenzie (Research Project Coordinator for Alberta South) presented to frontline healthcare aides and professional nurses at Bow View Manor about the TREC Measurement System Project that was conducted September 2015-April 2015. The aim of the study was to explore the strength of linkages between work environments, best practice use and resident outcomes to continue to improve residents' quality of life. During this project health care aides and nursing staff were interviewed, surveyed and resident outcomes were explored by analyzing RAI-MDS 2.0 data. Results were collected at 91 nursing homes across British Columbia, Alberta and Manitoba resulting in a detailed source of data on work environments.



What is next – Regional Coordinators are presenting findings to frontline staff in all 91 TREC facilities across Canada. Two additional studies are being conducted to further explore the data that was collected. 1) INFORM Study – evaluates the best way to use research findings on work environment to make changes/improvements 2) SCOPE study- Health Care Aides leading quality improvement teams to create positive change on their units.



All Four for One and One for All – Wound Working Group

Wound is an injury to living tissue caused by a cut, blow, or other impact, typically one in which the skin is cut or broken.

A wound working group was developed to implement best practices in wound care and improve the structure, processes and outcomes in the current wound program for both long term care and supportive living. Wound working group members include: Lorraine Handford (Bow View Manor), Heather Nelson (Wentworth Manor), Marion Baines Coomber (Tudor Manor) and Leojade Escandor (Clifton Manor). These members are key liaisons between the working group and each of the facilities and obtain input and feedback from all frontline staff at each of their sites. Below is what the wound working group has been focused on:

- ⇒ Having evidence based guidelines for the treatment of wounds across The Foundation,
- ⇒ Further define roles and responsibilities of team members when it comes to the treatment, management and prevention of wounds,
- ⇒ Standardizing wound processes and documentation across the organization,
- ⇒ Providing additional education for staff regarding wound care processes and treatment,
- ⇒ Finding ways to audit and provide feedback regarding daily wound care processes,
- ⇒ Reviewing all current wound policies and procedures,
- ⇒ Monitoring and evaluating indicators and outcomes related to wounds as well as ensuring we meet accreditation standards ,
- ⇒ Review processes of sharing information between providers that support a coordinated and collaborative approach to skin and wound care.

A key facilitator for this wound working group has been the engagement of all the sites coming together to share lessons and improve processes together to ultimately improve the care and services we provide to our residents. Well done – All for one and one for all.

Innovation Huddles

Thank you all for your active engagement and participation with Innovation Huddles this week. It was a great opportunity hearing all of your wonderful ideas.

Over 4 days:

- ◆ 15 huddles were conducted
- ◆ With 68 staff from all disciplines
- ◆ On all shifts (days, evenings, nights)

Numerous ideas were brought forward with some of the main themes focusing on:

- ◆ Resident engagement and experience
- ◆ Palliative Care
- ◆ Dining Experience
- ◆ Communication/Work Environment

Next steps include:

Communicating the status/decision of all ideas

- ◆ Implementing ideas
- ◆ Evaluating impact

Looking forward to it. Way to go Tudor Manor!

Navjot Virk RN MN , Research and Innovative Practice Coordinator



Did you know? - Research and Innovation Digest

There is a research and innovation digest on the Brenda Strafford Foundation's **Intranet**. The aim of the digest is to summarize information such as webinars, upcoming conferences, free courses, call for abstracts, and research and innovation news. To find the digest, go to the intranet by clicking on the BSF intranet icon, and look on the left hand side for a link titled Research and Innovation. Be sure to check the link on an ongoing basis as there you will find all the above mentioned information with updates every month.

February is National Therapeutic Recreation Awareness Month!

Therapeutic Recreation is a health profession that acknowledges leisure & recreation as integral components of optimal health & well-being and builds on an individual's strengths, rather than on their disability/illness. It is more than simply play, because it uses the power of creative leisure activities to support the rehabilitation process and promote wellness throughout our lives.

A Recreation Therapist works with individuals with physical, social, emotional, developmental and psychological limitations that impact their ability, attitude and motivation to engage freely in leisure and to maintain a healthy and balanced leisure lifestyle.

The benefits of Therapeutic Recreation are endless but here are just a few:

- ⇒ Reduces depression, stress and anxiety
- ⇒ Recovery or maintenance of physical functioning
- ⇒ Builds confidence & self-esteem
- ⇒ Fosters independence
- ⇒ Builds relationships
- ⇒ Community engagement
- ⇒ Emotional fulfillment
- ⇒ Restores purpose
- ⇒ Improves cognitive function

BSF employs over 20 trained Recreation Therapy professionals to provide programs which help resident's to reach optimal quality of life. Say hello to.....



Wentworth Manor Team

BOW VIEW MANOR RT TEAM:

blue crayon: Chantelle Gamache

purple crayon: Johanna Groeneveld

pink crayon: Sarah Allen

green crayon: Kayla Doiron

yellow crayon: Stacey (volunteer)

red crayon: Maninder Gill

orange crayon: Myriam Karnas



CLIFTON MANOR RT TEAM:

Back Row Left to Right: Stephanie Hurd RTA, Jackie Whipple REC T, Carol Sutherland RTA, Tessa Donnelly REC T, Heather Westcott RTA,

Middle Row Left To Right: Kayleigh York RTA CASUAL, Rina Poudyal RTA, Jessie Biener RTA Recently Retired

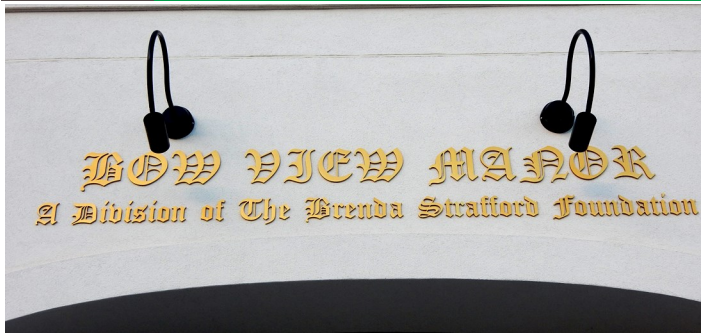
Front: Erin Bates, REC T Manager of Recreation



TUDOR MANOR RT TEAM:

(left)

Back Row Left to Right: Sherry Little, Director of RT & Volunteer Services, Melissa Cannon (RTA), Joel Mojica (RTA)



Dr. Strafford
speaking with
Mr. Brenner



BOW VIEW MANOR
OPENS



Staff welcoming
Mr. And Mrs.
Brenner and
family to their
new room.



New Building Opens at Bow View

The new Wing at Bow View Manor was given the go ahead to open on December 23, 2015.

Almost immediately, plans were put into effect to move the residents to their bright, new rooms. It was a chaotic time, but everyone was moved safely into the new wing, thanks to all the staff from every department who worked together to make this a safe move for our resident. There are two new dining rooms and every floor has a lounge with a fireplace, a TV, and a stunning view over the river below. It has been a long process from conception to opening, but I think everyone would agree it has been worth it.

The Business Office has moved into their new offices and the business office members from Clifton have moved in as well. Also, the Silver Springs ADP has moved over into Bow View and we are very happy to have them.

Thank you again to all the staff and volunteers who have helped to make this move as smooth and safe as possible.

Editing of content submitted may be required. We will make every attempt to include your submission, however due to space or timing not all content submitted will be used in the most current issue.

Happiness Is What's the Buzz and Volunteers and Residents



from left to right is Hung Tran, Victor Hernaez, and Lugtu Ezequil (Kurt)

CHRISTMAS DECORATION CONTEST AT BOW VIEW MANOR

December was an action-packed month with the Recreation Department. In addition to all the usual holiday activities such as the Nativity performance and a variety of parties, we had a record number of volunteer entertainers and car-olers. Eighteen groups offered to come to Bow View, out of the kindness of their hearts, to perform in December 2015. This is twice as many as we had in 2014! The music ranged from handbells to ukuleles, performed by young and old alike. They brought so much joy and the true spirit of the season to all our residents.



JOIN US AT AN OPEN HOUSE AT BOW VIEW MANOR MARCH 24TH FROM 1-4 PM

Occupational Health and Safety (OIS) Responsibilities

Health and safety in the workplace isn't the responsibility of only one part of the Foundation, it involves the Managers, the Safety Committees, Educators, the Government and most importantly You.

It's **everyone's** responsibility.

You (that means everyone in the workplace) have the responsibility to keep yourself and others healthy and safe at your workplace. This means that we are not only looking out for ourselves, but for each other as well.

The **Act, the Regulation and the Code** provide "rules" that outline requirements for a safe and healthy workplace. The role of Alberta Occupational Health and Safety (OHS), is to work with all of us to ensure that:

- ◆ The rules are followed;
- ◆ Incidents and injuries are prevented;
- ◆ Workers and employers learn about the health and safety rules;
- ◆ Workers and employers understand their responsibilities;

The law requires you to work safely and co-operate with your employer by following the health and safety rules for the job. The rules have specific requirements you must follow. For example, you may be required to use safety equipment when doing certain kinds of work. When required by the Code, you must use personal protective equipment, such as footwear, eyewear, headwear and hearing protection.

OIS is getting the right medical care at the right time for the right results – safe, sustainable return to work.

What is OIS?

OIS or Occupational Injury Service is a program specifically designed for people who are hurt at work. It provides injured workers with expedited access to medical services at special OIS clinics throughout the province. The focus is on helping injured workers return to work as quickly and safely as possible.

The medical professionals at the OIS clinic not only provide timely and appropriate care, they are trained to understand workplace injuries and job demands.

The OIS Can Help

If you suffer a minor injury at work such as a strain, you can choose to go to an OIS clinic for immediate assessment and treatment of your injury.

OIS Providers in Alberta

WCB-Alberta has contracts with OIS clinics across the province. See your HR advisor for more information on accessing these clinics when a workplace injury occurs.



How do you access OIS?

As the Brenda Strafford Foundation is registered with this program, you can access any of the OIS clinics across the province when you suffer a work-related injury.

Benefits of OIS

- * You are provided with a choice of medical provider.
- * You will get fast access to see a doctor and other services you may need like x-rays and MRI's.
- * You will have access to an expert return-to-work coach, a medical professional trained to understand and deal with workplace injuries.
- * You will learn how to prevent injury and re-injury.
- * OIS keeps everyone in the loop and avoids delays in communication, ensuring you, your employer and physician are on the same page about your injury recovery.
- * OIS promotes earlier, safe and sustainable return to work through a focus on modified work

OIS Providers in Alberta

WCB-Alberta has contracts with OIS clinics across the province. See your HR advisor for more information on accessing these clinics when a workplace injury occurs.

What is an OIS Clinic?

An **Occupational Injury Service** is a clinic with a program specifically designed to deal with patients who have been injured at work. OIS clinics have knowledge and expertise in occupational injuries, and are able to provide expedited service to injured patients, while completing and submitting the WCB documentation. Physicians that work in OIS clinics are specially trained to manage occupational injuries and are able to provide the best care and treatment to get you back to work quickly and safely. OIS physicians also communicate your treatment plan to your employer, ensuring that everyone is on the same page.

What are the benefits of an OIS clinic?

- ◆ Expedited services with a target wait time of **30 mins** or less;
- ◆ Physicians who practice occupational medicine;
- ◆ Have WCB knowledge;
- ◆ Create individualized return to work plans;
- ◆ Focus on modified work;
- ◆ Offer follow up support.

Website for more information:

<http://work.alberta.ca/occupational-health-safety>.



Should I Use an OIS Clinic?

If you are injured at work and require medical care, the OIS clinics are better equipped to manage workplace injuries and facilitate a safe return to work. If injured at work, contact your supervisor immediately, they can assist you in attending an OIS clinic.

CBI Health - Sunridge	7, 2675 - 36 St NE
Eaglesmed Clinic	315, 12445 Lake Fraser Dr SE
Imagine Health Centres	4120, 15 Sunpark Plaza SE
LifeMark	2121 - 29 St NE
Medicentre-Forest Lawn	5, 3301 - 17 Ave
WellPoint-Foothills	202, 3716 - 61 Avenue SE
WellPoint-Chaparral	2110, 1800 - 194 Avenue SE
Premiere Health	Sheep River Clinic 1, 74 Elizabeth St. Okotoks



If you are unsure of whether an OIS clinic is right for you, please speak with your supervisor or HR support.

Clifton Manor

Employee of the Year

Anil George -Allow us to introduce Clifton Manor's Employee of the year, Anil George! Anil is a most valued Physio Therapist, and has been employed at Clifton Manor for about two years. Appreciated by his colleagues for his professional demeanor, Anil is also highly esteemed for his compassion and motivation in regard to the care and well being of our residents. Possessing key attributes of self initiation, and a consistent reliable work ethic, it is no surprise why his colleagues at Clifton Manor believe he is to be honored as Employee of the Year. Congratulations Anil and thank you for your contribution in maintaining well being and quality of life to our residents!!

EMPLOYEE EDUCATION SCHOLARSHIP (due to space restrictions in this issue we were unable to place photos of the November/December recipients)

Congratulations to the Following Individuals who were successful In receiving an Employee Scholarship Award in December 2015.

Jacynth Griffiths Kristen Ingram-Cotton Aileen Cacho Vilma Abalos Bennette Aguirre
Esther Ogunyannwo

Thank You to our Sponsors and Donors of the Employee Education Scholarship Fund



Alvin & Karen Fritz

Angela & Jon Rokne

APPLY NOW

YOU GIVE SO MUCH, LET US GIVE BACK TO YOU – APPLY FOR THE MAY 2016 SCHOLARSHIP

Presentations

World interRAI Conference

April 11-14, 2016 Toronto Ontario

CONGRATULATIONS Liping and Lynda

Global Collaboration, Local Benefits

The 1st World interRAI Conference provides an important forum that brings together researchers, policy makers and practitioners from around the globe, using the interRAI system of instruments in community and home care, residential/long-term care, acute care, assisted living, mental health and palliative care. These evidence-based electronic instruments capture client/patient assessment information that is used to support care planning and delivery, quality improvement, health system management and policy development

On behalf of the conference Planning Committee, I am pleased to advise you that your abstract has **been accepted for inclusion in this year's program as a podium presentation.**

Presentation title: Integrating RAI-MDS Assessment and Individualized Care Plan to Improve Quality of Care

Presentation type: Podium

Presenter(s): Liping Fei, Lynda Poissant

Alberta Continuing Care Association Presentation and information Booth

Resident Meal Service and Dining Experience for Assisted Living and Long Term Care

Wayne Boutilier, Kitchen Coordinator, The Brenda Strafford Foundation

External audits showed an opportunity to improve dining and meal time experience. Two committees were created to address these gaps. Feedback was integrated as part of the quality improvement initiative with aim to improve overall dining experience.

Objective: To be equivalent to a five star restaurant, improve the resident dining experience, improve meals served.

Conclusion: Having all departments involved in meal service along with increased customer service between cooks and residents has led to quality improvements. Discussion at chefs club has led to a build your own taco night, and floats served tableside. The sampling sessions at chefs club have allowed residents to determine their meal choices for resident choice night.



Congratulations to Heather Nelson (Director of Nursing, Wentworth Manor) who was asked to present to the Calgary zone palliative group and share the great quality improvement initiative work being conducted to improve palliative care delivery among our long term care and supportive living resident population. This work included incorporating a framework into practice that was created by a multidisciplinary working group at Wentworth. Other interventions involved family and staff education, conducting focus groups and surveys, as well as creating a brochure entitled 'Facilitating Difficult Conversations'. Well done Heather and palliative care working group at Wentworth Manor.

St. Michael's Catholic Church



For many years, volunteers from St. Michael's Church have been coming to **Wentworth Manor** two Wednesdays per month. They provide a non-denominational service as well as a Catholic Communion. These wonderful volunteers also provide one to one visits, spiritual care, and companionship to many residents. They have also been a valuable source of information in helping to create the Spiritual Room (Cornwall Lounge) which will officially be open in March 2016. Wentworth Manor is extremely lucky to have such a wonderful group of people to come in and provide belonging, care, and truly heartfelt smiles.



December brought about many special events for the Christmas season on both sides of the building, including Christmas parties, nativities, a door decorating contest and New Year's celebrations. The Residence Christmas party had an astounding 200 residents and guests in attendance and also did its Second Annual Conga Line with residents, staff, and guests all lining up with fantastic music provided by Sox 'N' Sax for more great memories. Thank you to all the staff members and volunteer Raymond Klaudt (pianist) for your time and talent in the annual nativity plays; we couldn't do without you.

November 29th, 2015 marked the 15th anniversary of Wentworth Manor-The Court. On December 4th, many residents, family members, and staff came to mark this very special occasion. There was wonderful piano music provided by Nancy Turner and a slideshow to commemorate the memories made so far. The kitchen staff also created a Neapolitan cake decorated with the BSF logo all by hand.

-Dr. Strafford, Jenny Robinson, Paul Dhaliwal
at
The Court's 15th Anniversary Party



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What's The Buzz



Dietary Update

Clifton Manor

Out With The Old And In With The New!!!!

In September of 2015, Clifton Manor replaced Ensure Plus, a dietary supplement with Resource 2.0 Medpass. Similar to Ensure, Resource 2.0 is a calorically dense nutritional supplement. This is given to residents who are not able to receive enough calories and protein from his or her food intake alone. Resource 2.0 is provided three to four times per day, depending on the particular resident's need. A benefit of Resource 2.0 is that it is more concentrated than Ensure, so smaller amounts are needed to achieve the same results of nutritional value. The Resource 2.0 has been well received by the residents of Clifton Manor, especially since they are able to choose from a variety of flavors, Vanilla, Chocolate and Strawberry. Results in the past five months show improvements

and stability in weights for these higher risk residents of which creates a WIN – WIN situation, improving nutrition status and of course, quality of life.

KNOW MORE FALLS Clifton Manor

In the fall of 2015, the Brenda Stafford Foundation launched a Quality Improvement Initiative, **KNOW MORE FALLS**. The purpose being the prevention of falls to those residents deemed high risk within his or her living environment. The focus of the program is as follows:

K- for Knowledge – know residents and family.

N- for Nursing – Providing current best practice on falls reduction.

O- for Outcomes – evaluation of practices that reduce falls.

W – for Way to Compare – benchmarking our success and providing a safe environment.

Nursing staff have been monitoring closely; when falls may happen, where they are occurring, why they happen, and how.

Since the introduction of this initiative, Clifton Manor has observed a decrease in the amount of falls; family, staff and visitors may observe our results on our front bulletin board near our main entrance. Please take the time to educate yourself on how everyone can assist our residents in the preventions of a fall. We very much appreciate family support in this program.

Remember, *“Leaves are supposed to fall. People aren't.”*

**Excerpt from a
Calgary Herald
Story that We Can
Be Proud Of....**

Dr. Verna Yiu, who will take over as chief executive at Alberta Health Services next month, said the authority will use the data to direct its specialized teams to target training on preventing bedsores at problem facilities.

Pressure ulcers are very painful for patients and they take months to heal,” Yiu said.

“It's poor quality and the costs to the country (through resulting hospital stays) are enormous.” Less than two per cent of residents at the not-for-profit **Brenda Stafford Foundation**, which operates four facilities in the Calgary area, had worsening pressure wounds, a rate that has been trending down over the last four years.

Adult Day Program Clifton Manor

The Clifton Manor ADSP Team has been as busy as ever! The current program remains full and has deemed great success within their regular activity and also in celebrating special events. The Holiday season was distinguished with various Christmas parties. February - the month of love, involved a Valentines Tea and a special craft. An Easter Tea is currently in planning process.

In addition to this, we are proud to share with you the expansion of 60 spaces per week. We have now taken over the Day Program that had been run by VON at the Marlborough Community Centre. Our Adult Day program now includes two specialized programs:



- ◆ There is a specific Indo-Canadian program; main languages spoken are Punjabi, Gujarati, Hindi, and Urdu. Activities and meals will be specifically planned in relation to this population and culture. We will facilitate to 15 spaces on Mondays and 15 spaces on Wednesdays.
- ◆ Secondly, we have initiated an Early Onset Dementia program. We facilitate to 15 spaces on Tuesdays and 15 spaces on Thursdays.

We are busy getting ready to relocate these new programs to Clifton Manor; the renovations are almost complete for our new ADP space!

OPEN HOUSE -YOU ARE INVITED

Wentworth Manor Tuesday March 8th 1-4 pm

Bow View Manor Thursday March 24th 1-4 pm

MUSIC CARE

Lisa Tom Recreation Therapy Aide
Bow View Manor

Music is often referred to as a “universal language”; people everywhere enjoy some form of it. However, music not only entertains us, but can also influence many aspects of our health and well-being. Studies have shown that listening to music can reduce chronic pain by up to 21% and depression by 25%; it will also reduce stress and blood pressure. Music has been used by people as a healing agent for thousands of years (think of chanting monks, shamans, and such). Music is based on patterns of physical vibrations, and our bodies respond to those rhythms. In particular, our breath, heart rate, and other functions will alter to match the beat and style of the music. This means that we can use music as a tool to calm ourselves down and reduce stress (slow tempo) or to energize ourselves (fast tempo). Familiar music can trigger memories and bring comfort, but unfamiliar music may spark the imagination and increase focus. Don’t be afraid to experiment on yourself with the effects of various types of music and write yourself a music prescription!



Art Therapy Returns to Bow View Manor Adult Day Program

I am pleased to announce that the OMA art therapy program will be returning to Bow View ADP after an extremely successful trial last year. OMA is a special art therapy program at ADP available to our clients on Tuesdays for eight weeks. The program is called OMA: Opening Minds through Art and will be run by a group from the Alzheimer's Society, including students from the University of Calgary's nursing program. The program uses high-end artist grade materials and will allow our clients with dementia to embrace their creative side in a therapeutic manner in a highly interactive setting. All volunteers running the program have been specially trained in OMA and interacting with persons with dementia, and will be accompanied by ADP staff.

Here is a brief description of OMA as written by Scripps Gerontology Centre (founders of the program):

“Opening Minds through Art (OMA) is an intergenerational art program for people with dementia. It is grounded in person-centered ethics and founded on the fact that people with dementia are capable of expressing themselves creatively. There is a growing body of empirical evidence that creative expression improves their physical and psychological well-being. The mission of OMA is to build bridges across age and cognitive barriers through art.

The program is implemented in group sessions: Up to 12 people with dementia with the assistance of 12 trained volunteers working on a one-to-one basis. The art-making sessions culminate in a gallery exhibition celebrating the artists' accomplishments while educating the public about the creative capacities of people with dementia.”

I will be accepting the first eight (8) people who volunteer to participate in this wonderful program being offered to us. The cost is \$30 (for all eight sessions), with Bow View ADP supplementing the rest of the cost (if you would like to make a donation to help us cover this cost, we would be most appreciative).

If you would like to sign up for the program please contact me immediately at Kristen.robinson@straffordfoundation.org or (403) 286-6166.



Silver Springs ADP Comes to Bow View Manor

As of February 1, 2016 the Silver Springs ADP became the second Bow View Adult Day Programme. Clients benefited from the move by having significantly more space, accessible washrooms, more program/activity equipment, access to the manor's hair salon, available monthly caregiver support group meetings, and on-call registered nurses in the event of medical emergencies. Clients of the Silver Springs ADP have their own space to enjoy the same programming that they already enjoyed.

In January 2016 we at Bow View Manor started **baby visits** bi-weekly, moms and their babies ages 3 weeks old to 7 months old would come to Bow View and play! Moms and their babies would come to the lounge area, play with the babies, sing rhythms, play with sensory blankets, reminisce with the resident about babies and even hold the babies! I don't think the moms and their babies could ever leave the building without someone stopping them to say HI!



Bow View Manor.

Kindergarten students from the Foundations for the Future Charter Academy entertained Bow View Manor residents with a jazzercise performance on Valentine's Day. The youngsters also handed out homemade Valentine's Day cards and chocolate hearts to an appreciative audience. Photos by Carl Patzel.

Happy
Valentines



Clifton Manor

Hello from Clifton Manor! It has been a whirlwind of events the last few months as we continue to keep up with our ever active residents!

The holiday season included our traditional Christmas Tea, and Christmas Pageant. We switched our pageant up a bit this year, celebrating "Christmas Around the World" in hope to celebrate our cultural diversity of our residents. Of course our in-house shopping day was a great success, who doesn't like to shop?!

Our residents always find a way to touch our hearts, and they did just that when they requested to "Adopt A Family" for Christmas. Out of a list of options, they decided to contribute to the Brenda Strafford Foundation's own Brenda Strafford Centre. The residents invited Lise Blanchette to lunch, and presented her with numerous gifts to go towards Mother and Child. The residents raised the money themselves through a silent auction of items they made and presented at our in-house shopping day.

New Year had arrived Hollywood style, and Elvis was in the building to celebrate his birthday!

Valentines is celebrated with our Annual Couples Dinner, and children from the community came to visit and deliver Valentines Cards.

Chinese New Year is a celebrated event, and our Clifton Manor Chinese Dragon made his annual visit, parading through the halls of Clifton Manor.

Last but not least....we are proud to announce that we still remain undefeated in our community hockey games! In February, we were challenged by students from Ernest Morrow School, and it was a Win for Clifton Manor 7-6!



Adopt A Family: Left Resident: Muriel Mills Right: Lise Blanchette, Brenda Strafford Centre



Hockey Photo: Residents and Staff of Clifton Manor, Ernest Morrow School

Residents of Tudor Manor have had full calendars over the winter months especially in December where we spent the whole month spreading holiday cheer! From “decking the halls” throughout the Manor to hosting a variety of special holiday events including live band & choir concerts, gingerbread house decorating, special church services, and two visits from Santa Claus himself! Community involvement was a common theme throughout all of our special events with volunteers of all ages sharing their time and talents to make the holidays even brighter! We even had a group of carolers sing for us on Christmas morning. What a gift! In January & February residents celebrated Elvis’s Birthday, Robbie Burns Day, Make Your Own Pizza lunch, Soup Taste-Testing in honour of National Soup Month, Groundhog Day social, and a special party in the lobby to celebrate National Therapeutic Recreation Month. The residents had so much fun this season and are looking forward to spring when our handi-bus arrives so we can go on outings and enjoy activities out in the community!



Community Chaplain Service Group

Something wonderful continues to happen on a weekly basis at Tudor Manor in Okotoks. These dedicated people, the Community Chaplain Service Group, with the leadership of Chaplain for Tudor Manor, Darrell Wood (along with several others not in photo) share their time and talents with our seniors with such love, devotion and faithfulness. The atmosphere this group of people provide each week for our residents is truly palpable and inspiring to witness.

Whether it’s serving ice cream, playing piano or guitar, leading worship, sharing God’s Word, portering residents to Chapel Services, or visiting one-on-one, this group fulfills its mission of “Shining for Christ” as they enrich the lives of Tudor Manor residents. Residents were asked what they enjoyed most about the Community Chaplain Service and their response was overwhelmingly the same. *“They make us feel loved and that we matter.” (“oh, and the Peanut butter cup icecream!”)* Thank you Community Chaplain Service Group for all that you do to make a difference in the lives of seniors in your community.



Volunteers

Volunteers at Bow View Manor

We would like to thank and acknowledge all of our dedicated volunteers as well as our new volunteers at Bow View Manor. Now that the new extension has opened, we thank everyone for helping us with the transition. Words cannot describe how thankful we are to have such amazing volunteers!

We now have 29 new volunteers who will assist and help us with programs on the new side. Floors 3, 4 and 5 will have their own programs combined, just like Floor 1 and Floor 2 separately. We are so excited to have more volunteers to help us and the residents with our variety of programs. We now are able to have Bingo Night on Floors 3, 4 and 5 on Wednesdays, as well as Bingo Night on 2nd floor on Thursdays. We also have volunteers helping for Games Night, Pet Visits, Free Entertainment, Music Therapy, Church Portering and Assisting, helping with Physiotherapy and spending one to one time creating lasting friendships.



Renate Wothington has been a volunteer for Bow View Manor since 2002. Renate does the calligraphy for the resident of the month posters. Renate does an amazing job and the residents and family proudly have the posters hanging in their rooms once it's taken down at the end of each month so everyone can see!!!! We would like to send a BIG thank you to Renate for all her hard work and wonderful work she does for the residents here at Bow View Manor.

Dorothy Jensen, Adult Day Program
Volunteer at Bow View Manor!



Clifton Manor Volunteer

Pauline Chesire

Let us introduce Pauline Chesire, a most valued Volunteer at Clifton Manor! Throughout the years, Pauline has assisted staff and residents in various positions. She has accompanied residents to Doctor Appointments, assisted in church services, provided companionship to residents, and now presently arrives every Friday after lunch to help clear our dining room for Cocktail Hour; she will then porter residents, dance, socialize, and help monitor residents from our secured unit. Pauline has a huge heart, and it is all about giving it to the residents. Pauline has been a valued volunteer for so long at Clifton Manor that even she can't recall exactly how many years she has volunteered in our facility! When asked why she volunteers, Pauline simply stated that she has worked in geriatrics most of her life, and she really enjoys it. We would like to send out a heartfelt "Thank you" to Pauline; for her committed donation of time and love toward our residents at Clifton Manor.

Editing of content submitted may be required. We will make every attempt to include your submission, however due to space or timing not all content submitted will be used in the most current issue.

GO FISH Campaign at Bow View Manor

\$35,000 Goal By March 31 2016

Fish Tank and Water feature equipment and 2 years of maintenance.

Current Donation Total received: \$17,000

Donation envelopes are available at Reception OR by contacting Recreation at Bow View Manor

Want to give back through a donation but don't know how or for what?

Please contact Nancy Hammer, Director, Communications & Fund Development to find out about all of our programs.
403.536.8682

The Brenda Strafford Foundation Golf Classic

Presented by Thomas A. Goulding

Join us on **Monday September 12 2016**

at the Blue Devil Golf Club

Golfer Fee is a low price of \$175.00

Includes 18 holes of Golf, Golf Cart. Prizes and Buffet Lunch

8 am Shotgun Start

Visit www.straffordfoundation.org/Donate & Campaigns to download the order form.

CONTACT

Nancy Hammer

Director, Communications & Fund Development
Nancy.hammer@straffordfoundation.org

Direct: 403.536.8682 OR

Wayne Boutilier Tournament Chairman
(Wentworth Manor Kitchen Coordinator)

Wayne.Boutilier@straffordfoundation.org Phone:
403.242.5005 Ext. 8849

[Interested in Volunteering for the Tournament ?](#)

[Send an email to Wentworth Manor](#)

Paul.Dhaliwal@straffordfoundation.org

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- * Wentworth Manor Professional Nurses Social Club
- * Wentworth Manor Residential Staff



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SAFE. SECURE. SHELTER.



THE Brenda
Strafford
CENTRE

Help stop Domestic Violence

March 9, 2016
20th Anniversary Celebration

Join Us 6-8pm at WEBSTER GALLERIES
812 11 Ave SW

Canapés: Q Haute Cuisine
Wine: South by Southwest Wine Imports
Tickets: \$50 all inclusive
VIP Reserved Tables of 6 for \$500.00
Tickets: Eventbrite.ca – search Brenda Strafford or Call 403.270.7240 Ext 103
www.brendastraffordsociety.org

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The Brenda Strafford Centre for the Prevention of Domestic Violence
Helping women and children leave domestic violence and start new lives