

Christmas Campaign 2019



“Enlarge the world of our residents with your generosity”

This Christmas, I want to support the Wexford’s Christmas Campaign to raise funds for The Life Enrichment Department

Please accept my donation of \$ _____

Payable by :

Cash or Cheque (Cheques should be made out to The Wexford Residence Inc.)

Donations of \$20.00 and more are tax receiptable.

Credit Card #(Visa/Mastercard) _____ Exp: ____ / ____

Signature: _____

Name on Card: _____

Address: _____

City: _____ PC: _____

Email: _____ Tel: _____

The Wexford Communicator welcomes comments and announcements that would benefit friends and families of residents and tenants at The Wexford Residence Inc., and supporters of the Wexford Residence Foundation.

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Toll Free Number: 1-877-807-0810 Email: information@thewexford.org Website : www.thewexford.org

REGISTERED CHARITABLE BUSINESS NUMBER: 892920190RT0001



“A Single Generosity Enlarges the World”

Mary Anne Radmacher

This Christmas enlarge the world of our residents with your gift.



From the Desk of the CEO



This Christmas we are focusing The Wexford’s fundraising campaign on enhancing the activities and programs that are provided to our residents. As you know, Leanne Daniels, our Director of Programs and Services, works with her team of activation staff, to

organize and implement a wide variety of different programs for our residents. Regardless of how filled our monthly calendars look, it is never enough and residents and family members always want to see more. However Leanne is constrained by her budget, which is provided by the Ministry of Long-Term Care.

Over the last ten years, we have introduced a number of new programs that are enjoyed by our residents. These include our Snoezelen Room on the 4th floor, doll therapy, electronic dogs and cats, iPod music program, and most recently, essential oil diffusers, in addition to monthly trips to the local shopping mall, and special outings such as Blue Jay’s game or the Christmas Lights Tour.

Recently the MLTC sent each LTCH one electronic cat per home. Our staff and residents loved the cat but clearly one cat per home was not enough. An interested family member really thought the residents would benefit from their own cat, so he went out and bought another 12 for the home. This was a wonderful gesture on their part and was gratefully received by the home.

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We would like to purchase additional supplies for the home and would like to increase the number of trips and outings that we provide to residents. We are hoping to raise \$10,000 which will be used to engage our residents in more activities and outings.

Help us to purchase:

- iPods for therapeutic music.
- Essential oil diffusers to improve sleep and calm emotions.
- Refresh the Snoezelen Room/Cart as a non-pharmacologic option for treatment of responsive behaviours.
- Resident Activity Bins which help residents connect with past memories.
- Bus transportation to various outings including the Christmas Lights Tour.
- Lifelike dolls for therapeutic doll therapy.
- Therapeutic gardening in the back garden.
- More performers to entertain the Residents.

These are just some ideas of how we would put your monetary donation to good use. Please donate today as we continue to live our mission: **Enriching Lives Everyday!**

Santa would like to put a smile on each and every resident's face this Christmas, and everyday. You can help by contributing to our fundraiser campaign! **Thanks!**

AROMATHERAPY

As part of our mission to improve the quality of life of our residents we will be trialing the use of diffusers and essential oils, (Serenity-blend of calming oils) in specific residents' rooms.



Aromatherapy is the practice of using the natural oils extracted from flowers, seeds, grasses, barks, fruits or other parts of the plant to enhance psychological and physical well-being. Inhaled aroma from essential oils is widely believed to stimulate brain function. Aromatherapy is gaining momentum as an alternative medicine. It is used for a variety of reasons including pain relief, mood enhancement and increased cognitive function. Using aroma alone is believed to have the quickest beneficial effect as smell has been shown to have an immediate effect on the brain, almost instantly releasing desired hormones.



There has been great success at other LTC homes using aromatherapy, including reducing anxious behaviours, improving sleep, reducing pain, etc.

The primary benefits of Aromatherapy are:

- Promoting relaxation and a restful sleeping environment.
- Lessening feelings of tension and calms emotions.
- Calming the mind and soothing the senses.

We are focusing on residents who specifically are restless and having trouble sleeping at night first. Residents will be monitored closely for positive and negative effects.

If you have any questions or concerns, please speak to Leanne Daniels, Director of Programs.



Precious Blood Choir bringing Christmas cheer to our Residents.



Annual Volunteer Appreciation Dinner.