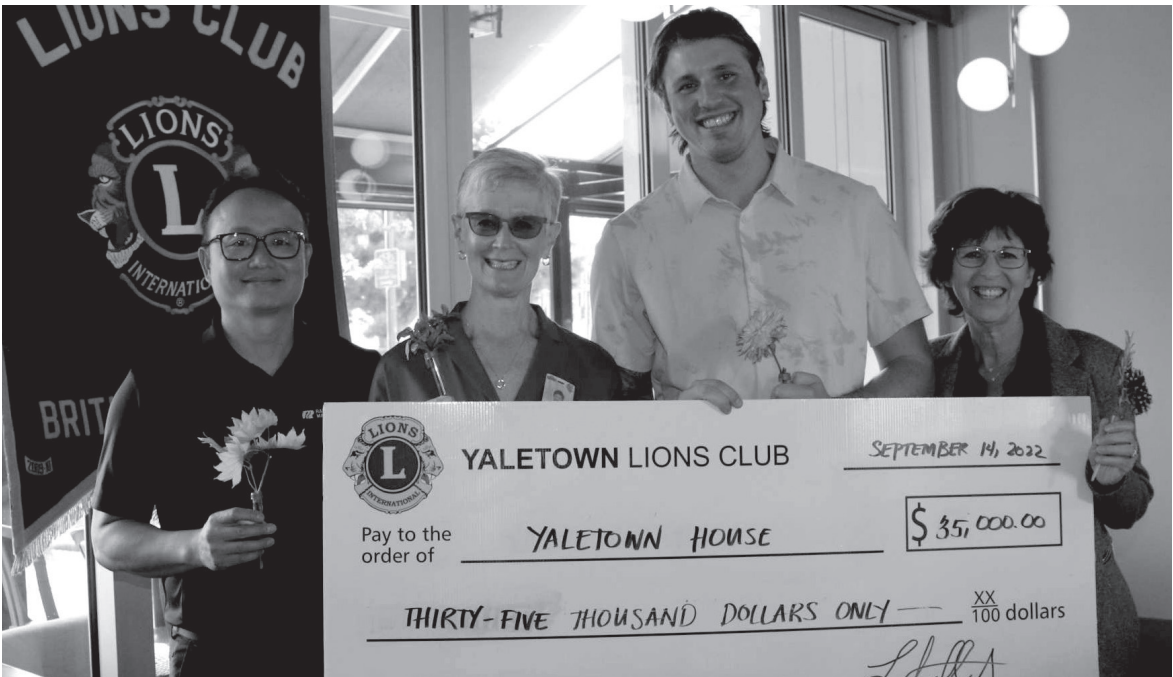


THE YALETOWN LIONS 2022 IN-PERSON GALA RAISES \$35,000



Sporting mini vases filled with herbs and flowers from the Horticulture Therapy group, Carol Crichton is presented with a large cheque by the Lions: Terry Lui, Leland Guttridge and Donna Sargent

Congratulations to the Yaletown Lions on hosting a highly successful in-person Gala this year. Yaletown House is in awe of the Lions’ ability to keep the spirit of giving moving forward. The generosity of their sponsors and guests to support Yaletown House—as well as several other community organizations—during the past few turbulent pandemic years is commendable.

This year’s gift is supporting our therapeutic programs! Because of the Lions’ generosity and willingness to allocate the funds where they are needed the most—they are helping our seniors to remain engaged in their community in a variety of ways. Whether it is music, art, gardening, a bus outing or spiritual care, participants have an opportunity to tell their stories, share a laugh, and continue to be valued for their experiences.

Our programs bring Yaletown House to life!

Yaletown House has received over \$370,000 from the Lions since 2008 and that is something to celebrate. The Yaletown Lions have outdone themselves ... once again!



Para Space Landscaping

Thank you to our good friends at Para Space Landscaping for their recent donation of plants for the courtyard and rooftop gardens.

Our horticulture therapist, Alyssa, was delighted when she saw what the team planted and referred to Para Spaces’ choices as a “fresh selection”. Alyssa added the Purple Heuchera is gorgeous, and the Black Mondo grass is very cool. We have also spotted berries on the blueberry plant.

We appreciate everything Para Space has contributed towards keeping our gardens in top shape. In addition to today’s donation, they previously sent an enthusiastic team of volunteers to set up the (then new) rooftop garden (2017) and perimeter garden (2018) with soil, plants, trees, and shrubs.

We greatly value our relationship with Para Space Landscaping. Our thanks to them for making our outdoor spaces more beautiful!



New courtyard flooring makes the garden even better

The courtyard garden renovations are near completion with the installation of rubberized flooring to level the walkways. The new surface provides a softer landing in case of falls and is helping to even out the sagging and cracking concrete which has occurred over the years. It also provides a smoother transition for wheelchairs into the care home. This is a safety improvement that looks great too! Other courtyard garden renovation work includes new chairs and tables, restoring rotting planters, and re-landscaping. Feedback from residents, families and staff on the courtyard garden renovations has been overwhelmingly positive.

To thank our generous community, a Courtyard Garden Donor Tree was installed with each leaf announcing the major (\$500+) donors. This is a growing tree that needs more leaves. We welcome donations to support ongoing horticulture therapy. Please contact Lynn Parkin at the Foundation office to have your name added.



Berries are spotted on the blueberry tree



You can still donatel—today or next year!

Alyssa and Melinda show off one of the new garden spaces in the courtyard—without hesitation Melinda said “It is fabulous, just fabulous what they (Para Space) did to our gardens”.



Bike maintenance: Duet and Orion

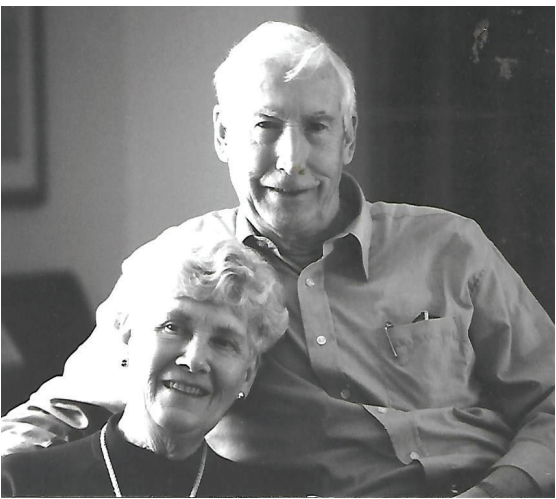
Thanks to tremendous donor support over the past 15 years, we have been able to purchase two Duet bikes and one Orion bike to transport our seniors around the community in an innovative and stylish manner. On the Duet bike, the passenger sits in front inside a wheelchair-like seat while the volunteer rider operates the controls from behind. On the Orion bike, the riders sit side by side and thanks to the built in motor, the passenger has the option to peddle the whole ride, part way or not at all depending on their mobility or energy that day. While both types of bicycles are well built for the long term, they require regular and professional maintenance to keep them in top shape for the near year round volunteer rides. With the seawall at our doorstep with kilometers of designated bike paths, we have unlimited exploring opportunities that offer picturesque views and lots of smiles!

Help keep our wheels in motion—please consider a donation to mechanical servicing of our three bikes.

Main floor lounge furniture arrives in November

We are pleased to announce that one of the key Foundation projects put on hold during the beginning of the pandemic has been resumed. Thanks to tremendous donor support, we are replacing all of the lounge furniture in the main floor area. This spring and summer, the purchasing team visited several showrooms to determine style of chair/seating and fabric. The focus for the team was to ensure the selected pieces met our need for longevity (cleaning/durability) and likability (comfort/attractiveness). We are delighted with their choices and look forward to welcoming our community back into our new main lounge. More to come!

With enthusiasm, recreation team members Cori and Lo show off the three specialty bikes: Orion in the middle, Duets on the outside.



Charles A. Aird (1925–2017) and Audrey M. Aird (1926–2020)

Lynne and Erik Ostensoe wrote this story about their very good friends Charles and Audrey Aird, who were long-term residents of Yaletown House. After their passing (2017 & 2020), a memorial gift was made in Charles’ and Audrey’s name.

Prelude by Lynne—*There was so much more that we could say. We shared a lot especially when we lived very close to each other in West Point Grey. They were always kind to our children and the four children of their good friends, Anne and Lorne Ball. We could call them up and say we were going out to dinner and Audrey would say ‘just a minute, I’ll turn off the potatoes’ or ‘I’ll put the meat back in the fridge’ We travelled with my family in England to Norway and Ireland—we enjoyed our pub lunches and dinners cooked by my daughter. No cooking for Audrey and I.*

Charlie and Audrey were born in England but met and married in Canada. Both served in World War II: Charlie, in the local civil defense until old enough to join the Royal Navy, and Audrey in the “Land Army” (where she soon learned that rhubarb leaves were poisonous) and when old enough started nurses’ training. They were a devoted couple who made each other laugh. In their later years, when health issues demanded extra care, they became residents of Yaletown House where they received excellent care.

Following exciting naval duty that included service in the Far East, including in the liberation of Singapore, Charlie came to Canada in search of new challenges in Calgary and Yukon. He worked as an electrician but found success in the mining field. He was part of a prospecting team that discovered a Yukon nickel deposit. He shared a

financial reward that enabled him to study geology at the University of British Columbia, graduating in 1959. Employment with several major companies followed, including Esso Minerals where he became Western Exploration Manager. Charlie served as President of the BC and Yukon Chamber of Mines (now AMEBC) from 1986–87.

In retirement, he enjoyed sailing the Columbia 30 yacht Scalawag, in BC waters and travelling to numerous international destinations, including Italy, Greece, Norway and Ireland. Charlie is fondly remembered by the co-workers whom he mentored and by his many friends.

After Audrey became a nurse, her goal was to travel around the world. She first worked in Rhodesia then Toronto. Heading westward, she accepted a position as the lone nurse (and only female) in a remote Yukon mining camp that was situated on Charlie’s discovery.

Audrey next moved to Vancouver where she worked at the Shaugnessey Veterans Hospital. A friend of Charles’ suggested that he should meet the English nurse and one Saturday morning he knocked on her door. They had much in common including that both of their fathers were police officers. Following marriage in 1960, she accompanied Charlie in the field, crewed the Scalawag and enjoyed their travels.

Audrey was a long-time volunteer at the Vancouver Aquarium and they both became Master Gardeners. Her several years at Yaletown House were marred by ill health and increasingly severe disability but she maintained a cheery disposition and enjoyed the faithful care offered by the staff.

Singing through a pandemic

How Music Therapy survived—and has even thrived since 2020

For over 30 years, Yaletown House has recognized the value of music therapy for seniors and has contracted registered Music Therapists to carry out a variety of services. When March 2020 came about, our music therapists had to adapt fast and figure out how to continue offering these quality of life programs safely in an unfamiliar COVID environment. Introducing Mayumi and Lyndia—our current two long-term music therapists. Lyndia has reached the 15 year milestone at Yaletown House and Mayumi is at 11 years.

Due to working at another care home and the mandated single site restrictions, Lyndia was not able to offer her services for most of 2020, but as soon as she was allowed by the Medical Health Officer, she happily returned to Yaletown House and reconnected with the residents. Since then, she has been on site two days a week—Tuesdays and Wednesdays—offering many one to one sessions in addition to small and medium group music programs. Her group programs range from Rhythm and Drum Circles, Wonder Wheel (where residents spin the wheel to choose the song), evening Sing-a-Longs and Music Crosswords. Program flexibility is key as the care home restrictions continue to challenge us; however, Lyndia sees the positive side as it encourages her to stretch her skills and appreciate new ways of connecting. While wearing a mask at all times (as everyone in the care home must do), greatly reduces recognizing facial expressions, Lyndia ups her enthusiasm to compensate for this barrier. She says—“it is my opportunity to shine, to pivot and look at what I can do differently”. Adding, “this brings me joy”. Her most recent joy project is planning for the 2022 Christmas Party and practicing for a duo performance with Tim—one of our musically talented residents. Tim and Lyndia are rehearsing to play traditional Christmas songs in three different beat patterns: reggae, blues and rock and roll—which are sure to be a hit in the holiday season.

Lyndia with her guitar



Mayumi shows off the Green Clean Drum

Mayumi experienced the COVID restrictions from day one. By mid-March 2020, she was our only Music Therapist and along with other Recreation Team Members had to navigate the sudden and drastic changes to programming. While she remained focused on the task, she admits it was a challenging time providing one to one music therapy while maintaining the mandated two-meter social distancing guidelines (this has since changed). Unable to play even the guitar due to cleaning protocols, learning new ways to reach the seniors was quickly embraced and the ukulele became her backup instrument. Wearing a mask all the time made it difficult for the residents to hear her, so Mayumi donned a mic headset and speaker. However, her skills went far beyond playing music. As part of her training as a Certified Music Therapist her curriculum included courses in psychology and counselling. This training gave Mayumi the tools to ease the burden in the first few months of the pandemic when no families were permitted inside the care home. Residents needed this extra support more than ever before.

Offering four days a week programming, Mayumi carries out one to one sessions and group sessions. In addition, she is part of a group called Full Circle that combines spiritual care and music therapy on all floors. She also appreciates the multicultural community at Yaletown House and explores their music with the residents. Thanks to the purchase of “Green and Clean” drums, she is able to use more instruments in her music programs as they can be quickly sanitized for the next participant. Mayumi is also involved in Christmas celebrations leading the masked but enthusiastic staff and volunteers to sing holiday carols and provide a little cheer.

Music Therapy is funded in part through our operations, however, we continue to need support for additional equipment and services. Donations are welcomed via the Yaletown House Foundation.

Meet Blue!

Meet Blue, our newest therapy dog at Yaletown House. Blue and her owner Sandy are a certified therapy dog team through St. John Ambulance.

Blue is a rescue dog from Mexico, who was originally called “Suertuda” which means “lucky”. She came to the Lower Mainland in 2019 with a dozen other dogs to find new permanent homes. Blue and Sandy met—and they both got lucky - they’ve been together ever since.

Blue loves sharing her big heart with everyone. She is calm, kind and very intuitive. Blue and Sandy also work with young pre-school children. And now, they are thrilled to be visiting with residents at Yaletown House. Welcome!



Memorial Gifts

In lieu of sending flowers to the bereaved, families and friends may choose to make a memorial gift. An acknowledgment of the gift will be provided to the appropriate family member(s) and the donor will receive a tax receipt and thank you card. The name of the resident is permanently placed on our Memorial Recognition Wall. Memorial Gifts help us support services that directly benefit our residents.

We would like to recognize the families and friends of:

- Kurt Schulz
- Catharina Herbold
- Jean Chow
- Walter Seifert

And thank them for their kind contribution in loving memory.

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. Did you know when you donate securities directly to a charity, capital gains tax is eliminated, allowing you to donate more. For more information about donating securities online, go to canadahelps.org/en/donate/donate-securities/
3. By phone 604 806-4210 using 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.