



September 2017

growing
a caring community



Thank you!

To all our community supporters, residents, families and staff who give in so many ways.

There are many forms of giving which can have a positive impact – the simplest gift you can give another person is a smile; sharing with others whether it be your knowledge, new experiences, activities, or memories; volunteering your time or providing financial support, these and other random acts of kindness benefit all concerned.

We are pleased to highlight for you some of the areas where your “giving” is making a difference.

Father Lacombe Care Centre

The Sensory Room

“One of the newest trends in memory care are sensory rooms that combine gentle light, movement, music and tactile objects designed to either calm or stimulate residents.” <http://www.alzheimers.net/3-15-17-sensory-room-for-dementia>

Sensory rooms are special places for people living with Alzheimer’s disease and other dementias to safely explore and stimulate all five senses. The rooms can be used for calming or stimulating, depending on the needs of your loved one.

In May, with the wonderful team work of Darlene and Nadia and the many who contributed, the Forget-Me-Not multi-sensory room was opened on the East Wing at Father Lacombe Care Centre. Just another way we try to properly support our residents living with dementia.

When a resident becomes agitated or vocally loud, this room is an excellent place to take them as it provides a quiet, safe and secure place for the resident to regroup - Nurse



“All staff are friendly, respectful and kind. Always doing everything they can to make the residents lives better.” Resident



Liko Lift

Thanks to wonderful donations, we have purchased two new Liko Lifts for the West Wing. These lifts help the Health Care Aides safely lift and transfer residents—an essential piece of equipment to aid in quality health care provision.

Recreation Therapy Programs

We have had tremendous support from Rotary Fish Creek over the years and again this year for our Stampede Breakfasts. Their presence is welcomed and enjoyed by both residents and staff.



Gardens

The main gardens at the Father Lacombe Care Centre are well established but the planting of the Patio Pots is a special and happy time for our residents. This activity enhances the quality of life by providing an opportunity to socialize and interact with friends, family and caregivers, to reminisce and share their gardening knowledge.



Sensory Boards

Thank you to volunteer, Damir Vidra for designing and creating our new sensory boards for residents living in our memory care neighborhoods at both Father Lacombe and Providence Care Centre.

Our new sensory boards are designed with men in mind, but women like them too! Sensory stimulation uses everyday objects to arouse one or more of the five senses (hearing, sight, smell, taste and touch), with the goal of evoking positive feelings.

These new sensory boards are aimed at drawing on the long term memory, triggering memories, and a combination of skills that includes flipping on and off the light switches, plugging things in, setting a lock and much more. This type of memory care tool promotes a sense of well-being, achievement, success and independence.

Sensory activities open a window of opportunity for communication and connection, promoting participation and social skills that can help to improve moods and reduce agitation.



Resident and Damir Vidra



Renovated East Kitchenette

This summer the renovation of the East Kitchenette was completed thanks to the financial contributions of family members. Residents, their families and staff are delighted with the “new look” and are enjoying the convenience of easy access for a fresh, hot cup of tea or coffee, light snacks, and use of the new fridge for special treats.



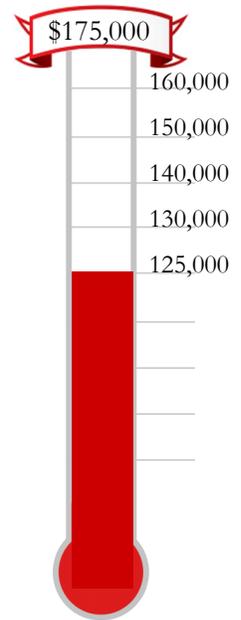
Providence Care Centre

The Healing Garden

Caring for those with Alzheimer’s and other dementias, can be difficult and emotionally demanding for all concerned. We need to provide a special space for socializing and interacting with family, friends and staff, and for respite during stressful times.

Nature is known to be restorative, and research has proven that access to a specially designed garden which appeals to all the five human senses is beneficial to the physical, social, psychological and spiritual health of those with dementia.

With many, many thanks to our donors, “Ladies Night” participants and The Calgary Foundation for their generous grant, we are able to start Phase 1 of our Healing Garden in mid September. This will entail the site preparation, levelling of ground, reconfiguration of sprinkler system and construction of the concrete pathways. Phase 2 will start mid May with the completion of structures, layout of garden, planting the trees, shrubs and perennials.



Mobility Equipment



Too often physical frailty is seen as a fact of life for the elderly. Reduced strength in the lower limbs and overall weakness can lead to increased risk of falls and reduced participation in daily activities.

Thanks to the generosity of the Knights of Columbus, the Father Lacombe Care Centre and the Maunders McNeil Occupational & Physical Therapy Centre at Providence Care Centre now have new state-of-the-art mobility equipment designed to help residents increase their standing balance, stability and mobility. At Providence the use of this equipment has already had a tremendous impact from a functional, mental and emotional perspective on the residents and the staff.

The *Sit-To-Stand Trainer* is designed to help residents who cannot stand, regain the ability to stand independently. Actively assisting the standing motion with support at the knee, trunk and arms to promote mobility, the Sit-to-Stand Trainer uses a counter-weight mechanism to provide a safe and effective way to strengthen weight bearing muscles and increase standing, stability and endurance.

The *Bungee Mobility Trainer* aids the retraining of walking with graduated support, allowing residents to move freely and rest on the seat as needed. It also provides the safety and mobility necessary to retrain balance skills like sidestepping and one leg stance.

“We are thrilled to be offering treatment options to our residents far beyond what long term care resources typically allow. We are starting to see positive functional benefits from this equipment which is having a direct impact on quality of life for these people.” Cathy, Occupational Therapist



I like to be the one in control. The handles are easy to use and I like the seat.

George

Recreation Activities

The Recreation Therapy team continues to excel and with support from residents and their families are able to provide a cross section of activities.

The spontaneous party that took place in the Great Room following the announcement in July that Providence was no longer in “Outbreak” was a fun, lively time with dancing, singing and a general feeling of “freedom”!

Family planned events, such as the Tiki Themed Pub Night which took place in August, always have a great turnout and a fun time is had by all.



“Mom is treated like family, everyone is patient and understanding with her, and they strive to improve her quality of life.”

There are several Resident Directed Recreation Programs such as:

Ron Steele's Music Appreciation Class

Ron has been a music lover for decades and enjoys sharing with his fellow residents his vast knowledge of music and the background stories of the composers and musicians. Aided by his son Scott, Ron has access to technology such as music streaming and Spotify to take and play resident song requests immediately. Ron has provided his "students" with notebooks and pens so that they can take notes during his classes. Ron also gives away music CD's each class for the listening pleasure of others. He is the "Wikipedia" of Music.

Connecting Families

On Tuesday, September 26th, from 6.00 pm – 6.45 pm, in the Hemstock Library, the Alzheimer's Society of Calgary will be holding a Presentation/Education Session on Alzheimer's with a Q & A period. This will be followed by a showing of the "Still Alice" film at 7.00 pm. For further information please contact Carter at Providence Care Centre (587-393-1350).

Applewood Choir

Beginning September 23rd, Chelsea Marshall, Director of Music at Our Lady of the Evergreens Elementary School, will be volunteering her time to lead our own Applewood Choir. October and beyond will be twice a month (every second Saturday) with dates to be confirmed. Family members are welcome to join their loved one and sing their hearts out!

Celebrating Birthdays



William and Val first met when William became a resident at Providence. Later when she interviewed him for an article in our February "Thank You" newsletter they discovered they both enjoyed the music of the Welsh Male Voice Choirs and subsequently shared their CD's with each other. They also found out that their birthdays were on the same date! So this year they celebrated their birthday together. . . William his 80th and Val . . . 39 again!

“Encouraging resident run programs and letting residents volunteer in the place that we live is great.”
Resident



Chapel

Spirituality is one of our five values. Spiritual Care is the foundation of all healing. Healing is not just the application of medical technology, but rather the integrating of mind, body and soul. To that end, we have embarked on the next phase of Providence Care Centre and that is building a chapel.

The Chapel will be located on the patch of grass on the northeast corner of Providence Care Centre. The cost of construction and equipping the chapel is estimated at \$2.5 million. I am delighted to report that we have exceeded the \$1 million mark in our campaign thanks to the generosity of so many community members; from individuals to family members, from faith based organizations to estates to memorial donations. Every donation makes a difference and adds up. Government funding or corporate funding is not anticipated for this project.

Two Board committees have been struck to support the project: The Chapel Planning and Development Committee to oversee the design and construction and the Chapel Fundraising Committee to raise the \$2.5 million.

We are currently out to bid in finding a Prime Design Consultant (Architect). With the scope for the chapel in hand, concept images will be forthcoming in November – so stay tuned!



A Heartfelt Thank You . . .

**to all who provide 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

 like us on Facebook

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