

ROOFTOP TERRACE BURSTS OPEN JUST IN TIME FOR SUMMER

On June 18, under brilliant sunny skies, we celebrated the rooftop reopening.



LEFT: Donors In attendance: Yaletown Lions Club, Opsal Family, RBC Foundation, Lai Family, Dressew Supply, Interex Forest Products, Yorke Family, Waterman Family and Oxholm Family. RIGHT: Donor Recognition Tree is a living Tree—Donations of \$500 will be named and added to the tree leaves to support ongoing horticulture programs.

With the sounds of the band, Hip Pocket, our residents and guests enjoyed home-made sweet ice tea and real BC fresh strawberry shortcakes to top off the fun. We are delighted with the redeveloped outdoor area—a place where our residents can get their hands dirty and grow some beans and tomatoes, visit with their families or simply enjoy the cityscape that surrounds us. We didn't get here alone and this garden had many hands to make it grow. On behalf of the Board of Directors of the Society and the Foundation, we would like to thank the many

families, residents, companies, government and service clubs—for being a part of our success. All names are listed on our Donor Recognition Tree. It is a living tree—intended to grow more “leaves”—and any donations of \$500 and above will be added to our list of generous supporters. We also give special thanks to our horticulture therapists whose passion for gardening and working with seniors is a gift to our community. Welcome to the Rooftop Terrace!
(Congratulations to Dolly and her daughter Aleta who won the name the rooftop contest)

COMMUNITY CONNECTIONS

\$25,000 magically appears thanks to the Yaletown Lions Club actually it was a lot of hard work, generosity and kindness

With the circus theme “Under the Big Top” the Yaletown Lions Club 12th fundraising Gala was another Big Top Success! Arcade games, cotton candy and a disappearing rabbit under a magician hat, were just part of the fun organized by the Lions Club for their generous Gala guests who helped raise \$25,000. The monies raised will be directed toward our dining room furniture renovations—a much needed project to recover existing seating and replace worn/unsuitable tables. Considering this is the space where residents spend three times a day enjoying meals— we are grateful for the Lions’ valuing this important quality of life project.

To date \$275,000 has been raised for Yaletown House by this mighty service club—whose Galas just get better and better every year! Thanks Lions—another roaring success!



Tipping our hats to the Lions: Donna Sargent, Terry Li, Wayne Tullson, Chris Sargent and Henry Ng, Executive Director Carol Crichton thanks them with props made by the resident and the art therapy group.



Team RBC (Philip, Nahid, Jason & Youngun) is joined by Yaletown House’s Horticulture Therapist Janelle

Thank you RBC once again!

Team RBC (Yaletown and Homer Branches) returned this Autumn to once again help out with our bi-annual garden maintenance. In addition to general clean up and pruning the past season’s growth, the group beautified the grounds by planting cooler weather pansy. The results are outstanding—our courtyard and rooftop gardens are in tip-top-shape and ready for the quiet of winter.

FAMILY PROFILE—SHEILA OXHOLM



Sheila and Bendt Oxholm circa 1980s

“It is nice that you are back.”

—Brian, Resident

from work, the pair travelled to Europe, Russia, Canada, and the USA. Regardless of his illness, Bendt always had a pleasant and thoughtful demenour and enjoyed seeing new sights and meeting new friends. After caring for Bendt at home for many years, Sheila realized his needs were significant and long term care was needed. Yaletown House became his home and Sheila became a part of our community too.

In addition to being a family caregiver, Sheila is a generous donor to the Foundation contributing to therapeutic programs and the newly opened Rooftop Garden. She was also the Family Representative on the Care and Support Committee, a sub-committee of the Board of Director. At these meetings, she said she learn a lot about the challenges of balancing budgets and resources. Since Bendt’s passing earlier this year, Sheila has stepped down as the Family Representative but returned as a Program Volunteer and has become a Society Member. As a Volunteer, she is here two days a week helping Vivian with Spiritual Care Programs as well as Janelle with Horticulture Therapy. Sheila adds, she never intended to take on two volunteer positions but the need was there and she is happy to help. She takes great pride and responsibility in her roles. From the simple task of sweeping the greenhouse after gardening, to taking the time to deliver personalized bouquets to residents, Sheila says that volunteering is a two-way street and gets as much back as she gives. Having just returned from a month long trip to Australia, she was delighted with the welcome greetings from the residents and staff on her first day back. She recalls one resident Brian, saying “It is nice that you are back”. This made her feel good. Sheila has high praise for the staff and the work they do every day. She acknowledged the stress that the care staff must feel after a resident passes away. It is not an easy job and she really appreciated the individual care given to her husband.

Sheila shares Bendt’s obituary notice where she ends his story with—“*My thanks to friends and family who have supported us both throughout his illness. To the staff at Yaletown House, a big thank you; Bendt was treated with care and compassion. Rest well Bendt, you lived a good life.*”

Sheila Oxholm has been a member of the Yaletown House Community for only a few years but she has played many important roles in her short tenure. Sheila’s husband Bendt moved into our home in November 2016 after his Alzheimer’s disease had progressed to where he could no longer be cared for in their home. Almost every day, up until Bendt’s passing in January 2019, Sheila was by his side. It was a love that lasted 40 years and began at a chance meeting in Victoria BC. Sheila’s girlfriend had invited her to the Admirals House Official Dinner where Bendt, a pilot with the Royal Canadian Navy, was also in attendance. The attraction was immediate and Sheila and Bendt were a couple shortly thereafter.

After a few years of marriage, Bendt retired from the Canadian Arm Forces as a General, with 32 years of dedicated service, and the pair settled in Vancouver. Prior to retirement, Bendt had been awarded the Order of Military Merit, Commander Level. Sheila explains that this medal is awarded for “outstanding meritorious services in duties of great responsibility.”

In the early 80’s Bendt began the next phase of his career as a stockbroker and Sheila continued her career as a Registered Nurse, working in all aspects of nursing from teaching, to administration to hands-on care. She worked at St. Paul’s Hospital, Riverview, and also taught at Vancouver Community College. Travel was an important part of their life together and even after Bendt developed dementia and had to step down

VOLUNTEER PROFILE / DENISE BEATON

It was not the first topic to come up during my interview with Denise Beaton but her impending nuptials were at the forefront for this Prince Edward Island (PEI) native who was returning home shortly with her fiancé to be wed. A park near Denise’s childhood home will provide the backdrop for the ceremony where Denise and Sean will be joined by family members and friends to witness their union. After the “I do’s”, the newlyweds along with friends, parents, siblings, nieces, and nephews will celebrate PEI style at a small inn, where Denise once worked and lived as the Resident Inn Keeper. After the wedding Sean and Denise will take a mini-honeymoon around the Maritimes but the real honeymoon will take place in 2020. The location? TBA. It is not that the couple have not planned their honeymoon, Denise explains that Sean is planning it solo and that it will be a surprise to her. She has no doubt it will be wonderful. Having dated for about 6 years, Denise met Sean 3 weeks after moving to Vancouver. She had joined some local sports leagues, tried a few on-line dating sites and was matched perfectly with Sean—at 92%. The stats were right and the two have been living together for 3 years in downtown Vancouver.

While completing her undergrad in psychology, Denise got involved in various research projects on the benefits of music and the power of song. Her first example was studying multicultural choirs and whether this had an effect on intercultural acceptance. The results were resoundingly positive—and yes. Then another group looked at the government agency, Veterans Affairs, where a choir made up of employees would sing at senior care homes. The stats were also positive. Her third example was a musical theatre group called Young at Heart which was formed by PEI musicians in the off-season to tour long-term care homes. Denise researched the effects of such performances on seniors’ wellbeing. Again, it was another positive outcome. Through all these experiences, Denise was getting to know the senior population more. It was a community she valued as she had not grown up with her own grandparents. Denise continued explaining that when she was in elementary school, she got involved in a project called: LOVE—Let Older Volunteers Educate. It was a program where seniors support children in school with reading and studies. While Denise was already a very good student, her Mother saw it as an opportunity for her to have a relationship with a senior. Joye, her match, became Denise’s first intergenerational relationship. It stayed with her.

Fast forward to 2013, Denise was living in Vancouver doing her Master’s degree in Gerontology. Through her studies, her focus shifted from the impact of music towards the dynamics of negotiating care in long-term home—meaning how differently the resident,



Denise Beaton

family member and the staff member viewed issues surrounding care. Through this process, she made many good friends. But there was one special friend in particular—a woman named Frances who was 104. She described her as “full of life”. After finishing her Masters, Denise started working in Public Health and is now the Provincial Coordinator for Injury Prevention at the BC Centre for Disease Control. She has 4 main provincial focuses: falls prevention, road safety, suicide prevention, and workplace concussion prevention. After about 6 months on the job, Denise thought about Joye and Frances and decided it was time to get involved with a senior one to one again. She chose the long-term care home closest to her home to volunteer. Luckily it was Yaletown House. For 2 years, Denise has been visiting Melinda once a week. She feels it is a real friendship, not just a volunteer to resident match up. One of their favourite pastimes is watching reality TV together and discussing it. While this might at first seem a little unusual, Denise had a perfect explanation why it works— she said that because Melinda faces her own personal challenges every day, she can appreciate seeing the resilience of others. It forms a bond, a likeness, an understanding. Denise says Melinda is thoughtful and shows a genuine interest in her wellbeing. She adds, it feels reciprocal. It is—when Melinda was asked, she says Denise is a loving and caring person who is also a lot of fun too. Outside of TV times, their favorite spot lately is the rooftop garden. Denise could not say enough about how much they love the newly opened outdoor space. She is amazed that we have both a courtyard and a rooftop garden in the downtown core.

Thank you Denise—Our best to the newly-weds—we think it was 100% a match!

PROGRAM HIGHLIGHTS

Art for Therapy and Art for Pleasure

For over 10 years, Yaletown House has offered Art Therapy services to our residents. Weekly programs are offered by Emily Wong, our Art Therapist who hosts group and one to one sessions. Emily encourages residents to either create their own free-form masterpiece or follow a specific theme.

Recently the residents did a series of tree paintings that will be made into thank you cards. About a year ago, Emily and two of our residents took their talent on the road—and painted one of our perimeter electrical boxes that was being tagged with graffiti. Since then, we have enjoyed a tag free environment.

With a professional designation as a Therapist, Emily explains that art is universal, bypassing communication barriers that may exist including different languages, or cognition impairment with speech or memory. Art helps reconnect memory while tapping in each individual's creative side. With the guidance of Emily and the help of art volunteers, our residents can discover a hidden talent or just enjoy the simple pleasures of painting and drawing.

Art therapy is supported by the Province of BC through Community Gaming Grants and thanks to many generous families and friends who value this service.

Emily—Art Therapist shows off Natasha's work of art.



Thomas and Tim help beautify the electrical box

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.*

