

YALETOWN LIONS CLUB—YEEHAA!



Carol CCrichton is joined by Wayne Tullson, Yaletown Lions Club President (top right) and members of the Lions Club in celebration of our courtyard garden project.

With the theme of the Wild West—the 2018 Gala wrangled in an impressive **\$25,000** for our courtyard garden redevelopment. In addition to the Lions hard work and generosity, we would also like to thank the sponsors and guests who collectively made the event another roaring success. Yaletown House remains honoured to be recipients of the Yaletown Lions' generosity that has had a direct impact on making our residents' home a better place.

This year marked the 11th Yaletown Lions Club Gala—and they just keep getting better and better! Since that first year in 2008, the Lions have contributed more than \$250,000 to Yaletown House. We are thankful that this amazing service club has continued to keep seniors in their hearts since day one.

FUNDRAISING UPDATE



Everyone gets into the action to create a beautiful parameter garden

Beauty surrounds us, but usually we need to be walking in a garden to know it.—Rumi



Thank you Para Space Landscaping

Our good friends at Para Space Landscaping returned this Autumn to help finish our main floor garden areas. Regardless of the heavy rain, the Para Space team, along with Yaletown House volunteers, rolled up their sleeves, got their hands dirty and together hauled soil, dug holes, planted trees and shrubs to beautify our perimeter and courtyard gardens. Everyone had a great time—albeit a muddy, wet great time! This was the second year that Para Space helped our garden grow as in 2017 they donated helping hands and materials to our roof top garden project. This community connection—thanks to the Yaletown Lions Club—has been a great benefit to our residents.

We are very grateful to Para Space and their team of hard working and enthusiastic volunteers.

GARDEN UPDATES Roof Top

While the majority of the work on the rooftop garden is complete, there remains a few small areas that are outstanding. As the facility wide construction work on the building and roof are coming to completion, our official opening will be early spring 2019. We are pleased to report that we are designing and installing a beautiful Donor Appreciation Tree, and all previous gifts of \$500 and above will be recognized. The rooftop will be an ongoing project and additional donations for garden maintenance are always welcome and appreciated. Future donors who give \$500 can be added to the Tree.

Main Floor

Our courtyard garden plans are underway with a focus of combining design, functionality and beauty in a safe and secure setting. A few of the features to enhance our horticulture therapy program may include raised planters, sturdy seating, natural and manufactured shade and wheelchair pathways. We have received input from residents, staff, volunteers and are now prioritizing ideas to create a special place for gardening programs and visiting. Our fundraising campaign continues—all contributions of \$500 and above will be added to a Donor Appreciation Wall.

Contact Lynn Parkin for more details:
lparkin@yaletown.org 604.806.4210.

COMMUNITY CONNECTIONS

BC Pets and Friends— dogs have owners; cats have staff

In 2001, a story was published in the Foundation Newsletter (edition #24) about a Russian Wolfhound named Peaches. At four feet tall (5’6” standing on her hind paws) Peaches and her owner Merrell were participants in the BC Pets and Friends Program that brought animals into care facilities. Peaches and Merrell enjoyed regular resident visits and were a hit with everyone who had the good fortune of spending time with the duo. Fast-forward 17 years later—BC Pets and Friends and Yaletown House remain constant companions.

As a designated pet screening site, our craft room is used to take dogs (and other four-legged friends) through a series of exercises to determine if the animal is suitable as a pet therapy visitor. While the majority of the pets are dogs, cats can also be screened to become therapy pets as well. At present, Yaletown House residents receive visits from four graduates of the BC Pets and Friends program.

This past November, I met with BC Pets and Friends’ Louie and Jessie. At 16 months and 3 ½ years respectively, the siblings arrived with their owner, Julie Case, Board Vice President, and Lauren Salmon, Program Manager. Not only is Julie a Board Member, she is an active participant taking Louie, who is now primarily her Pet Therapy dog, to visit seniors living in care. Julie shared her story of how she got involved with BC Pets. It was about 20 years ago when her rather rambunctious border collie Echo suddenly changed his demeanor one day when a grieving friend visited her. Echo approached the friend and laid his head on her lap for a long time—and Julie thought—“who is this dog?” From then on, she saw an important role that Echo could fill in providing comfort to those in need.

Julie has many heartwarming stories of visits to seniors at Hawthorne Care Home where she has been going regularly for 10 years. She says even if the resident is not feeling up for a human visit, they usually cannot resist the unconditional love of Louie.



Cats too, such as Ted, can be visitors (although a little trickier to place)



Julie, Lauren, Louie and Jessie

Lauren explains the process of volunteering as a pet therapy visitor which includes three separate sessions: (1) suitability screening (seeing how the animal reacts to wheelchairs or loud bangs), (2) an interview and (3) an orientation on what to expect, learning policies and procedures, and making a connection with a facility. Lauren adds that they ask for a one-year commitment from new volunteers.

Established in 1982 informally through employees at Shaughnessy Hospital bringing in their pets to comfort patients, BC Pets and Friends is a registered charity that has grown to 150 members who visit hospitals, senior care facilities, mental health organizations and now schools. From elementary school children reading to Rover, to dogs calming university students before exams, the canine companions are in demand; so much so that 75 facilities are now waiting for placements. The effects of animals in people’s lives is beginning to be noticed by the medical community with studies that mark several benefits including: lowering blood pressure, improving cardiovascular health, providing a sense of calm, and in some cases, diminishing physical pain. The latest role is pets being stationed at airports, as the Globe and Mail Newspaper headlined in November 2017 “Frazzled travellers get some canine help to calm their nerves”. The idea that started in Edmonton has spread across Canada to most major airports with Vancouver now on board with its Ambassador Dog Program through St. John Ambulance.

Moving forward, BC Pets and Friends is rebranding, looking for many more volunteers to meet the demand, actively fundraising (they are part of Canadahelps) and maintaining its mission of “Providing and promoting the healing comfort and companionship of animals.”

Yaletown House is doggone delighted, apologies Ted, to be partnered with BC Pets and Friends.

AL BORTHWICK

VOLUNTEER PROFILE / BOARD MEMBER AND VOLUNTEER



Al Borthwick

Al Borthwick is a caring and happy (one might even say jolly) person. Not more than a minute or two passes in our interview where he does not give a smile or laugh. Al is enjoying his retirement years, which might have something to with his sunny disposition. Retired at 70, Al’s leisure time is now filled with spending time with his wife of 32 years, his three daughters, good friends and at his cabin on Keats Island that he inherited from his grandparents. The folklore of the cabin is that his grandfather, who owned a grocery store, was given the property in 1933 to pay back an outstanding bill of \$125. In today’s currency, this translates to about \$2,400. While that seems like quite the bargain, Al shows an original photograph of the primitive cabin adding that at the time, the only way to get to Keats was via the Union Steamship Company. Since then, he has replaced the dirt floor, raised the structure (as well as many other improvements) and the after photographs explain why he has such pride in the home he helped rebuild.

Al’s association with Yaletown House began when he was the Managing Partner and President of Heritage Hospitality Supply and Design—a division of Heritage Office Furniture. Supplying beds and furniture to care facilities and hotels, he enjoyed 18 years in the business. Yaletown House was one of his clients through our modernization project—which included purchasing new furniture in the main lounge areas and in all the resident rooms. As this was a major project, he got to know us well spending many hours on site. When Al was approaching retirement, he started to think about what he was going to do with his newfound time. He wanted to give back to his customers in some way but was not sure where or how. Al knew many key individuals in the health care industry including operators and owners and picked Yaletown House. He explained, “I had such a good experience with Carol and Lynn and how the staff treated and cared for the residents

that it was the obvious choice—I am not making that up, not at all”. Al reached out to Carol Crichton, Executive Director, and inquired about volunteering. Carol put Al in touch with Cori Witvoet, our Volunteer Coordinator, and the rest is a near 4-year history.

Al started volunteering in the church service and then tea service and now helps coordinate the weekly bingo program. He says he really enjoys getting to know the residents and trying to ease the struggles they are experiencing. He adds he loves to kibitz with them and feels that he can relate well because of his closeness in age. Most recently, Al joined the Yaletown House Foundation Board of Directors and while he is new to the role, he is eager to learn more and help the Foundation create a better home for the residents.

I had such a good experience with Carol and Lynn and how the staff treated and cared for the residents —Al B

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Al’s wife is still working but plans are being made for some future travel perhaps to Europe or Russia in the coming years. Al has an adventure-some travel past that included a solo 9 month trip in 1964 hitchhiking through Europe. He travelled to Spain, France, Italy and Germany—which then lead to a visit to East Berlin passing through the famous Checkpoint Charlie, the former site of the Berlin Wall. On this journey, he became friends with three other travellers—two Canadians and an American. To this day, thanks to one of the men keeping the group intact through annual Christmas cards, the foursome still get together every 5-6 years.

As the interview winds to a close—Al reminds me of his third role at Yaletown House—perhaps his favourite. Sporting a white beard and red attire, Al has been filling the role of Santa Claus for the past 3 years. Each December we host a ‘Breakfast with Santa’ party where gifts are distributed to the residents. Al, along with his cheering team—his wife and one of his daughters—brings fun and fresh enthusiasm to the festivities. Thank you Al: volunteer, Board Member and the man in the big red suit—your positive and jolly attitudes are inspiring.

COMMUNITY CONNECTIONS



Rain or Shine Volunteer
Tom suits up for another
adventure

The Duet Bike program keeps its wheels in motion with another media spotlight.

The Duet bike garnered a lot of media attention when it first launched nine years ago with former Vancouver Mayor Gregor Robertson at the wheel. Since then, radio, newspapers and magazines have collectively advanced the community’s interest of this amazing program. Most recently, Lynda Steele at CKNW radio gave it the ‘Steele of Approval’ in an interview featuring our best Duet ‘spokes’ person, Volunteer Glen Paul. Glen explained how the Duet Bike is an innovative mode of transportation to get seniors and those with limited mobility out for a bike ride. This year round program is supported by dedicated Duet Bike volunteer riders who say they enjoy the ride as much as the residents do. The CKNW interview is available to listen to at www.yaletown.org/news.

Like any fine piece of machinery, the Duet Bike requires ongoing maintenance to keep them in tip-top condition. If you would like help keep our wheels in motion, we welcome contributions from the community.

PROGRAM HIGHLIGHTS

GardenWorks—big thank you!

We would like to extend a big ‘THANK YOU’ to GardenWorks, North Vancouver. For more than six years, they have annually donated plants & plant materials to our gardening program. These are plants that are dropping too many leaves or have stopped flowering and need a little extra love and attention. At Yaletown House, the residents who are participants of the horticultural therapy programs, bring these plants back to their former glory.



Family, residents and staff join in to thank GardenWorks.

Did you know that most of the plants that are thriving in the greenhouse at Yaletown House have been donated by GardenWorks? Nurturing these plants gives the residents a great sense of pride, along with the help of the horticultural therapists who run the gardening programs.

Thanks again GardenWorks for helping our gardening program GROW!



(L-R) Calvin Saran—RBC Assistant Branch Manager Yaletown, Teresa Perri—RBC Regional Vice President Vancouver Downtown West, Cori Witvoet—Volunteer Coordinator, Carol Crichton—Executive Director, and Leila Jahani—RBC Branch Manager Yaletown

Thank you for your gift of \$3,000 and for being a part of the Yaletown House Community

In addition to RBC staff from the Yaletown and Homer Branches volunteering for three resident barbeques this summer, the RBC Foundation generously donated \$3,000 towards our courtyard garden redevelopment project. This is a great boost to our fundraising campaign!

The RBC team will be back in December to participate in our Breakfast with Santa & Gift giving party. This is the fourth consecutive year these talented carollers have attended the party and we cannot wait for their enthusiasm and merry making.

VOLUNTEER UPDATE

Glen Paul—a 10 year Yaletown House volunteer, donor and our most enthusiastic Duet Bike Champion recently moved out of Vancouver but left us with these kind words:

Over the years, I had visited and was familiar with every care home in the region and Yaletown House had always held a special place in my heart. No other facility had been as warm and welcoming to nervous new residents and their families. No other facility had been as willing to accept challenging elders with complex issues. No other facility was so graciously designed for dignity, privacy, and community with generous gathering spaces. I had seen that residents were treated with complete respect and genuine compassion. Rather than reducing care to curb costs, Yaletown House management was clearly devoted to finding creative ways to fund and provide the highest level of care and best quality of life possible.

Thank you Glen—we miss you and your positive, can-do attitude. Keep in touch.

YES! COUNT ME IN

More Ways to support Yaletown House

Be a part of our success. Donations can be made :

1. By cheque payable to Yaletown House Foundation
1099 Cambie Street, Vancouver, BC V6B 5A8
2. Online at www.yaletown.org using CanadaHelps portal
3. **New:** in person at reception or by phone 604.806.4210 using Square reader with Visa/MC

We respect your privacy and never disclose, trade, or share your personal information.

Charitable registration #89249 4444 RR0001. All donations are tax deductible.

All donations will receive a tax receipt for 100% of their gift and a thank you letter from the Executive Director.

Thank you for contributing towards the vibrant future of Yaletown House.

