

BEDS & MEDICATION CARTS ROLL INTO YALETOWN HOUSE

Thanks to family contributions, corporate gifts and government grants—donations made in December are having a BIG impact on the excellence in care we are providing our seniors.



Clockwise from top right: Bruce Pollock, President of Interex Forest Products delivers a cheque to Board Members Al Borthwick and Jennifer Johnstone who accept with great thanks; Registered Nurses Wendy and Della show off one of the six new medication carts; and a truckload of new beds arrived in April.

BEDS

Designed for safety, comfort and long-term durability, the beds also offer an integrated exit monitoring system for added fall prevention security. *Special thanks to: Bill and Nicole Renwick*, long time family members whose generosity has been a part of our community since 1995. **BC Ministry of Health** through the Seniors Safety Quality Improvement Program for the funding to improve seniors' safety and quality of life.

MEDICATION CARTS

The newer model carts have enhanced safety features that will significantly improve the medication delivery process for both the residents and nurses. *Special thanks to: Bruce Pollock and Interex Forest Products* who have donated to us four years in a row and are previous supporters to our therapeutic programs and the rooftop and courtyard garden projects. **Kerrisdale Pharmacy** for going the extra mile as our community pharmacist provider and supporting initiatives that improve the day-to-day dispensing of medications.

WE LOVE OUR VOLUNTEERS

With the 2019 theme of **Lifting Communities**, Yaletown House celebrated National Volunteer Recognition Week hosting Volunteer Recognition Day on April 10. With over 65 volunteers to acknowledge, the event was our chance to say thank you to this dedicated group of caring and committed individuals. Entertainment, refreshments, prizes and gifts for all attendees made the event, like every other year, an evening to remember.



Cindy—Pearl, Sophie and I love to visit



Tom & John—I am a 2-year Duet Bike veteran; I'm brand new. We both love taking individuals out on the seawall for rides



Michelle—Saturday crafts are my specialty



Kelly & Al—I help with Thursday evening manicures; I'm the bingo caller



Joy—I have been the make and mend go-to person for 38 years



Cynthia—I assist Lyndia with music every week

Team Yaletown



“There is a lot more getting than giving”

—John, new duet bike volunteer in his thank you speech to the Recreation Team and Yaletown House.

FAMILY PROFILE—CLARE SMITH



Clare on the Seawall at Kits Pool on her 65th birthday in 1990, with her children (Paul, Delwyn, Irene and Frank).

The interview starts with Kits Beach and weaves a life of 93 years in the making. A true Vancouverite, Clare Smith was born, raised and lived most of her life in Vancouver (and New Westminster). The story told by her daughter Delwyn centres on the Pacific Ocean and the beauty that surrounds us. The preservation of the ocean, the seawall access and the Kits pool expansion were not lost on Clare as she would regularly comment on how the city's forefathers were really thinking when they “built” Vancouver. From diving to swimming to sailing, Clare loved the water and the water's edge. Kits pool, showboat and the beach were her special places—regardless whether she lived a block, car trip or a bike ride away (she rode regularly until age 75)—this was the home she returned to often.

Clare and her husband Harvey raised and shared their love of the outdoors with their four children: Paul, Delwyn, Irene and Frank. Westcoast pursuits of sailing, swimming, canoeing and diving were a family affair. Sailing was a big part of Harvey and Clare's life which included a trip as crew on a voyage from Vancouver to San Francisco. On this adventure, the couple soon learned that the boat owners were novices and not quite prepared for the six-day offshore journey (It all worked out!). Before becoming a full time mother raising the children, Clare had also been career minded and owned a franchise selling Elna sewing machines. After the much too early passing of Harvey, Clare owned a local retail bath store. Later, when

the children were grown and on their own, she operated a monogram shop called Monikers. Delwyn shines when talking about her mother's accomplishments: from teaching her children how to dive, to making most of the family's clothing on a sewing machine, a daughter's pride is at the forefront. Delwyn adds that because they lost their father so young, the family bond was especially strong. When Clare's health began to decline and she needed to move into a care home, the children wanted her at Yaletown House. They felt it was the perfect place for her—it was community. They also appreciated the proximity to the seawall and nearby English Bay as Clare could still be close to her beloved ocean in some way. With nothing but kind words for the caregivers, Delwyn says, the staff were part of her extended family. They got to know Clare's four children on the many occasions each visited and this helped greatly knowing their mother was in good hands.

In loving memory of the seven years that Clare lived at Yaletown House, the Smith family made a donation to the Foundation. The memorial gift was directed towards therapeutic programs, where Clare immensely enjoyed the music program, and to the courtyard garden redevelopment. Representing the family, Delwyn explains that they made the gift so that Clare's memory would continue, and to support the residents in Yaletown House today. She then added quietly, “it is just our way to say thank you”.

VOLUNTEER PROFILE / FOUNDATION BOARD MEMBER CATHY ADAIR



Cathy Adair

The staff always smile and say hello—it is a simple gesture but it does not go unnoticed —Cathy

While Cathy is relatively new to the Yaletown House Foundation Board, her first experience with us dates back to 2001, when she was appointed the Government Representative for Yaletown House Society. This was a short-lived position at the time as the then Provincial Government was making sweeping changes to the long-term care model; however, Cathy recalls the experience well as it introduced her to an amazing care home in her community of Yaletown. With 40 years of work in social services and healthcare, Cathy is now enjoying her well-deserved retirement. With a Master's Degree in social work, she has worked in youth care, home care, geriatric mental health, long-term/complex care for seniors and cancer care. Her professional endeavours have brought her to mental health and long-term care in the Provincial Government, the RCMP, Central City Lodge, the Canadian Diabetes Association, and the Canadian Cancer Society where she ended her accomplished career as their Chief Operating Officer three years ago. When asked how retirement is treating her, her answer is short, joyful and honest: “Wonderful.” Married for 33 years, Cathy and her husband Tom love the extra time spent together in their condo in downtown Vancouver. Pioneers of the then new community of Yaletown, Tom and Cathy moved from their Langley house into Vancouver about 20 years ago. This was before the neighbourhood even had a grocery store, never mind the numerous trendy restaurants, boutiques and cafes that now line the once warehouse district's streets. However, the move proved worth it with the quality of life they have experienced since living in an urban centre. With no long commutes, the duo walk almost everywhere including to some of their favourite cultural pursuits, such as the Vancouver Symphony Orchestra, the Arts Club

Theatre and the many other music, arts and theatre opportunities Vancouver offers.

In addition to joining the Yaletown House Foundation Board about a year ago, Cathy also volunteers at the Downtown Eastside Womens' Centre where she works two days a week in the kitchen, preparing and serving meals. She has a strong sense of commitment to assisting vulnerable women in our city and through her work has learned how resilient many of them are in spite of the challenges they live with. Their strength is always a reminder to appreciate the good we have in our own lives. Cathy also sits on the Board of the Affordable Housing Societies, which is the largest non-profit housing society in BC. With over 3,300 units in the Lower Mainland, the organization operates mainly non-market homes for qualifying individuals and families. With today's housing situation in Vancouver, Cathy feels her involvement in supporting solutions is timely. The Canadian Red Cross also is lucky to have Cathy on their volunteer team and last year, she was in Grand Forks helping with the devastating floods and the impact it had on the community. Her work there included establishing eligibility for local residents to receive government aid and Red Cross aid such as food and supply vouchers. In May, Cathy is taking part in an emergency response trial to better understand how to service individuals who are facing small and large disasters, assisting them with financial aid and providing access to services and referrals.

These volunteer roles keep Cathy busy, but not too busy to pursue travelling. Listing off the places Tom and her have toured is extensive and includes most of Europe, Africa (climbing Mount Kilimanjaro), Vietnam, Cambodia, the Galapagos Islands, Peru (Machu Picchu), the Antarctica, and India. Their bags will again be packed for next year's trip on the Trans-Siberian Railway, travelling from Moscow to Beijing that will also include a trip down the Yangtze River. Retirement has also allowed Cathy to spend more time with her family and friends, take up the piano and increase her efforts at keeping fit by running, walking and going to the gym.

Cathy has nothing but praise for Carol Crichton and the team at Yaletown House. She says, “the staff always smile and say hello— it is a simple gesture but it does not go unnoticed.” During the interview, she refers numerous times of the good care she knows is provided here, that she appreciates the philosophy that Carol brings to long-term care and that she always experiences a welcome feeling when she walks in the door. Well, welcome back Cathy—after 18 years, we are happy you have returned.

COMMUNITY CONNECTIONS

Roof Top Garden Update

We are pleased to announce that the Rooftop Garden will be opening in June. Thank you to everyone for their patience and understanding during the renovation and roof replacement work. Special thank you to our donors whose contributions made our garden grow!

In Loving Memory of

George Waterman
Connie KM Lau
Lily and H.K. Lai
Bruce Yorke
Joan Marie Opsal
Heather Kelleher
Pearl Renwick
Marjorie MacFarlane
Agnes Jones
Marilyn & John Filewood

Thanks to

Interex Forest Products Ltd
Roger McKie & Joyce
Wilson, Dressew Supply
New Horizons for Seniors,
Government of Canada
Malcolm Bruce MacLean
Stefan and Lydia Amaral
Margaret Fraser
Audrey & Charles Aird
Sheila and Bendt Oxholm
Lila Smith
RBC Foundation
Yaletown Lions Club

Please help us enhance the hallways on each unit!

We are turning our focus to beautifying the hallways on each of the units. With your help, we will fill the walls on each unit with framed photographs that bring joy to our community. This home improvement will cost approximately \$2500 for all three units and includes photo printing, professional framing and mounting.

If you would like to help out, please connect with Lynn Parkin at lparkin@yaletown.org or indicate on your donation that you are supporting the project.



Memorial Gifts

We would like to recognize the families and friends of:

Elizabeth Hopkins
Sheila Ferry
Jack Ferry
Marion Haden
Clare Smith
Thi Tu Le
Bendt Oxholm
Joan Whittow

And thank them for their kind contribution in loving memory.



Shirley and Beau

The cat's out of the bag

As an addendum to our **BC Pets and Friends** story in the last edition of the Foundation Newsletter, we felt the felines that visit Yaletown House warranted a spotlight too. Lyndia, our music therapist, recently brought in her cat Beau to visit with the residents. Along with the help of long-time volunteer Dianna, they visited several residents and one our favourite photographs taken was with Shirley and Beau.

PROGRAM HIGHLIGHTS

Another year of sweet sounds thanks to Music Heals \$6,000 grant

Thanks to Music Heals, we have received a fourth year consecutive grant to fund additional music therapy services.

With each grant, we target a specific group of individuals that will benefit from these additional services: such as our ever-increasing multicultural non-English speaking population or those socially isolated due to cognition.

This year's grant will fund music therapy services specifically geared to our younger residents who have moved into care earlier than expected and for new seniors experiencing relocation stress. We recently sent a short story to Music Heals to share with them the impact of the extra funding. This is an excerpt of Paul's story:

A lifelong pianist, Paul often jokes about learning piano for over 80 years. He fondly recalls meeting Glenn Gould after the competition, touring Europe and playing around the Vancouver area.

One day, after returning from a hospital stay after a surgery late last year, Paul approached music therapist Mayumi Holbrook and asked if he can practice duet pieces. He was seeking a new learning opportunity. With the generous funding we have received from Music Heals, Paul and Mayumi began working on Canadian Capers, Tiger Rag and Mozart Sonata for 4 hands to name a few.

Paul states that "Music is the best medicine".



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

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 to the well-being of Yaletown House residents!

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

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