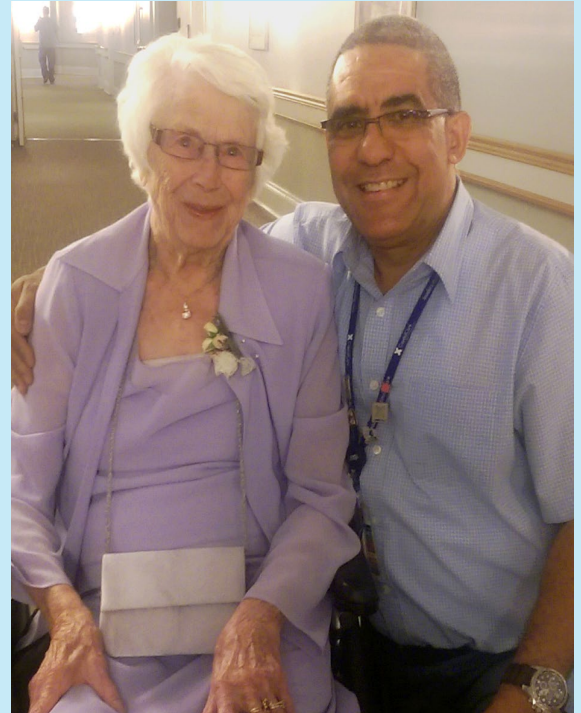


Laurier House Lynnwood resident Lois Bergot celebrated her 100th birthday this year. She is among 21 CapitalCare residents and clients over the age of 100. CapitalCare's oldest client turned 106 in March and still lives in the community. Statistics show a rise in the number of people living to 100 - and beyond.



Lois Bergot in her youth



Lois with a Laurier House Lynnwood staff member

Aging gracefully at Laurier House

Lois Bergot (nee Cooke) was born on May 27, 1916 to an Alberta pioneer family - Emma (nee Boyd) and T. Edmund Cooke - who arrived in Grande Prairie by horse and cart in 1911 and established a sawmill.

The middle child of five siblings, Lois enjoyed a childhood filled with happy memories mostly associated with her superior athletic and musical achievements. In her teens, she was scouted by J. Percy Page, coach of the famous Edmonton Grads, but shortly thereafter, the team disbanded due to the onset of the depression and World War II.

Lois left Grande Prairie following her marriage to Ed Bergot, as Ed's job took the family to various parts of Alberta. In 1959, the family settled in Edmonton. Returning to the work force once their five children were in school, she assumed a clerical position. With her cheerful and helpful disposition, she became the office manager and mentored other employees, some of whom still express their gratitude to her on special occasions.

Lois remained in her own home from 1959 until 2015, and spent her summers joyfully toiling in her garden, particularly in her retirement years. Her perennial garden

was her pride and joy.

A hip replacement at age 98 caused Lois to spend time in restorative care at CapitalCare Grandview, where she was fondly referred to as "Fun Lois" by the physical therapists. She moved to Laurier House Lynnwood in January of this year and celebrated her 100th birthday in May, surrounded by friends, family, and Laurier House staff.

Lois has been an inspiration to her five children, 10 grandchildren, and 13 great-grandchildren, who marvel at her wit, feistiness, and continued interest in the Edmonton Eskimos, Toronto Blue Jays, and televised tennis tournaments.

Statistics Canada says there are nearly 7,000 Canadians 100 years of age or older, and that that number has doubled in the decade from 2001 - 2011. It is also predicted there could be more than 78,000 centenarians in 2061, when surviving baby boomers will have reached this age group.

For more information about Laurier House, visit our website www.capitalcare.net or call **780.341.2300**.