

\$35,000—
YALETOWN LIONS CLUB
CONTINUES TO SUPPORT US,
YEAR AFTER YEAR!



From left—
Donna Sargent
(Lions), Tom Adair
(Lions), Carol
Crichton (Yaletown
House), Terry Li
(Lions) & Henry Ng
(Lions)

A tremendous thank you to the YALETOWN LIONS CLUB for their donation of \$35,000 to the Yaletown House Foundation. This generous gift is the result of a 'Roaringly' successful 2023 fundraising gala.

This year's proceeds will be directed to the "Wi-Fi Connecting Community" project. With the installation of full Wi-Fi coverage, we can offer more opportunities to connect with families and loved ones, as well as support virtual education and entertainment programs.

Since their inception in 2008, the Lions Club has donated over \$400,000 to support seniors at Yaletown House, in addition to other local organizations.

Thank you to the hardworking Lions members, event sponsors and guests, as well as everyone who contributes to this wonderful, community-minded group.



FUNDRAISING UPDATES

\$60,000

The Mr. and Mrs. P.A. Woodward’s Foundation generously donated \$60,000 towards the purchase of two therapeutic bathing tubs.



Care Aide Erulyn and RN Samela show off one of the two new tubs: the Century

Thanks to the Mr. and Mrs. P.A. Woodward’s Foundation we have replaced two of our aging and outdated tubs with specialty therapeutic bathing tubs. The new units offer a host of innovative features to make bathing more comfortable, accessible, and secure for the residents.

Therapeutic Bathing Tubbs: 2 models to meet different needs:

- The Century is a keyhole-shaped tub designed for maximum comfort and accessibility. It has a mobile lift to allow for ease of transfer for residents.
- The Parker features a side door to facilitate easy access for more active residents. Height-adjustable and reclining options allow optimum resident comfort.

The Mr. and Mrs. P.A. Woodward’s Foundation has donated \$410,000 since we had the good fortune of receiving our first grant in 1993. Since then, the Woodward’s Board of Directors has donated to many Yaletown House projects ranging from electric beds, speciality mattresses, furniture, and communication systems. Most recently they provided a grant towards the replacement of our portable phone and call bell systems in 2021.

We are honoured to be a part of their charitable program. Thank you again!

Interior Improvements

Thanks to Christmas giving during the holidays last year, our elves have been busy purchasing wall art for the units and visiting showrooms to gather fabric samples for recovering worn furniture. To date, we have purchased 34 large-scale Vancouver and BC themed canvases with more works of art to come later this year.

The furniture reupholstering includes the benches, located in the South/East Lounges, to be redone with durable hospital grade fabric covering the backs and seats. The work will begin in late 2023 or early 2024.

Thank you to everyone who donated to these home-making projects.



Recreation Therapists Lo and Marlene help to display one of the 34 canvases

COMMUNITY CONNECTIONS



From Urban Fare to our front door—volunteers like Shaun and Aleta deliver

Once inside, Jane and Aleta help sort and distribute the flowers



Urban Fare brightens our days

A big thank you to Urban Fare for their many years of donating cut flowers in support of our Horticultural Therapy Program. Each week Yaletown House volunteers visit the floral department who generously donate special flowers to make our home a little more beautiful. This seemingly small act grows into great excitement at the care home where seniors spend the day creating bouquets for the common areas, such as the reception area, and making individual floral collections for display in their rooms. It is one of our most popular activities. As a thank you, the Horticulture and Art Therapists have teamed up to make a card of acknowledgement.

Thank you, Urban Fare, for the bloom of beauty!



A thank you card made by the residents with help from horticulture and art programs.

VOLUNTEER PROFILE / DUET AND ORION RIDERS

Sporting a shirt covered with bicycles wheels, Michael Cole, along with John Wade, generously agrees to be interviewed to discuss volunteerism, and their passion with the Orion and Duet Bike programs. In 2018, Michael, an avid rider, recently learned about a specialized bicycle in Europe called the Duet Bike. Having just retired as a Social Worker a couple years earlier, Michael was ready to start volunteering so he typed “Duet Bike” and “Vancouver” into the Google search engine and lucky for us—Yaletown House came up. He began volunteering in September 2018 and brought John on board one month later. John and Michael had met at Brock House as they were in a weekly bike riding program. John, a retired lawyer was also looking for a volunteer opportunity that would include his enthusiasm for bike riding. The Duet and Orion Bike programs were a perfect fit for the pair.



Michael and John

After a year and a half of riding, COVID hit long-term care in March 2020 and all volunteer events were suspended immediately. Between March 2020 and March 2023, stop-and-start volunteer visits were difficult to navigate as some weeks we were able to welcome back volunteers and then the visits were stopped due to an outbreak. This inconsistency unfortunately resulted in Yaletown House losing many wonderful volunteers but not John or Michael—as soon as we made the call for volunteers to return, they were at the door, helmets in hand with big smiles and ready to take residents out again.

During the interview with Michael and John, it is apparent there is true friendship between them. They volunteer the same day—Tuesday mornings and after their multiple bike rides, they go for lunch on route to their respective homes in Vancouver.

Both have different and similar experiences when taking the residents out for their rides. Each wants the resident to lead the conversation with any topic they wish to discuss, and they try to prompt their passenger with ideas such as hobbies, dogs, or Vancouver monuments, skyline, scenery, or memories. It can turn into quite a fascinating ride for everyone.

John rides the newer Orion Bike that has the rider and the passenger side by side allowing the resident to pedal a little, a lot or not at all. John says that the residents who ride generally pedal about 60% to 70% of the time. Michael uses the Duet Bike, which is powered only by the volunteer rider who sits on the back with the resident rider in a bucket style seat in the front. Both modes of transportation attract attention on the seawall from passersby who are fascinated with the bikes and like to stop and talk with them.

Outside of Yaletown House, Michael is a keen gardener along with his wife Susan. Potatoes are his specialty, and he loves his small but yielding garden plot. John, who is also married to a Susan, enjoys regular tennis, playing guitar at Brock House and is active in his church.

When asked about the staff who coordinate the program, Cori, Volunteer Coordinator, came up immediately as John and Michael give high praise to her. They added Fraser and the entire Recreation Team make coming to volunteer fun.

They acknowledge that the Duet and Orion Bikes are not for everyone as some residents get a bit nervous but the majority love it and can’t wait to go out every week. John and Michael say the gratitude from the residents is very apparent and with a smile Michael tells the story of a resident who was concerned about an upcoming hill on their adventure and offered to disembark and walk. He assured them he had the power to pedal up. Always looking for more bike volunteers, John and Michael hope that by sharing their enjoyment of volunteering, it will inspire others to gear up, join in and help out. It is a rich experience for everyone. They encourage family members, if interested, to ride along with their own bikes if they want to participate in a different activity with their loved ones.

With a laugh, they share the story of Benita, a regular participant who loved riding. She would fill her many bike rides with stories of her family sausage making business but would always stop to admire the city and buildings – spotting things that others would miss. At the end of one ride, she asked: “how much do I owe you”?

We owe these two volunteers a lot. Thank you, John and Michael!

Pawsitive vibes
with pet therapy



Here are some of the dynamic duos together and some solo shots of our furry friends:

Clockwise from left—
Farzad & Jasper
Ruben & Remy
Mabel & Teddybear
Bev (Resident) and Sadie
Colleen and Simon
Simon and a feline friend

We are grateful to the
volunteers who
bring their family pets
to visit regularly.

For over 25 years, Yaletown House has welcomed and benefitted from four-legged friends and their owners’ companionship, love, and joy to our residents. The entire care home lights up (residents, staff, and families) when one of the 5 volunteer teams arrives through the front door. Whether it is Farzad and Jasper, Colleen and Simon, Vicki and Sadie, Ruben and Remy or Diana, Mabel, and Teddybear—each group is met with a warm smile and heartfelt appreciation for their time spent with us.

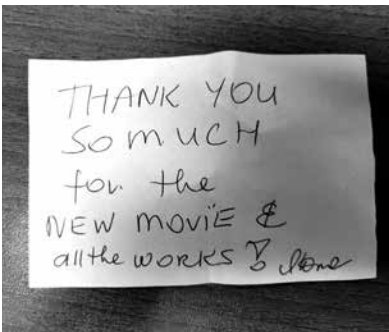
These pets and friends, many who visit every week, are also grateful for the reciprocal relationship with Yaletown House—confirming, they are “equally excited to be here”.



Thank you:
New Horizons for Seniors
Program, for a \$17,000 Grant

Thanks to a grant from the New Horizons for Seniors (Government of Canada) program, we received funding to support our community by purchasing permanent mounted media equipment in the main lounge including: a drop-down ceiling project, speakers, and a large-scale roll-down screen for viewing pleasure. Combined, these devices further enhance the home environment by facilitating unlimited shows and presentation including education, travel-logs, musical concerts, sports and entertainment feeds. At the touch of a button, we can bring the outside world into the care home; quick and easy.

After the very first showing, we received the following note in the suggestion/comments box—great feedback to start our new program.



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 for their kind contribution in loving memory:

- Barry Humphreys
- Shiu Kai Chau
- Paul Fraser
- Guido Falbo

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.

Please note, some photos were taken before the mask mandate, others after.