

Compassion in Action: Help us make a better future



Compassion in Action

Using partnerships, education and funding, the Queen's Park Healthcare Foundation serves as a catalyst to enhance the well-being and full potential of elders and others in our community of care.

As we age, we all benefit from facilities and services which will help us remain independent longer. Queen's Park Care Centre and William Rudd House offer a variety of innovative services to meet the needs of short-term visitors and to create a home for those who can no longer live independently. Some attend the Adult Day Program while others have been admitted to the rehabilitation unit for assessment and physical therapy after being in hospital. Others make Queen's Park Care Centre and William Rudd House their home.

Caring staff and thoughtful services such as bus outings, musical events and a comprehensive activities program provide much needed support to patients, residents and their families. These services help make Queen's Park Care Centre a welcoming community. But it's the larger items that make a great facility. Whether it's buying blanket warmers, renovating dining rooms or creating a roof-top garden, there's always a need to enhance and improve the quality of life for those patients and residents who visit or live at the Care Centre and Rudd House. Residents depend on the Queen's Park Healthcare Foundation to provide funds for both major upgrades and small comforts. We seek to improve the lives of short-term patients and long-term residents.

I am appealing to you to donate so that we can better serve you and your loved ones now and in the future. Please take a moment to make your donation to the Queen's Park Healthcare Foundation today and help make a difference. The impact of your contribution, no matter how big or small, will be felt by everyone at the Care Centre and Rudd House.

For more information about how you can help the Care Centre and Rudd House, please call the Queen's Park Healthcare Foundation office at 604-517-8661 or visit us at www.qphf.org. Thank you.

Sincerely,
QUEEN'S PARK HEALTHCARE FOUNDATION

Lorraine Brett,
Chair

YES - I would like to help the Queen's Park Healthcare Foundation improve the lives of patients and residents of Queen's Park Care Centre. Please accept my donation of \$ _____.

_____ Name Tax Receipt Required

_____ Street Address _____ City _____ Postal Code

_____ E-mail Address _____ Telephone

Mail to: Queen's Park Healthcare Foundation, 315 McBride Boulevard, New Westminster, V3L 5E8
Please contact the Foundation office if you prefer to donate by credit card.

Renovated Courtyard Garden a Welcome Addition to QPCC

"IT'S A 100% IMPROVEMENT!"

That's how resident Barbara Fordham describes the recently renovated garden area on the second floor's courtyard where major improvements were funded by donations from St. Mary's Health Foundation.

A beaming Fordham, a resident of Queen's Park Care Centre for the past three years, can't praise the garden enough, saying the improvements have turned the complex care facility into her "home."

"It has made such a difference in my world," says Fordham. "Being around these beautiful flowers is so peaceful. The garden is my sanctuary."

Fordham says that she enjoyed the opportunity to travel to Mandeville Garden Centre, choose her flowers and then artfully plant and arrange them in her own planter.

Each resident chose their flowers and, with the help of family members, arranged and planted their selection. This sense of purpose and resident involvement has helped the courtyard garden earn rave reviews says recreation therapist Revi Ross. "Accessibility is the key," says Ross. "The planters don't just look nice—they are functional."



The planters are built at such a height as to make them readily accessible for residents in wheelchairs. Some of the planters are on wheels so they can be readily transported to and from residents who may lack the mobility to freely access them.

In late May, a group of Boy Scouts visited the Centre to help deliver pots and work with several residents to help



Care Centre resident Barbara Fordham (centre) shows off her personalized garden trowel presented at the official opening of the renovated courtyard garden held on July 21. Also pictured are Queen's Park Healthcare Foundation Board Members Rick Molstad and Lorraine Brett.

with their plantings. And for some of these Scouts, Ross points out, it was their first time planting flowers as well as working with seniors. "It was a multigenerational experience," says Ross.

Ross lists other positives of the courtyard garden including increased sociability. "It's become a gathering place."

For Fordham the sunny summer of 2013 and the lovely courtyard garden have encouraged her to organize an afternoon Sunday Tea where several residents meet in the area and enjoy a cup of tea.

"We have fine china and baked goods and the staff help set and clean up," says Fordham. "It's a chance for us to talk and dress up."

Fordham smiles as she takes in all the lovely colours, wall art, water fountains and an assortment of garden features and sighs, "This feels like my own place."

Sometimes you need a party to celebrate an accomplishment!



QPHF Board Member Rick Molstad, Recreation Therapist Revi Ross, City Councillor Jaimie McEvoy, Board Member Helen Benes, QPCC Site Director Debora Sutherland, QPHF Board Chair Lorraine Brett and Executive Director Tandra Jang celebrate the opening of the Courtyard Garden

AND CELEBRATE WE DID.

The grand opening of the new and improved Courtyard Garden was held on a sunny Sunday afternoon July 21, 2013 at an event hosted by the Queen's Park Healthcare Foundation.

On hand were the resident gardeners, their families and friends and several directors from St. Mary's Health Foundation whose generous donation of \$15,000 helped realize the transformation of the second floor courtyard garden.

Staff have long recognized the need to renovate and improve the courtyard garden and make it more accessible for residents. "The key is its accessibility. The garden had to not just look nice but also be functional," says Recreation Therapist Revi Ross. "That's been achieved beautifully."

The re-energized garden, designed by Patricia Campbell of PMG Landscape Architects, features an array of beautifully potted fixed and mobile planters, wood structures, assorted pottery, wall art with an emphasis on butterflies, serenity water features and several pieces of new outdoor furniture including large hanging umbrellas.

Campbell, a former New Westminster resident, was pleased to be part of the project and the Foundation's efforts to enhance the residents' comfort at QPCC and enjoyed working with the Board and staff. "We were all on the same page and wanted to make the garden an inviting destination for residents and to make it feel like home."

The Foundation would also like to acknowledge Tanex Industries, Home Depot and Mandeville Garden Centre for their contributions to the courtyard garden.

Special guests from the St. Mary's Health Foundation included Dr. Irwin Stewart, former Chief of Staff for St. Mary's Hospital and Chair of the St. Mary's Health Foundation and his wife Mrs. Lois Stewart, Treasurer Betty Wynne and Directors Shirley Piper and Mary Ann Lane. Councillor Jaimie McEvoy was on hand as the City's representative.

QPHF Chair Lorraine Brett presented Dr. Irwin Stewart with a Certificate of appreciation acknowledging the role the St. Mary's Health Foundation played in seeing this garden project "get off the ground" literally. "Words can't express our heartfelt appreciation for your generous support in making this worthwhile project happen. Everyone is so delighted with the beautiful results!"

Brett also commended the hard-working QPCC staff for their efforts in creating the lovely personalized hand-painted garden markers that were presented to each resident gardener as a gift from the Foundation. (Special thanks to recreation therapist Nadine O'Neill for her artistic talents in painting the little spades!)

Resident Barbara Fordham said it well in her heartfelt speech to the directors and guests. "I would like to thank both God and the St Mary's Health Foundation for this garden. It has made a huge difference in our lives."



Queen's Park Healthcare Foundation News

Meet Our New Executive Director Thanks to Our Generous Supporters



Executive Director Tandra Jang

"I am looking forward to working with the Board and the QPCC staff. Every time I'm at the Centre I see and feel that Compassion is truly in Action!"

Ladies and Gentlemen Tandra Jang is in the Centre!

In April 2013 the Queen's Park Healthcare Foundation welcomed Tandra Jang as our new Executive Director. Tandra will be coordinating the QPHF office operations as well as the all-important fundraising process that helps the Foundation provide the "extras" which make Queen's Park Care Centre a home.

Tandra has resided in New Westminster all her life and when not at the Centre, she and husband Derek Read keep busy with their family--Bryanna, Keira and Kai.

She started honing her considerable skillset bookkeeping for parents Ron and Marie Jang, owners of Tanex Industries Ltd., as a young girl. Later she worked for Dr. Irwin Stewart in his office at the Fifth Avenue Medical Building. Her resume also includes positions at Telus and Best Buy. At the latter, she worked her way up to lead the Architecture and Construction Department. Tandra, a proud member of the Royal City Rotary, is also an owner of the local De Dutch Pannekoek House at Columbia Square.

Tandra likes a challenge and is very excited to be an Executive Director with a foundation in her home town. "I am looking forward to working with the Board and the QPCC staff to help create and maintain exciting possibilities for fundraising. Every time I'm at the Centre I see and feel that Compassion is truly in Action!"

QPHF - Dedicated to Promoting
GRACE
Growing Respect and Awareness
for the **Care** of our **Elders**

The St Mary's Health Foundation

donated **\$15,000** for the Courtyard Garden



St Mary's Health Foundation Directors (l-r) Shirley Piper, Mary Ann Lane, Lois Stewart and Dr. Irwin Stewart at the opening of the Courtyard Garden. Missing: Betty Wynne



Rotary Club of New Westminster

donated **\$9,900.00** to purchase an ice machine and blanket warmer.

Louise Perry of G&F Financial (right) presented a cheque to QPHF Board members Lorraine Brett and Garth Evans

The late Mary Wyss

(right) bequeathed **\$5,000.00** which the Foundation has elected to use to fund the popular Concerts in Care series.



The Fraternal Order of Eagles

donated **\$500.00** which the Foundation has elected to use to purchase headphones.



QPHF Executive Director Tandra Jang and Board member Lynn Duncan accept a cheque from the Fraternal Order of Eagles presented by Gerry Liu (centre).

New Westminster Italian Mutual Aid Society donated **\$ 3,000.00** which the Foundation has elected to use to purchase equipment for the Music Therapy program.

Van Tel/Safeway

donated **\$5,000.00** which was used to fund an Ice Machine