



June 2017



Excellence



Sacredness of Life



Compassion



Spirituality



Justice

## *The Healing Garden*

We continue to fundraise for the Healing Garden to support our residents living with Dementia.

Our goal is to transform the 50' x 125' courtyard outside the Applewood neighbourhood at Providence Care Centre into a Healing Garden which will provide the opportunity for our residents living with dementia to have full access to a special space that is safe, secure and nurturing.

The positive effect of a Healing Garden on those with dementia is borne out by research and first-hand experience. It provides a non-threatening area to enhance emotional well-being and reduce anxiety and stress levels. Through the use of "living" materials – trees, flowering plants, vegetables, herbs, it stimulates thought, exercises the body and encourages socialization, interaction and reminiscing.

With summer just around the corner, we are keen to complete our Healing Garden so residents and families can enjoy it, but we need your support. We know this much needed Healing Garden will make a real difference in the lives of those living with dementia. Thank you.



**Fundraising Target \$175,000**

**Funds Raised to Date \$ 68,000**

**Please join us**

for Ladies Night  
 in support of the

**Healing Garden**

for our Residents living with Dementia

**Wednesday, June 21<sup>st</sup>, 2017**

**6:30 pm – 8:00 pm**

Reception & Cocktails

Entertainment by Alma Lu Alma

Silent Auction

**\$75.00 per person**

Providence Care Centre

149 Providence BV SE, Calgary, Alberta



## *Worship for People with Dementia*

Much work has been done to understand the spirituality of people faced with health challenges, including living with dementia.

Unfortunately, it is a widely held belief that people living with dementia no longer have spiritual needs. The perception is if they can no longer think, reason, or reflect how could spirituality be important to them.

“*Spirituality*” remains a key cornerstone of caring for people with dementia at Providence Care Centre. In fact, it is one of our values that shape the decisions we make in providing care, compassion and dignity for our residents.

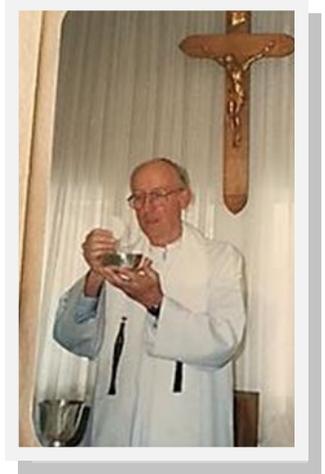
Eileen Coady, the niece of Father Joseph Toole, shared with me how important it was for Father Toole to belong to a faith community. A familiar face at Mass, becomes an acquaintance on the elevator and becomes a friend at the dining room table. He found comfort seeing familiar faces at Mass, in hearing the familiar passages and reciting the responses. The continued daily repetition brought contentment as well which nurtured a sense of belonging.

The extended family of Father Joseph Toole supports the Chapel Building Campaign because they embrace the importance of living a faithful life and the importance of creating a piece of Heaven here on earth in the form of a Chapel.

That is why we are focused on developing and building a chapel that will support spirituality for our residents and their families.

**Fundraising Target: \$2.5 Million**  
**Funds Raised to Date: \$ 910,000**

**The temporary Chapel set up  
 in the Great Room at  
 Providence Care Centre.**



*Father Joseph Toole  
 In gratitude for the hands  
 that brought us Christ.*



## *Mobility Training Equipment*

Being physically active helps us stay strong and fit enough to keep doing the things we like to do as we get older. Studies show, with regular exercise, we can prevent chronic disease, improve our mood and lower our chances of injury. Exercise also helps our immune function; a healthy strong body fights off infection and sickness more easily and more quickly. Recovering from an illness will take less of a toll on the body if the person exercises regularly.

These beliefs hold true for our residents. Through our Occupational and Physical Therapy department, staff work with residents to keep them moving, actively helping them to stand and weight bear strengthening bone and muscle, building on their balance and reducing their fear of falling.

We are upgrading our equipment in our Therapy Room for our residents to use with confidence and security. We know that with the proper support, elderly individuals can maintain greater fitness and mobility than previously thought. But it is important that we have the practical tools to help make this possible and realistic to implement.

Through fundraising we are hoping to raise enough funds to purchase three pieces of equipment for each Care Centre that will do what we believe is important for the residents in providing dignity, choice and supporting their independence and well-being. Each piece of equipment can support the resident with only one staff required to oversee the operation. Translation, our staffing compliment can reach more residents.

Each Care Centre will require \$15,000 to purchase the three pieces of equipment for a total campaign goal of \$30,000. A Service Club has given us a challenge goal; if we can raise \$15,000 for one Centre, they will match that donation and contribute the other \$15,000; it is like a two for one.

If you require additional information on this equipment, please contact Evelyn in the Foundation office.

**Fundraising Target:     \$ 30,000**

**Funds Raised to Date:   \$ 15,000**



## Father Lacombe Care Foundation's 18th Annual Legacy Dinner



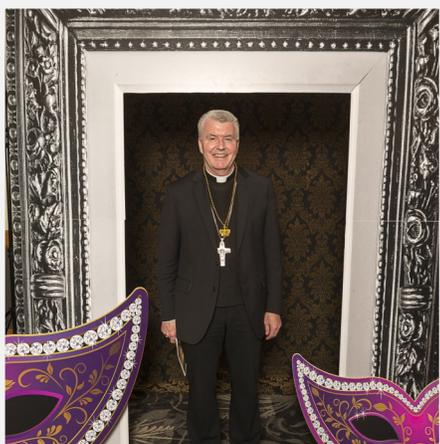
On Friday, May 12th, 2017 in the Ballroom at the Glenmore Inn, over 300 guests attended the 18th Annual Legacy Dinner in Mardi Gras style—dressed in costume and masks! We were honoured to have three Bishops in attendance: Bishop William McGrattan, Bishop Fred Henry and Bishop Eugene Cooney; along with the Sisters of Providence and Graham Sucha, MLA—Calgary Shaw.



Guests dined on a wonderful dinner and were entertained by Emcee, Greg T, the St. Mary's High School Jazz Band and the EDJE Dancers.

Approximately \$80,000 was made for the Father Lacombe Care Foundation at the event through ticket sales, the Rose Raffle—winning a trip for two people to any scheduled Westjet destination, Silent, Live and Chinese Auctions along with the ever popular “Sucker Pull”.

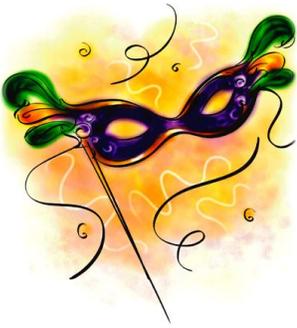
The Don Taylor Volunteer of the Year Award was presented to Beryl Mundle by Don's wife, Brenda-Anne Taylor .



This year's Resident Video was shot at both Providence and Father Lacombe Care Centres. Residents were in the party mood for Mardi Gras dancing and shaking to the music of "Whole Lotta Shakin Goin On".

Thank you to all who attended, volunteered and/or supported us for this great annual event. We could not have done this without the help and hard work of our Legacy Dinner Committee:

- Cecilia Grinham (Chair)
- Corinne Erickson
- Betty Bergeron
- Heather Anderson
- Greg T
- Kelly Lott
- Evelyn Stewart



*To our Wonderful Sponsor, we are forever grateful . . .*



**Sisters of Providence**  
**Holy Angels Province**

**Father Joseph**  
**Toole Family**

*In gratitude for the hands  
that brought us Christ*



Colliers  
Project Leaders



## *New Kitchen on the East Unit*



The renovations to the East residents' kitchenette have recently been completed. This new kitchenette is more homelike for our residents and their families to provide access to prepare a light snack, make a fresh cup of coffee, get a drink of ice water and store special treats in a new refrigerator. "Quite a change and extremely nice!" stated Mr. Yanko who has family living in Father Lacombe Care Centre.

Renovations like these are only possible through the generosity of donors. On behalf of the residents, their families and the staff, we extend our gratitude for your support in contributing \$25,000 for this critical renovation project.

**Fundraising Target: \$25,000**

**Funds Raised to Date: \$25,000**

## *Dining Room Campaign*

Meal time is one of the most enjoyable aspects of life for many residents. Although it is important to focus on their dietary needs, the ambiance and social interaction is also a major contributing factor to their enjoyment.

It is time for a renovation of our main dining room in Father Lacombe Care Centre. A walk through shows ripples occurring in the linoleum, draperies that are tired and thread bare and painting that is desperately needed.

The furniture is old and for some it is functional, but the number of residents now dependent on wheelchairs for this mobility has increased so significantly, that it is time to get furniture that will suite the changing needs of the residents.

These types of renovations are over and above the funding we receive from government for providing care so we need to raise funds to cover the changes we believe will make the dining experience more enjoyable for the residents.

**Fundraising Target: \$68,000**

**Funds Raised to Date: \$0**

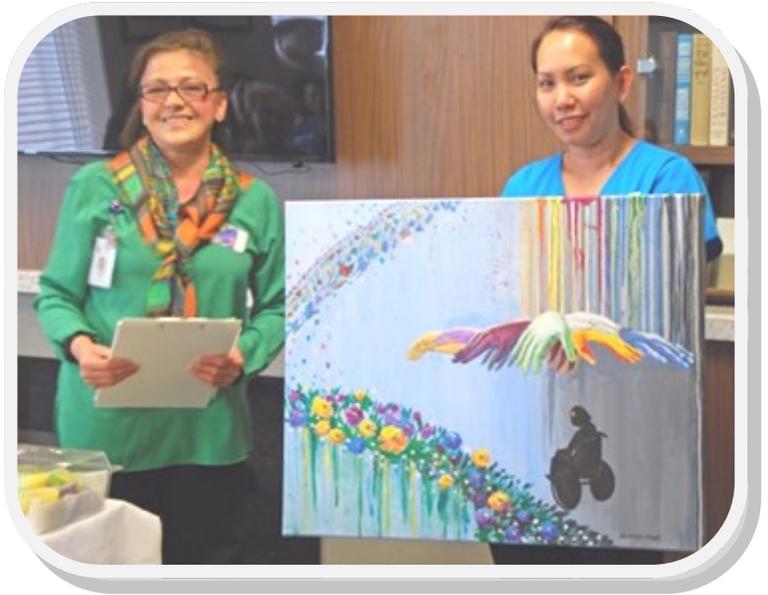


## Missioning Month—Teresa's Story

Teresa (on the left of the photo) is a Licensed Practical Nurse who delivers exemplary care for the residents of Aspenwood in Providence Care Centre. When asked to articulate the meaning of “Compassion”, one of our core values, she took out her paint brushes and let her soul flow onto the canvass.

In Teresa's words:

*How we continue the healing ministry of Jesus Christ.  
It starts deep in our heart.  
We answer the call to work in a field that  
Provides compassionate care for the body and soul.  
Creating a community  
For those under the weather,  
For those walking the road,  
Through sadness, loneliness and sorrow.  
For those who need our help  
To get through the rain of despair, sometimes the chaos  
of loss of independence,  
Past routine of life, loss of a loved one, loss of family.  
We come together  
With the empathy in our hands to shield the spirit  
Walking on its journey to sunnier meadows  
Where the grass is green and flowers grow high,  
Back to the rainbow of the sacredness of life  
Where the butterflies of the spirit can take flight.*



*“Having prior experience at a different facility, the superior quality of care at Father Lacombe quickly became evident. Not only do all the staff offer wonderful respectful care, they also respect and value each other. It is not unusual to see staff joking and laughing together and with the residents. I am thrilled to have my mother in your care!”*

Comment received from a resident's daughter.

## Funding Needs Summary

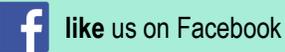
Providence Care Centre	Target	Father Lacombe Care Centre	Target
The Chapel	\$555,500	Main Dining Room Make-over	\$68,000
Total Cost estimated at \$2.5 million	in 2017		
The Healing Garden	\$107,000	Resident Room Furnishings	\$25,000
Total Cost \$175,000		5 rooms at \$5,000	
Programming Entertainment	\$2,700	Resident Equipment	\$23,400
4 Garden Benches for front of building	\$10,000	Programming Entertainment	\$9,500
\$2,500—Includes Plaque			
Garden Furniture for Main courtyard	\$6,000		



## How to talk to people with Alzheimer's or Dementia

270 Providence BV SE  
Calgary, AB T2X 0V6

www.flccfoundation.ca



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

Kelly Lott  
Donor Relations  
Phone: 403-254-6281

### Please don't....

Reason  
Shame  
Lecture  
Say "Remember?"  
Say "I told you...."  
Say "You can't. . . ."  
Command or demand  
Condescend  
Force

### Instead.....

Divert  
Distract  
Reassure  
Reminisce  
Repeat and regroup  
Find out what they can do  
Ask and model  
Encourage and praise  
Reinforce

## CARE to Invest?

We live in a culture that embraces youthfulness. At Father Lacombe and Providence Care Centres we celebrate aging. After all, we have been providing care for seniors for more than a century! The values of compassion, justice, sacredness of life, excellence and spirituality are the cornerstones of our work in delivering our special brand of care.

As a donor to Father Lacombe Care Foundation you are helping us to create a home-like environment that honours the independent spirit of our residents. Your support also provides equipment that enables us to strive for excellence and enhance the resident's quality of care.

To all who support us with their time, talent and financial support, we say  
*Thank You!*

All donations are gratefully received and tax receipts will be issued promptly for your donation.  
Cost to raise the dollar is \$.19

## Yes, I would like to help!



Please accept my charitable gift of:  \$1,000  \$250  \$100  \$45  Other \_\_\_\_\_

Please use my donation for:  Providence Care Centre  New Chapel  Father Lacombe Care Centre  Other \_\_\_\_\_

Payment Method:  Cheque (Payable to Father Lacombe Care Foundation)

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

Card #: \_\_\_\_\_ Expiry date: \_\_\_\_\_

Name on Receipt: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Town/City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ E-mail: \_\_\_\_\_

Please mail this form in the postage paid envelope provided or to 270 Providence BV SE Calgary, AB T2X 0V6