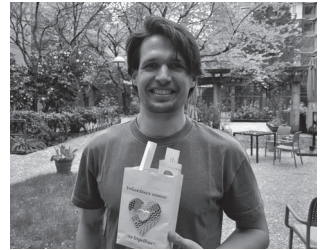


THEY ARE BACK!

We celebrated National Volunteer Week April 16–22



Clockwise from top left

Musical ensemble VanStrings.

Karen and Corey show off their beautiful volunteer gift bags.

David, Aleta, and Sheila.

Jasper, our twice weekly pet therapy dog is equally thrilled with his chew toy gift.

We are thrilled, delighted, overjoyed, and even tickled pink as every day more and more of our wonderful volunteers return to Yaletown House to reconnect or make new connections.

While care home restrictions still prevent us from hosting our Annual Volunteer Recognition Party, we are still recognizing and thanking our volunteers with gift bags filled with appreciation goodies.

Family Volunteers

When a resident passes away, we not only lose a member of our community, but we lose the connection with their family members. Thankfully, several former family members have become valued volunteers in a variety of ways and we are delighted to introduce David, Sheila, and Aleta.

David Milne, whose mother Elizabeth passed away in 2011, still visits weekly playing crib with several residents. Sheila Oxholm, whose husband Bendt was a resident for nearly 2 1/2 years, attends once a week helping out with the Spiritual Care Programs. Aleta Brown, whose mother Dolly lived with us for 3 1/2 years, volunteers every Tuesday in the gardening and flower arranging programs.

Collectively, everyone who volunteers makes Yaletown House a better place! Thank you

FUNDRAISING UPDATES

Christmas thank
yous: “Cozying
Up to 2023” raises
\$17,000!

- Thank you to our generous community who donated to our Christmas 2022 campaign. Families (current and past), volunteers, board members and friends collectively helped raise \$17,000 which will be directed to care home improvements inside and out. This will include:
- Outdoors in the Courtyard: enhanced security fencing, lighting and built-in speakers
 - Indoors on the units: creative wall art and reupholstering seating where needed

Thank you for helping us with these important projects. We are grateful for your continued generosity and cosyness!

Due to an unexpected snowstorm, the role of Santa was filled in by resident Francis—who did a jolly job!



Main floor lounge
furniture has
been delivered

We are pleased to announce that one of the key Foundation projects that had been put on hold during the beginning of the pandemic is now complete.

Thanks to tremendous donor support, we replaced all of the lounge furniture in the main floor area. The new furniture pieces better meet our needs for longevity (cleaning/durability) and likability (comfort/attractiveness). We are delighted with the selection as we continue to welcome our community back into our newly furnished main floor lounge.

Thank you, donors!



Ilona participates in the knitting program seated in one of the new comfortable chairs.

4 different styles make up the new 33 chairs in the main lounge



COMMUNITY CONNECTIONS

Cossette cards
brighten the room



“I was super excited to
take part in the project.”
—Vanessa Blum

What started in 2016 as one person’s idea to bring a bit more heart to Valentine’s Day at Yaletown House, has grown into a company initiative at Cossette. Kelly Sherstobitoff, who is now a Yaletown House Board Member, was volunteering in the manicure group when she came up with the idea that seniors might enjoy a handmade Valentine card to acknowledge the day and have a little personalized note from an admirer. She solicited the help of her coworkers at Cossette and the concept launched and then expanded to Christmas cards. Moving forward, the talented staff at Cossette took over the project and have produced personal cards and greetings to the residents since then.

Vanessa Blum, who started working at Cossette in 2020 as the Studio & Creative Resources Manager, is now the Coordinator and is delighted to continue the volunteer card making project. Vanessa explains that each staff member at Cossette takes on the responsibility of 1–3 cards with a list being provided by Yaletown House detailing each resident’s interest. This helps craft the card into something not just individual, but personal.

Vanessa explains that connecting with others during lockdowns and travel restrictions was difficult, especially with her family living across Canada. The card project gave her an opportunity to do something that helped reduce her feelings of isolation and also give back to those who may be feeling alone and in need of a “hello”.

It was a match for everyone. Our seniors were happy and grateful for the beautiful handmade cards and for the extra effort made by the Cossette staff to take the time to personalize and make each one of them feel special.

A neighbour to Yaletown House, Cossette is a creative advertising agency that develops ad campaigns for a variety of clients. Their expertise ranges from social media, traditional media, print, billboards, radio, TV and campaign launches. In other words, they do it all in the world of creative platforms. Not limited to just helping seniors, Cossette has a Culture Committee that plans events such as handing out sandwiches to residents of the downtown Eastside, clothing drives to help those in need, and cleanup crews for special park projects.

Vanessa acknowledges that the Yaletown House Christmas and Valentine card campaigns have lasting impact with the seniors and the Cossette Team is exploring more ways of connecting with their community. This is great news for us as it directly benefits our seniors. We value these vital links. Thank you: Vanessa and the Cossette Team Members!

The many different designs by Cossette include Santa on the Run to Cowboy boots hung over the fireplace with care.



FAMILY PROFILE / JAMES MORGAN

Although James Morgan only lived at Yaletown House a short time of his long and fascinating life, his impact will have a lasting effect. Thanks to James’ daughter Janice Rafael, a memorial gift was made to honour his legacy and the care he received at Yaletown House. Janice was very willing to share her father’s 98 years of experience that started in Argyll, Scotland.

James left school by 15 and eventually trained to become a machinist to retrofit airplanes and torpedoes during and after WWII. Life later brought James to Canada, initially residing in Vancouver and eventually calling Powell River home. He married Jessie, who he met in Vancouver, and the pair settled down in Powell River, built their own home and raised a family. James worked in the pulp and paper mill for 38 years, in addition to running his own cement company and dealing in property management.

Janice says her father was a dedicated and hard worker for his entire life but always enjoyed time with his family providing love, joy and support. After retiring, he began a second career running an engraving and rubber stamp company. Always busy in various hobbies and pursuits, James remained active in sports throughout his life, ranging from Scottish Football as a young man, to North American soccer, then badminton and tennis. Well into his 90’s, he was a regular three-mile-a-day walker.

James and Jessie, who were married for 58 years, enjoyed a full and happy life together that included lots of travel time to New Zealand, Fiji, Hawaii, Cook Island, Cuba, UK and many US locations—to name just a few. After Jessie’s death, James continued exploring and travelled to locations such as South and Central America, Europe, and at 88 took an around-the world-cruise for 4 months.

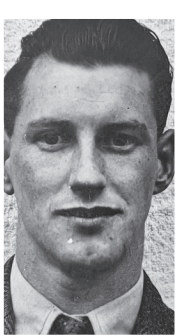
While travel was a loved adventure, home in Powell River was James’ favourite place as he felt a kinship due to its shared natural beauty with his homeland of Scotland.

When James was initially admitted to Yaletown House, Janice was very pleased with her father’s



Janice and her father, James Morgan.

James as a young man.



new home commenting, “Yaletown House staff, volunteers and residents always treated my dad very well, constantly assessed his physical and mental health needs and involved him in activities such as the Duet Bikes and Musical Visits.” She immediately had an interest in the fundraising goals and wanted to help as much as possible.

After James’ passing in December 2022, she wanted to make a lasting gift that would help current and future Yaletown House residents. Through several discussions, it was agreed the Morgan Family Memorial Gift would be designated towards completing the courtyard garden project that includes enhanced security fencing and lighting. Our ‘Little Oasis in the Big City’ the courtyard serves our community as an enjoyable, safe, comfortable and attractive space for a variety of activities. From quiet visits with families and friends to large scale events with live music and outdoor dining, the courtyard garden is well-used and well-loved.

Janice chose to support the courtyard garden as it was a special place James loved to spend time in with her. The father and daughter duo would enjoy walking about the trees, looking at the plants, feeling the warmth of the sunshine and watching the birds move about—while spending quality time together. Janice felt it was the best fit for the family gift in Memory of James. Adding, “My Dad enjoyed the layout of the main level where everything is together and he could sit by the fireplace or look out the window into the garden.” Thank you, James and Janice, for your generosity.

Meet our new Horticultural Therapist Alyssa Dawn Hall



Alyssa Dawn Hall

Approaching the one year milestone as Yaletown House’s Horticulture Therapist, Alyssa Dawn Hall, is delighted to be a part of the Recreation Team. Her popular programs are offered on Tuesdays and Wednesdays where she supports horticulture activities in the greenhouse, courtyard and rooftop gardens. From flower arranging to nurturing seeds into plants, Alyssa is passionate about the outdoors, gardening and seniors. With an undergrad in Sociology and Environmental Sciences, Alyssa developed her own Degree Program. Upon learning about Horticulture Therapy (HT) she realized it was the perfect fit to apply her skills, knowing she wanted to work with people and plants. Before completing her HT certificate, she embarked on an across Canada agenda to do her horticulture practicum with Acadia University in Nova Scotia. With the experience gained on the East Coast, she returned to BC to start her career.

Alyssa’s work expands beyond Yaletown House to include private practice with seniors in their homes and her own business that provides tree pruning and landscape design. She shares that one of her regular home clients is an enthusiastic gardener at the prime age of 105. Alyssa’s interest is not limited to seniors as she also has many years of experience working with youth at risk, introducing them to her love of gardening and the ecology of the West Coast.

Both structural and creative, she sees Horticulture Therapy as the perfect fit to support the various stages of aging. She calls gardening a full circle of life and explains that this past Autumn seeds, were collected and planted from existing plants and flowers. As Spring 2023 approaches, we are seeing the beauty return. Alyssa says that the passing of the four seasons is a life time line—from the yellow blooming buds to the brown leaves dropping leaving the bare branches.

Her programs are not limited to gardening as our visiting bird population leads to many group discussions as well as the beauty of just simply listening. Combining Art and Gardening, the Art Therapist and Alyssa regularly join creative forces to offer programs that integrate art and foliage.

Gardening this year will take on many initiatives including growing rosemary, mint and chives on the rooftop in addition to the usual fare of flowers and plants. Not limited to just Yaletown House, the gardening group enjoys outings to other sights including the Rose Garden in Stanley Park and a Daffodil Drive in April.

Alyssa is a member of the Education Committee with the Canadian Horticulture Therapy Association (CHTA) and owner of True Blue Gardenscapes, growing the profession, one garden at a time. She knows the challenges that care homes face in supporting the services of a professional Horticultural Therapist and believes that while slow in coming, the recognition is blossoming. Outside of gardening, Alyssa sings in the Root N Wings Choir which performs in various cities in Canada and USA—she looks forward to attending more events as soon as travel and concerts open up.

Alyssa is excited as Spring evolves into Summer and looks forward to the possibilities that lie ahead, introducing gardening to newcomers or learning a thing or two from our experienced residents.

Horticulture Therapy is in part supported by Gaming Revenue and generous donations from community groups and families. We continue however to need support for this vital service.



Eileen and her mom Ellen

Eileen Hendry

It is with heavy hearts that we say good bye to Eileen Hendry, Family Member, Board Member and Volunteer. Eileen’s mommy (as she affectionately called her) Ellen was a resident many years ago and after Ellen passed away, Eileen got involved on both the Yaletown House Society and Foundation Boards. Her compassion and caring for seniors was always at the forefront on any issue relating to the residents. As a member of the Community Relations and Care and Support Committees, her insight and expertise were greatly valued. Our condolences to Eileen’s family and friends. We will miss her beautiful smile and positive spirit for life.

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:

- | | |
|----------------------|--------------------|
| ▪ Benjamin Xiao | ▪ Francis Sabine |
| ▪ Roger McKie | ▪ Gail Windsor |
| ▪ Lorraine Robertson | ▪ Benita Hendry |
| ▪ James Morgan | ▪ Thai Kim Le |
| | ▪ Margaret Barclay |

And thank them for their kind contribution in loving memory.

YES! COUNT ME IN

Ways to support Yaletown House

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.
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!

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

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

