

# THE WEXFORD Communicator

DECEMBER 2014



*Sandy Bassett  
Executive Director  
& CEO, The Wexford  
Residence*

**THE CHRISTMAS SEASON** is fast approaching and this is always a very busy time for all of us. It is also a very special time of year as we get to spend quality time with our families. And, just like you, our residents love to have visitors! Seeing their children, grandchildren, nieces, nephews and friends puts a smile on their faces. The sound of laughter brightens their day so please plan to join them for our Christmas events!

We have our annual performance of The Nutcracker Ballet on Friday,

## As We Approach Christmas...



December 12th at 7 pm, performed by the Profile Dance Company. Santa Claus always pays the residents a visit, along with entertainment by Marty and Mony on December 16th (floors 2, 3 and 4) and December 18th (floors 5, 6 and 7th) from 6 pm to 8 pm in the Main Dining Room. We also have local choirs coming in to entertain the residents with Christmas carols throughout the month. Please plan to join us!

On another note, our new dining rooms on the 5th and 6th floors will open at the end of November and we will have an official opening in December. The date for this event

has not yet been set but we will put posters up in the home to inform families of the date and time. This is a major enhancement for long-term care and we are grateful to our many donors who made this possible and to the Foundation who assisted in the funding for this important project.

For those who have visited the mezzanine, you may notice our new glass wall. It fits in well with the environment and is an added safety feature for our home.

Finally I want to thank each of you for your on-going support of our home and wish you and your family a very Merry Christmas and Happy New Year!

## Meet Our New Staff...



**ALICE JYU** – The Wexford would like to welcome Alice to our team as our new Director of Care. She joins us after 13 years of experience at the Sunnybrook Health Sciences Centre where she worked in the Veterans Wings, K & L, as a Patient Care Manager. Her long-term care experience with one of Canada's foremost Veterans Centre's will be a very valuable asset to The Wexford. Alice's experience includes a Bachelor of Nursing degree from the University of Manitoba, and an MBA from the University of Alberta.

Alice is committed to improving the quality of life of the residents at The Wexford and will work to develop and enhance the expertise of all the staff within the Nursing Department. She is very approachable, has a great sense of humour, loves to have fun at work and maintains an open-door policy so feel free to stop in and say hello.

# Growing Up WITH THE WEXFORD

**MY NAME IS JEREMY BARKER** and I have the pleasure of helping to put together the Communicator for The Wexford. My first memories of the home began long before this experience however, dating way back to the mid-1980's when I was merely a boy at George Peck Public School on Warden Ave. Through



various school activities – folk dancing, the school choir or the occasional talent show – we got to perform fairly frequently for the seniors at The Wexford. It was always fun, but admittedly I always wondered why anyone would want to be entertained by a group of 6 year olds, and furthermore why our audience was always so supportive and kind, with big smiles and cheerful enthusiasm no matter how bad we were!

The years went by as they tend to do. For 5 years, I would walk by the home every day on my way to Wexford Collegiate, and would stand at the intersection at Pharmacy and Lawrence and exchange smiles and perhaps a “hello” with a number of residents out for a stroll. A few I would almost come to expect, same time, same place, always friendly and always genuine.

Shortly after I finished University, my grandfather, Norman Barker, was fortunate enough to get a room at The Wexford. On the surface, he didn't come across the way all the jovial seniors did

back when I was 6. He was certainly on the quiet side and preferred a game of Bridge to one of the many forms of physical activities on offer to him. Initially, I think my family was worried that he was a bit out of place but then something happened – Grampa started to make friends, and attend events, and do stuff that put a smile on his face. His claims of boredom quickly turned to a friend he had made, a joke he had heard or maybe something special he had in common with another resident. Even one of the tougher nuts to crack, my grandfather, was able to find peace within at The Wexford.

When he passed on in 2012, we decided as a family to have a small service for him at the place he called home for 6 years. The mood, obviously somber given the circumstances was lifted when I got the chance to speak with some of my grandfather's caregivers and friends – good stories, maybe something funny he said, and even a few things I had never known about him were shared with our family.

When I was 6, when I was 14, when I was 25, I always noticed the overwhelming kindness from every resident I conversed with. I always wondered why? That was until I had my own family live at The Wexford and hearing stories of the community within – the activities, the friends, and the fabulous staff. Helping with the Communicator has given me the chance to read more stories like what my grandfather always spoke of and with each one I read, I think of him. And I'm happy knowing that he got to experience all of these great things when he needed it most.

— Jeremy Barker

## 2014 CANADIAN InterRAI Conference



### ▲ OUR WINNING POSTER

The Wexford's poster was selected as the 2014 Innovation Poster Winner for “Improving Quality of Life Indicators for Behavioral Symptoms” at this year's conference.

The conference was held in Winnipeg, October 6th - 9th and the Wexford was represented by a team headed by Fida Al Khatib, our RN/RAI Manager and Wayne Connelly, Director of Programs and Support Services.

It was a fantastic eye-catching poster and the team deserves a lot of credit. Special thanks to Howard Attewell our Graphic Artist, who worked with the team on the poster design.

### A REMINDER GET YOUR FLU SHOT

*Available free of charge from  
your doctor's office or your  
local pharmacist.*

**PROTECT YOURSELF, YOUR FAMILY  
AND YOUR COMMUNITY  
FROM THE FLU VIRUS!**

# CHRISTMAS CELEBRATIONS AT THE WEXFORD

## Merry Christmas to all!

BY THE LIFE ENRICHMENT TEAM

**IN KEEPING** with tradition, the Life Enrichment Team brings to our residents a festive and very exciting holiday season. The Wexford comes alive with music, decorations, pointsettias and Christmas cheer.

Have you ever visited The Wexford during the holiday season? A giant Santa at the entrance with arms open is there to welcome you and wish you a Merry Christmas.

And the magic begins... A small but beautiful village located in the main lobby welcomes family members and visitors into our home. Spread throughout the main lobby are beautiful Christmas decorations including Mrs. Claus and the Reindeer.

The trimming of our Christmas tree by residents and volunteers is a special tradition. They enjoy hot chocolate, great entertainment and their favorite Christmas Carols while they are selecting the decorations for our tree.

The beautiful Christmas tree lights up on the first day of December and provides a place for numerous events such as the Christmas concert, family portraits, and Christmas carolling. Everyone is immersed in the festive mood of Christmas while

taking part in special performances.

Have you seen the rest of our home all decked out for the holidays? From Mezzanine and Tea Room right up to the 7th floor, a visitor feels the holiday magic as Christmas carols

are played to lift our hearts and welcome the festive season.

Thanks to the generosity of one of our tenants, the holiday season comes alive with the classic story and iconic choreography of The Nutcracker, an awesome and exhilarating experience for our residents and tenants.

Another enchanting tradition is our Christmas Lights Tour, where the residents get to enjoy the beautiful lights and displays around our neighborhood. The evening ends with a stop at a local coffee shop for hot chocolate before returning home.

Santa and Christmas carolers provide an enjoyable evening at our home. Everyone, no matter their age, still feel the magic of a visit from Santa. There are always stories to hear and wonderful gifts to be opened. For those who

don't have families or support, Santa returns on Christmas Day bringing more surprises for them. Santa's visit on Christmas is an anticipated and unforgettable moment.

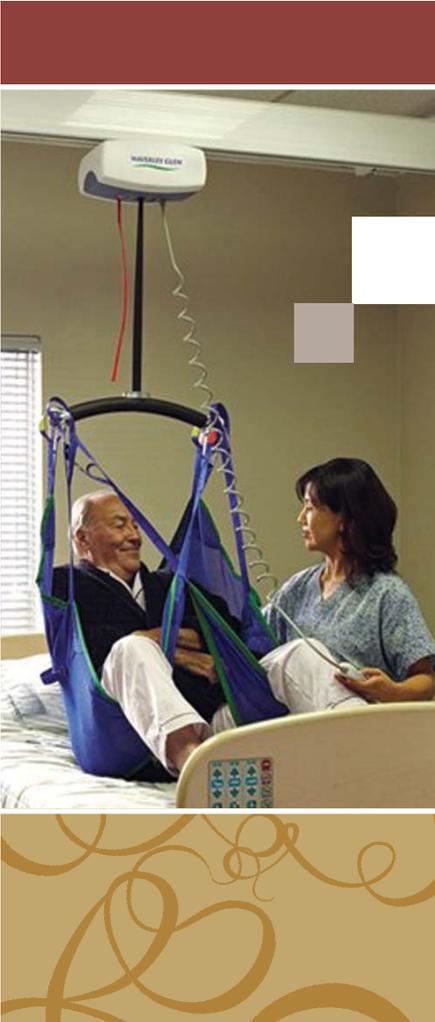
Throughout the month of December, The Wexford is alive with many performances from church volunteers, community centers, school groups, scout groups, and our very own Warbler Choir, a group of seniors who enjoy singing traditional Christmas carols. Our volunteers work diligently in the kiosk, gift shop, and tea rooms, decorating and serving hot beverages throughout the holiday season.

If you have not visited The Wexford during the holidays we encourage you to come and experience the magic that we provide for all of our residents and tenants. Be



sure to stop by our Christmas village or our Christmas tree to take a photo with your family member and enjoy a cup of coffee at our kiosk.

**YOU CAN HELP**  
**Give A Senior A Lift**  
**THIS CHRISTMAS!**



The Wexford Residence has launched its Christmas Campaign and we are looking for financial support from current and past donors to help...

**Give A Senior A Lift This Christmas.**

*Yes, a Lift... a real Waverly Glen Lift.*

**LET US EXPLAIN:** Here at The Wexford, on our 5th and 6th floors we have a need for 5 Fixed Ceiling Lifts and Slings per floor. We will need high quality equipment that can lift up to 450 lbs. and serve the majority of our residents' needs. Our research shows that the best equipment for us to purchase would be the Waverly Glen C-450 model at a cost of approximately \$5,000 each which includes installation.

However, we don't have a source for funding these Lifts and Slings and because the need is great, we decided to go directly to our donors and past supporters and ask for your generosity through our annual Christmas Campaign this year.

The safe lifting of residents in

long-term care facilities is always a challenge especially as the residents age. The majority of residents on the Wexford's 5th and 6th floors are in wheelchairs and require lifting and heavier care. Introducing Lifts and Slings on each floor would greatly improve the quality of life for these seniors. While there are Lifts and Slings on the 2nd and 3rd floors of the Wexford, the residents on the 5th and 6th floors have none.

We thank you for whatever consideration you can give to making a financial contribution to our GIVE A SENIOR A LIFT FOR CHRISTMAS Campaign and for your convenience you will find a donation card and return postage paid envelope enclosed.



**The Wexford Residence**  
 1860 Lawrence Avenue East  
 Toronto, ON M1R 5B1

- Long-Term Care
- Independent Seniors Apartments
- Active Seniors Centre

Tel. (416) 752-8877 or 1-877-807-0810  
 Email: [information@thewexford.org](mailto:information@thewexford.org)  
[www.thewexford.org](http://www.thewexford.org)



The views expressed in this publication are the views of The Wexford Residence and do not necessarily reflect those of the LHIN or the Government of Ontario.