

growing  
a caring community



Over the past 107 years we have grown from the original two bedroom home to our newest 160 room Providence Care Centre — it all started with a dream — a gift of 200 acres of land from Senator Patrick Burns and a donation of \$10,000.00 from Lord Strathcona. Throughout the years, we have continued to be supported by the Calgary and area community and without that support, we would not have been able to provide a safe home for those in need and to give the personalized and compassionate care for which we are known.

*Thank you!*

# Providence Care Centre

As we celebrate the one year anniversary of Providence Care Centre, we want to thank our donors, volunteers and staff. The support you have given us through your time, treasure and talent during this first year of operation has helped build the Providence community and make it a home for our residents. To all who have contributed you are most sincerely appreciated. Thank you.

## *The Blessing*

The Blessing of Providence Care Centre by the Most Reverend Frederick Henry, Bishop of Calgary took place on January 11, 2017. This joyful event was attended by over 100 guests. A very special thank you to Bishop Henry and all in attendance. A lot has happened in one year — dreams do become a reality!



Bishop Fred Henry

Chris Hemstock  
Chair, FLCF

Sr. Gloria Keylor  
Provincial Superior SP

Bishop Fred Henry

Graham Sucha  
MLA, Calgary-Shaw

Charles Russell  
Chair, FLCS

Raymond Poon  
Redevelopment Committee Chair, (Past)

## *The Chapel*

Now that the opening of Providence Care Centre is behind us, we move forward enthusiastically with our Chapel Campaign. Over the next six weeks our Chapel Planning Committee consisting of Board Members, Sisters of Providence, Calgary Diocese representatives, Physicians and others begin the work of making the Chapel a reality! The Chapel Planning Committee will work with MHPM Project Leaders to begin visioning, design concepts and appointment of an architectural firm to begin design drawings.

We are very excited about role the future chapel will have to support our Mission and Values as a Catholic continuing care provider and the opportunity to enhance the spiritual quality of life for our residents.

We recognize the importance of the spiritual wellbeing within the lives of residents, staff, volunteers, as well as all who may join us from the broader community. Research shows that residents living in long term care with a chapel and pastoral care services, report increased quality of life because they feel part of a community that affirms their faith. This faith is expressed in the “everyday” of familiar rituals, reflections, music and prayer regardless of a resident’s physical or cognitive challenges.

**Thank you for your continued support!**

## Our Community in Action

### Drive in Movie Night

Affectionately called the “Baywood Boys”, Sean and Darryl have become part of the fabric of the Providence Community. As residents of the Baywood neighbourhood they have taken on various recreation activities engaging with residents from other neighbourhoods and have brought energy, interest and variety to the lives of their fellow residents.

Sean and Darryl make a good team. Three months ago, with Sean’s knowledge and love of movies and

Darryl’s movie projector, screen and sound equipment, they hosted a movie night in the Hemstock Library – the movie was the *Sound of Music*. With 28 people packed into the Library and having to turn others away, they looked for an alternative space for future movie nights. They found it in the Aspenwood neighbourhood, and with the help of administration, adjustments were made to the lighting in the Dining Room/Lounge area, and the “*Drive in Movie Night*” was born. Thank you Sean and Darryl! We look forward to the growth of “Baywood Productions”!



Sean C.

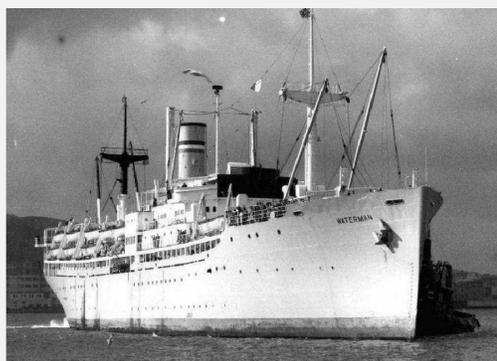


### *It's a Small World — Lives Intersect* *The Story of William M. and Joe V.*

A number of years ago, William and Joe attended the Adult Day Program at the Father Lacombe Care Centre. Joe also spent his days at Father Lacombe visiting his wife who was a resident on the East Wing. William and Joe liked each other right away and found themselves sitting together at meal times and in their conversations they discovered it truly is a small world — they



learned they had both come to Canada in 1958 on the same ship the SS Waterman from Rotterdam to Montreal. Their friendship grew and they enjoyed watching the building of the Providence Care Centre never dreaming that one day they would become residents. They lost touch when Joe’s wife, Nicole, passed away in 2012.



SS Waterman

In March of 2016 Joe became one of the new Supportive Living (SL4) residents in the Aspenwood Neighbourhood. Seven days later William also took up residence in Aspenwood! The two friends were astonished but very pleased to be reunited and they have resumed their conversations.

## More than a Hair Salon



**YOUR Hair Care** is a bright salon on the ground floor perfectly situated with large windows and natural light. Open Monday to Friday, two dedicated and experienced stylists happily serve residents, family and friends. Salon services offered are haircuts, colour, highlights, perms, shampoo and styling, as well as mini manicures.



Debbie and Francie

*“Debbie and I are so fortunate to have this opportunity to share in the lives of the residents at Providence. At the salon we listen and laugh a lot, stories are shared; we give hugs, talk about upcoming events and really connect with our clients. We always enjoy music and with Apple Music we can have any request playing almost instantly. There is magic in the type of care that we give, it simply makes people feel good.” - Francie*

**The Salon is open to the public,  
for appointments call  
587-393-1412**

## 18th Annual Legacy Dinner

Over the past 18 years, this has been the Father Lacombe Care Foundation’s major annual fundraising event. Thanks to our faithful guests, sponsors, and contributors, the Legacy Dinner has grown in numbers and in popularity helping us make a difference in the lives of our residents at both Father Lacombe and Providence Care Centres.

We look forward to seeing you this year as we “Jazz it Up — Mardi Gras” style!



### Mardi Gras Gala

**SAVE THE DATE**  
**Friday May 12, 2017**  
**18<sup>th</sup> Annual Legacy Dinner**

Ballroom at the newly renovated Glenmore Inn  
2720 Glenmore Trail SE, Calgary AB  
Tickets \$175                      Table \$1,400 (Table of 8)  
Cocktails • Dinner • Entertainment • Auctions

**For tickets call 403-254-6281**

For more information go to

## The Healing Garden

We launched the Healing Garden initiative at our first Ladies Night Fundraiser on September 15th, 2016 and thanks to all who attended it was a very successful and enjoyable evening.

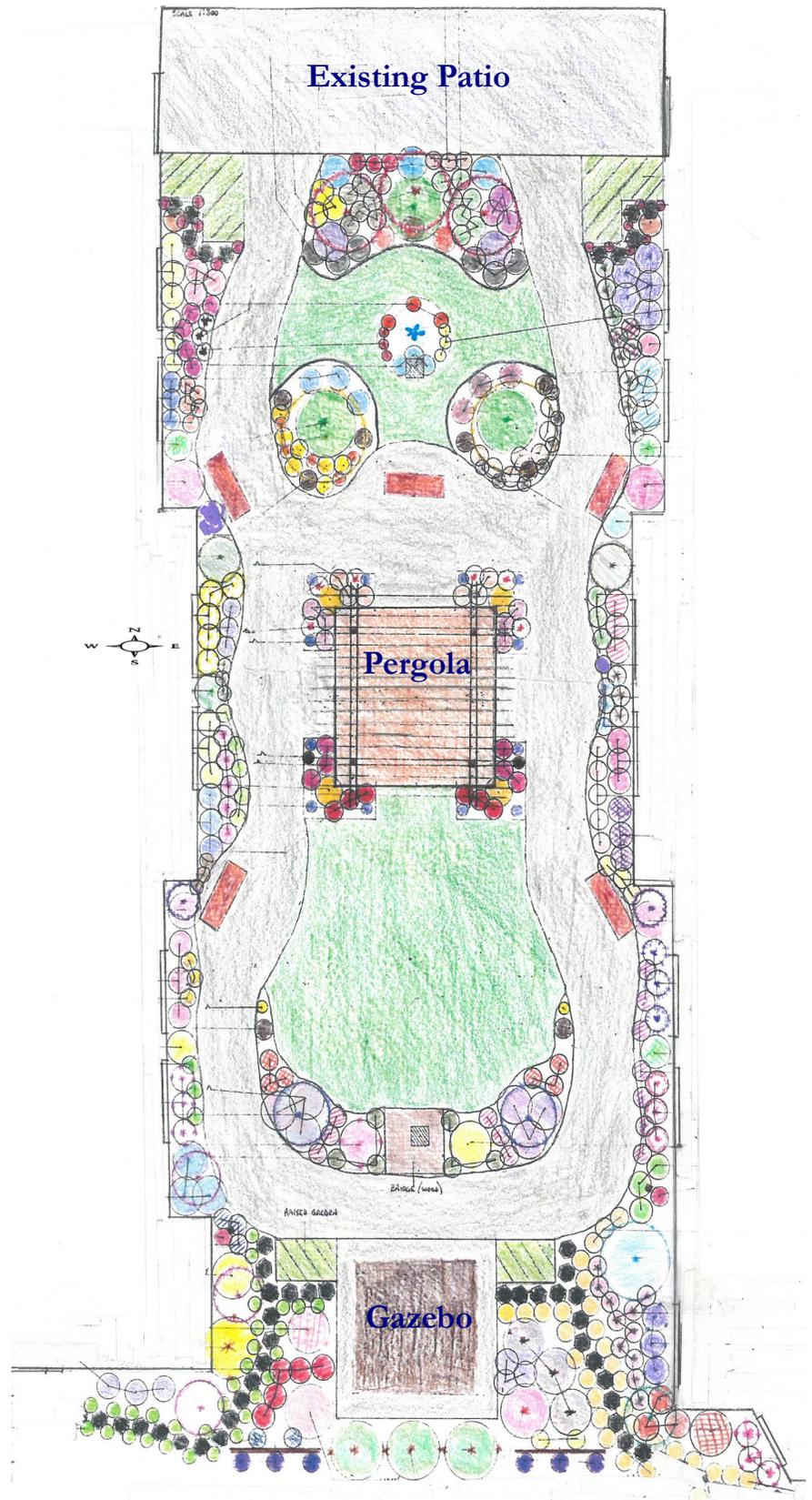
This wonderful evening enabled us to receive input from our guest speaker, Donna Marcy-Edwards, BScN, PhD, on the need and benefits of a Healing Garden when caring for people with Dementia, and then to engage with guests who shared their knowledge and experience in this area. Subsequently, using the information gained from the evening, we worked with a volunteer landscape designer and have now completed the design for Applewood's Healing Garden. Many, many thanks for your advice, knowledge and donations.

Back by popular demand our next Ladies Night, which will also focus on the Healing Garden, will be held:



Wednesday, June 21, 2017  
at  
Providence Care Centre  
6:30 p.m.—8:00 p.m.

... the First Day of Summer!  
Mark Your Calendars.



# Father Lacombe Care Centre

While we take this opportunity to thank our supporters we would like to share with you an excerpt from a thank you that we received from a family.

*“To all at Father Lacombe,  
We want to thank you for all that you did for our mother during her last years. The facility was indeed a home to her and she was treated as if that were so.  
A time of adjustment is starting for us, since there was so much time and energy focused on mom. However, we will never forget you. Thank you so much.”*

That letter meant a lot to us as it shows us that our efforts to make our residents feel that they are indeed ‘home’ are successful.

## Resident Stories

### Vincent M.



Vincent became a resident of the East Wing at the Father Lacombe Care Centre in 2014. A delightful man who shared with us stories about his 23 years as a paratrooper in the Canadian Forces. Vincent was honoured with the Paratrooper Wings, the UN Medal for Peacekeepers and the Cyprus UN Peacekeepers award. Thank you for your contributions to our freedom and country Vincent!



### Ian G.



Ian’s life has come full circle . . .

As an orphan, Ian lived in Lacombe Home and was adopted at 6 months of age. He grew up in Picture Butte and spent many hours watching movies and eating popcorn at the two local theatres — which his Dad owned. He headed down to Idaho and trained as an automotive engineer and then returned to Calgary where he took Plumbing and Pipefitting at SAIT. He worked for 45 years with the Alberta Government as a Pipefitter.

In 2013 Ian became a resident of the West Wing—bringing him back to the care of the Sisters of Providence . . . full circle!

## *East Wing - Memory Care Neighbourhood*

### *Kitchenette*

Residents and staff are excited to be getting a new kitchenette on East Wing. The original kitchenette has been well used over the years and is in dire need of a “renovation make-over”.

Design work has been completed, including cabinet layouts, removal of a wall to make the kitchenette more accessible for residents. Watch for our next newsletter to see the “before” and “after” pictures.

### *Sensory Room*

The Team at Father Lacombe Care Centre is continuing work and completion of the Sensory Room for our memory care residents living on East Wing.

A Sensory Room is a specially designed room that provides gentle stimulation of sight, sound, touch, taste, smell and movement that engages residents living with Dementia. Using a range of stimuli such as fibre optic string lights, reduced overhead lighting, colours, nature sounds, familiar music, aromas and sensory soft play objects, improves mood, evokes memories and engages residents living with Dementia.

Involving family and caregivers, a resident can listen to their favorite Frank Sinatra songs, reminisce with the smell of lavender in the air, or the sights and sounds of nature. Engaging a resident living with Dementia supports well-being, reduces boredom and isolation and helps to manage stress and pain.

We are so grateful for all the support from families and friends who have financially donated to make this room a reality! We plan to open the Sensory Room in early April.

## *West Wing*

Active living is very important to our West Wing residents and they enthusiastically participate in activities that are coordinated by Recreation Therapy Assistant, Ginette E. With the Knitting Club, R&R (Reflexology & Relaxation) Program, Games Day and Mind Challenges as well as external entertainment, the West Wing residents’ monthly calendar is full.

### *Knitting Club*

The Knitting Club, in partnership with AHS South Health Campus, is busy making hats for cancer patients and preemie babies. They are also having fun making little animals to bring smiles on the faces of those in hospital. Way to go gals! Thank you for brightening the days and lives of others!



## *National Volunteer Week (April 23rd - 29th, 2017)*

Our National Volunteer Week theme is “Caring Hearts & Helping Hands”. Over the past year, our volunteers gave over 10,000 hours of their time to enhance the quality of life for our residents.

On April 5th, 2017, the Father Lacombe Care Society is pleased to host a Volunteer Appreciation Evening showcasing the “Caring Hearts & Helping Hands” of our dedicated volunteers.



Volunteer Appreciation Evening, 2015

## *Don Taylor Annual Volunteer of the Year Award*

Don Taylor gave unselfishly of himself to the Calgary Community. He was the first Chair of the Father Lacombe Care Foundation’s Board of Trustees. Charged with conducting the campaign to raise funds for Providence Care Centre, he spent countless hours on the phone calling on people to invest in this much needed project for seniors. Don was credited with bringing the 1986 Canadian Summer Games and the 1996 Canadian Winter Games for Special Olympics to Calgary. During the 1988 Winter Olympics, Don managed Spectator Services for volunteers for the Airport, Max Bell Arena and the Plaza. Don was very proud of Calgary and its volunteer strength. In his memory, we created the Don Taylor Volunteer of the Year Award. This award will be announced at the Annual Volunteer Appreciation Celebration and awarded at the Father Lacombe Care Foundation’s Annual Legacy Dinner.

---

## *A Heartfelt Thank You . . .*

**to all who support us with their  
TIME, TALENT AND FINANCIAL SUPPORT!**

---



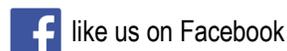
Evelyn Stewart  
Director of Development  
Phone: 587-393-1353  
Cell: 403-630-7201

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](http://www.flccfoundation.ca)



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

Cost to raise \$1 is .19cents. Charitable Registration #855297867 RR0001