

COOKING UP QUALITY OF LIFE

A special pull-out feature of the p&p newsletter by the CapitalCare Foundation

Foundation launches new capital campaign to renovate aging centres

ON OCTOBER 18, as over a hundred friends of the CapitalCare Foundation gathered for breakfast at the Royal Glenora Club, construction began on new dining rooms at CapitalCare Grandview.

Grandview is the first of three CapitalCare facilities that stands to benefit from the Foundation's newest capital campaign, Cooking Up Quality of Life. The campaign goal is to raise \$4 million over the next three years to renovate 19 dining rooms at CapitalCare Grandview, Lynnwood and Dickinsfield.

These three sites were built over 30 years ago when state-of-the-art meant stark and sterile hospital-like settings where nursing staff could focus on the medical needs of residents.

Today, thanks to research and ongoing innovation, the focus of continuing care is on improving quality of life and providing residents with home-like environments that encourage independence and maintain a person's dignity.

"Eating is not just about nourishment, but also socialization," said Iris Neumann, CEO of CapitalCare. "If we look at our own eating patterns, we can see that we eat better – and consequently take in higher calories – when we are situated in a comfortable environment with good conversation and a relaxed atmosphere."



The parable of the Wooden Bowl was chosen for the Foundation's first annual breakfast.

It's the story of a frail old man who lives with his family – a mother, father and young child. The old man is a messy eater who disrupts the family meal and often breaks his dishes, so he is given

a wooden bowl and made to take his meals at a separate table from the rest of the family.

One day the father sees the young child playing with wooden blocks and asks the child what he doing. The child responds by saying he is making wooden bowls for his father and mother for when they are old. After that, the old man is invited back to the family table where he ate all his meals for the remainder of his days.

"The story of the Wooden Bowl is a compelling reminder that seniors, and people who need support, can not be forgotten," said Peter Kossowan, emcee for the Breakfast. "They should be embraced in a warm and caring environment that is reminiscent of a true family setting. When moving, their new abode should feel like home and they should be proud to call it home."

Bob Buck is a resident of Grandview and represented residents at the Breakfast.

"Some may think that because most of our residents are old, an old building is okay, but really, what would you want?" he stated in a speech read by Fund Development Manager Sherry Schaefer.

"The nice thing about visiting," he continued, "is that you can go home to your sanctuary. We never leave. Grandview is our home ... so you can understand why we are excited about the chance to make some upgrades."

It was announced at the Breakfast that a lead donation of \$300,000 has been made by the Eldon and Anne Foote Fund.

Together with funds already held in trust for the project, the Foundation announced it has reached nearly \$2 million.



Dr. Bob Westbury

To raise the remaining \$2 million, the Foundation has established a campaign cabinet, lead by community-minded individuals who believe in the need to support seniors in care.

Dr. Bob Westbury, C.M., has graciously taken the role of Honorary Chair for the campaign. He provides expertise in the area of philanthropy and a thorough knowledge of Edmonton's philanthropic community. He is the Chief Advisor of the Capital Region for TELUS, the past Chair and Founder of the TELUS Edmonton Community Board and has chaired many significant campaign committees for Edmonton charities. Among many prestigious awards he has been awarded the Alberta Order of Excellence and the Order of Canada.

Dr. Fred D. Otto, P.Eng., Ph.D. is Professor Emeritus of chemical engineering at the University of Alberta and has served as Chair of the Department of Chemical Engineering and Dean of the Faculty of Engineering. Dr. Otto was President and CEO of DBR International (1998 - 2002), and is a Past-President of the Association of Professional Engineers, Geologists and Geophysicists of Alberta (APEGGA). Taking on the role of Campaign Chair, Fred shares his enthusiasm and genuine interest in helping those in care facilities.

In addition to Drs. Westbury and Otto, the campaign cabinet has membership of Carol Bentley, Liz Tweddle, Rob Waschuk, Ruth McHugh, and



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From left to right: Al Parsons, who spoke at the breakfast about his mother's improved quality of life since moving to CapitalCare Grandview, joins Fund Development Manager Sherry Schaefer, CEO Iris Neumann, and Campaign Chair Dr. Fred Otto to announce the campaign is nearing the \$2 million mark.

Gen Russo. All of these ambassadors of the **Cooking Up Quality of Life** campaign are working diligently to ensure success for the renovation project that will improve the lives of more than 800 residents within CapitalCare centres.

"It seems there is always some charity asking for support and it can be hard to know where your money does the most good," said Sherry Schaefer, Fund Development Manager. "One area to consider when making these decisions is how the demographic trends are starting to re-shape the world around us."

According to the 2006 Statistics Canada census, there are already over four million Canadians over the age of 65 and one million seniors over the age of 80. Starting this year, the first of the baby-boomers turns 65. People are living longer and will require more long-term care.

At the same time, long-term care facilities are aging and in need of upgrading. Nearly half of Alberta's existing 14,000 long-term care beds are in facilities that are 30 years old, and older.

In addition, much has been learned about designing buildings specific to the needs of those with dementia and Alzheimer's, as regrettably, this demographic continues to rise in numbers. Areas of focus include lighting, flooring, furnishings, and socialization.

Lighting – The elderly and those with dementia require the highest amount of lumens (lighting measurement) to ensure there are no shadows or perceived dips and valleys in the floor surface. Bright lighting in dining rooms also helps to cue a person with dementia that it is daylight and an appropriate time for meals.

Flooring – Flooring surfaces need to be light in color so as not to look like a hole that a person may fall into. Floors should not present a glare when lighting or sunlight hits it and need to be durable enough to withstand the many different types of mobility equipment that residents use such as electric wheelchairs, scooters, walkers and canes.

Furnishings – Tables should be adjustable to accommodate a variety of wheelchair heights and widths. In addition, chairs for those who are still independently mobile need to be sturdy, have strong armrests for pushing off when standing, and at a height that does not require great strength to stand.

Socialization – For many residents, decrease in appetite is a result of their disease. Changes to the environment that counteract this negative effect are welcome assistance in ensuring optimal nutrition.

The Cooking Up Quality of Life capital campaign is about adapting our environments to meet current and future needs. We are looking to the community to make this goal a reality. Please take the time to read through this special section and reflect on what seniors have contributed to your life and how you would like to assist with their comforts and quality of life.

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Jean Pare, of Company's Coming, at the Wooden Bowl Breakfast.