

The Voice of Happiness

Volume 2. Issue 3. Winter 2016 - 2017



The Brenda Strafford
Foundation Ltd.



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Message from the CEO

The Year Ahead

There's no question that it continues to be a busy time at The Brenda Strafford Foundation (BSF). Much has been accomplished over the past year and we are now about to enter the final year of the 2015/18 BSF Strategic Plan.

To complete the last year of the current BSF Strategic Plan, the Senior Management Team met together in late January at Tudor Manor to identify what priorities we need to focus on for the upcoming year (April 1st, 2017 to March 31st, 2018). The Team considered a lot of information from both within and outside of BSF. Important planning considerations include: the economy; future directions for Alberta Health and Alberta Health Services; and the changing needs and expectations of seniors in our community. We also reviewed a lot of information about the Foundation including clinical, human resources and financial data, Resident and Family Satisfaction Survey results, past employee survey results, age of our facilities and equipment and other data relevant to the planning process.

At the time of this writing, the plan is still in development and will go to our Board of Directors for review and approval in mid-March. Not surprisingly, there were a number of items that will be on this

coming year's plan that were also on last year's plan, because some initiatives take longer than one year to complete.

Some of the things you will likely see in the 2017/18 BSF Annual Plan include:

- A number of site and organizational projects focused on improving resident and family satisfaction
- Implementation of the new employee recognition program - Celebrate Great!
- Planning for the new facility near the University of Calgary
- Beginning the implementation of the Electronic Health Record in the Long Term Care areas of BSF
- Beginning extensive renovations at Bow View Manor, Wentworth Manor and Clifton Manor
- Developing the BSF approach to Person and Family Centred Care
- Preparing for the Accreditation Canada survey to be conducted in Spring 2018
- Re-launching the KNOW More Falls Program
- Continuing to expand our focus on supporting research and innovation

Needless to say another busy year ahead. To try to accommodate these important projects it is important to use our available time wisely. I have heard a lot of feedback where there are some wasteful practices in the delivery of care and services (including administrative services). I am asking for your help to identify where we are doing things that take up our talented resources but do not seem to add anything of value to the residents and clients we serve. I know you all have ideas in this regard and invite you to share these with your supervisor, or directly to me any time at mike.conroy@straffordfoundation.org.

Overall a busy and exciting time for The Foundation as we embark on a number of projects that will fulfill our Philosophy, Mission and Vision and - most importantly - benefit the quality of care and services provided to our residents, clients and communities.



Mike Conroy
President and CEO

Message from the COO

Resident and Family Experience

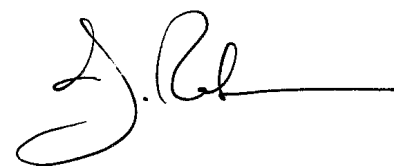
The Brenda Strafford Foundation introduced its first Resident and Family Experience survey two years ago, and repeated it again last Fall in all four Manors: Bow View Manor, Clifton Manor, Tudor Manor and Wentworth Manor. Resident and Family Experience plays an important role in the improvements made within our health care services, thus your comments, feedback, and ideas are very important to us.

I would like to thank the Residents and Families who participated in the 2016 Resident and Family Experience survey, and those who attended the follow-up focus group sessions. We are appreciative of the time you have taken to assist and collaborate with us, and we are committed to working with you and utilizing the information gained to create worthwhile improvements.

We were listening; what we heard from our residents and families across all four Manors were concerns and ideas to improve the areas of 1) Food Quality and Variety, 2) Dining Service, 3) Recreation, 4) Care and 5) Communication.

There were some suggestions that we could incorporate quickly, while others will take more time. Examples of suggestions that are on the BSF Resident and Family Action Plan include: using more simplified language on the menus, eliminate repetition of meals offered, serve the unpopular vegetables less often (the poor unwanted Brussel Sprout!), decrease food waste, improve dining room aesthetics, offer multigenerational recreation programming, enhance the care conference, improve the admission process, and add a family orientation night for newcomers. We will also be enhancing the Chef's Club as suggested

with a fun agenda of menu/meal review and food tasting, all residents and families are welcome. The Resident and Family Experience Action Plans will be made available at each Manor and further discussion is welcome. We are committed to providing feedback to you throughout the year. Once again, we are extremely grateful for your willingness to contribute your valuable time, your honest feedback, and your thoughtful suggestions.



Jenny Robinson
Chief Operating Officer

What's The Buzz?

News From The Manors



Wentworth Manor has been very busy over the last few months with various special events including: Oktoberfest, Halloween parties, Remembrance Day celebrations, S'no Place Like Home, Christmas Nativity, and the unit Christmas parties. The Intra-facility Committee was also very busy this December putting on two separate events: a staff potluck; and the 2nd Annual Children's Christmas Party – there were 55 children in attendance plus 6 volunteers and it was a memorable afternoon for all! Wentworth also held its Annual Door Decorating Contest, the winners are: #selfie from Court and Main Nursing from the Residence. Congratulations to the winners of a pizza party and thank you to everyone who participated again this year.

Beginning in the New Year, more programs will be introduced to the residents of Assisted Living such as "Connecting Yesterday to Tomorrow," a program in collaboration with Fort Calgary. We will also be introducing computer classes to our residents to teach them how to email and Skype so that they can continue to remain in contact with friends and family members. An Art program will also be implemented for the residents to allow them to express themselves through various mediums.

Going Green

As a part of the "Going Green" initiative, Wentworth Manor has purchased a television for each side. Using a PowerPoint show, all calendars, special events, and foundation news are displayed for residents and visitors. Activity calendars and a condensed monthly newsletter will only be delivered to residents. We are doing this to reduce our paper consumption.

Cold and Flu Season

Resident safety is of the utmost importance in The Brenda Strafford Foundation. As it is cold and flu season, all staff members take extra precautions to keep the residents safe including hand washing. The staff and residents are also immunized with the flu vaccine. Wentworth Manor continues to have impressive numbers for vaccinations: Assisted Living- 99% of staff and 92% of residents. Long Term Care- 95% of staff and 99% of residents. Private Enhanced Care- 100% of staff and residents have been immunized.

Greenhouse Fundraising Campaign

A Greenhouse Committee has been created by members of the staff and residents to begin fundraising for Wentworth Manor's very own greenhouse. This will be a two year project with the goal of raising \$380,000. The goal is to enhance the quality of life of the residents of Wentworth Manor. The greenhouse will be available to residents and family members throughout the year as it will be customized and properly heated. This project is the first of its kind in Calgary as no other site currently offers a greenhouse. We are very excited for this project and more details will be announced as they come available.



Welcome to Pamela Anderson

We are thrilled to have a new director of Recreation Therapy, Pamela Anderson, on the Residence. She brings with her many years of experience and is introducing a high number of new programs.

Congratulations to Avinash Patel

Avinash Patel, a volunteer of Wentworth Manor for the past 8 years, has been awarded the Sovereign's Medal for Volunteers in recognition for his contributions to the community of Calgary. Congratulations Avinash!



Christmas Party Dancers



Halloween



Shalika's Tea



Second Annual Children's Christmas Party



Christmas Party at the Residence

What's The Buzz?

News From The Manors



In response to the Resident and Family Satisfaction Survey, we have been engaging residents, families and staff to collect information for quality improvements at Bow View Manor. We shall be reporting additional findings and our action plan to address these concerns. Thank you to everyone who took the time to problem solve with us!

Bow View Manor Renovations Phase I begins in February 2017. Renovation Town Hall Meetings with the BSF Senior Management will be scheduled as required on an ongoing basis; all residents, families and staff will be invited to attend. Emails will be sent to families subscribed to Recreation's mailing list, and notices will be posted on-site with dates and times.

We have a new big refrigerator in the kitchen and the Chef is smiling!!! Renovations to the Recreation Room (scheduled to be complete by mid-February) will make room for dry goods storage for the Kitchen as well.

The painter is in the house at Bow View Manor and sprucing up the dining rooms on the first and second floor. You will notice the serveries have been rebuilt with new cupboards, counter tops and tile backsplash as well. We are removing the framed wall paper units and re-painting before we add some beautiful art to refresh the look of our dining rooms.

Adult Day Programme December Highlights

We enjoyed a full week of holiday spirit with all our clients, families and friends. We were fortunate enough to enjoy great entertainment, share a good meal with our loved ones and play some fun games! We would also like to thank our clients for helping us with our craft sale. Thanks so much to all who joined us – the holidays are really all about family!

New: Music History Program

Music History is a new program which has been developed to target a specific group of people. Many of our residents, despite certain health issues, still enjoy – and need – intellectual stimulation beyond the standard range of cognitive programs offered. Music History taps into their love of music and combines it with their desire to learn and expand the mind, while providing them with a venue for meeting like-minded individuals. The 60-minute sessions each focus on an individual composer, delving into their life stories and the influences behind their music, while interspersing the discussion with samples of their music. Primarily "classical" composers are being studied (everything from Bach to Gershwin), although there are plans to expand the program to include other styles and cultures of music, based on the feedback and desires of the participants.

Biblio-Therapy Program

Biblio-Therapy is a program implemented to provide residents with the opportunity to connect and share their passion of reading. Reading great novels, stories and poems helps us through difficult situations, feelings and ways of thinking. Reading is one of the best ways to relax and enjoy a bit of peace and quiet too. Here at Bow View Manor, our group meets monthly and we read out loud poems and short stories, as well as discuss authors and works of literature.



Volunteer Profile

Daniel Kelly has been volunteering at Bow View for about a year now and always has a smile on his face. He comes weekly and continually shows a lot of initiative and passion when volunteering. He has also started running his own fitness class where the residents come weekly to attend his sessions. He really enjoys playing badminton with the residents, dancing to music and overall he loves to make our residents happy. Music is a passion of his and he just wants to share it with the residents.

Thank you for all your dedication and commitment to Bow View!



ADP Christmas Party



ADP Christmas Party



Santa's Visit to ADP Party



ADP Christmas Party



ADP Christmas Craft Sale



ADP Clients Enjoying Special Entertainment

What's The Buzz?

News From The Manors



Tudor Manor residents continued to take life on the road this season, with the "Tudor Trolley" outings to Merv's Soda Shop, Bowling, Chinook Honey Farm, Haunted House Tour, Wal-Mart, Tim Horton's and Swiss Chalet. Residents especially enjoyed our special Christmas excursions including Evening Xmas Light Tours, Shopping at SouthCentre Mall (where we visited a very jolly fellow!) and the Okotoks Recreation Center, where we viewed a display of over 20 Christmas Trees decorated in many different themes.

Residents were also very active and engaged in a variety of programs offered at the Manor. Painting classes, Oktoberfest Pub Celebration, Shuffleboard Tournaments and Learning Computers were just a few of our favourites. Our Annual Fall Family Harvest event was a huge success with families and residents enjoying a lovely evening of delicious food and live music together.

Christmas at Tudor Manor was an eventful one with special activities held almost daily. One of the highlights for many residents was performing in the Annual Resident Christmas Concert. For the second year we collaborated with Holy Trinity High School students who sang and played the hand bells with us. We were fortunate to have many visitors from the community over the holidays including children and youth who performed concerts, taught us how to play chess, held their Boy Scout meeting and overall spent quality time visiting with the residents and spreading Christmas cheer. One resident even quoted, "this was the best Christmas I've had since 20 years!"

Dr. Strafford's Grand Piano Has a New Home

You may have noticed a beautiful addition to our lobby area. Tudor Manor has gratefully accepted the offer to be the new home of Dr. Strafford's personal baby grand piano. This is a wonderful addition to our site and we are very pleased and thankful to the Strafford family for their generosity!



"Since moving into Tudor Manor, my life has improved 100%. I attend all activities and especially love going out on the bus for shopping. I love when the children come in to visit us too. The last time the school chess club came I even won the game!"

~ Mrs Parsons



Tudor Manor Welcomes New Administrator Brenda Carroll

I have been pleased to join the BSF team since October 2016. I graduated from University of Alberta's Faculty of Nursing and have a law degree from the University of Calgary.

My clinical nursing experience is primarily in pediatric critical care. For the last 15 years I have been working in nursing management with a strong focus on quality improvement and risk management in healthcare. My nursing career began in Calgary but I have also spent 10 years in Yellowknife and most recently a few years in Vancouver.

My husband Rob and I have 3 children – Sheamus (11); Braya (9) and Declan (5). When I am not shuttling the kids from the ice rink to the soccer field, I try to fit in some time to run, and when I am really lucky some time to quilt. I am looking forward to working with the staff, residents and families at BSF.



Gingerbread House Decorating Competition



Annual Intergenerational Christmas Concert with Holy Trinity Students



Fall Family Harvest



New Year's Eve with Finland Party



Merv's Soda Shop, Black Diamond



Strathcona-Tweedsmuir Band Students

What's The Buzz?

News From The Manors



We would like to begin by saying "Congratulations!" to Glenn Lens, Clifton Manor's Employee of the Year for 2016. Glenn belongs to our Maintenance Team and he is known for his witty sense of humor, and attitude of team engagement. We are all proud and happy for Glenn in his achievement. Thank you for all that you do Glenn, for residents and staff alike at Clifton Manor!

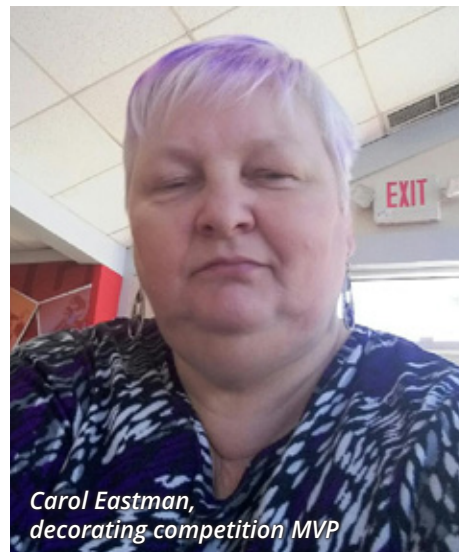


Glenn Lens,
Employee of the Year 2016

Our engagement with our community continues to reward not only our residents, but those in the community as well. Recreation's annual Haunted House spooked over 100 children from schools and the Boys and Girls Club in our area. We had a variety of events planned over the Christmas Season, unfortunately, many were canceled or rescheduled due to an Influenza outbreak in our site. Our Annual Christmas Pageant did go ahead as scheduled, and the traditional story of Christmas along with Christmas Carols were enjoyed by all who attended.

Not only do we seek to engage within our community, we also strive to maintain our staff engagement. This year we held a Unit/Team decorating contest and Clifton

Manor was lit up with decorations in every corner of the facility! We would like to mention the MVP was awarded to Carol Eastman, HCA. Carol, thank you for your donated time, creativity, and enthusiasm! Your excitement was contagious, thank you for the smiles and your passion for making Clifton Manor great for its residents.



Carol Eastman,
decorating competition MVP

The weather outside may be cold, but our hearts at Clifton Manor remain warm. Over the Christmas and holiday season, we were again very fortunate to receive numerous gift donations. Our Recreation team created a Santa's Workshop in our Activity Centre, and again this year, we were able to provide a gift to each resident in our site. We would like to continue sending our "thanks" to the organizations, and individuals who donated their time shopping, and bringing gifts to our seniors at Clifton Manor.

Clifton Manor Fun Club

In January, we have just started our own "Clifton Manor Fun Club." This is open to anyone working at Clifton Manor who would like to engage in a social event off-site every other month. We have enjoyed

one outing, where we participated in a Locked Room, and then went out for dinner. If you would like to join our Social Club and have some fun, please stop in and see Erin in Recreation to sign up.

Help us spread the CHEER!

What is CHEER exactly? It is our new fundraising campaign at Clifton Manor.

Comforting, **H**omelike, **E**ngaging, **E**nvironment (for), **R**esidents

Goal

We are fundraising for a list of items to enhance the quality of life of our diverse population of residents at Clifton Manor. Our goal is to raise approximately \$35,000 by late summer of 2017.

What are we raising money for?

- **Blanket and Towel Warmers:** for the comfort of our residents.
- **Specialized Sensory Equipment:** to reduce stress and agitation, also to provide specific therapeutic activities to those with dementia and lower cognitive functional abilities.
- **Musical Instruments and Drums:** Music is a universal language, there is no language barriers with music. Music and drumming programs will be conducted for dementia therapeutic type activities, reducing stress, maintaining cognitive stimulation, and also for social activity engaging family and community participation with our residents.

If you would like to support our CHEER campaign, or have any inquiries, please contact Erin Bates in Recreation at Erin.Bates@straffordfoundation.org



Clifton Manor Halloween Haunted House



Clifton Manor Christmas Pageant



Clifton Manor Christmas Pageant



Clifton Manor Christmas Pageant



Clifton Manor Christmas Pageant

Construction Updates

Bow View Manor

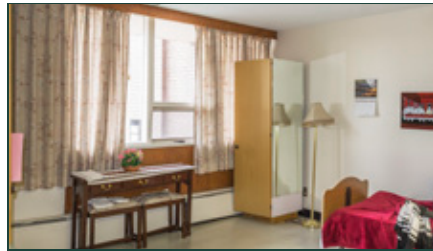
The Brenda Strafford Foundation is undertaking extensive renovations at Bow View Manor, to improve the standard of accommodation, and enhance the safety and quality of life for our residents, families and staff.

The original building was built in 1961 and Long Term Care residents were quite different in the 1960s. Residents were very mobile – very few residents, if any, required mobility aids – and some residents even still drove! Building standards were also different in the 1960s. Needless to say, the building has served us well for many decades but we are now facing many challenges in the oldest part of Bow View Manor.

Plans include extensive renovations to residents rooms; changes to nursing stations and bathing facilities; replacement of heating and ventilation systems; addition of fire sprinklers; and asbestos abatement. The renovations commenced in February 2017, and are scheduled to take place over two years, with expected completion in March 2019.

General progress updates will be available on our website (please visit: straffordfoundation.org) and regular updates will be posted on noticeboards on-site at Bow View Manor.

Our staff remain committed to your needs, and to maintaining our service excellence and quality of care during this period.



Wentworth Manor

The Residence at Wentworth Manor is scheduled for an interior facelift with minor renovation work to be completed over the next couple of months. The focus is on updating the interior design, while maintaining the site's overall 'at home' look-and-feel. Work is to be divided into the three stages, the Residence Main unit, Royal Oak unit and the basement of Residence main.

Clifton Manor

Implementation of the Clifton Manor Renovation project is currently in the planning stages and construction is expected to get underway by the Fall/Winter of 2017. Extensive consultation and communication is planned to ensure that all residents, families and staff are aware of the impacts and changes they will experience throughout this multi-year, extensive redevelopment project that, in the end, will greatly improve the living and care environment at Clifton Manor.

International Programmes

Did you know... The Brenda Strafford Foundation owns and supports a range of health care services in the Caribbean.

Haiti

Institut Brenda Strafford



Current News from Haiti

The Institut Brenda Strafford in Les Cayes, Haiti, is an active treatment hospital employing 100 staff and physicians and typically sees an average of 4,000 - 5,000 patients per month. Specializing in Ophthalmology and Ear, Nose and Throat services, the Institut provides a full range of consult services, scheduled and emergency surgical services and optical services including glasses.

The Institut has mostly recovered from the damage incurred by Hurricane Mathew and although local power is still an issue. Fortunately, we have our own generators to provide interim power.

The Institut has been fortunate to have additional physicians come to augment the permanent physician staff. The foreign physicians typically attend to the more complicated surgical cases. In the Fall of 2016, shortly after the hurricane a small team of physicians and nurses came from Holland and Belgium to treat patients with complex ear, nose, and throat issues. The Winkler Oculoplastic Team from the United States (pictured) visited from February 5 to February 10 to perform surgeries on the most complex ophthalmology patients. The Winkler Team has been going to the Institut on an annual basis and we are grateful for their support.

Jamaica

Primary Medical Facility and Dental Clinic



Current News From Jamaica

The Village of Hope in Montego Bay, Jamaica, includes the Brenda Strafford Medical Centre which provides primary medical and dental services and a 22-bed hospice for HIV, Cancer and other palliative patients.

The Foundation is in the process of developing a vocational training centre for young people to assist with reduction in poverty, with strong support from local agencies.

With the Good Shepard Foundation's primary medical and dental clinic opening soon, this service will be relocating from the Brenda Strafford Medical Centre in the near future.

Currently there is over a two year wait for basic eye care services in this part of Jamaica. The Brenda Strafford Foundation is currently in discussions with Canada Vision Care to convert the current Brenda Strafford Medical Centre into a medical centre providing optometry and ophthalmology services for needy Jamaicans.

Dominica

Health Clinics



Current news from Dominica

The Brenda Strafford Eye Centre in Dominica provides Ophthalmology services at the only large acute care hospital in Dominica. The Foundation is currently working with the Dominican Government to build a new Eye Centre as part of the Hospital redevelopment.

The Foundation has also funded and provided four primary care medical clinics in various parts of Dominica that enhances access to important health promotion and disease prevention services.

The government of Dominica is proceeding with the long-awaited replacement of the Princess Margaret Hospital in the capital, Roseau. It is envisioned that the new hospital will be home to The Brenda Strafford Eye Centre.



Farewell Nancy Hammer: Congratulations on your Retirement!

The staff of Brenda Strafford Foundation recently farewelled Ms. Nancy Hammer, Director of Communications and Fund Development for the Foundation, who retired in December 2016.

Nancy has been with the Foundation since 2014 and prior to that, also served on the Board of The Brenda Strafford Society for the Prevention of Domestic Violence. Over the past few years Nancy has made significant progress in developing progressive communications processes and mediums to improve both internal and external communications. These efforts have also served to enhance the image and profile of the Foundation in the community.

Nancy has also used her substantial expertise and experience in fund development to identify initiatives that would both appeal to a variety of donors and result in a very positive impact on the quality of life for our residents. The

Tudor Manor Bus and the Fish Tank/Water Feature project at Bow View Manor are two prominent examples of this increased focus on philanthropy within the Foundation.

Nancy has indicated desire to dedicate more of her time to her family and other interests that are important to her. The Foundation wishes her all the best and thanks her for her many contributions that will continue to serve us well past her departure.

We are currently reviewing how the important communications and fund development responsibilities will be fulfilled and announcements to this effect will be forthcoming shortly.

Call To Volunteer!

Volunteer Opportunities are available at all four of our seniors care facilities. Join us and make a difference in the lives of our residents, family members and the quality of life for those in our care.

Volunteers are required for a variety of experiences including:

- Outings Assistant – special occasions, local events, shopping and more.
- Entertainment – do you enjoy playing music, singing, dancing? Volunteers who like to share these experiences are welcome.
- Special Occasions – help celebrate birthdays, anniversaries, special holidays (Christmas, Easter).
- Gardening (spring and summer)
- Pet Therapy
- One on One Visiting – reading, conversation
- Companionship, friendship

To inquire about volunteering, please direct your email to the Manor where you wish to volunteer.

Bow View Manor: Kayla.Doiron@straffordfoundation.org

Clifton Manor: Erin.Bates@straffordfoundation.org

Wentworth Manor:
Teri.Vanderheyden@straffordfoundation.org
Pamela.Anderson@straffordfoundation.org

Tudor Manor: Sherry.Little@straffordfoundation.org



C H E E R E N V I R O N M E N T (for) R E S I D E N T S

What are we raising funds for?

- Blanket and Towel Warmers
- Rem Room: multi-purpose space designed for reflection, privacy, peace and provides a sensory experience to reduce stress, tension, depression and boredom.
- Bubble Wall
- Musical instruments- including drums, bells etc.
- Television Screen for the Rem Room
- Decorations for the Rem Room

SUPPORT THE CAMPAIGN!
HELP US RAISE \$35,000 BY SUMMER 2017!

Contact Recreation Department or Reception to find out how to donate, and pick up a brochure for more information.

Erin Bates
 Recreation Department
 403-272-9831
 Erin.bates@straffordfoundation.org

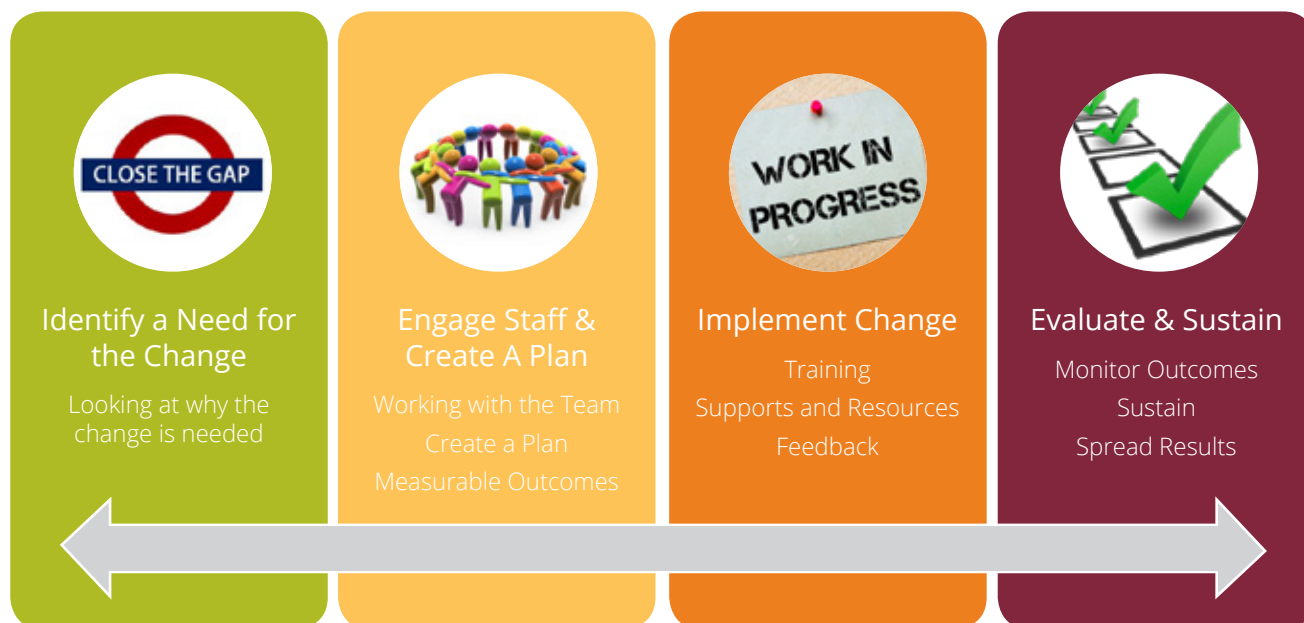


**The Brenda Strafford
 Foundation Ltd.**

Charitable Registration #105198873RR0001

Change Management Toolkit

The Change Management toolkit is intended to be a guide when implementing changes within The Brenda Strafford Foundation. It can be used with everyday changes on the frontline, in addition to the implementation of different change initiatives, including strategic changes. It provides consistent structure to all changes introduced into The Brenda Strafford Foundation that may impact residents, families, and staff. The structured approach also provides an opportunity for everyone to know what to expect during change initiatives.



Brenda Strafford Foundation External Networks

The Foundation has been working on integrating research and best practices to advance the quality of life of the communities we serve. Below are a list and description of the networks and committees we have joined over the course of the last year.

Networks

AGE-WELL

Formal partnership with AGE-WELL (Aging Gracefully across Environments using Technology to Support Wellness, Engagement and Long Life) is Canada's technology and aging network. AGE-WELL is dedicated to the creation of technologies and services that benefit older adults and caregivers. Their aim is to help older Canadians maintain their independence, health and quality of life through technologies and services that increase their safety and security, support their independent living and enhance their social participation.

Dementia Network Calgary

We are members on Dementia Network Calgary Steering Committee. Dementia Network Calgary is a growing group of knowledgeable, capable, and passionate individuals from across public, private and nonprofit sectors in Calgary and area with an interest in Alzheimer's disease and related dementias.

European Union Innovation Partnership

We are part of this partnership to share and obtain information on innovations occurring in the European Union. They provide information on different research and development efforts. This is a three year commitment.

Translating Research in Elder Care (TREC)

We conduct research with TREC, and regularly share information/initiatives as Dr. Holroyd-Leduc (member of our Research Advisory Group) is Calgary's Regional Director. TREC is a research program/network 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.

Strategic Clinical Network (SCN) Seniors Health Research Community

We are part of Alberta Health Services' Seniors Health SCN research community and receive information on different initiatives occurring in the network. We are also members of their community of practice, a network of people knowledgeable and passionate about senior's health, from backgrounds including clinicians, social workers and nurses. The engagement, involvement and participation of the members drive the work of the Seniors Health SCN by providing ideas, suggestions and sharing experiences and expertise.

Canadian Consortium on Neurodegeneration in Aging (CCNA)

We are members of CCNA. This is a network of 350+ clinicians and researchers throughout Canada who have come together to form the CCNA and are accelerating progress in age-related neurodegenerative diseases, including Alzheimer's disease, Vascular dementia, Frontotemporal dementia and Lewy Body dementia. There are 20 teams throughout Canada working in the areas of prevention, treatment, and quality of life.

Other

Geriatric Medicine Rounds – We were invited to be part of geriatric medicine rounds. Rounds that occur weekly every Wednesday from 0730-0830 on the latest research and evidence in geriatric medicine. Rounds are held by University of Calgary and Alberta Health Services.

Our Committees/Working Groups

Alberta Health Services Elder Friendly Care Advisory Group

This group is mandated to engage health leaders and providers in the Calgary Zone to plan, implement, evaluate and disseminate quality and safety enhancements in an effort to improve the quality of health care services for seniors. We are the only representative from Continuing Care on the committee.

Continuing Care Research Group

This group involves other Calgary Continuing Care providers (Bethany/Wing Kei) with the mandate to foster collaborative research that promotes and contributes to evidence-based practice within the Calgary Continuing Care Community.

The Brenda Strafford Foundation Research Advisory Group (Internal)

Comprised of local researchers from disciplines including medicine, nursing, environmental design and kinesiology to support and guide The Brenda Strafford Foundation in our endeavor to become leaders in advancing seniors care knowledge.

Fall Prevention Deserves Your Attention!

At the Brenda Strafford Foundation, Universal Fall Precautions are used for every resident. Additional specific interventions to prevent falls are implemented based on individual risk factors identified for each resident. Universal Fall Precautions mean that staff, residents and families work together to keep residents SAFE:

Safe Environment

- Keep pathways clear of clutter and tripping hazards
- Bed brakes are "on"
- Lights are working and "on" as required

Assist with Mobility

- Transfer and mobility assistance is provided as documented
- Glasses, hearing and mobility aides are within reach
- Regular toileting

Fall Risk Reduction

- Call bell is within reach
- Bed adjusted to safe height for resident
- Personal items are within reach
- Proper footwear is available and in use

Engage the Resident and Family

- Discuss risk factors with resident & family
- Develop a mutual Falls/Injury Prevention Plan
- Document the care plan

Dementia Friendly Community Proof of Concept Project

What is the Dementia Friendly Community Proof of Concept Project?

As many of you are aware The Brenda Strafford Foundation has launched two Dementia Friendly Community Proof of Concept projects: Signal Hill, Strathcona, Christie Park and Aspen; and Okotoks. These two communities are very different to each other – one is urban, while the other is semi-rural. The initial demonstration project will run for a period of two-and-a-half years. As part of this project, a toolkit will be developed which will enable further areas to set up Dementia Friendly Communities in Alberta.

The goals of the project are to:

Build community capacity and ensure community supports are available for individuals to age-in-place and remain in the community for as long as possible;

Raise awareness of dementia within the wider community with the aim to reduce stigma associated with dementia;

Develop a final report that summarizes findings from the pilot projects, and includes a toolkit and resources to support scale and spread of the Dementia Friendly Community concept.

This project is a unique community engagement initiative to review available supports, identify gaps and marshal Dementia Friendly Communities for the first time in Alberta

What is a Dementia Friendly Community?

Research tells us that Dementia Friendly

Communities help people impacted by dementia and their caregivers feel included and supported in the places where they work, live and socialize. Through community involvement, groups, businesses and individuals are educated about dementia and know that a person with dementia may sometimes experience the world differently.

The Alzheimer's Society UK defines a Dementia Friendly Community as "one in which people with dementia are empowered to have high aspirations and feel confident, knowing they can contribute and participate in activities that are meaningful to them."

Who is funding the project?

Funding has been received from the Government of Alberta, Alberta Innovates and Alberta Health Services; this is in addition to core funding from The Brenda Strafford Foundation.

What is the progress to date on the Dementia Friendly Communities Proof of Concept Project?

Two Town Hall Meetings – open to all members of the local community. The purpose was to determine what the current situation is like for those impacted by dementia and their caregivers, what is currently working, what is currently not working and what they felt was needed to make a Dementia Friendly Community.

A strategic advisory group was created to provide expert advice on the Dementia Friendly proof of concept project. Members include internal and external

stakeholders from The Brenda Strafford Foundation, University of Calgary, City of Calgary, Alzheimer Society of Calgary, The Kerby Centre, Alberta Health Services, Government of Alberta, Mayor of Okotoks, MLA Calgary West. This group meets every two months and has had two meetings to date.

Two Dementia Friendly Community Alliance groups have been created (one for Signal Hill, Strathcona, Christie Park and Aspen; the second for Okotoks). These are composed of diverse community stakeholders to take this initiative forward. These groups meet monthly and have had two meetings to date.

What are the next steps?

The Brenda Strafford Foundation is developing work plans in collaboration with the local communities, to create a Dementia Friendly Community in their neighbourhood. Stay tuned for more progress updates.

Get involved!

To find out more, or to get involved, contact Emma Richardson, Dementia Friendly Community Coordinator at emma.richardson@straffordfoundation.org

- **In Calgary, there are more than 13,000 people living with Alzheimer's disease or related dementias.**
- **Approximately 130,000 Calgarians are impacted by the disease.**

Nominations for Quality Improvement Mugs 2017 Are Now Being Accepted

Plaques are awarded to staff members who brought forth a suggestion/process which was implemented, and improved resident/client care, or the work environment.

Please submit your nominations to your Site Administrator by Thursday, 13 April 2017.

Employee Education Scholarship Fund

Congratulations to the November 2016 Recipients

In November, the Scholarship Fund Committee met in order to review the applications from the October call out. The Foundation is pleased to announce the following recipients:

Wentworth Manor:

Aruna Subba is currently an LPN working towards her RN through Athabasca University

Alma Boutilier is an educator upgrading her RN through Mount Royal University

Rowena Dangitan is working as an HCA after completing her certification at Rosewood College

Tudor Manor:

Daisy Estabillo is an HCA working towards her LPN Bow Valley College

Maritza Mayora De Beltran is an HCA working towards Recreation Therapy Aide through Bow Valley College

Clifton Manor:

Ramandeep Kang is a scheduler in the final stages of completing HR Management through the University of Calgary

Bow View Manor:

Nerisa Helican is in housekeeping and has completed her HCA certificate at Rosewood College

Dianne Odemwingie is a HCA working towards her LPN through Bow View College

Maricel Gajete is a Dietary Aide that completed her HCA certification through Rosewood College

Kristen Ingram-Cotton is the Manager for the Adult Day Programme and is working towards her Masters in Health Administration through the University of British Columbia

Thanks to the Scholarship Committee for their hard work in making this program possible. The next Application Review will be held in May 2017.



In the summer of last year, a group of individuals from across all sites came together with their ideas related to Employee Recognition. As a result of these sessions, staff and managers have been working together to develop recognition initiatives that involve everyone within the Foundation.

Very soon you will start to see and hear about our new Recognition program – **“Celebrate Great”** – launching in April 2017.

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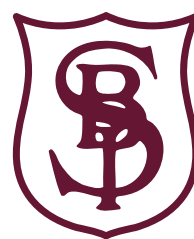
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