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people&progress

FALL
2014



Rainy weather didn't dampen the "Silly Summer Fun" theme of CapitalCare Lynnwood's BBQ August 20. 4PP resident Miriam Manzo and her family donned silly glasses, tossed balls and reminisced about the hand held windmills from childhoods past. More photos on Facebook.
Diana Vrcic, Recreation Therapist, CapitalCare Lynnwood

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People and Progress Continuing Care Conference 2015



INSPIRATION TO
INNOVATION
Stories of Change

February 5-6, 2015
Fantasyland Hotel

"THE MOST EFFECTIVE LEADERS

in society are those rare individuals who can inspire their audience with a passion that can only come from personal experience," says Joe Roberts, himself an example of inspirational leadership and one of three keynote speakers presenting at the 2015 People and Progress Continuing Care Conference.

This year's theme, *Inspiration to Innovation: Stories of Change*, addresses the challenges leaders face in implementing culture change.

Continuing care leaders are on a journey to improve quality of life for people in care. But the increasing frailty of residents in times of tightened resources can cause leaders to veer off course in achieving their goals.

With inspirational stories of overcoming adversity and managing change, the one and a half day conference promises to reignite our passion for culture change and give leaders the inspiration they need to drive innovation forward.

Joe Roberts opens the conference Thursday with his presentation "From Skid Row to CEO" (see page 7 for details). This full day features an array of concurrent sessions and closes with keynote speaker Merge Gupta-Sunderji.

The conference continues Friday morning with a "rapid fire" format of three 20-minute sessions and ends with a keynote address by change expert Mark DeVolder.

Register before December 1 for the early-bird rate of \$295. Details on p.7

Bernadette DeSantis,
Communications Manager,
CapitalCare Corporate Services

Have your say in CapitalCare's new mission, vision values

A YEAR AFTER CELEBRATING its 50th anniversary, CapitalCare is rolling out a new vision for the organization that focuses on helping people live life to the fullest.

New vision, mission and values statements have been drafted and are currently being presented to stakeholders through a series of consultations.

Input is encouraged from everyone who is part of our care community: residents, clients, families, loved ones, staff, volunteers, physicians and donors.

The draft statements reflect CapitalCare's journey towards person-centred care.

Person-centred care is a more social model of care that emphasizes quality of life. It is different from the traditional, more medical model of care, in that staff focus less on performing a series of tasks involving the individual and more on how they interact with the resident to make each day meaningful.

"Ideally, the new statements will inspire us all as we come together to provide continuing care to those we

serve, and become a touchstone to remind us about what is most important," says Iris Neumann, CEO.

The draft vision is:

To be a community of continuing care excellence where people live, work and thrive.

The draft mission is:

We are leaders in providing quality care that enriches the lives of those we serve.

The draft values are:

- Putting People First
- Positive Relationships
- Working Together
- Engagement
- Celebration
- Community Connection
- Learning and Growth
- Honor and Honesty
- Safety for All
- Stewardship

You can have your say by taking part in the consultations or by taking an online survey. Visit our website at www.capitalcare.net to take the online survey or call (780) 448-2411 to find out consultation dates and times.

Carole Loiseau, Manager, Strategic
Planning and Quality Improvement,
CapitalCare Corporate Services

Mailing Address

Return Undeliverable Canadian Addresses to:
CapitalCare Corporate Services, 6th FL, 10909 Jasper Ave., Edmonton, AB. T5J 3M9, P.M. #40009256

About CapitalCare

Operating in Edmonton and area since 1963, CapitalCare is the largest public continuing care organization in Canada. CapitalCare provides continuing care programs and services to nearly 1,400 residents and 300 clients through residential centres and day programs.

Corporate Office

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Facility Living

Dickinsfield 780.371.6500
Grandview 780.496.7100
Kipnes Centre for Veterans 780.442.5700
Lynnwood 780.341.2300
Norwood 780.496.3200
Strathcona 780.467.3366

Supportive Living

Adult Duplexes 780.496.3335
Laurier House Lynnwood 780.413.4712
Laurier House Strathcona 780.467.3366
McConnell Place North 780.496.2575
McConnell Place West 780.413.4770

CHOICE Programs

CHOICE Dickinsfield 780.371.6642
CHOICE Norwood 780.944.8662
CHOICE Mental Health 780.944.8668

Programs and Services

- Acquired Brain Injury Unit
- Adult Day Support Programs
- Behaviour Assessment and Stabilization Unit
- Chronic Ventilator Unit
- Dementia Care
- Enhanced Support Unit
- Hip Fracture Program
- Long-term Care
- Mental Health Unit
- Palliative Care
- Respite Care
- Sub-acute Care
- Transition and Alternate Level of Care
- Wound Care/Plastics/Arthroplasty
- Young Adult Unit

New mission vision values will guide us into the future

IN THE NEARLY eight years since I have been leading CapitalCare, a lot has changed. Chief among these changes has been the decision to adopt person-centred care as an overarching philosophy or model of care.

In our attempts to communicate this new model of care to you – our primary stakeholders – we realized we would need to revisit our vision, mission and values so that you would understand who and what is driving our organization and why.

On behalf of the Executive Management Committee, I am pleased to announce that we have drafted a new vision, mission and values which we feel will make it easier for you to join us in moving our organization forward.

This fall we will be sharing these statements with you to get your input.

For CapitalCare the vision is about coming together to realize excellence in continuing care. It recognizes that excellence in continuing care is important and worth striving for. It also recognizes that attaining excellence requires becoming a community of people working together to develop knowledge and share resources. Most importantly, it outlines that CapitalCare is a place where people not only live and work but also thrive.

To thrive in continuing care goes against most people's perceptions of aging. And to change people's perceptions of aging is exactly what we believe is needed for our organization to continue to be leaders as the baby boomers approach the time when they will need our services.

There can be a perception that continuing care centres are places for people who are waiting to die. That perception is fuelled by the image a lot of people have in their minds of elderly people sitting around doing nothing.

We want to make our centres places where people who need our level of care can continue to live

meaningful lives. We believe becoming more person-centred will help us achieve this vision.

This means continuing to change our culture from a more medical model of care

to a more

social model of care where staff focus less on clinical tasks and routines and more on meaningful interactions with residents.

We believe that the more emotionally engaged we can become with our residents, the more they will thrive.

You may have noticed this change already in our dining rooms. We have begun to make changes so that mealtimes are more sociable. Staff assist people not just by helping those who need it to eat, they also

engage residents in conversation, which is nourishing in both physical and emotional ways.

Residents and families tell us they want us to focus on providing this type of care. Just reading the Letters page in this newsletter confirms that we are on the right track.

We have only just begun this journey, and we have a long way to go. Please join us by becoming part of our caring community.

I invite you to attend any of the consultation meetings that have been set up at our centres, or to take the survey online.

Today it might be your parents and grandparents who need our care; tomorrow it might be you. Be part of shaping the future of continuing care in Alberta.



Iris Neumann, CEO

Vision: To be a community of excellence where people live, work and thrive



Website

www.capitalcare.net



Facebook

capitalcare.edmonton



Twitter

@capitalcareYEG



Youtube

www.youtube.com/user/
edmontoncapitalcare

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OUR MISSION

We are leaders in innovative and compassionate care, supporting the health and respecting the dignity of the people we serve.

OUR VISION

We are a community of excellence in continuing care: teaching, researching and learning to enhance quality of life.

WE VALUE

- the people we serve as our most important focus
- our staff, families and volunteers as our most important resources in fulfilling our mission
- partnerships in the community
- professional ethics in guiding our decision-making
- open and honest communication
- collaborative and cooperative teamwork
- lifelong learning, innovation and continuous improvement
- a safe, respectful environment within which to work, live and visit
- responsible use of resources, providing choices within these limits

2012 – 2015 STRATEGIC PLAN

The Executive Management Committee has developed a strategic plan for CapitalCare which reflects our direction and priorities. It is shaped by our vision, mission and values, and reflects our relationship with Alberta Health Services. It is designed to meet changes in continuing care, enable best practices, and support our leadership. In order to track results and benchmark with other providers, we have attached performance measures.

The next three years will focus on the following areas:

- **CHOICE AND QUALITY FOR CONTINUING CARE RESIDENTS** – Implement an overarching model of person centred care to inspire and guide service delivery, utilize RAI/MDS and implement new approaches and systems to support quality care and service delivery.
- **INCREASE ACCESS, REDUCE WAIT TIMES** – Maintain and renovate continuing care centres and improve access by optimizing use of care beds within the larger program model.
- **OUR PEOPLE ACHIEVING EXCELLENCE** – Meet changes in continuing care through role reviews to ensure the right people at the right place and promote excellence in staff safety.
- **ENABLERS AND ORGANIZATIONAL DEVELOPMENT** – Strengthen quality, financial management and partnerships.

Norwood celebrates 50 years of caring with hopes for a replacement building

CAPITALCARE NORWOOD celebrated a major milestone September 17: the building called Norwood North turned 50 years old. Norwood is the founding centre of CapitalCare. Once a traditional long-term care centre, Norwood has become a pivotal campus of care in Edmonton and area because of its unique programs; they include alternate level of care (ALC), palliative care, restorative care, sub-acute and two complex long-term care units – chronic ventilation and acquired brain injury; each staffed with knowledgeable and compassionate caregivers dedicated to meeting the special needs of over 1,000 Albertans a year who live at the centre on a short or long-term basis.

As Norwood North approaches the end of its own life-cycle, CapitalCare is collaborating with Alberta Health Services to replace this building. We envision a replacement building that would combine teaching and researching in a continuing care centre that could also relieve some of the current pressure on the acute care system.

Norwood has developed expertise in programs that help people, particularly seniors, make the transition from hospital back to home. For example, 60% of the people who came from hospital to our new restorative care unit – opened in April – went back to their homes after, on average, 37 days of therapy. MLA Dave Quest, the former associate minister of seniors, toured the unit in July and took a keen interest in how staff treated each patient as an individual and gave them hope for a meaningful life.

A new building would position Norwood to lead CapitalCare into its next 50 years of care and service to Albertans.

Happy Birthday Norwood!

*Penny Reynolds, Administrator
CapitalCare Norwood*



CapitalCare Norwood then and now: the photo above was taken outside Norwood North in 1967 and shows staff and residents enjoying a picnic; the photo below is some of the staff of Norwood North celebrating the 50th on September 17.



R-L: CEO Iris Neumann with MLA Dave Quest , care manager Candace Kercher and physiotherapist Meghan Kubsch on a tour of the Restorative Care Unit July 30.

Norwood palliative hospice looking for donations to renovate 22 TLC rooms

FOUR MONTHS AFTER the remodeling of the first TLC room at CapitalCare Norwood's Palliative Hospice, at least six more families have been able to say goodbye to their loved one in the comfort of a home-like environment.

CapitalCare Foundation's TLC Project started with one family making a donation so that another person's stay in palliative care could be made more comforting. A year after Doug Graham's wife passed away, he and his family made a donation so that her room could be renovated.

The TLC room features a wall bed for a family member to stay overnight as well as a less-institutional bed for the patient. Other comforts of home include a microwave, fridge and dresser, softer lighting and easy care floors.

Families who have used the room since its renovation this past spring have said the whole palliative care experience is comfortable and relaxing at a time when stress and emotions can be at their highest.

The goal is to replicate the transformation in the remaining 22 rooms. Help us make lasting legacies by making a donation to the TLC Project.

*Sherry Schaefer, Director, Fundraising & Donor Relations
CapitalCare Foundation*



The CapitalCare Norwood Palliative Hospice's newly-renovated TLC rooms feature a wall bed & other comforts of home.

Yes, I'd like to support the **TLC Project**.



To donate to this project, call 780-448-2413 or visit the CapitalCareFoundation website and click **Donate now**.
www.capitalcarefoundation.net



Letters

To Mike Rickson, Care Manager, 4AMP, CapitalCare Norwood

I just couldn't leave here without complimenting you on your excellent administration. Your staff is A-One. The bond they have between them is wonderful. It is expressed in the exemplary care they give and in their dedication to facing the continuous challenges every day brings. My personal care and treatment was a most positive experience.



Lady and Granny Gaga May 26

Norwood itself is managed so well – treatments, housekeeping, chef, physical aids, etc. All of us fortunate enough to receive the healing and friendship you offer here appreciate it very much.

I also give you a BIG thanks for your assistance in making possible the most wonderful, exciting and splendid event in all of my 86 years – attending Lady Gaga's show and meeting her after the concert. I am still in awe of the whole event.

Thank you, again,
-Inez R. Whitfield
A.K.A "Granny Gaga"



Mike Rickson (back row, centre) and some of the staff of 4AMP celebrate the 50th anniversary of CapitalCare Norwood September 17.

To CapitalCare Corporate Services

My mother-in-law was in CapitalCare Norwood Palliative Hospice for a couple of weeks at the end of her life. She passed away in May. I was pleased and comforted to see that she was less stressed and more comfortable in her final days. I believe this is a testament to the caring, respect, and compassion the staff demonstrated to her.

Thank you again to the staff at Norwood. They assisted our family in knowing that our mother was comfortable and well cared for in her final days.

-Julia R.

To Dr. Pickle and staff at CapitalCare Grandview

We would like to thank you all for the loving care you gave our mom. It was a difficult time for us but we always felt secure in leaving her in the capable hands of such a wonderful staff. She called you her butterflies – you flew in to help her and flew out. It is hard to express our gratitude, but we wanted you to know how very special we think you all are.

Warmest regards,
-Elizabeth W.'s family

To the staff of 2nd Parker, CapitalCare Lynnwood
My father transferred to CapitalCare Dickinsfield at my request so that I can be closer to him.

Thank you for everything you have done for my father and, before her demise, his wife. It is the very best care here at Lynnwood.

Thank you for everything you do for our delicate citizens in Edmonton!
-Mary Butlin for the family of Bill Broad



Bill Broad at Dickinsfield Sept. 11

To the staff of CapitalCare CHOICE Dickinsfield,

Whether you worked with Rosie since the beginning or started near the end, please know that I am and will always be so grateful for the kindness and efforts you've displayed to my mom and my family. Dean, Soon-il, Wendy, Debbie, Galina – you have given me so much comfort by listening, advising, and simply for being there. There will always be a special place in my heart for you all. Once again, thank you for all of your help. You have been a blessing!

- Ritchelle

To all the staff at CapitalCare Strathcona

The family of Dora G. is so thankful her last years were spent in this wonderful place. It is so comforting and heartwarming to see the staff take a few minutes to stop and chat with Mom and give her a hug which she enjoyed.

Many thanks to Dr. Graham and Dr. Dusang, you both gave such good care to Dora. We miss her dearly and we thank you all from the bottom of our hearts.

Sincerely,
- Dora's family

To the staff at CapitalCare Kipnes Centre for Veterans

I want to thank each and every one of you for the kind, considerate, compassionate care you gave Donald (Al) A. Your smiling faces and cheerful greetings will never be forgotten. I admire every one of you and thank the good Lord for the angels that you are.

-Audrey A. & Family

To Laureen Casavant, Care Manager, CapitalCare Grandview

I'm still marvelling at how you and your staff were able to help Mom feel so at home and comfortable and confident from the moment she and I arrived. I would particularly like to mention that both Lei and Gladys spent extra time and went above and beyond their duties to help, and Maria was exceptionally helpful and compassionate with Mom.

There is such a calm and cheerful tone on the unit, despite the general level of activity. My entire visit I saw nothing but warmth and good humour. I spoke with other family members on the unit and in the elevator, and everyone mentioned how happy they were with the quality of care at Grandview. You are obviously doing an excellent job of steering things there.

I would also like to particularly commend Rosanne Van Velzun. I noticed that she had a watchful eye for when we might need her, or when she might be able to make things just a bit smoother for us. She took us under her wing, and was so very kind to us.

Thanks again,
-Pam N.

To everyone at CapitalCare Strathcona

Thank you so much for making Dad's last few years so pleasurable. He loved it there – never complained and looked forward to each day as a challenge.

I particularly want to thank the custodial staff who cleaned his room. From plants in the toilet to his amazing collections it must have been a nightmare.

Again, thank you!
-Karen A.

To the CapitalCare Kipnes Centre for Veterans

I was in your guest room this summer – perfect for my stay. I was there for the 90th birthday of my sister Peggy N., a resident in your lovely vets' home. I love the mail delivery and the unique bike therapy. Peggy is being well cared for. Thank you!

Sincerely,
- Gerri M.



Don and Joyce McGregor in the room they share at CapitalCare Grandview.

Grandview reunites couple

A COUPLE MARRIED nearly 60 years is together again and living at CapitalCare Grandview. Don and Joyce McGregor celebrated their 59th wedding anniversary September 3, in the room they now share at Grandview. “Thank you to all staff who helped to reunite my dad with my mom,” the couple’s daughter Susan McGregor wrote in a letter this summer. “It is an answer to a prayer.”

Joyce moved to Grandview in the fall of 2012. Don moved to a nearby lodge and became a regular visitor at Grandview, participating in many activities. But when his own dementia worsened and he needed more support than that which could be provided through home care, Don was moved to Grandview. The couple lived in separate rooms until a semi-private room they could both share became available just two weeks before their anniversary.

Don and Joyce’s children and extended family are thrilled and very grateful they are together again.

*Lorna Eggen, Care Manager,
CapitalCare Grandview*

Celebrating centenarians



R-L: NELLIE DUNN, a resident of CapitalCare Strathcona, celebrates her 100th birthday with her son and daughter-in-law July 11. Nell was born and raised in the United Kingdom and drove an ambulance in England during the Second World War. She married a Canadian in 1946 and is very proud of her only son, Alan.

Heather Rozack, Recreation Therapist, CapitalCare Strathcona



L-R: John Heck and Melton Ploof live in the same house at CapitalCare Kipnes Centre for Veterans

Post-war friends reunited at Kipnes

BY PURE COINCIDENCE, two veterans who were once so close that one was the other’s best man are living in the same house at the CapitalCare Kipnes Centre for Veterans.

After serving in the Second World War, John Heck and Melton Ploof met at Montgomery Branch Legion where they used to play pool and cards. Two years later, in 1950, Heck married and Ploof stood as the best man. The two remained friends, even celebrating Heck’s 50th wedding anniversary, then drifted apart.

Heck moved to the Kipnes Centre in May. Two months later, Ploof moved into a room down the hall. Heck’s wife Jean had seen the sign on Ploof’s door and asked if he was related to Melton Ploof.

“I said ‘I am Melton Ploof,’” Ploof said, recalling how stunned he was to see the Hecks again after so many years. “He always had a little smile on his face,” said Ploof of Heck. “And it’s still there.”

The two friends sit at the same table for meals and attend many of the centre’s programs together. The especially enjoy being able to share a beer again at pub night. They can frequently be overheard reminiscing about cars, sports, their weddings and past times spent together.

“We both like it here,” said Ploof of the Kipnes Centre. “It’s amazing,” he added, “how many years went past and we ended up together.”

Jean and John Heck celebrated their 64th wedding anniversary September 10. Heck and Ploof marked the occasion by sharing a beer on pub night!

Krista Baert, Recreation Therapist, CapitalCare Kipnes Centre for Veterans

Celebrating love



R-L: HELEN MANCINI, a resident of CapitalCare Grandview, and her husband Vince, a volunteer, celebrated their 60th wedding anniversary August 2. Helen, who was a ballerina, enjoys activities like balloon badminton, music hour and dancing. There is rarely a moment in the week when this couple is apart. They still display so much love towards each other. We wish you all the best.

Jennifer Taylor, Recreation Therapist, CapitalCare Grandview



Stela Manoilova

Foundation supports life-long learning for employees

CAPITALCARE FOUNDATION is proud to support CapitalCare employees with bursary and post-secondary education funding. Thanks to the many generous donations made to The Foundation, CapitalCare is able to retain promising employees by helping to advance their careers, as well as ensuring our residents and clients are getting the best, most up-to-date care from qualified practitioners.

Stela Manoilova is one such employee. A graduate of the Medical University in Sofia, Bulgaria, Stela was working as a general practitioner in Namibia, Africa when concerns for the safety of her young family forced her and her husband to move to Canada.

In 2006, Stela joined CapitalCare as a Care Housing Attendant at McConnell Place North since, although she passed all the requirements of the Medical Council of Canada, she was not able to enter into residency as a physician.

However, in 2012, Stela received a scholarship from The Foundation and was able to enter the nursing program at the University of Alberta. After several years of schooling, Stela has now completed her classwork and is writing her final exam this fall to become a Registered Nurse.

We congratulate Stela on this great accomplishment!

Stela's story is just one example of how CapitalCare benefits from donations to The Foundation's Bursary and Post Secondary Education Fund. This year alone, close to \$19,000 in funding has been awarded to the following employees of CapitalCare:

Bursary Recipients

- Anjula Narayan
- Marie Bahandi
- Linda Batdorf
- Tanja Brook
- Lesya Dariychuk
- Melissa Jones

Post Secondary Education Funding Recipients

- Sherri Bessette
- Myla Callo
- Sonal Lalani
- Danielle Maine
- Casilia Marcu
- Lee-Anne Morkin
- Kim Pollard
- Dee Rea
- Sarah Ward

Special thanks to the following families for their continued support of our bursaries:

- Roger & Dorothy Parker Family
- Pearl Hawrelak Porter Family
- David & Dorothy McBean Family

To donate to the Bursary and Post Secondary Education Fund, visit www.capitalcarefoundation.net.

*Dee Rea, Human Resources Manager,
CapitalCare Corporate Services*



Gail Tymens

How leadership can sustain best practices and quality improvement initiatives in continuing care

IT WAS THE LEADERSHIP of retiring care manager Gail Tymens that took a small research pilot project at the CapitalCare Kipnes Centre for Veterans and turned it into a full-blown study with promising outcomes for improving residents' quality of life.

Susan Slaughter, an associate professor with the Faculty of Nursing at the University of Alberta, was conducting clinical trials at two sites on a simple sit-to-stand exercise that was showing great promise for improving mobility in long-term care residents.

While the other sites discontinued the activity after the trial period was over, Tymens and her staff kept it going – for years.

Slaughter followed up with Tymens, who retired in September, to learn why the new practice stuck with one centre compared to the other.

Tymens, drawing on her extensive experience as a nurse leader in long-term care, says three important elements are necessary for an initiative to be successful in long-term care:

1. Staff buying into the benefit for improving resident quality of life;
2. Resident and family member commitment to the new practice; and
3. Expectation of leadership that the new practice will be part of care.

"The priority for staff is improving the quality of life for residents," Tymens explains. "If staff see the change in practice as being valuable to the residents, they are more willing to buy in."

This is where leadership comes in, says Tymens. Managers must ask themselves if it is clear to staff how the practice will benefit the residents.

As for getting the commitment of residents and families to continue with the practice, Tymens says in this case, that was a no-brainer.

"Most residents take pride in maintaining their independence," Tymens explains. "This kind of activity restores their faith in their own abilities and motivates them to keep doing it."

"When family members notice the improvement in their loved one's abilities and mention it to staff, that encourages staff to continue the new practice as well."

Tymens admitted integrating new practices into care activities can be challenging, but, she has found that if leaders clearly communicate their expectations, and allow all levels of staff to contribute to the conversation, the potential benefits to residents for improved quality of life are worth the effort.

Slaughter's study is ongoing and, when the data collection is complete, we look forward to sharing more information about the activity in this newsletter.

*James Leask, Research Coordinator,
CapitalCare Corporate Services*

**CapitalCare
in the
spotlight**

A PRACTICE DEVELOPED AT CAPITALCARE CHOICE DICKINSFIELD was shared at the International Integrated Care Conference in Belgium last spring. The new practice involved using cue cards of common phrases in several languages to overcome communication barriers between staff and clients of the program. Staff also scheduled clients so that those of the same language and culture – including Chinese and Italian – would attend the program on the same days whenever possible. PhD candidate Krystal Kehoe MacLeod of Carleton University included the practice in her presentation "Approaches to social care provision in integrated home care programs in Canada."

*Trish McGrath, Manager,
CapitalCare CHOICE Programs*

People and Progress Continuing Care Conference: Keynote speakers, sessions



Joe Roberts

JOE ROBERTS is an inspirational example of overcoming adversity and managing change. In 1989 he was living under a bridge as a homeless skid row street person. But he pulled himself out of the darkness and despair to become a highly respected business and community leader.

Joe is a college graduate with a track record of proven business success. He formed his own multi-media company, Mindware, and in less than four years, he led his company to a phenomenal 800% increase in business, and made his first million before he was 35.

Drawing on the tremendous courage and determination necessary for his dramatic personal transformation, Joe now uses

his amazing story, insightful humor and solid business experience to inspire individuals and organizations to achieve their own remarkable goals.

From Skid row to CEO: There's more to you than you can see

In this keynote, Joe teaches how anyone anywhere can overcome perceived limitations and live their dreams. You will walk with Joe through the tough streets of East Vancouver in the 1980s to experience the depths and degradation of a former hopeless, homeless drug addict and the heights and triumph of a successful entrepreneur and philanthropist.

Joe's unique style of inspiration combined with his legendary humour will have you shed a tear while making you laugh 'til it hurts. One hour with Joe leaves an impression that lasts a lifetime where you will learn:

- How to turn every obstacle into an asset
- How to reframe and give perspective to life's challenges
- How mentorship changes lives
- The importance of paying it forward
- How to stay inspired and motivated despite the world outside



Merge Gupta-Sunderji

MERGE GUPTA-SUNDERJI is a speaker, author, radio commentator and consultant who turns managers into leaders. As a leader in the oil and gas industry for over fourteen years and at a credit union for three years, Merge has a unique viewpoint for helping managers learn the tools of effective leaders.

Merge writes for many organizations and publications, including *Merge's Monthly Mega Minute* and her "Further Than Figures" column in the *CGA Magazine*. She is presently working on her latest book, *Power Tools for Leaders: Practical Strategies and Tactics to Build People*. You may recognize her voice from the CBC

Radio One program *The Softer Side of Business*.

As a speaker, Merge uses humour and frank realism to both educate and entertain.

Turning Managers into Leaders: Essential Elements of the Leadership Journey

Successful leaders know that there is a difference between managing and leading. In the end, management is about getting things done, while leadership is about getting other people to get things done, and figuring out your approach can be difficult.

Author, broadcaster and speaker Merge Gupta-Sunderji has crystallized these differences into what she calls "the leadership mentality," and she's here to share the powerful traits that will take you on your own personal journey to being a leader. In her upbeat and fast-paced keynote, you'll learn about:

- Motivating employees to do the right thing
- Communicating with confidence, clarity and credibility
- Effective feedback and delegation skills
- Having difficult conversations with positive results
- Managing behaviours while keeping employees from walking out the door.

MARK DEVOLDER distinguishes himself as an expert in the dynamics of change management and employee engagement. The author of *Get Engaged! A Practical Guide for Improving Employee Engagement*, Mark has over 19 years experience in education and research, and brings extensive knowledge



Mark Devolder

and understanding about human characteristics to each presentation.

With straight-forward strategies and convincing business examples, Mark reveals why many change initiatives fail to achieve their stated goals and shows leaders how to drive results to improve the bottom line. He is known for cutting-edge content, valuable take-aways, and entertaining audience interaction – all illustrated by unstoppable humour and memorable stories. People leave with tools and a template to re-energize, re-engage and transform their workplace and life.

Harness the Hurricane: Adapt to Extreme Change and Achieve New Heights

Change is constant, unpredictable and accelerating. Extreme change can, much like a hurricane, leave you dizzy, disoriented and dazed. Even if you survive the storm, you know more is coming.

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Presented by



INSPIRATION TO
INNOVATION
Stories of Change



Sheila Killoran

How to use music to support residents

MUSIC CAN AFFECT US in many ways. Sometimes it can calm us when we are anxious or help to distract us from our pain. For people with dementia, familiar songs can trigger memories and promote participation through singing, tapping their toes, or playing an instrument. Sometimes people are able to sing along to well-loved songs, even if they have lost most of their ability to speak.

In CapitalCare, accredited music therapists (MTA) work with residents to engage them in meaningful ways, while addressing goals to improve their wellbeing or health. The non-verbal, structural, creative and emotional elements of music directly enhance this therapeutic process.

Staff, friends and family members can also use music to support someone with dementia. Here are a few tips for using music to enhance your visits:

Talk about musical memories

Music is personal. Find out what kind of music the resident likes. Listening to familiar music and talking about it can facilitate a natural sharing of one's life story. Often, people have strong musical memories – their wedding song for example. Music from their youth (ages 15- 25) may have strong connections for them. This process can affirm their identity and past experience, and lets you connect in a new way.

Use music for relaxation.

Recorded music can be used to facilitate relaxation and provide comfort. This may reduce anxiety, sun downing, and insomnia. Choose music that is culturally and personally suitable to the resident. Trial and error is sometimes needed to find music that is relaxing, but not annoying over time. Watch the resident's reactions to see if it is causing distress. Some good choices include:

- Something simple – not too many instruments or voices at once.
- Something slow - 60 beats/minute for relaxation; or non-rhythmic (Celtic Harp/Gregorian chant) if the resident's breathing is uneven.
- Culturally, spiritually or personally significant music

Use caution

Be cautious in using relaxation music with nature or animal sounds (rain, call of the loon, birds, ocean waves). For people with dementia, this can be very disorienting and may cause increased anxiety or agitation.

Sing out

Don't be afraid to sing or hum with the resident when assisting with daily task. Simple and gentle songs that are familiar to the resident are often soothing. You can encourage family members to provide gentle music as well, if they are searching for something to offer.

Use silence

Be sure to alternate music with periods of silence. Typically, music should not be played continuously for more than 60 minutes. This is so that the music does not become white noise, and minimize the therapeutic effect.

Sheila Killoran, Practice Leader - Music
CapitalCare Corporate Services

Sheila Killoran is an Accredited Music Therapist (MTA), with a masters degree in music therapy from Concordia University, Montréal. She specializes in developing clinical music therapy programs for geriatric, palliative, and bereavement care. She promotes the use of music and music therapy programs to support CapitalCare residents.

Young volunteers fill Grandview halls with sound of music ... and sundaes

A MUSIC CONCERT and ice cream sundae fundraiser were among the many activities organized by youth volunteers for the enjoyment of residents at CapitalCare Grandview this past summer.

Over 50 youth participated in the Summer Youth Volunteer Program at Grandview during July and August, helping in recreation, physiotherapy, our gift shop, with fundraising events and by providing friendly visits. In total they contributed over 550 hours of their time and energy to enhancing the quality of life of our residents.

Volunteers showed tremendous growth in interacting with the residents on a personal basis. They learned how to communicate with residents living with dementia, and saw first-hand how intergenerational connections help to make both people feel valued and cared for.

One of the highlights was the annual Ice Cream Sundae “fun”-draiser which energized the hallways of Grandview with the activity of residents, visitors and staff building their favorite sundaes.

Summer youth volunteers also put on a music concert, displaying a diversity of instruments and talent that residents greatly enjoyed.

I would like to extend a sincere thank you to all summer volunteers for their hard work and time. Many of the activities our residents enjoyed would not be possible without the help of these dedicated volunteers.

I would also like to thank our generous donors; Panago Pizza; Save-On-Foods; Safeway; City of Edmonton; Snow Valley; Wal-Mart; William Lutsky YMCA; Art Gallery of Alberta; Edmonton Opera; West Edmonton Mall; Citadel Theatre; and the TELUS World of Science. The donation of pizza and prizes made the orientation and farewell party fun and were greatly appreciated by our summer youth volunteers.

Lauren Cuff, Coordinator, 2014 Summer Youth Volunteer Program,
CapitalCare Grandview



Summer volunteer Yuelin Qiu plays the violin for residents of CapitalCare Grandview.

Visit our
website to learn
how you can
enhance the lives
of residents.

Volunteers are
needed year
round.

www.capitalcare.net

Tech Talks a hit with Dickinsfield's young adults

YOUNG ADULTS AT CapitalCare Dickinsfield are using technology to expand their recreational options, thanks to a generous donation by the Ladies Auxiliary of devices such as an interactive whiteboard, a laptop and iPads.

The technology is helping residents get news, watch YouTube music videos, turn pictures into slideshows, access the Edmonton Public Library and challenge their minds with brain games.

Recreation staff have integrated technology into programs and are using it to research recipes and trivia, use speech applications, watch educational programming and find craft ideas on Pinterest.

"Those of us living in the community are able to experience many activities when we want it, and as often as we want it," says Elodie Clark, a recreation therapy assistant. "With these devices, we are able to bring much of the outside world, inside for our residents to enjoy as well."

Apple products in particular have accessibility features which make using these devices easier for people with disabilities. Dictation, for example, allows you to talk where you would type; Speak Selection reads you your e-mail, messages, web pages and books.

"It's pretty rewarding to walk by a room and see a resident engaged in leisure, listening to Songza or playing word games on their tablet," says Clark.

In response to a noticeable increase in ownership of tech devices amongst the residents and clients, Dickinsfield started a new program called Tech Talks. Once a month for a few hours, residents and day program clients can drop in to ask questions, get tips and practice using their own devices. Residents and clients can also ask for one-to-one tech support outside of the program.

Tech Talks will also be a regular feature of this newsletter. If you have a topic you would like to see addressed in a future column, send an email with the subject line Tech Talks to info@capitalcare.net.

*Jennifer Masek, Recreation Therapist,
CapitalCare Dickinsfield*



Residents of the Young Adult Unit at CapitalCare Dickinsfield holding their own tech devices. From L-R: Darrin Swiderski with the Samsung Mega which he uses to get information like the weather, read the newspaper and make phone calls; Derek Gibson with the iPad mini he uses to play and create music; recreation therapist Jennifer Masek with the iPad that was generously donated and which she uses for recreation programming; Mandy Gibson with the iPad mini she uses to play games like Candy Crush; and Gordon Cameron with the iPad he uses to listen to Johnny Cash on Songza and play word games or Uno.

Donating is **really** easy

You can donate to the CapitalCare Foundation right from our website!

Just go to www.capitalcarefoundation.net

> **Donate now** and you can donate either one time or on a monthly basis to the centre of your choice, or where it's needed most.



Celebrating centenarians



Olga Poppel is the second resident of CapitalCare Strathcona to celebrate her 100th birthday this year. She joins Nellie Dunn (p.5), Stella Zingle - who turned 101 - and Mary Warnock, 103, as the centre's super-centenarians. Olga celebrated her birthday August 2 with a few of her family members. She has two daughters, seven grandchildren and 12 great-grandchildren. Olga was born in Calmar and worked at the local bakery, baking bread and pastries. She continues to have a passion for cooking and baking for others, as well as takes pride in and enjoys hard work.

*Heather Rozack, Recreation Therapist,
CapitalCare Strathcona*



There were a number of milestone birthdays across CapitalCare this year, which is also the 100th anniversary of the Great War. Tina Good (centre), pictured here with her companion Sofija Sonia Redic (right) and her friend Dragica Volch (left), turned 102 July 5, making her the eldest elder at CapitalCare Lynnwood. Three more residents of Lynnwood turned 100 this year, while across CapitalCare, a total of 15 residents will have celebrated their 100th birthdays in 2014. Three women at three different CapitalCare centres all share the top spot of eldest elder at 104.

*Bernadette DeSantis, Communications Manager,
CapitalCare Corporate Services*



Two separate street dances were held during the summer months at CapitalCare Dickinsfield. Although poor weather forced the party indoors on both occasions, the rain did not dampen anyone's spirits. In the photo to the left, Main A resident Maria Tiebs dances with her granddaughter to the sounds of the Nighthawks band on July 17. In the photo above 2A resident Walter Wolk enjoys the sounds of perennial favourites the Acoustiholics with staff member Elodie Clark on August 21. The Acoustiholics have been entertaining at the annual event since 2003, returning each year with their blend of traditional folk, east coast and popular favorites that span from the 50s to the present day.

Jan Hrasko, Recreation Therapist, CapitalCare Dickinsfield



Thorsten Duebel, Administrator of the CapitalCare Kipnes Centre for Veterans, sits in the dunk tank, hoping resident Edward Chymko – cheered on by care guide Janet Mead – misses his shot. (He did) Support services supervisor Georgette Patry (photo below) was not so lucky. The dunk tank was one of several old fashioned carnival games featured at the centre's 1st annual summer carnival August 15.

Kristy Hlady, Therapy Assistant, CapitalCare Kipnes Centre for Veterans



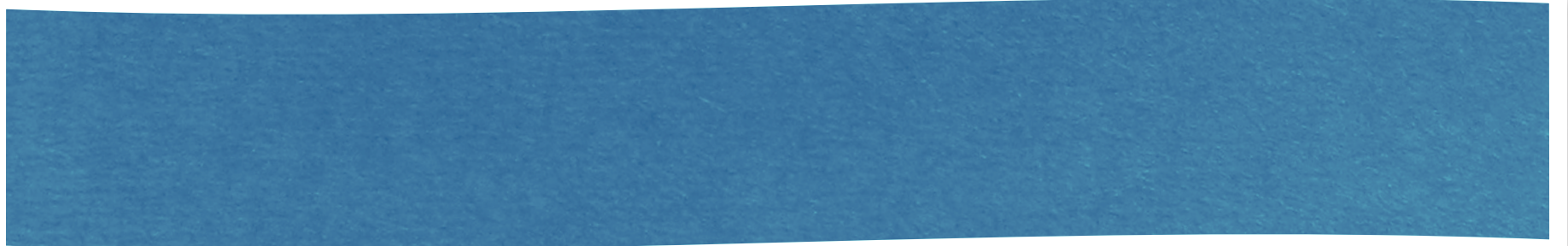
CapitalCare Lynnwood BASU residents Valentin Preisler (left) and Tad Mikulski (centre) enjoy Yoga 4 Seniors, a new program offered twice a month by instructor Violet Lavoie (right). Residents do breathing exercises, gentle yoga postures and meditation. They say they feel more relaxed, calm and rejuvenated. The program is also offered to residents of the Mental Health Unit and 4 Parker Pavilion.

Korene Kawalilak, Recreation Therapist, CapitalCare Dickinsfield

More photos
from our
centre events
are on
Facebook.

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Residents at CapitalCare Grandview are enjoying their new volleyball net, purchased through funds raised from last year's Run for the Brave. Volleyball encourages healthy competition and increased skill development and maintenance. Balloon volleyball is a fun and low impact activity that improves the mood of residents while promoting

movement and exercise without heavy strain on muscles and joints. Balloon volleyball is also a social activity that promotes laughter and teamwork thus improving friendships amongst residents.

Jennifer Taylor, Recreation Therapist, CapitalCare Grandview



McConnell Place North residents Elizabeth Mason and Harry Matties enjoy cotton candy during the Farmer's Day celebration August 14. There was also popcorn, a petting zoo and musical entertainment.

Bernadine Bezanson, Therapy Assistant, McConnell Place North



Residents of McConnell Place North harvest the beets, carrots, corn and potatoes planted in the spring by the Knights of Columbus. They eat them fresh cooked at lunch or freeze some for baking later in the year.

Bernadine Bezanson, Therapy Assistant, McConnell Place North



Members of the McConnell Place West walking club – including residents, staff, volunteers and families – meet up for their weekly walk. The club has walked 113 km in total and participated in the Run for the Brave.

Carol MacDonald, Therapy Assistant, McConnell Place West



Resident Leona Clawson (right) is joined by her parents at the Adult Duplexes summer BBQ July 18. Friends, family, staff and physicians mingled over burgers and enjoyed entertainment by Prairie Wind.

Linda Hearn, Social Worker, CapitalCare Adult Duplexes



Message from the Chair

WOW, WHAT A YEAR! We're thrilled to announce that we saw the completion of the Cooking Up Quality of Life Campaign with full achievement of the \$4 million dollar goal. Seeing the dining room renovations and transformations happen at the three oldest centres, Dickinsfield, Grandview, and Lynnwood was remarkable. And hearing the comments and notes of appreciation from the residents and their family was extremely heartwarming. We hope you realize that your support of the project truly made a difference.

In addition to the campaign at those three centres, the other seven centres all reached some pretty big milestones with many renovations and refurbishments happening both inside and outside. There were garden enhancements, spa installations with much needed towel warmers, and many family sitting areas re-worked so that they are more comfortable and relaxing. The look is warm and cozy and these spaces definitely feel a lot more like home.

As we look forward to the next year, we are focused on some very important equipment needs at our centres. These include specialized overhead lifts to ease the process of moving residents from bed to wheelchair and also the ultralow bed which is specially designed to assist those with dementia.

We are very grateful to all of our supporters who have unwaveringly committed to helping us reach our goals to better the lives of our residents. Thank you!

Jackie Rae Greening



YEAR IN REVIEW



From the Financial Statements of 2013-2014

Annual Fund Revenue:	\$	861,961
CapitalCampaign Revenue:	\$	796,261
Special Event Revenue:	\$	385,814
Operating Grant:	\$	45,000
Total Revenue		\$2,089,036

VIEW

did you know

The following items were purchased through donations to CapitalCare Foundation – **Thank you!**



At the 2014 Run for the Brave, CapitalCare Kipnes Centre for Veterans resident John Wynnyk rolled his way through the 5K race on a specialized wheelchair bike with the help of Kristy Hlady, a therapy assistant.

Grandview

Music therapy iPods
Resident laptop
Sitting room furnishings
Karaoke machine
Artwork
Dining room sound system

Lynnwood

Outdoor garden renovations
Atrium garden pots and plants
Fireplaces
Tv's and entertainment centres
Sitting area decor

Dickinsfield

Smart board
Garden furnishings
Water features
Alcove refurbishment
Garden pergola and redesign
Spa renovation
Patio swing and furnishings
Commode chairs
TVs

Norwood

Lounge renovations
Flat screen televisions
Solarium furnishings

Kipnes

Flooring renovations
Therapy bicycle for two
Alcove chairs

Strathcona

Garden re-development
Spa renovations

McConnell Place West

Electric piano
Flat screen TV
Garden landscaping

McConnell Place North

Towel warmers
Garden furnishings and decor

Laurier House Lynnwood

Sit to stand lifts
Towel warmer
Handbells

CHOICE

Flat screen TV
Movie projector
Physio therapy stairs

Wheels in Motion

\$10,000 OR PRICELESS!!

70 bike rides X 20 minutes per ride = 60 residents + big smiles + photographs to prove it!

The family members cannot believe the joy their loved ones are getting out of an old fashioned bike ride. The staff is getting exercise while bringing big smiles to residents who haven't been on a bike for years.

The whole centre is singing "Bicycle Built For Two." Thank you to major donors for making dreams come true!



Sherry Schaefer

Making a difference where you live

HAVE YOU HEARD the saying “give where you live?” It refers to the satisfaction people who give locally experience when they can see the direct benefit of their gifts in their own backyard.

CapitalCare Grandview has one such donor. She wishes to remain anonymous, but agreed to let us call her Mrs. H so that we can share her story with you.

Mrs. H is a resident at Grandview. One day, while walking around the building, she saw a big sign with a photo of a man in an overhead lift. The sign said 400 CapitalCare residents use overhead lifts and more are needed to keep both residents and staff safe. Being mobile herself, she hadn't previously thought about the many residents around her in wheelchairs. How did they even get out of bed?

Despite her own frailty, Mrs. H decided she could make a difference for her neighbours. She walked into the administrator's office and wrote a cheque for \$17,000, enough for two overhead lifts for Grandview.

“Charity starts at home,” says Mrs. H. of the gift she knows will have an impact on the lives of many people for years to come.

Mrs. H's story is an example of how we can all make a difference, right where we live. Often we look to

charitable organizations in other parts of the world since the need is so great. But take a good look around you. See – really see – that there are needs here at home too.

Because of the donations we have received since April, we are installing seven overhead lifts in four of our centres – Grandview, Lynnwood, Strathcona, and Dickinsfield – this fall.

With Christmas coming, CapitalCare Foundation hopes to meet our goal of raising enough funds to purchase 25 lifts in total. For more information on our Lifts and Beds Project or to make an online donation visit our website at www.capitalcarefoundation.net

Mrs. H's story is truly inspirational. Funny thing – she wasn't done giving yet. In the summer she also donated funds to purchase large permanent planters so that everyone at Grandview, including herself, could enjoy the colours of summer. She is a giver at heart and because she herself lives in care at Grandview it makes her gift even more special. Our biggest thanks to Mrs. H and the many others like her who see the difference they can make in their own backyard!

Sherry Schaefer, Director, Fundraising and Donor Relations, CapitalCare Foundation

Watch our
Did you know?
video on
CapitalCare's
YouTube channel

YouTube

Has anyone seen my will lately?

HAVING A WILL is not a one time task. It's something that you need to review regularly. Some advisors suggest as often as every five years, when significant life changes occur, or if changes occur in government legislation.

If you haven't seen your will lately or can't remember where you've stored it, it's time to review it!

Wills don't expire so there is no deadline in renewing them; however it is important to look them over. Changes that may have occurred that will affect your will and wishes are:

- Marital status
- Birth, loss or coming-of-age of children or grandchildren

- Retirement
- Moving across provincial or national borders
- Purchase or sale of vacation property
- Loss of contact or change of status of a beneficiary or executor
- Beneficiary, or spouse develops a disability, addiction, or memory loss
- Significant changes in financial position
- You add new direction to your estate such as charitable giving or gifts of property

In addition to the above, some areas that may be worth seeking professional advice could include what to do with recreational property, how to set up in trusts for grandchildren not yet at age 25, or best ways to manage changes in significant assets.

As well if you are looking for ways to support a charity such as CapitalCare Foundation, call for more detailed information.

Legacy Giving

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Sherry Schaefer
780-448-2430

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- More than 400 residents require lift assistance daily
- Lifts decrease risk of injury for both the resident & staff
- Overhead lifts are totally accessible & easy to use

2014 GOAL

25 new overhead lifts
\$8500 each



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Heritage House resident James Miller enjoys the rejuvenated flower bed a team of Home Depot volunteers worked on July 24.



Sherwood Park Home Depot staff pose under the pergola they stained as part of a volunteer effort to refresh the Heritage House garden at CapitalCare Strathcona.

Home Depot fixes Strathcona garden

CAPITALCARE STRATHCONA would like to extend a BIG neighbourly thank you over to Home Depot located just up from us on Baseline Road. Store manager Jeff Koltek and his team of volunteer helping hands spent the day July 24 staining pergolas, digging up weeds, trimming bushes and transforming one of our large garden spaces, completing it with a raised flower bed.

Residents of Heritage House enjoy the beautiful view of the garden as they look out from the large dining room windows while they have their meals. Family and friends visiting residents outside have noticed the difference these generous efforts have made to their loved ones' enjoyment of the garden which adds to everyone's quality of life. Thank you Sherwood Park Home Depot!

Terry de Visser, Coordinator of Volunteer Services,
CapitalCare Strathcona



Heritage House residents Janet Hernblade and James Neufeld place their bets at the Horse Race Wheel one rainy afternoon in July.

Fun money casinos popular activity

FUN MONEY CASINOS have become a popular recreational and fundraising activity at CapitalCare Strathcona. In July, the recreation staff organized a casino for residents to mark the return of K Days. Residents started with \$1,000 in Monopoly money and played Blackjack, Crown and Anchor, Horse Race Wheel over the course of an hour. At the end of the hour, the resident with the most Monopoly money won a trophy. Blanche Kearn (picture below) was the 2014 CCS Casino Champion.

This fall, a fun money casino, presented by Sherwood Park Hyundai, was held as a fundraiser. Details and pictures were not available at press time but can be seen on the CapitalCare Facebook page.

Heather Rozak, Recreation Therapist, CapitalCare Strathcona



CapitalCare Strathcona
featured in a
TELUS TV
video

YouTube

In July, TELUS TV made a video about CapitalCare Strathcona's involvement with Wow is Now, a program that connects young people with elders to create "joy in the moment." Look for the video "Kid Heroes: How These Kids Are Making a Difference with Alzheimer's Patients" on YouTube.

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That's How We Roll

1st Annual Casino Fun Money Night

FRIDAY, OCTOBER 17TH

7:30pm

at CapitalCare Strathcona

www.capitalcarefoundation.net



CapitalCare Foundation board member Dr. Fred Otto and his wife Helen wave to supporters as they start the 5km walk of this year's Run for the Brave.



Vince Mancini, a family member and volunteer at CapitalCare Grandview, flashes his winnings from the Cash Cow 50/50 draw held at the centre in June. He donated his winnings back to CapitalCare Foundation for resident comforts at Grandview.

Cash Cow winners give back, celebrate with family and friends

CAPITALCARE FOUNDATION'S Cash Cow 50/50 draws have been occurring monthly at each of the six main centres since June. These centres include Dickinsfield, Grandview, Kipnes, Lynnwood, Norwood and Strathcona. So far Kipnes has been the sell-out wonder raising more than \$1,000 for their centre.

There is nothing better than letting someone know they have won some extra cash! It has become the most enviable job in CapitalCare. The great part about the winners is they share all the things they are doing with their new found cash. So far the most common use of the money is to pay bills. Some are going for special family dinners or a night out with a special someone. We're even more delighted to hear from those like Rosemarie Shivak of the Kipnes Centre, Peter Harysh and Vince Mancini of Grandview who have decided to donate their winnings back to The Foundation to help with their centre's fundraising efforts. All of these equal fun and fellowship for friends and family – even the family at CapitalCare.

Many thanks to all who are joining in the fun. You are all winners in our eyes because we are all contributing to improving the lives of our residents.

Sherry Schaefer, Director, Fundraising and Donor Relations, CapitalCare Foundation

Comings and goings at CapitalCare Foundation

CAPITALCARE FOUNDATION board members come and go as terms end and new people join. Fortunately, retiring board members tend to stay involved as alumni, acting as ambassadors of CapitalCare and The Foundation and continuing to support our activities.

This past quarter we said farewell to James Morrissey of The Met Agency. James contributed four years to the board and provided valuable direction to the marketing committee. James and his staff helped in the promotion of the Run for the Brave and also participated in the event every year. Many thanks James!

We also welcomed two new members to our board this past quarter.

ANNA POSTERARO has spent the last 20 years working with business leaders and community organizers on hundreds of community events in her marketing role with the Edmonton Journal. She has lent her support to the many charities that perform admirable work on our community's behalf. From the Edmonton Journal Indoor Games to the Heritage Festival Food Drive to the Alberta Ballet, Anna has made things happen and partnered with the best.

DR. JAYNE SMITTEN is a healthcare organizational development professional with over 30 years of dynamic and progressive community health leadership, administrative, research and teaching expertise. In addition to her past academic, research and teaching record in medical and nursing education, Jayne has provided leadership in the achievement of a diversity of educational and technological initiatives as a consultant, educator and public speaker.

Sherry Schaefer, Director, Fundraising and Donor Relations, CapitalCare Foundation



Anna Posteraro



Dr. Jayne Smitten

CASH COW 50/50

Why buy a 50/50 ticket?
For your chance at greener pastures!

Only 250 tickets printed each month.
Get your tickets at centre receptions today.
Proceeds stay at the centre where tickets were purchased.

FINAL DRAW NOV 28!



L-R: Don Brisson (UN/NATO Veterans Assoc), Shirley and John Kolanchey (PPCLI, Korea Veterans Association), Ian Taylor and Ross Pettit of the 41st Battalion gather around the new backyard garden at the CapitalCare Kipnes Centre for Veterans September 12.



Members of the Royal Canadian Legion Auxiliary-Branches #175 & #255, AFAC #700 Wing, 41st Service Battalion, UN/NATO Veterans Association, Korea Veterans Association, the RCMP Veterans Association, and a few young volunteers who cared for the raised garden beds this summer join administrator Thorsten Duebel for the dedication of the newest garden area.

Kipnes Centre for Veterans unveils newest garden – in “the back 40”

THE CAPITALCARE KIPNES Centre for Veterans unveiled its newest addition September 12. Members from many of the supporting legions as well as current serving military members joined our elders and their families in a special dedication of the 15th Service (Edmonton) Battalion Garden.

Located in the back (north) end of the building, this large grassy area was once just an open field. Today “the back 40” is a safe and accessible garden area in which residents of the first floor can wander. Thanks to many generous donors including the Korea Veterans Association Unit 21, family members and elders.

Families and military members from the 41st Service Battalion have maintained the raised planters in the garden giving our veterans seasonal

colour to enjoy. As our garden grows, shade trees and a new pergola will offer gathering places for many to visit, meet and enjoy the changing seasons.

In addition to the garden dedication, we also wish to thank the RCMP Veterans Association and the Korea Veterans Association for the funds they donated enabling us to update our front entry. It's with this kind of community support that we can continue to make improvements which enhance the quality of life for our veterans.

*Bev Friske, Community Services Coordinator
CapitalCare Kipnes Centre for Veterans*

More heroes remembered on Kipnes Centre's Wall of Pride

“LIFE IS FULL OF MEMORIES of people who mattered to us,” says Paul Lefavre, a veteran of WWII who participated in D-Day.

Throughout his life, Lefavre has looked for ways to commemorate those he knew in battle, including his family and friends who have served or are currently serving in the armed forces.

On September 24, Lefavre watched as the names of four more of his heroes were revealed on the Wall of Pride at the CapitalCare Kipnes Centre for Veterans. That brings to ten the number of etchings he has commissioned – including his own – on the memorial he had a hand in developing.

Lefavre was only 19 when he joined his uncles and brothers – some of whom did not return – in enlisting in the Navy. On D-Day, his role was signal man and he can still recall shivering from the cold outside his post. He has returned to France several times to pay his respects to those who lost their lives and to see what became of post-war France.

“It is nice to see they have recovered and that we accomplished something good for them,” says Lefavre.

In 2003, Lefavre, a former RBC bank executive, joined the advisory committee to build the Kipnes Centre for Veterans. He co-chaired with Bill Buckham, a retired Air Force commander for CFB Edmonton, and together they organized fundraising activities and displays of memorabilia for the new centre.

The Wall of Pride, erected in 2005 in the Memorial Garden at the front entrance to the centre, was designed as a way to fundraise for the centre and commemorate the lives of those who served and continue to serve. These etchings reflect history, camaraderie and respect.

Every year Lefavre attends the unveiling of more and more etchings and is encouraged to see that others are choosing this option as a way to remember and commemorate their heroes.

For more information on how to create an etching for someone you know contact CapitalCare Foundation at 780 448 2413.

*Sherry Schaefer, Director, Fundraising and Donor Relations,
CapitalCare Foundation*



Paul Lefavre stands by the four bricks he had etched to commemorate family members who have served and are serving in the armed forces. The new bricks were unveiled at a ceremony September 24 at the CapitalCare Kipnes Centre for Veterans.

Etch a Memory on the WALL OF PRIDE

Etch a memory in commemoration of your 'hero' and support the Kipnes Centre for Veterans

For information or to order your etching, call 780.448.2413 or email ccfoundation@capitalcare.net.

www.capitalcarefoundation.net



The Board of Directors of CapitalCare Foundation is very grateful to the following
Donors for their contributions to the needs of CapitalCare residents and clients from May 1 to September 30, 2014

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Yau, Walter	Zutz, Jack B. Zutz, Joan
Yoke Chan Lim, Grace	

did you know

Leaving a Legacy Gift...

Choosing to leave a gift from the heart brings meaning, dignity and purpose for a life well lived.

For information on the many ways to make a legacy gift, contact Sherry Schaefer at 780-448-2430.





Richard Hayes (centre) got off to a commanding start in the 5K Road Race and won 1st place in the men's category with a time of 16:07. Meryn Corkery, a volunteer at CapitalCare Grandview, took 1st place in the women's category.



The McConnell Place West walking club was one of many teams of CapitalCare residents, family members, staff and volunteers who "braved" the chill to participate in the 11th annual Run for the Brave.

RUN FOR THE BRAVE

Thank you donors!
You helped us raise \$20,000 to support CapitalCare residents. In January 2015, watch our website for details about next year's new and exciting event.



Debbie Frey, a resident of CapitalCare Dickinsfield, is surrounded by supporters as she is presented with the 'Forge Ahead Award' for raising \$1,800 and being the top pledge earner. She won a prize package valued at over \$600 which includes a two-night stay at the Chateau Lacombe and a gift basket. MP Laurie Hawn, a long-time supporter of the event, brought greetings and Colonel Derek Macaulay of the Edmonton Garrison presented awards.



The Run started as a way to say thank you to war veterans living in CapitalCare and has expanded to support all CapitalCare residents.



CapitalCare Norwood resident Joanne Charchuk receives a special commendation for her dedication to Run for the Brave. Over the past six years, she has walked a total of 26 km!



Everyone enjoyed a pancake breakfast – donated by GFS and prepared by military volunteers – and Dairy Queen treats after they crossed the finish line.

RUN FOR THE BRAVE

THANK YOU TO OUR SPONSORS!

