



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.

March is Embrace Aging Month

It happens to the best of us, this thing called aging.

We can try to hide from it but what's the point? It's coming and the Queen's Park Healthcare Foundation would like to help others welcome and embrace it!

Helen Benes, a QPHF director, helped organize the Foundation's Embrace Aging event this year. The third annual event will again be held at Century House at 620 Eighth Street, New Westminster on four consecutive Tuesdays from March 5th to 26th. Attendance is free but pre-registration is required. Please call 604-519-1066 to sign up for one or all of the sessions.

"Embrace Aging is about asking ourselves: How can we live the best life that we were meant to live?" says Benes. "Every stage of life has its challenges but each stage is special so let's embrace both the little things and the milestones."

Benes is excited about the variety of topics and speakers that will address many of the issues we all need to ponder as we age. They include seniors and driving, the different types of dementia and how to maintain a healthy brain, caregiver stress, social connectedness and dealing with loneliness and the legal concerns of aging: estates, planned giving and Powers of Attorneys & Representation Agreements.

"We need to prepare ourselves with knowledge," says Benes. "Healthy people are informed people."

The line-up for this year's event includes speakers from COSCO (Council of Seniors Citizens Organizations or British Columbia), Alzheimer's Society, Nurse Next Door and McQuarrie Hunter.

Benes points out that the QPHF, while not the subject matter experts, strives to be a "hub" of knowledge and resources that can be shared with community partners. She credits the partnership the Foundation has formed with the Greater Victoria Eldercare Foundation for inspiring the Embrace Aging events in New Westminster.



"Embrace Aging is about asking ourselves: How can we live the best life that we were meant to live?"

— Queen's Park Healthcare Foundation Director Helen Benes

"The positive response to their popular Embrace Aging events in the Victoria area encouraged us to create a partnership which has allowed us to develop our own event," says Benes. "It's a great example of sharing knowledge and resources with the Eldercare Foundation and passing it forward."

Benes would like to thank Century House and the speakers for their efforts in helping the QPHF realize its goal in achieving GRACE: Growing Respect and Awareness for the Care of our Elders.

"Our Embrace Aging month has become the embodiment of our Mission Statement that emphasizes education and partnerships to help others reach their potential whether in the community or in care."

For more information on the events, visit www.qphf.org.

Embrace Aging Speaker Series

All events at Century House, 620 Eighth Street

March 5th 1-3 pm *Drive On! How to Stay Driving into your 90s and BEYOND*

March 12th 1-3 pm *Different types of Dementias. How to Maintain a Healthy Brain*

March 19th 10:00 - 11:30 am *Stay Connected – Even when life gets you down*

March 19th 1-3 pm *Planning for Caregiving*

March 26th 11 – 12 pm *Estate Planning and Planned Giving: What you need to know*

March 26th 1-3 pm *Incapacity Planning, Representation Agreements & Powers of Attorney*

Aging with **GRACE**

Growing Respect and Awareness
for the Care of our Elders



New Westminster's Queen's Park Care Centre opened in 1977

THE QUEEN'S PARK CARE CENTRE (QPCC), located just north of New Westminster's renowned Queen's Park, opened in 1977 to meet the needs of an aging population. The Centre has evolved since then, retaining residential services but also expanding the ever important rehabilitation component of care. QPCC currently has approximately 150 residential long term beds and William Rudd House, a 12-bed residential home for younger adults. QPCC also features a Community Adult Day Program, out-patient therapy services, general rehabilitation and a shorter-stay assessment and transition to home unit. It is also offers the first Respite Hotel in the Fraser Health Authority.

The Foundation strives to create a home-like environment for residents and patients by working forwith the Director of Care who, after consulting with staff, residents and families, identifies required items that would improve and enhance daily life at QPCC including bathing tubs, wheelchairs, electric beds, transport vehicles, air conditioning, blanket warmers and patio furniture. In addition to the modified tables and courtyard garden projects mentioned below, the Foundation is currently fundraising for:

- Blanket warmers (\$10,000.00)
- Three ice dispensers specially designed for health care (\$20,500.00)
- Sound system with additional entertainment components to address hearing impairments (\$10,000.00)
- Rehabilitation equipment used to stimulate language, speech, memory, mobility, and transition to home (\$6,500.00)



QPHF Chair Lorraine Brett

The Queen's Park Healthcare Foundation (QPHF) raises funds for priority equipment needs, facility enhancements and activity programming at the Queen's Park Care Centre, and William Rudd House.

The QPHF seeks to expand partnerships with individuals and community groups to ensure our elders age with GRACE.



QPHF Chair Lorriane Brett, Treasurer Rick Molstad, Vice-Chair Lynn Duncan and QPCC Site Director Debora Sutherland accept a cheque in the amount of \$2,513.16 from G&F Financial Branch Manager Louise Perry (third from left) and G&F Representative Carolyn McNeil (right). G & F's contribution will fund modified tables to allow wheelchair-bound residents to participate more fully in recreational activities. This initiative is part of the Foundation's ongoing commitment to funding recreational activities throughout the Care Centre.



QPHF Treasurer Rick Molstad (left) and former Executive Director Jacqueline Buchanan accept a cheque in the amount of \$ 15,000.00 from St. Mary's Hospital Foundation Chair Dr. Irwin Stewart. This contribution will be used to construct a garden on the second-floor inner courtyard. Specially designed raised beds will allow residents with a green thumb to grow plants of their own choosing and will provide a welcome outdoor oasis for all. Donations are still being accepted to fully fund this worthwhile project.

Happy 35th Anniversary QPCC!

On September 27, 2012 the Queen's Park Healthcare Foundation hosted a 35th anniversary party for residents, staff and families.

On hand to entertain were The Notables who provided wonderful background music and kept everyone smiling with their toe-tapping tunes. Councillor Jaimie McEvoy (representing Mayor Wright and the city of New Westminster), QPCC Director Debora Sutherland and various long-term staff and residents shared thoughts



QPHF Board members and friends (l-r): Rick Molstad, Councillor Jaimie McEvoy, former QPHF Executive Director Jacqueline Buchanan, Lynn Duncan, Lorraine Brett, Catherine Hutson, artist Jill Doyle, Helen Benes and Site Director Debora Sutherland. (Missing: Board members Evelyn Finlayson and Garth Evans).

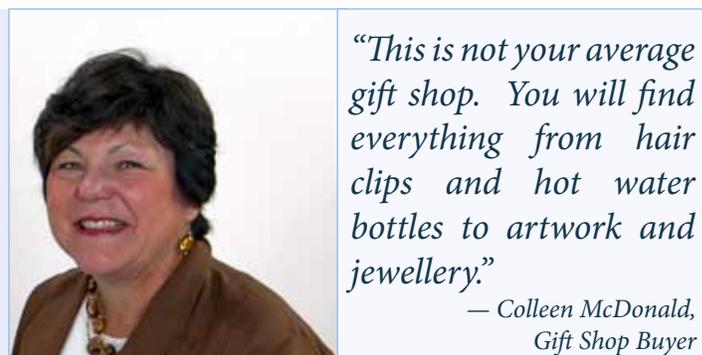
and stories about the milestone anniversary and about life at QPCC. As well, local artist Jill Doyle unveiled a composite sketch of an original artwork she plans to paint and donate to the centre. The QPHF Directors would like thank all the dedicated volunteers and staff, especially those of the Recreational Therapy department for their time and effort in coordinating the event.

IT'S A FRIENDLY, WONDERFUL PLACE TO BE! That's how one appreciative resident recently described the Gift Shop at the Queen's Park Centre. Indeed it's a sentiment echoed by most residents, staff and visitors.

The Queen's Park Healthcare Volunteer Society, working with the Queen's Park Healthcare Foundation, proudly introduced in September 2012 a renewed and refreshed Care Centre Gift Shop, coinciding with the 35th Anniversary of the Queen's Park Care Centre.

Aside from confections and sundries, the Queen's Park Care Center Gift Shop, located just inside the front door of the Care Centre, now offers a variety of unique merchandise. Many items are made by local artisans. All gift items are tastefully selected and affordably priced. 100% of net proceeds go to the Care Centre. Find a one-of-a-kind gift for a birthday, anniversary or special occasion. A loyalty card is available in exchange for membership in the Queen's Park Healthcare Volunteer Society. Membership is free.

Described by some as both the driving force and 'Goddess of the Gift Shop', volunteer buyer Colleen McDonald shakes her head and laughs. "I'm not a goddess, not even close. I am someone that likes to shop!"



"This is not your average gift shop. You will find everything from hair clips and hot water bottles to artwork and jewellery."

— Colleen McDonald,
Gift Shop Buyer

For the local resident and a retired teacher, the chance to volunteer close to home and give back to her community was an opportunity she accepted happily.

Her shopping skills and discerning eye for lovely things are evident. "Where else will you find locally designed lunch bags, hand-blown art glass and gourmet vinegars under the same roof?" enthuses McDonald.

The shopping is fun, McDonald will admit, but knowing her efforts enrich the lives of residents and patients at the Care Centre sustains her. "The Gift Shop works for residents and patients on many levels. It's a place in the Care Centre where there is always something new to see, a place to visit and chat with other residents and our dedicated team of volunteers."

Compassion in Action: Help us make a better future



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