

The Voice of Happiness

Volume 3, Issue 2, Summer / Fall 2017



Art by Iris G. Resident, Tudor Manor

Spotlight on our Values

Relationships

We make a positive impact in the communities where we work and provide services.

We...

- Offer volunteer roles, training and recognition
- Integrate into the communities where we have a visible presence
- Partner with others to facilitate research and innovation
- Understand the value of being a charity and encourage participation
- Support the development of skills, talents and abilities
- Collaborate with others to enhance services and leverage expertise

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Message from the CEO



Relationships Matter

As most of you know, 'Relationships' is one of The Foundation's core values. Our many relationships and partnerships, both internal and external, are critically important to our success.

Internally, the quality of our team relationships has a direct impact on our work environment and the quality of care and services we provide. Consequently, it is important that we all make efforts to foster positive relationships with each other through empathy, appreciating the contributions of others, helping each other, and being receptive to new ideas.

Some of the most important relationships we have in The Foundation are with our residents, clients and families. People experience a lot of emotions when they need health care services and it is up to us to provide the information, expertise, comfort and compassion to try to reduce their anxiety. By doing this we inspire confidence in our residents, clients and families and help build positive relationships.

Our very dedicated volunteers and donors are also very important relationships for The Foundation. We know that volunteers and donors have many options as to where they can dedicate their time and philanthropic support. Our relationships with volunteers and donors is often based on shared values and the interactions they have with our residents. As such, their support is very dependent on the quality of our relationships with them.

As one would expect, The Foundation has many relationships with external organizations. Alberta Health Services (AHS) is a prime funder of many of The Foundation's services so, as a partner in improving health services, it is important that we maintain positive partnerships with AHS and our other funders, such as Alberta Seniors and Housing, and Alberta Innovates. The Foundation also has a very positive relationship with the University of Calgary, where we support three Research Chairs as well as the university's Brenda Stafford Centre on Aging.

Another great example of how relationships assist us in fulfilling our Philosophy, Mission and Vision is with our collaboration with the many community partners we work with. Academic institutions, primary care networks, municipalities, and other non-governmental organizations, are all critical to support us in doing more than we could otherwise do on our own.

Good relationships are based on acceptance that others bring expertise, interests, needs and resources that complement those of The Foundation and all of us.

On another note, in August of this year The Foundation introduced its new logo. This was approved by The Foundation's Board in June and represents a significant step forward for the organization. This change was done with a lot of thought and engagement to ensure it represented and supported the future of The Foundation, while respecting and building on our proud history. Staff town halls were hosted throughout all sites in August, to launch the new logo and also provide an update on the many Foundation initiatives for 2017/18. If you have any feedback, we welcome your comments and thoughts at any time.

As the Summer/Fall of 2017 draws to a close, I hope that everyone had a chance to enjoy some time with their family and friends this summer. I look forward to working with all of you for the balance of the year, and celebrating with you at the annual BSF Christmas Party!



Partners in the Community - BSF Dementia Friendly Communities project team pictured with Hon. Lori Sigurdson, Minister of Seniors and Housing at funding announcement. Read more on page 16.



Partners at the University - Lana Wells is the Brenda Stafford Chair in the Prevention of Domestic Violence at the University of Calgary. Read more on page 20

Mike Conroy
President and CEO

Message from the COO



Resident and Family Centred Care and Living

The Brenda Strafford Foundation is committed to delivering a more resident and family focussed approach, formalizing partnerships that enable residents and families to collaborate and contribute at all levels of the care and services we provide.

Based on literature searches, resident and family feedback, employee huddles and senior leadership efforts, the Foundation's Resident and Family Centered Care and Living Philosophy is finalized. We truly believe in this philosophy – that encompasses every resident and client as an individual – regardless of their diagnosis, condition or progression of disease. The approach is less of a medical model, and more of a holistic approach to care. It is a philosophy that will be embedded throughout the organization, more than solely an initiative, program, policy or list of tasks, but rather a fundamental change in how we think and everything we do.

There are three Key Principles that are intended to be “lived” with our residents, clients and families each and every day:

- 1) Services are Personalized
- 2) Services are Enabling
- 3) Services Involve Positive Interactions and Relationships

Over time we hope to see outcomes that include:

- A shift from ‘doing to’ or ‘doing for’ the resident, to ‘doing with’ the resident and their families
- Improved resident and employee interactions
- Residents/families building knowledge, skills and confidence to manage their own health, to set their goals with employees, and improve their experiences
- Better quality of care
- Improved resident functional outcomes such as emotional well-being and independence
- And increased resident and family participation in co-designing care and services



To expand on the co-designing of care and services, BSF has introduced a Resident and Family Advisory Group that launched in September and will play a unique role in helping The Foundation improve the quality and safety of health services. The Resident and Family Advisory Group is comprised of volunteer resident and family representatives from across The Foundation's Long Term Care, Supportive Living and Adult Day Services, who bring a richness of diversity based on geography, age, gender, background, culture, and health experiences to their role as resident/family advisors.

The work of the group is based on the values of partnership, collaboration, engagement, respect, and transparency, with an emphasis on fulfilling the Resident and Family Centred Care and Living Philosophy. The group plans to conduct two in-person committee meetings per year, as well draw upon the expertise of the advisory group members to participate in sub-committee work, provide feedback about facilities, initiatives, and policies, and attend other engagement opportunities where possible. The advisors will have opportunities to network with employees, service providers, leaders, and other advisors to share their perspectives and stories.

Thank you to everyone that expressed an interest and applied to take part in the group. By enhancing our relationships to ensure a greater understanding of resident and family perspectives, we will work together as partners to improve the quality and safety of health services and quality of life for residents, clients and families.

Jenny Robinson
Chief Operating Officer

Announcing Cambridge Manor



Artist Render of exterior of Cambridge Manor to be developed at University District.

Cambridge Manor & Independent Living main entrance looking south

The Brenda Strafford Foundation in tandem with West Campus Development Trust announce Cambridge Manor, a state-of-the-art senior living facility within Calgary's University District. The 217,000 square-foot building breaks ground in early 2018 and is set to open in 2020.

With Alberta's senior population expected to reach one in five by 2031, Cambridge Manor will help address associated challenges.

"We are excited to partner with The Brenda Strafford Foundation to provide an inclusive, safe, and integrated social environment," says James Robertson, West Campus Development Trust president and CEO. "At University District, people have the opportunity to live well at every stage of life, with access to day-to-day services and shared open spaces. We are creating a social, active and healthy lifestyle here in a well-connected, sustainable community."

An important part of the broader University District vision, Cambridge Manor's focus on innovation, research, teaching and learning will support service excellence and integrate the residential and academic communities within the University District and neighbouring University of Calgary.

The Brenda Strafford Foundation has committed significant resources to the University of Calgary. Brenda Strafford research chairs have been created across multiple disciplines, in addition to establishment of the Brenda Strafford Centre on Aging.

Researchers and students across various faculties will have access to the dynamic research and learning environment within a continuing care setting at Cambridge Manor, enhanced through collaboration with the university's Brenda Strafford Centre on Aging. The Centre has a mandate for age-related research, interdisciplinary education, public policy and community outreach that will benefit the greater community.

Cambridge Manor will be accepting applications approximately one year prior to opening. Information about booking process will be announced in early 2019. As progress continues, updates can be found through University District's ongoing communications via myuniversitydistrict.ca.

"Our assisted living and long-term care units will include specialized dementia care. Furthermore, independent-senior living in an adjacent condominium development means seniors -- depending on their health care or lifestyle needs -- can age in place and live comfortably without having to relocate as their needs may change overtime."

Mike Conroy,
*The Brenda Strafford Foundation
President and CEO.*

What's The Buzz?

Bow View Manor



Gardening Bee



Suncor and Green Drop volunteers at the Gardening Bee



Icecream outing to Angels



Gardening Bee



Gardening Bee



Halloween



Mother Goose program



Halloween



Green Thumbs Program



Green Thumbs Program



Stampede

Summer at Bow View Manor has been busy with one highlight being the Mother Goose intergenerational program. Mother Goose is a purposeful and therapeutic group for both the residents of Bow View Manor and the children (ages 0-18 months), hosted by the Carya organization. Every Thursday, residents and families interacted while singing songs and socializing with one another. The program launched in April of 2017, wrapping up with a picnic at Edworthy Park during Seniors Week in June.

Other special events this summer included a walk to Humpty's for Supper, an outing to Angels for Ice Cream, Canada's 150th Birthday Celebration, International Beer Day and of course Stampede! With over 400 people in attendance for our Annual Stampede BBQ, without doubt this was the best stampede we've hosted with record breaking attendance!

With two wonderful patios at Bow View Manor, we have many programs being held outdoors, from men's club, cocktails on the patio, live entertainment and socials. Bow View Manor would like to give a shout out to Green Drop and Suncor for hosting a tremendous morning planting flowers around the building with our residents! There were many laughs, gardening tips and recommendations being shared from our residents!

In October, Kayla and Jennifer represented Bow View Manor's recreation department at the "Annual Inclusion Awards" hosted by the Developmental Disabilities Resource Centre of Calgary (DDRC). The awards have been held since 1996 as an important way to recognize the people and organizations that help make Calgary a city where everyone belongs.

The Bow View recreation department has helped to create volunteer opportunities for two valued and well respected DDRC clients - Daniel and John Paul. Both clients are well-known at Bow View and are loved by staff members and residents. Daniel loves to laugh and provides a bright and positive environment for our residents at Bow View. While still new, John Paul has helped create a Horticultural program named "Green Thumbs," offering the opportunity for Bow View residents to help grow and maintain plant life within the Manor.

Many residents who were avid gardeners in their past are able to get their hands dirty again, as well as help program leaders learn gardening skills and tips from them. Residents who are unable to participate in larger planned activities receive one-to-one friendly visits to water plants in their rooms. The initial reception of the project has been received well by staff, residents and their families. John Paul promotes inclusion with all residents and provides a bright and cheerful environment for our residents on the 5th floor. "Green Thumbs" hopes to expand next summer to different units and create a beautiful garden oasis at each lounge at Bow View Manor.

Bow View Manor was proud to be nominated for a 2017 Inclusion Award, Thank you to DDRC for the nomination and the opportunity to work with such great volunteers!



Staff Spotlight

Cindy McIntyre, a Health Care Aide at Bow View Manor's Adult Day Program was recognized as a 2017 Alberta Care Provider of the Year Top 5 Finalist. This is a great achievement, and a reflection of Cindy's outstanding compassion, dedication, and willingness to always go above and beyond to support the needs and enrich the lives of her clients and their caregivers.

"Cindy is a phenomenal team member and goes above and beyond to ensure that all clients (and anyone) really feel comfortable, respected, and needed. She takes the time to speak with caregivers and offer them endless words of encouragement and support. She has a gift relating with all clients, and knows how to individually communicate with everyone to make anyone feel valued and special."

What's The Buzz?

Wentworth Manor



Variety Show



Royal Oak Stampede BBQ



Halloween



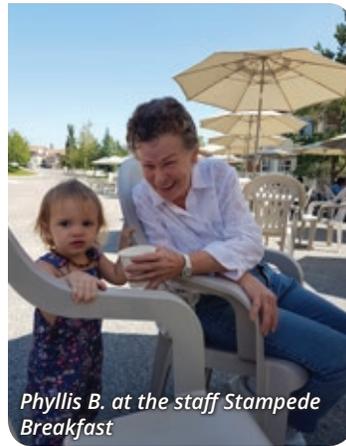
Trafalgar Stampede BBQ



Pie IDQI



Program Manager Nina S. at IDQI presentation



Phyllis B. at the staff Stampede Breakfast



Visit from Hon. Sarah Hoffman, Minister of Health



Court Stampede BBQ



Pie IDQI



Pie IDQI



Royal Oak Stampede BBQ



Staff Stampede Breakfast



Oktoberfest

Summer is always a busy time at Wentworth Manor and this year has been no exception.

Wentworth Manor also launched its Greenhouse Fundraising campaign in June with our Variety Show. Residents, family members, and staff were all in attendance as well as performing. We would also like to thank Bob McKinnon for the generous donation of two Muskoga Chairs that were held as a raffle prize for this event.

All of the stampede events at Wentworth Manor were eagerly anticipated by residents, staff, and loved ones. They were not disappointed! All the events set record breaking attendance and it was great to see so many people singing and dancing along with the musical talent that was brought in. During the Staff Stampede Breakfast, the Greenhouse Committee held a small but memorable Greenhouse Fundraiser with "Reach for the Sky and Pie IDQ!". Everyone really enjoyed this event, even if those who were volunteered left that day a little bit sticky!

More recent highlights from the Fall included the annual Oktoberfest and Halloween celebrations.

Wentworth Manor has also had a variety of students over the last few months. We welcomed nursing students from the University of Calgary, Health Care Aide students from Rosewood College, Bow Valley College, and Robertson College. There was also a first year Recreation Therapy student from Lethbridge College.

Over the last several months we have been continuing our work with recommendations from the Resident/Family Satisfaction Survey results. Wentworth Manor's Recreation and ADP staff have been working with Rundle College and the BSF Dementia Friendly Communities initiative to increase the intergenerational programming. Beginning in September, there will be 2-3 events per month held at Rundle College or Wentworth Manor to help bridge these generations together. We look forward to many teas, musical performances, and the implementation of the Opening Minds through Art (OMA) Program.



Staff Spotlight

Corrie Ingalls, Recreation Therapy Assistant on the Royal Oak unit at Wentworth Manor, was awarded the prestigious 2017 Alberta Care Provider of the Year award at the Alberta Continuing Care Association (ACCA) Inspiring Quality annual conference.

Corrie has been a longstanding employee of The Brenda Strafford Foundation. Over the years, Corrie has proven to be an exceptionally dedicated, caring, and highly valued member of the team. Her conscientiousness and devotion to residents on the Royal Oak unit has been recognized not only by her peers and supervisors, but also by the many touching tributes from family members that have been fortunate to experience Corrie's compassion and care firsthand.

"Corrie's positive and sunny personality, and enthusiasm, definitely is infectious with the residents, and energizes them daily. Her open, approachable demeanour is a great asset to assisting family members. Seeing how Corrie works with her clients reassures us that our loved ones still can do things they enjoy, and most importantly can have some life quality despite their health challenges. Corrie obviously loves and values her work a great deal, and genuinely cares for our Mom, and all of the residents she works with. She is a true blessing to all of the Royal Oak residents, and their families."

What's The Buzz?

Clifton Manor



Summer Fair & Car Show



Stampede



Summer Fair & Car Show



Summer Fair & Car Show



Halloween



Halloween



Halloween



Stampede



Summer Fair & Car Show



Stampede



KINDD Anniversary



Multicultural Fashion Show



KINDD Anniversary



Stampede



Stampede



Stampede

The summer and fall months at Clifton Manor have been full of fun and successful events; with many thanks owing to our community members, families, and volunteers who have supported us throughout the season. The consistent growth of our community relationships and family support, enables us to integrate bigger and better activities for our residents at Clifton Manor.

Seniors Week facilitates ongoing activity to celebrate our residents. A highlight is our Multicultural Fashion Show hosted in collaboration with the Calgary Catholic Immigration Society (Sherissa Celis, Coordinator of Immigrant Services), involving volunteers, residents and staff of Clifton Manor. Traditional costume is modelled, with information on the cultural history and tradition of the country. Seniors Week is completed with Clifton Manor actively participating in a Community Fair involving our entire area; with coordinated games, activities, and over 40 booth holders, promoting Health and Wellness for all ages.

June was also special at Clifton Manor, as we celebrated the one year anniversary of our KINDD Program (Kindness Independence Nurturing for the Developmentally Delayed). There was cake and dancing as well as shared words of appreciation from family members and employees of Clifton Manor.

July is the month of outdoor BBQs, outings, and the Calgary Stampede. We celebrate the Stampede Clifton Manor style with our Staff Pancake Breakfast, Resident BBQ, and engaging activities like our infamous Clifton Manor Chuckwagon Races! This is a wheelchair race involving both staff and residents! Congratulations to the Aramark Team for winning the trophy of the "Best Chuckwagon Tarp." An intergenerational picnic and outing was scheduled with a local daycare and our newly introduced Steak BBQs have been a huge hit with the residents. Kudos to the Recreation Therapy Team for becoming expert BBQ chefs!

August always arrives so very quickly, and with it is our Annual Summer Fair and Car Show. Clifton Manor teamwork is at its best this day, ensuring our residents and families enjoy the vehicles, games, live entertainment and BBQ. This is a natural opportunity for us to cultivate relationships with others in the community. We could not have made this day happen without the support of those who brought their vehicles, the volunteers, family members, the Aramark team, Recreation Therapy team, and all other employees who lent a hand. We would also like to thank T&T Honda, Meridian Road NE, and Mr. Bubbles McLeod Trail for helping sponsor our Summer Fair and Car Show.

As the busy Summer and Fall months draw to a close and Winter is just around the corner, we look forward to Christmas and maintaining our community integrated activities, including more intergenerational and family programming. We appreciate the relationships we are building, allowing us to not only grow, but also to continue to enhance the quality of life of our residents at Clifton Manor.



Staff Spotlight

At Aramark, we are committed to building a great place to work where every employee feels engaged and appreciated. Whether it's a small win, huge success or milestone in a career, it's important to recognize and celebrate the efforts. Working in partnership with everyone at Clifton Manor makes it easy to recognize our team members. We're excited to announce that our recent recognitions include:

Spot Awards presented to Dwight (Food Services), Arlene (Laundry), and Cristel Mae (Housekeeping) for working together as a team and doing great work.

Silver Achievement Awards presented to Marlin (Registered Clinical Dietitian, pictured left) and Fernando (Housekeeping, pictured right) for creating experiences that enrich and nourish our residents lives.

What's The Buzz?

Tudor Manor



5th Anniversary celebrations



5th Anniversary celebrations



Gardening Bee crew



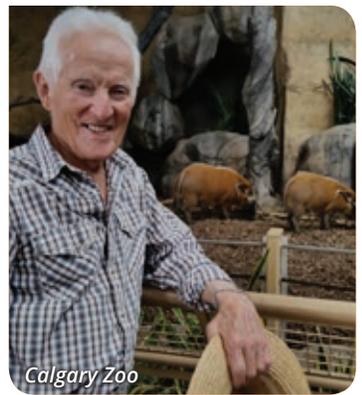
Stampede



Stampede



Calgary Zoo



Calgary Zoo



Stampede



Stampede



Stampede



Fathers Day



Lorne M. recognized by Royal Canadian Legion



Canada Day



Under the 'Big Top'



Canada Day Art Project

Congratulations to Tudor Manor resident Lorne Montague, presented with his 40 Year member pin by President Robert McLeod, with the Royal Canadian Legion, Okotoks Branch 291. Lorne originally joined as a member of the Sylvan Lake Branch, 212 and continues to be a proud legion member of the Okotoks Branch 291.

Families and friends from our Nottingham dementia care unit came together for a "Gardening Bee" to give the courtyard a makeover! A sincere thank you to everyone who came out and worked so tirelessly to make the courtyard so beautiful! A very special thank you to Carolyn Orton, daughter of a former resident, for organizing the event and for generously donating the new gazebo, flowers and trees in her mother Iris's memory.

Yahoo! Residents and staff enjoyed delicious Stampede breakfasts and BBQ's with live entertainment to boot! The annual Tudor Manor rodeo yet again was a huge success where we milked Bessie 'the Cardboard' Cow and had fun with our Cactus Toss game! We were also treated to an extra special outing hosted by The Boot Hill Gallery in Okotoks where we were entertained by the talents of a local Indigenous Dance Group.

Residents and their families were "going ape" for our very first visit to The Calgary Zoo! Residents loved the sunny ride into the city to share this special day with their families.

Tudor Manor's Annual Fall Family Harvest continues to be one of our most special events of the year! Residents enjoyed a special evening filled with family, food and music, surrounded by beautiful fall décor to set the mood.

On October 27, Tudor Manor celebrated its 5th Anniversary with a traditional "High Tea" party. Residents and families were treated like "royalty" as they enjoyed traditional English treats and tea served in fine china teacups! Special guests took part in the celebration including The Mayor of Okotoks, Bill Robertson.

Tudor Manor had a 'Spooktacular' Halloween party with witches, goblins and even a baby unicorn! Residents enjoyed the live entertainment of Willian Bjorn and some of us even put on our dancing shoes to do the "Monster Mash"!

Congratulations to Tudor Manor's Dietary, Laundry & Housekeeping provider, Aramark, presented with 3rd place trophy for their team video promoting the importance of safety on the job! This contest is held for Aramark employees across the globe and is a remarkable accomplishment for Aramark's Team Tudor.

T. Total care of mind and body

U. Understanding & compassion that there is a person with feelings inside

D. Decisions are made by a team and always resolution

O. Organization and excellent communication to the families

R. Recreation in many forms from group outings to individual time

-Carol K., daughter of Tudor Manor resident



Staff Spotlight

Congratulations Annie Archambault, Housekeeping Supervisor at Tudor Manor, who was selected as one of Aramark's 2017 Ring of Stars. This award program recognizes exceptional front line employees around the world for demonstrating extraordinary passion to serve clients and consumers who count on Aramark every day to 'enrich and nourish lives.'

Annie (pictured with her partner Rob) was honoured at the 2017 Ring of Stars celebration, held October 2-5, 2017 in Phoenix, Arizona. The award is a tribute to Annie's outstanding performance, dedication and passion to be a true Aramark service star. We are fortunate to have Annie on the BSF-Aramark Housekeeping team at Tudor Manor.

Human Resources



Here are some highlights from recent compliments!

"Big shout out to Basanta for lending a hand in laundry when it was needed. Your help made such a difference. You demonstrated great teamwork and willingness to help out in another department."

"Johana – Your compassion for the residents that you work with is outstanding! Never forget that you make a great impact in all these people's lives. You continually go above and beyond to increase the resident's quality of life. Thank you"

"Gerard, Thank you for your hard work and dedication to BSF. You are very proactive and take initiative to get things done ex: Telus access to phones in basement after hours! Also congratulations on completing your degree at U of C."

"Shout out to Rachel. When she notices unlabeled items in resident rooms, she takes the time to gather those items, complete a labeling form and send for labeling. Great customer service! Great contribution to our efforts to improve resident and family satisfaction!"



Wentworth Manor scholarship recipients

Celebrate Great!

The **Celebrate Great!** Recognition Tree gives employees the opportunity to thank each other for working hard and doing a great job! Do you see someone always living out the BSF core values? Do you know someone that is always putting others first? Is there someone that you work with who is always going above and beyond, or is an extra dedicated team player? Let them know that their hard work is noticed and appreciated.

Once a month, three leaves will be randomly drawn at each site to win a \$10.00 Tim Hortons gift card. Every quarter, all of the leaves in that period will be entered in a grand prize draw for a \$100.00 cash prize.

Congratulations to the first lucky draw winners of the quarterly \$100 Cash Prize this summer!



Employee Education Scholarship Fund

The Brenda Stafford Foundation is committed to providing encouragement to employees, and supporting their continued growth. One way in which The Foundation demonstrates this commitment is through the Employee Education Scholarship Fund. Calls for Applications occur twice per year.

Congratulations to the recipients presented scholarships this Summer:

Bow View Manor:

Gerlie B.

Mary D.

Wentworth Manor:

Alma B.

Rebecca I.

Wilsonia L.

Cristita P.

Preema R.

Rosalyn R.

Innovation, Research & Quality

Age-Simulation Suit Roadshow

Thanks to the University of Calgary's Faculty of Environmental Design, we were able to try out the exciting Age-Simulation Suit. The suit consists of different components that simulate different age-related changes, from impairments to vision and hearing, to mobility, and more. The suit went to each of our four manors throughout the summer, where various team members had an opportunity to try on the age-simulation suit or watch a demo of colleagues wearing the suit while attempting to undertake everyday tasks and activities that we take for granted as being easy.

How did trying on the suit make you feel?

"It made me feel like doing a little task was very hard, I was pushing myself to do daily living tasks."

"The suit made it really hard, it's heavy, everything was different, and it was hard to walk. I was confused, I didn't know where to go. It made me imagine myself how hard these changes must be."

"It was hard, I felt so heavy and stiff. I didn't know where I was going, I was scared to walk by myself."

Has this experience impacted your overall view of age-related changes?

"Yes, we have to be patient."

"Yes, it impacted me on approach. We need to do things differently, give them more time and understand."

"Yes, I realized that you need to give simple directions and no rushing."

"Yes, I feel like this made me more sympathetic."



Age-Simulation Suit



MEDi The Robot

This summer, we had a visit from MEDi the Robot. The robot has been used as a way to comfort children at the Alberta Children's Hospital, and came to visit some residents to get their perspectives. MEDi led songs, told stories, and even guided residents through Tai Chi. We are exploring whether a study can be conducted with MEDi to see whether there are any benefits with the elder population.



Innovation, Research & Quality



Fostering partnerships to create Dementia Friendly Communities

On September 6, the Honorable Lori Sigurdson, Minister of Seniors and Housing formally announced government funding for the Dementia Friendly Communities pilot project being lead by The Brenda Strafford Foundation. The Alberta government

is providing \$100,000 to support the pilot projects, while Alberta Health Services and Alberta Innovates are each contributing \$50,000 in funding support, in addition to core funding from The Brenda Strafford Foundation.

The Brenda Strafford Foundation is conducting the dementia friendly community pilot projects in Calgary and Okotoks. An information toolkit is being developed to help spread awareness about dementia-friendly communities. The project will be completed by October 2019.

The project includes training local businesses and organizations on how to recognize and respond to signs of confusion or disorientation in their customers or those they may interact with in the community. Phase 1 of the Business Training commenced this summer, aiming to target a range of different service providers in the community. ATB Financial has taken part in the training in both Calgary (West Springs branch) and Okotoks. The funding announcement was hosted at ATB West Springs in S.W. Calgary.

" It is estimated that by 2038, about one in 10 Albertans over age 65 and nearly half over 90 will be living with dementia. Our government is proud to support innovative work to educate the public about dementia and to help reduce the stigma associated with this disease."

- Lori Sigurdson,
Minister of Seniors and Housing

" We are extending our focus beyond our walls to work with the community and other partners to ensure people with dementia can remain in their homes, safely and properly supported in the community, for as long as possible. The toolkit will ensure localized, evidence-based knowledge is shared as a blueprint for Alberta."

- Mike Conroy,
The Brenda Strafford Foundation President and CEO

" Listening to our customers and nurturing a sense of belonging builds a stronger Alberta. This project helps ensure those impacted by this devastating condition feel comfortable and safe through increased awareness, inclusiveness and empathy."

- Peggy Garrity,
ATB chief reputation and brand officer



Foundation staff and board members present at the Dementia Friendly Communities funding announcement hosted at ATB West Springs.



ATB's Butch Caston suited-up in age-simulation equipment to experience completing a banking transaction with age-related impairments. Pictured with Lori Sigurdson, Minister of Seniors and Housing.



Dementia Friendly Communities Library Speaker Series

In September, The Brenda Strafford Foundation launched a Dementia Friendly Communities speaker series in partnership with the Calgary and Okotoks public libraries.

The series was launched in conjunction with World Alzheimer's Day. The public talk 'Understanding Dementia' featured guest speakers from the University of Calgary's Cumming School of Medicine, Dr. Zahinoor Ismail at the Okotoks Public Library on September 21, and Dr. David Hogan at the Signal Hill Public Library on September 22.

The next topic will be focussed on 'Risk Reduction.' Join expert researcher Marc Poulin, PhD, the University of Calgary's Brenda Strafford Chair in Alzheimer Research, discussing ways to minimize the risk of dementia.



Contact us for more information about how you can get involved.

Dementia Friendly Communities Project Manager

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Emma Richardson

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**Dementia Friendly Communities Coordinator,
Okotoks**

Jennifer Mallamo

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Dementia Friendly Communities speaker series: Risk Reduction

7:00 p.m. Mon. January 15, 2018.
Signal Hill Library

6:30 p.m. Thu. January 18, 2018.
Okotoks Library

Spaces are limited.

RSVP online at calgarypubliclibrary.ca or
okotokslibrary.ca

Insomnia in Long Term Care

While sleep is important for normal function, insomnia is prevalent among residents in care facilities. This can lead to long-term sedative-hypnotic use, which is an ineffective treatment option associated with a number of adverse outcomes.

Sedative-hypnotic use in older adults is associated with falls and impaired balance, hip fractures, memory impairment and daytime sedation. The risks of sedative-hypnotic use for insomnia in older adults outweighs the benefits. In fact, for every one person who benefits, two other individuals experience harm.

This summer, Bow View Manor completed a patient-centered education intervention for staff aimed at reducing long term care resident use of nighttime sedative-hypnotics for insomnia. The education intervention included providing nursing staff with a point-of-care decision tool (poster) highlighting possible causes of insomnia and associated recommended non-pharmacologic strategies to address each cause. The study included sleep logs to record sleep hours and the tried strategies. This resulted in residents spending more time sleeping at night and less time sleeping during the day, without the need for sedative medications.

Fundraising & Communications

New Logo. Same Philosophy.

In August, The Brenda Strafford Foundation proudly unveiled our new logo and updated brand. This evolution of our visual identity represents a bright and vibrant future, made possible due to The Foundation's proud history of serving people in need since 1975. A history that has laid the groundwork for everything that we will pursue in the years ahead.

The brand redevelopment project commenced in 2015 with the support of Dr. Strafford. However, out of respect, the project was put on hold after Dr. Strafford's passing in 2016. The brand redevelopment project recommenced earlier in 2017, and the new logo was approved by The Foundation's Board of Directors in June.

We are now proud to present the new logo along with some initial applications of this new brand, including the launch of a new website. Visit us at the new site online at theBSF.ca to keep up to date on news and activities.

As we launch this new era with a new visual identity and branding, we continue to be guided by the same philosophy:

The preservation of dignity and the pursuit of happiness



The Brenda Strafford Foundation 2nd Annual Golf Classic



On August 22, over 100 golfers hit the links under a bright blue sky at the Blue Devil Golf Club raising \$67,000 to support therapies that stimulate and engage our senior residents and adult day program clients.

See you all next year - stay tuned for details coming soon on our 2018 tournament!

Presenting Sponsor



Since our start in 1974, Clark Builders has believed in building exceptional experiences through innovation, collaboration, and foundational relationships. This is true of our projects, as well as our contributions to the community. With our shared commitment to social stewardship, Clark Builders is proud to be a presenting sponsor of The Brenda Strafford Foundation Golf Classic.



Clark Builders golf team



Clark Builders sponsor presentation

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Social Club



Carts heading out



London Drugs team enjoying the course



BSF Golf Classic committee



BSF volunteers



BSF volunteers



London Drugs sponsor presentation

University of Calgary

Brenda Strafford Centre On Aging Reframes What It Means To Age Well

By Brittany DeAngelis, O'Brien Institute for Public Health

Two-day event explores roles that community and policy can play in enhancing resilience in an aging population.

Thanks to factors such as aging baby boomers, dropping birth rates, and improved life expectancy, for the first time adults over the age of 65 make up a bigger segment of Canada's population than children.

But while population aging may pose challenges, the centre's academic lead, Dr. David Hogan, points out that aging presents even greater opportunities.

"Older adults play an important role in our society. They have a wealth of skills and experiences, and contribute to their families, communities, and society as a whole in very significant ways," says Hogan, a professor in the Department of Medicine at the Cumming School of Medicine.

Living well in the face of adversity

Earlier this month (October), the centre hosted its first event since moving under the umbrella of the O'Brien Institute for Public Health. *Resilience in Aging: Exploring People, Places, and Policies* brought researchers, clinicians, policy-makers and community members together to discuss the multiple factors that determine our resiliency as we age.

Keynote presenter Janine Wiles, PhD, associate professor in population health at the University of Auckland, said that while personal characteristics such as a positive attitude, keeping busy and having a purpose are important, external resources such as social support from family and friends, neighbours and community, as well as access to services and agencies, also play a crucial role in supporting resilience in older adults.

"All of us are driven by a desire to be well and survive the ups and downs we face throughout our lives, but we need supportive environments around us to do so," said Wiles.

Resilience can be developed in all of us

Wiles also challenged the notion that resilience is inherent in some individuals, while not in others.

"Resilience is something that can develop over time, often because of the struggles we experience," said Wiles, adding that while there may be peaks and valleys, as we age the accumulation of experience, knowledge and wisdom is there to draw upon when coping with challenging situations.

The audience also heard from Andrew Wister, PhD, director of the Gerontology Research Centre at Simon Fraser University, and professor in the Department of Gerontology, whose research focuses on the ability to recover and bounce back from adversity – specifically for those living with multiple chronic medical conditions.

Wister says a better understanding of how people cope with illness later in life, and adapt to these circumstances, will further our knowledge of the social and environmental determinants of health — in turn informing public policy that promotes the health and well-being of a population.



Photo Credit: O'Brien Institute for Public Health.

Lana Wells Recognized By YW Calgary 'She Who Dares' Campaign

YW Calgary has launched its Canada 150 project: a creative, engaging and interactive installation highlighting the stories of 150 women, known and lost to history who have impacted Calgary during the last 150+ years.

Lana Wells has been recognized for her work as a leader in reducing and preventing domestic violence, through community initiatives and academic work at the University of Calgary, where she is an Associate Professor in the Faculty of Social Work. Lana leads Shift: The Project to End Domestic Violence, and has trained thousands of teachers to help educate Calgary youth in healthy relationship skills. Her efforts to engage men and boys in preventing domestic violence has garnered international attention.



Lana Wells, the Brenda Strafford Chair in the Prevention of Domestic Violence.

Charitable Programs



The Institut Brenda Strafford in Les Cayes, Haiti, specializes in ophthalmology and ear, nose and throat care.



Jose Ferrer Suarez

The Institut Brenda Strafford in Haiti is pleased to welcome Jose Ferrer Suarez from Cuba to the team. Jose is a biomedical engineer who maintains and repairs medical equipment at the institut. He is also a mechanic and an electrician and does maintenance, installation, and repair on air conditioners, generators, electrical

wiring, appliances, car repair and maintenance, and many things related to various equipment at the institut. Jose is a big asset to the team and we are looking forward to working with him!



Nisard Louis

The Institut Brenda Strafford also welcomes Nisard Louis who completes the administrative team. Nisard looks after our day to day financial operations, and also takes on additional responsibilities such as the physical plant and human resources. Nisard is from Haiti, but studied and lived in the United States for 14 years. He

has a bachelor in Administration and a certification in Accounting. We are fortunate to have him in our team and look forward to working together for the great interest of the Institut.



The Village of Hope in Montego Bay, Jamaica, is home to The Brenda Strafford Medical Centre (under construction to be converted into a new Eye Centre), as well as a 22-bed hospice for HIV, cancer and other palliative patients.



Charitable Programs



Meaghan Reid

The Brenda Strafford Society for the Prevention of Domestic Violence

Introducing Meaghan Reid, Executive Director

Meaghan Reid is the new Executive Director of The Brenda Strafford Society for the Prevention of Domestic Violence.

Meaghan has extensive leadership experience working in the public and non-governmental organization sectors at local and national levels in North America. Most recently Meaghan was the Assistant Vice President, Mental Health First Aid with the National Council for Behavioral Health in Washington, DC where her work on mental wellness in the workplace was profiled on NPR, Forbes, and Inc. Magazine. Prior to this role, Meaghan held senior roles with the Mental Health Commission of Canada and with CUSO-VSO in Ottawa. Meaghan brings well developed leadership, strategic planning and partnering skills to the Executive Director role at the Society. She is a graduate of Memorial University and has attended a number of programs focusing on senior leadership.

Meaghan lives in Calgary and enjoys the horseback riding in the summer and walking her dog Nico through the snowy mountains in the winter!

Mac's Charity Golf Tournament

Mac's Convenience Stores are long time supporters of the Brenda Strafford Society. Each year they host a Charity Golf Tournament attracting over 100 golfers, held this year in July. The Society is grateful to benefit from the Golf Tournament, using proceeds to stock an onsite Mac's store that provides women fleeing domestic violence with complimentary items including small appliances, personal care items, toys, etc. during their stay in the Brenda Strafford Society's second stage shelter. Many women are forced to leave all of their possessions when they flee their homes, and this contributes to rebuilding their belongings as they prepare to move back into the community.



The Brenda Strafford Golf Team



Cheque Presentation to Board Chair Norma Jackson.



CHILDREN'S COTTAGE SOCIETY

Brenda's House

More than shelter.

Brenda's House, operated by the Children's Cottage Society, not only provides emergency family shelter for families who are currently experiencing homelessness. Brenda's House dedicated staff and volunteers are always looking for ways to help children and families develop, grow and build strong futures.

This summer, a young mother was reunited with her daughter for the first time in years. At Brenda's House, the mom was now in a safe environment that could support them both while she found housing, as well as support her daughter's mental development, thanks to the help from supportive staff and volunteers at Brenda's House.

A new-to-Calgary family moved into Brenda's House at the beginning of the summer while Brenda's House staff helped them find found permanent, stable housing. Being new to the area, they were not only struggling with finding a safe place to stay, but also keeping their children healthy and strong. The Brenda's House Child Development team worked closely with the family and their children to make appropriate referrals to mental health supports and the Alberta Children's Hospital. One of the children now has a clear diagnosis and is receiving the help they need to build a strong and healthy future. Since then, the family has moved into stable housing and is flourishing with their new supports.



Brenda's House

Brenda's House By The Numbers (For the period June 21-September 21, 2017)

- Number of families: 15
- Number of single parent families: 10
- Number of total adults: 21
- Total number of children: 32



Members of the Brenda Strafford Golf Team



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