

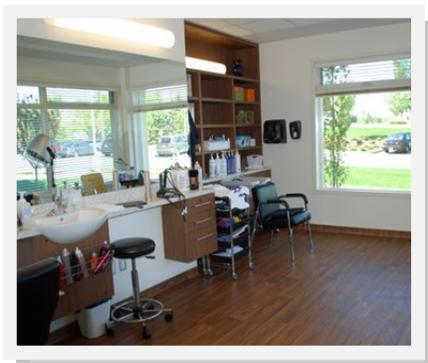


growing
 a caring community

June 2016

Providence Care Centre

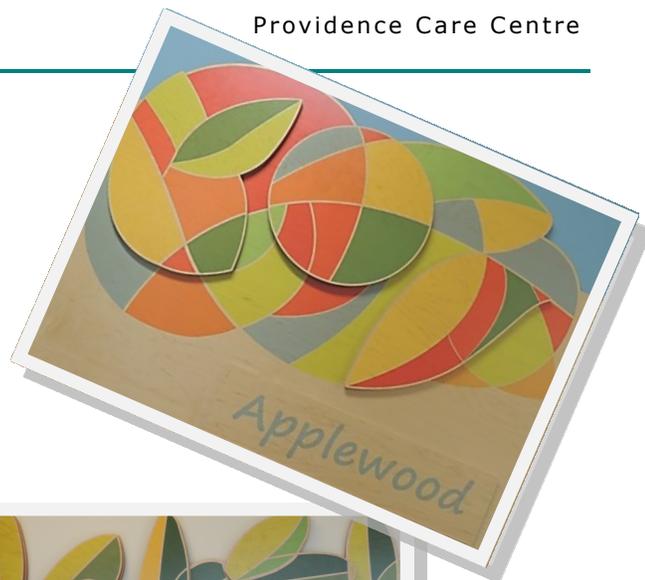
Providence Care Centre is open and providing personalized, compassionate and specialized care for the residents who can now call it *Home!* Combining the care our residents require, the convenience they value and the independence they cherish, the Providence Care Centre is beautifully designed to accommodate those needs. Added benefits are the spacious neighbourhood areas, bistro and courtyards for residents and families to enjoy. Each neighbourhood has its own dining room where three delicious chef-prepared meals are served daily by cheerful, friendly staff.



Providence Care Centre

All our neighbourhoods are now occupied and the levels of care for each neighbourhood have been determined, ranging from Long Term Care, Supportive Living, Dementias, and Complex Care. We would like to introduce you to some of our residents, their families and their neighbourhoods.

Applewood and *Boxwood* neighbourhoods offer the perfect solution for families seeking a safe, caring environment for their loved ones with dementias. These secured neighbourhoods combine the comforts of home with compassionate, experienced and dedicated staff working to enhance quality of life for the residents.



Grandma's Story—*as seen through the eyes of a loving granddaughter*

"Prior to moving to Providence, Grandma spent two years in the hospital and was bedridden for the last six months of her stay.

When Grandma arrived at Providence the staff noticed that she only had nighties and asked us to bring in her day clothes. Prior to the hospital stay Grandma was always well dressed and groomed. We never thought we would see her in regular clothes again so we enjoyed the opportunity to shop for several new outfits and take them to her. It was very emotional when we saw Grandma dressed in regular clothes.

The staff are working hard to ensure she has the best possible quality of life in her new home. They helped her stand and are now focusing on her walking again. On a recent visit, I was overjoyed to see her walking with the aid of a walker. It was really, really cool for her to have made that kind of progress.

There has been a total change in her well-being. Grandma has gone from being lethargic to having energy. Having the normalcy of being dressed has helped her feel that much better. She is always clean and well dressed; her room is clean, her bed is made; all of which is contributing to her mental health. She is cared for very, very well.

The staff are very good at their jobs and they do seem to care about Grandma's care and progress, not just keeping her clean, but rehabilitating her. We are really impressed with the level of care, and the people at Providence are wonderful. Thank you!" (granddaughter)

"Grandma is cared for very, very well."

Keeping a Balance

Dementia just doesn't hit those in their 80's! Several of our advanced dementia residents are in their early 60's. Imagine . . . happily married, looking forward to retirement, travelling, time with the grandchildren and other dreams we have put on hold while working. Then, dementia strikes. The toll it takes on the spouse and family members is significant. Retirement, usually a time of great anticipation, becomes a phase of life that gets skipped over. Unfortunately, several of our family members are living this scenario.

Family dynamics change when a loved one is diagnosed with dementia. Keeping the balance between being a caring spouse, a supportive parent, and a loving grandparent remains important. Several of our family members are living this scenario. A good example is Don. He comes to visit every day and devotes that time to making his wife happy— taking quiet walks, participating with her in many of the activities that take place at Providence and also attend family gatherings together. Don is still able to make time to attend the grandchildren's hockey and ringette games—knowing that his wife is well cared for.

"Everyone is friendly, smiling and staff are so helpful."

Don

Specialized Care

The *Baywood* Neighbourhood consists of 8 suites and is home to our younger population (25 – 60 years) with complex long term care needs – such as spinal cord injury and muscular dystrophy.

These residents are happy to be part of this neighbourhood which allows more freedom than they experienced in hospital. We strive to provide a home-like environment supportive of their well-being. They have the opportunity to discuss shared interests and enjoy the camaraderie of watching sporting events and programs together on their large screen TV.

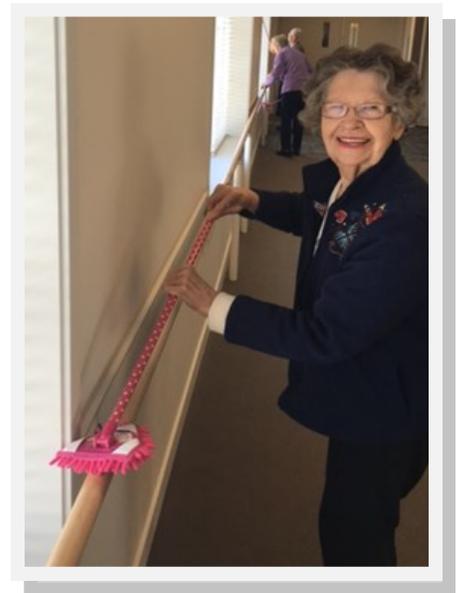
Recreational Activities

We are fortunate to have an energetic and dedicated Recreation Therapy team promoting an active lifestyle by offering a variety of intellectual, educational, cultural, and recreational activities, even household chores, and encouraging our residents to share their talents and experience.

Apart from the wellness and fitness programs, and live entertainment from outside groups such as the Men's Choir, Piano and Guitar recitals, we have residents that lead activities which include:

Expressive Art Classes

led by Vicki, an accomplished artist and musician. Vickie enjoys sharing her knowledge with the residents and family members that attend. Vicki sums up these classes as *"the highlight of her week"*.



Recreation continued . . .

Sister Jam —led by the Sisters of St. Louis whose home is now Providence. These spontaneous musical jam sessions involving the guitar, harmonica and drum, lead sing-alongs that are friendly, fun and enjoyed by the residents.

Current Affairs—Bill, who has a strong financial background, leads a weekly discussion on trends and news events happening locally, nationally and internationally. This group is growing in popularity!



Residents also took part in the **“Sugar Sugar”** video that was produced for our 17th Annual Legacy Dinner – it is worth checking it out at www.flccfoundation.ca, under News and Events – choose 2016 Resident Video. Make sure you have the volume turned up and ENJOY!

Memory Care Program

We are underway, slowly but surely with our personalized music therapy program . . . we look forward to seeing this program growing and being very successful in enhancing engagement and socialization of our residents with their families and staff, resulting in a calm caring social environment and providing a better quality of life for our residents.



Stampede Week Events at Providence Care Centre



- July 8th at 2:00 p.m. William Bjorn, Guitarist/Singer
- July 11th at 10:30 a.m. Keep it Country Line Dancers
- July 12th at 6:30 p.m. Barn Dance and Saloon,
with Guitarist/Singer
Mary Resek
- July 13th at 11:00 a.m. Cowboy Brunch
2:00 p.m. Tom Lorrie, Guitarist/Singer
- July 14th all afternoon Petting Zoo from Butterfield Acres
- July 15th at 2:00 p.m. Ken Stobbe, Guitarist/Singer



Our Begging Journey Continues

While we are celebrating and giving thanks for the successful opening of the Providence Care Centre, we are still faced with the need to raise funds to complete the interior décor that will help residents feel they are at home, such as artwork, furnishings, and additional adaptive tables for our residents with larger mobility equipment.

Fundraising Goal: Artwork, Furnishings, and Adaptive Tables \$188,000

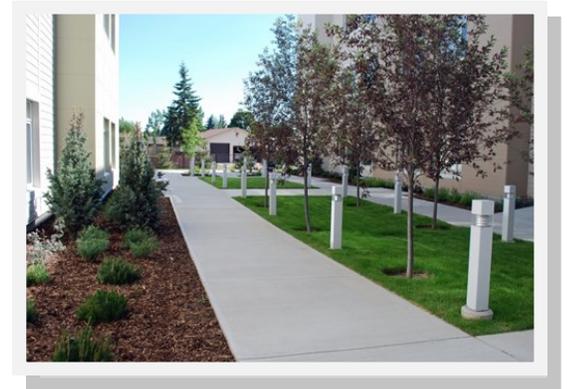
OVERHEAD LIFTS:

The Overhead Lifts continue to be a priority need....In the Fall we reported that due to the high demand for long term care, the number of our long term care suites had increased from 30 to 58. A further adjustment occurred, resulting in a total of 94 long term care suites. In the last 6 months we have been very fortunate to have received donations that are allowing us to purchase and install an additional 18 lifts, which means we will have a total of forty-eight (48) suites equipped with overhead lifts. Many thanks to those of you who have given so generously. This leaves us with the need to provide overhead lifts for the remaining 46 long term care suites.

Fundraising Goal: Overhead Lifts \$730,000

GARDENS:

The garden benches will be arriving shortly to complete the centre garden and enhance the pleasure of the residents and their families as they enjoy the summer sun. We are turning our attention to the other two gardens so that the residents can enjoy more of the outdoors. The grass is in, the patios built; we now need to complete the landscaping and furnish the patios.



Fundraising Goal: Trees, Shrubs, Pathways, Benches and Patio Furniture \$175,000

CHAPEL:



The planning has started for a new Chapel to be built on the NE corner of the Providence Care Centre. Government funding is not available for this construction so before we can proceed to build we need to raise the necessary funds. In the meantime, Mass is held in the Providence Great Room on Wednesday, Thursday and Friday of each week at 11.00 am. We extend our thanks to Holy Spirit, St. Bonaventure, and St. Albert the Great for their commitment to serve the spiritual needs of our residents.

St. Patrick's Parish CWL, under the leadership of President Priyanthi Pinto, held a fundraising dinner with silent auction and amazing entertainment. Proceeds raised have been directed toward the Chapel.

St. Patrick's Parish CWL cheque presentation was made at the site of the proposed Chapel.



Fundraising Goal: PCC Chapel \$2.5 Million

Father Lacombe Care Centre

Summer is around the corner! The trees are now in leaf, our deer family has expanded and we have regular visits from a rather large male pheasant!



Hubert Van Dongen July 17, 1922—May 15, 2016



On May 15th, 2016 we lost a long time resident, Hubert Van Dongen, who had spent most of his life within the care of the Sisters of Providence (both as a former student of Lacombe Home School and also as a resident of Father Lacombe Care Centre). Hubert attended the Lacombe Home School along with his cousins, siblings and other Catholic children from his home town of Strathmore. It was very important to Hubert's Mother that her children receive a religious education as the family were devout Catholics. Hubert and his family all took their First Communion in the Chapel at Lacombe Home School (now the site of St. Mary's University). Hubert and his relatives stayed in residence as they were unable to return to Strathmore due to distance as well as harsh winters. After leaving the school Hubert went back to the family farm and spent a number of years looking after his ailing father until he passed away.



Hubert—top left

On April 8th, 1971, Hubert was admitted to Father Lacombe Care Centre where he spent the last 45 years. During a good majority of time at the Care Centre, Hubert shared a room with Henri Flooren. The two became friends helping each other—Hubert by assisting Henri in his wheelchair and Henri bringing Hubert much joy with his enthusiastic personality. During Hubert's earlier years at Father Lacombe Care Centre, he enjoyed driving the tractor in the vegetable garden that the Care Centre planted, grew and used for resident meals. On many occasions Hubert "hung out" with the maintenance staff in their workshop. Later in life, Hubert became well known by staff and visitors for eating lots of chocolate and enjoying Coca Cola, both his favourites. Hubert enjoyed his many outings with staff, a private companion (Bettie), as well as his niece Jo-Ann Dumont. Thanks to Jo-Ann for his story and recollection.

Bubble Tube Thanks to the generous donations of families we were able to purchase a **Bubble Tube** which is being enjoyed by our residents.

The Bubble Tube is a proven aid:

- to stimulate senses without demands on cognitive ability,
- to increase well-being and promote communication with our residents,
- supporting residents to use their senses to relax at their own pace,

and is step one in our long term goal to have a Snoezelen Room. The purpose of this room is to help connect dementia residents to the world they left behind by providing an enjoyable experience, helping to reduce antisocial behaviour, improve mood and concentration.

Resident's Resource Room A number of brain teasers have been purchased for residents and families to enjoy and enhance their visits together. Seeing a smile, hearing laughter and singing is a reminder of why we are here which is to improve the quality of life for our residents.



The Father Lacombe Care Centre has enjoyed some fun activities over the past few months.



Volunteer Appreciation Evening

Art Classes with Ashid Bahl



Hats On for Mental Health Awareness Day

On May 4th the Nursing staff on East participated in “Hats On” for Mental Health and Addiction Awareness Day. 100% of the staff proudly wore their hats all day. The focus was to break the stigma and focus on Mental Health Awareness.

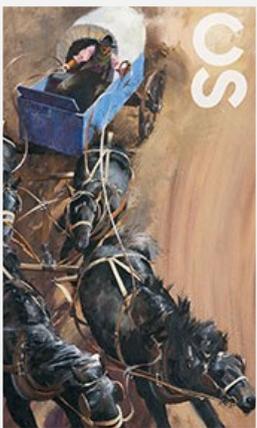


May 12 – 16th Nurses Week

Nursing staff on East participated in promoting the theme “Nurses with you every step of the way”. All staff were encouraged to bring in socks to fill a rubber boot with the result the boot was filled to overflowing. The socks were graciously accepted by Samaritans Purse, who presented the unit with a certificate of appreciation for the contribution. They plan to use the donated socks for their Shoe Boxes and put a smile on a child’s face.



Stampede Week Events at Father Lacombe Care Centre



July 11th at 1:30 p.m. Keep it Country Line Dancers

July 13th at 6:45 p.m. Stampede Pub Night
Randy Hillman—Entertainer

July 15th at 8:30 a.m. Stampede Breakfast—Cooks: Rotary Fish Creek
Mary Resek, Guitarist/Singer

9:30 a.m. Visit from Western Wild Wild Donkeys

Father Lacombe Care Centre Needs

In our excitement on the opening of the Providence Care Centre, we have not forgotten the needs of the Father Lacombe Care Centre. This 51 year old Care Centre, while well maintained, is in need of refurbishing. Our initial goal is to refurbish five (5) resident rooms, replacing beds and furniture. There is also a need for “soft” seating/lounge furniture. The Tub Room on the East Wing is being renovated and will require a new shower chair.

**Fundraising Goal: Refurbishing and Renovating 5 Resident Rooms,
Lounge Furniture, and
Renovations and equipment for the Tub Room
\$30,000**

**It would be our pleasure to welcome you to join our community,
whether it be as a donor, family member, volunteer or as a resident.**

Caring hearts and friendly smiles await you.



Evelyn Stewart
Director of Development
Phone: 587-393-1353
Cell: 403-630-7201

Val Duggan
Donor Stewardship
Phone: 403-537-6085
Cell: 403-470-5120

**Father Lacombe Care Foundation
270 Providence Blvd SE, Calgary, AB T2X 0V6**

www.flccfoundation.ca



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All donations are gratefully received and tax receipts will be issued promptly for your donation.

Cost to raise \$1 is .15cents. Charitable registration #85529 7867 RR0001