ISSUE 15

JULY-AUGUST 2009



COMMUNICATOR



Resident Family Picnic in our own backyard pg5

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VOLUNTEERS DO SO MUCH!

The **Wexford Volunteers** are a great group of dedicated people. They give so much to us and often are our unsung heroes. Recently our volunteers have been very busy and I would like to highlight some of their important activities and achievements.

Our **Chapel** on the main floor has been renovated with new flooring, new lights and a fresh coat of paint. The new chandeliers are a smaller version of the lovely new lights in the Main Dining Room. The wood vinyl flooring makes the space seem so much larger. The Volunteers donated the money which was raised from the profits of the Gift Shop, Tea Room and Coffee Kiosk. Thanks to all the volunteers who support these initiatives.

Reverend Canon Ian Noseworthy has been our Anglican Minister for the past 15 years. Reverend Noseworthy has also been an active Board Member, on our volunteer Board of Directors, for the past 5 years and chaired our Nominating Committee. Rev. Noseworthy has decided to retire as pastor of St. Jude's Anglican Church to pursue other interests. His last service was celebrated in our chapel on Tuesday, July 21st, at10:30 a.m. followed by a farewell reception in the Activity Room.

Kathy Barnes has also resigned from our Board of Directors to allow her more time to travel and pursue other interests. Kathy will be missed as she has been an active supporter of all the Wexford activities for the past 25 years. Her late mother, Dorothy Edgar, was first a tenant here and then a resident and an active volunteer. Kathy has followed in her mother's footsteps by volunteering at all events.

The Wexford also has a number of student volunteers, many of whom do their 40 hours of community service here. Our current student is **Kevin Bilics**, and he is in the art program at Wexford Collegiate Arts Academy. He has volunteered to paint the inside of the entry doors on both the 4th and 7th floors. The doors will be painted with a nature scene and will camouflage the door to a certain extent, and will reduce the likelihood of residents wanting to leave the unit, as both of these are secure units. The scenes will enhance the living space and also make it safer for our vulnerable residents.

Susan Branscombe's two children **Amy** and **Shaun** are also volunteering this summer. They are running the Coffee Kiosk every Thursday morning. Many of our family members help us out without being formal volunteers. Recently, **Joan Chamberlain**, the daughter of a resident on the 4th floor, approached me about renovating the 4th floor lounge. We purchased the flat screen TV and new flooring, however Joan purchased the fabric, sewed the curtains, choose the paint colour and donated two tub chairs and pictures for the lounge. Thank you so much. I know the residents are very appreciative of your efforts. A picture of the new lounge is shown on the inside page.

continued on page 3...

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From Sandy's Desk



The summer is going by so quickly. It is now August and soon the vacations will be over and the kids will be back at school. I hope you each find some time for yourself.

Here at The Wexford, the residents have been busy with **Glamour Days-Discover Your Inner Beauty!** We have engaged Vickie West, one of the resident's daughter on the 4th floor, to photograph each resident (who agrees) in their Sunday best outfit, with hair done

and make-up applied, or in their best Suit and Tie for the male residents. These pictures will then be displayed in a digital frame which will present the pictures in a slide show.

The activationists are excited about this new initiative and believe it will capture the true inner beauty of each resident. Please encourage your family member to participate. We'd really like each of our 166 residents to participate. It's not too late to join in. Please contact Felicia Forbes to add your family member to the photo shoot. If you would like to bring in a favourite outfit or an article that has been important to them in their life (an apple or briefcase for a teacher, a phone for a repairman, etc), to use as a prop, that would be greatly appreciated.

Each resident will receive one 8x10 picture. Additional prints will be available at a cost from Vickie West. Staff and tenants are also encouraged to have their photo taken which will also be at no cost to them.

On a separate note, we recently had a **Dietary Compliance Review** by the Ministry of Health and Long Term Care. Although we did have five unmet standards, we are working hard to resolve the issues around food service. If you have any concerns, complaints or suggestions around how we can improve our meal service, please do not hesitate to speak to Cheryl Martin, our Manager of Food Services at x 231or myself at x 225. We value your input!

Regarding your input and feedback, I have scheduled **Family/Resident Meetings**, for each floor, to allow you to speak to me directly. I really enjoy interacting with the residents and their families and I value your feedback and suggestions on how we can improve the care to our residents.

The meetings will take place on each unit at 7 pm, according to the following schedule:

July 29th
July 30th
August 6th
August 12th
August 13th
August 20th

The floor dining room
6th floor lounge
4th floor dining room
3rd floor lounge
2nd floor dining room

If you are unable to attend, I would be happy to meet with you individually. Please contact Susan Branscombe, my Executive Assistant, at x 223, to set up an appointment.

Enjoy the rest of the summer! Sandy

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Alan Burchell, 4th floor resident enjoying

The new renovated 4th floor lounge

VOLUNTEERS DO SO MUCH! Continued from page 1

I would like to highlight the efforts of all of our volunteers, however, as that is not feasible, I would like to make an honorable mention for three of them - Susan Clark, Millie Woods and Betty Gilmour.

Susan Clark is a volunteer and has been in charge of the Coffee Kiosk for the past year and recently took over the management of the Gift Shop as well. She has re-arranged the gift shop and brought in new items to sell. Thanks Susan!

Also, one of our newer tenants, Millie Woods, has agreed to take the Ontario Responsible Alcohol Beverage Service Training to obtain her Smart Service Card. This will allow her

to assist **Betty Gilmour** with the Wednesday evening Pub Nights. Betty has been the sole bartender for the past 5 years and she is really looking forward to an occasional Wednesday evening off and to another pair of hands to help with the Pub. Thanks Betty and Millie. Betty Gilmour is also President of the Volunteer's Association.

Winston Churchill said "You make a living by what you get, but make a life by what you give" and our volunteers give a lot!

Although we could never thank our volunteers enough, we do thank them in a formal way at the Volunteers Recognition Event in the spring of each year and with a Christmas Wine and Cheese Reception in December. *Thanks to our wonderful volunteers!*



Intergenerational Program "Grooving with A Senior"

Marshal McHutan C.S.S., under the direction of Vickie West, established this partnership with the Wexford.

The purpose of the program "Grooving with A Senior" was to bring seniors and youth together, creating a buddy system. It was divided into two sessions, Fall & Spring.

The program started with the fourth floor

residents and lessons were held for one hour over 7 weeks. Students engaged in planned activities with the residents ie. Spa Day, Bingo, Creative Expression etc.

Vickie West, the Program Coordinator, says that the experience was truly lovely for both the students and seniors. There was much laughter and joy in the room. Students learned to engage, show compassion and love and the seniors seemed to feel much joy.



They hope to continue and expand this program in the fall.

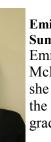
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Welcome to the

NEW FACES AT THE WEXFORD

Summer Students Supporting Students: Serving Communities

This year we have three summer students from Canada Summer Jobs. Canada Summer Jobs provides funding for not-for profit organizations to create summer jobs that meet their priorities but also benefits students looking to gain valuable work experience.



Emily Burnham
Summer Student – Activation Dept.
Emily is a graduate of the University of McMaster Gerontology program. This fall she will be entering the nursing program at the University of Toronto and expects to graduate in April 2012.

Emily spends most of her day on various floors organizing and assisting with programs and speaking with residents on a one to one basis. She enjoys getting to know all the residents, their families and staff. Emily says that the day's activities gives her the opportunity to show compassion to our residents.



Phylicia Manning
Summer Student - Activation Dept.
Phylicia graduated from York University
with a Bilingual BA in Sociology. Her plan
for the future is to become a Social Worker
and she will be entering the Social Service
Worker Program at Seneca College.

Phylicia says that the first thing she noticed at The Wexford is the good relations between the residents and staff. The Wexford has given her the opportunity to practice her bilingual (French) skills and everyday she is learning something new that will help her in the future.



Isaac Kareem
Summer Student - Nursing Dept.
Isaac is a first year nursing student in the two year RPN program at Fleming College and expects to graduate in 2010.

Isaac says that his experience at The Wexford is very rewarding. He has been

able to assist residents in many ways, such as portering them to activities, assisting at mealtimes and offering emotional support. On one occasion he was able to assist the Wound Care Nurse with a dressing, which gave him an opportunity to practice his nursing skills. He is invited to attend staff meetings, which makes him feel "like a staff member".



Cindy Sutch
Assistant Director of Care
Cindy joined the staff at The
Wexford on June 22, 2009.
She has been a nurse for over
twenty years and brings to us
a wealth of knowledge and
skills in acute care, long term
care and retirement living. She

also has experience in mentoring and infection control and will fill the position of Infection Control Coordinator.

Cindy is currently attending Ryerson University in the Health Administration program.

Her office is located on the 2nd floor next to the Director of Care's Office.

NEWSLETTER FEEDBACK



The Communicator newsletter has been in place for the past 5 years. Please email your comments to: information@thewexford.org.

- Do you read the newsletter?
- Are the stories and features of interest to you?
- Would you be interested in an electronic newsletter delivered via email?

It is time to evaluate how useful you find the Newsletter. We look forward to hearing from you.



Paving of the entire parking lot will take place before September 15th, 2009.

During this time there will be:

NO VISITOR PARKING

The entire project is expected to take about 4 days. Emergency access will be maintained.

Please watch for notices once the exact dates have been confirmed.

Please be patient as we undertake this much needed improvement to the parking area!

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The Wexford ChapelRenewed!

Spring is traditionally the season for spring cleaning, recreating old spaces, making them fresh and new. Our chapel got a taste of spring cleaning this May with fresh paint, brand new hard wood floors and new lighting. The new paint colour enhances the decorative tapestries and art work that adorn the walls of the chapel.

The esthetic changes has given the chapel a brand new look. It is warm and inviting. Come and take a look!

Our maintenance staff did the painting and re-hung all the art work on the walls... a job well done.

A special thank you to the **Wexford Volunteers** who graciously donated the funds for the flooring and the chandeliers. In appreciation of the generosity of the Wexford Volunteers, a plaque in their honour has been hung in the chapel.

Resident Family Picnic

This year's Annual Resident Family Picnic was held on Saturday June 6, in our own backyard. It was perfect picnic weather. Sunny and not too hot. The event was well attended. Residents, family members,

friends, staff and volunteers together made it an enjoyable day.

A lip smacking barbecue of hamburgers, hot dogs and sausages with a variety of cold side dishes filled hearty appetites and chocolate and vanilla ice-cream was served with a variety of delicious toppings to choose from. Vince and Joe entertained the crowd with a wonderful selection of songs from different genres and the children enjoyed face painting and games.

We handed out sixteen raffle prizes and raised \$100.00 towards the Snoezelen room when the "Angels of Good Fortune" paid us a visit accompanied by Almerinda Takahashi.

A very special thank you to Board members, staff and volunteers who helped to make this event successful. Thanks to everyone who participated. We look forward to seeing you next year... first Saturday in June 2010....... Save the date!



"Angels of Good Fortune" Almerinda Takahashi with her Angels

TASTE OF LAWRENCE 2009

Once again, The Wexford Residence was the charity of choice for the Taste of Lawrence. This three day multicultural event, held July 3rd to 5th, is organized by the Wexford Heights BIA (Business Improvement Area) to showcase the many ethnic cultures living in Scarborough. It was estimated that over 180,000 attended and tasted food from all over the world – Malaysian, Jamaican, Lebanese, Sri Lankan and including Canadian grilled corn on the cob, candy floss and waffles. A good time was had by all.

Sandy Bassett was pleased to accept a cheque from Councillor Michael Thompson and Hussein Ayoub, Chair of Wexford Heights BIA. The money will be used to enhance the lives of our seniors living at The Wexford Residence.

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GOLF TOURNAMENT 2009



This year's Tournament was held on Tuesday June 9th, 2009. Our day at Remington Parkview was a success. The miracle of the day was good golfing weather no rain! A refreshing change from the past two years. 76 golfers participated and they had fun golfing and visiting with other golfers. **Mark Dailey** was our Master of Ceremony for the day. His presence and support of the tournament made the day extra special.

The format was the same as previous years – best ball with tee off times on the Upper and Valley courses. This year's hole-in-one was \$10,000.00 sponsored by **Hub International** .No one captured it......maybe next year!

Golf was followed by dinner and a silent auction. Bidding at the auction was very competitive, thanks to some great donations which included a trip for 2 to New York, hockey tickets, a round of golf at Remington Parkview, an LCD Monitor, Wii Fit and very choice gift certificates. We raised \$3,247.00. This year's tournament raised a net total of \$24,000. Our share of \$13,385.00 will go towards purchasing bedspreads for the resident's beds.

Special thanks to the following sponsors for their generosity and continual support:

Lead Sponsor: Achieva Health – Toula Reppas Banquet Sponsor: Medico Pharmacy – Jennifer Li

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Glen Moorhouse Ex. Director at Nisbet Lodge with David Breckels

Thanks to all our silent auction sponsors. Your donations to the silent auction made the event exciting for the participants and added to the overall success of the tournament. Thanks to the Friends of the Tournament for your financial contributions and to our tenants who support us with their donations and attend the Tournament Banquet each year.

An extra special thank you to **Mark Dailey** – the voice of Citytv for his participation in the tournament for the past three years. Mark is this year's recipient of the Consumers' Choice Award for Man of the Year.

Congratulations Mark!



Jim Draffin, Mark Dailey and Dan McPherson

The success of our Golf Tournament is due to the continued support of our sponsors, golfers, Friends of the Tournament and the hard work of the volunteers and Golf Committee. We appreciate the faithful

Bob Robinson, Sue Gilmour, Mary Ellen Trimble and Sandy Bassett

support that we have received from everyone for these past four years and look forward to our Fifth Annual Tournament next year.

Don't miss next year's event...... We will keep you posted!

A VERY SPECIAL THANK YOU TO ALL OF OUR DONORS!

The Wexford Residence Foundation would like to take this opportunity to extend a deep heartfelt thank you to all of our donors. We appreciate your continued support:

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YES, I WANT TO SUPPORT SENIORS AT THE WEXFORD!

Donations can be made by completing this form and mailing to The Wexford Residence Foundation, 1860 Lawrence Ave E, Toronto, Ontario M1R 5B1. You can also make a donation by telephone, or in person at the Wexford.

All donations of \$10.00 or more are tax-deductible and can be paid by cash, cheques, or charged to your Visa or MasterCard.

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Our address is 1860 Lawrence Ave. East, Toronto, Ontario M1R 5B1 T. 416 752-8877, F. 416 752-4350 Toll Free Number: 1-877-807-0810 Website: www.thewexford.org

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