

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.

Here Comes the Neighbourhood!



"What is that grey concrete building on the hill?"

That is the question that Mehul Ghandi, along with many fellow residents of the Victoria Hill neighbourhood, would ask about the sprawling complex located next to them.

They did not know that since 1977 the Queens Park Care Centre has played a key role in the Fraser Health Authority with its varied facility services.

When Ghandi recently became a director of the Queen's Park Healthcare Foundation, one of his first goals was to help organize an Open House on the grassy grounds below QPCC. He invited his fellow Victoria Hill neighbours for an afternoon of fun and food courtesy of Save On Foods, Tim Horton's, Korki the Clown and Christine — Face Painter Extraordinaire.

Victoria Hill residents were not the only ones to "discover" the Queen's Park Care Centre this summer. The Foundation welcomed XX teams participating in

the second annual Quest New West race around the city. Twenty-three teams of two to four participants raced from location to location around the Royal City, completing a series of challenges at each. At the Queen's Park Care Centre stop, participants were required to navigate a wheelchair obstacle course and take a turn a wheelchair basketball. Teams competed for over \$2,000 in prize money.

QPHF Executive Director Lizz Kelly was delighted with both events. "Strengthening the connection between QPCC residents and the community is a fundamental goal for the Foundation," said Kelly. "It allows us to raise awareness about issues related to aging that will eventually affect us all."

Most visitors agreed they now know that QPCC is indeed one special grey concrete building!



Photo: Paul Fuoco

Let the Good Times Roll!



Heather Winnichuk (left) and Ellen D'auria accept their trophy from QPHF Board Member and event organizer Margaret Ross.

Heather Winnichuk, a Communicable Disease Nurse Coordinator with the New West Health Unit, and Ellen D'auria, a Blood Borne Pathogen Nurse also with the New West Health Unit took home the trophy from the first annual Queen's Park Healthcare Foundation's Lawn Bowling Tournament. But the real winner was the Foundation, which raised over \$ 3,500 for the residents, patients and clients at Queen' Park Care Centre.

Winnichuk and D'auria triumphed over 60 other bowlers who enjoyed sunny skies and refreshments courtesy of Save-On Foods. A silent auction and raffle rounded out the day's festivities.

The Lawn Bowling Tournament is the latest in a series of initiatives organized by the Queen's Park Healthcare

Foundation (QPHF) to support the patients, residents and clients of Queen's Park Care Centre (QPCC). The Foundation's goals are to raise much-needed funds and to form community partnerships focused on issues related to aging.

Winnichuk and D'auria are delighted with their win and would like challenge other Fraser Health employees to join them next year as they defend their title.



Photo: Paul Fuoco



Coming Soon — Homes for the Holidays

The second annual Homes for the Holidays event is scheduled for Sunday, December 7 from 4:30 to 7:30 pm. Participants will have an opportunity to tour six heritage homes decked out for the holidays. Tickets go on sale Saturday, November 1 and may be purchased online at www.qphf.org or at the following locations:

- Royal City Colours
- Champagne Taste
- Cadeaux Gifts and Embellishments
- Brick & Mortar Living

Last year's event sold out so shop early to avoid disappointment.



Photo: Paul Fuoco

QPHF - Dedicated to Promoting GRACE

Growing Respect and Awareness for the Care of our Elders

Help make a difference by supporting the Queen's Park Healthcare Foundation. Volunteer or donate today. The impact of your contribution, no matter how large or small, will be felt by everyone at the Care Centre and Rudd House.

NEW! Donate online! We are now able to process credit card donations, instantly, online. Visit www.qphf.org or call 604-517-8661. Tax receipts available for all donations.

Saying Thanks by Bringing the Outdoors In



to give back to Queen's Park Care Centre because my late father attended the Adult Day Program there and our family, especially my mother, benefitted so much from that program," she explains. "The staff is amazing."

The large-scale piece, named *In the Meadow*, adorns a wall of the second floor dining room and features butterflies, a theme carefully chosen by Doyle.

"It occurred to me that the Queen's Park Care Centre is situated on land that was once part of a meadow," Doyle explained in a press release. "I chose the idea of a meadow and butterflies because it both connects to the past and speaks to the themes of transformation and renewal that are universal to almost every culture. Everyone understands the symbolism of butterflies."

Doyle emphasized blue and green hues in her work, noting the calming effects those colours have on the central nervous system. "Colour has such a huge impact on mood—even one wall that is painted a bold colour can make a difference," she says. "The goal is to be drawn to the familiar: the simple imagery of butterflies set against the colours of grass and sky; to be calmed, reflective and connected with what you see." (For more on Jill Doyle and her views on art as therapy visit www.qphf.org).

The Foundation supports the Adult Day Program by providing necessary supplies and equipment. The program currently provides therapeutic recreation to 25 adults each day.

On May 2nd Queen's Park Healthcare Foundation participated in a day of thanks.

The Foundation joined with staff and residents alike to say thank-you to long-time volunteers, some of whom have been helping out at the Centre for more than 15 years. During the Volunteer Appreciation Tea, the Foundation also proudly introduced an original work of art created specifically for the walls of QPCC and kindly donated by artist Jill Doyle. The special unveiling event was attended by city councilors Bill Harper and Betty McIntosh and Miss New Westminster Claire Dresselhuis.

For Doyle, donating her work was a way of saying thanks to a facility that holds special meaning for her. "I wanted

A Warmer Welcome with a Basket

During the Gathering Place recreation program, residents assemble Welcome Baskets, adding colourful tissue paper, ribbon and a welcome card ensuring each basket is colorful and attractive. Each new resident finds this Welcome Basket of bathing products, including body wash, lotion and other toiletries, at their bedside when they arrive. Additional personal care products that the resident likes to use at bath time can also be added. On bath day, the care staff use the basket to provide the resident with a more pleasurable bathing experience. The Foundation has supported this project with the purchase of the baskets.



More than a Frill—The Beauty Salon Transformed



Having a place to get your hair done may not seem like an essential to some but the beauty salon is an integral part of life at Queen's Park Care Centre. The salon is open to both men and women on Tuesdays, Wednesdays and Thursdays. In addition to haircuts, residents get an opportunity to socialize and enjoy some welcome pampering from stylist Trish Dreger. As family members are also able to book appointments, the beauty salon provides a unique opportunity for families to enjoy a shared experience. Once a month, the beauty salon is also home to a podiatrist, who provides essential foot care to residents.

Trish Dreger has been working at QPCC for over 19 years and relishes the opportunity to work with residents. "Working here is about so much more than styling hair," said Dreger. "I treasure the personal connection I can make with each of my clients."

Unfortunately, the use that the beauty salon has received over its thirty year existence had taken its toll. One sink was no longer functional, cupboards were broken and it was becoming impossible to maintain the service standards residents had come to expect.

Recognizing the importance of the beauty salon to the life of the care centre, the Queen's Park Healthcare Foundation voted unanimously to donate over \$15,000 so that the space could be completely renovated. List of what was actually done goes here - new cupboards, new sink, new plumbing, etc. The result is a clean,



bright facility that is more efficient for Dreger and more welcoming for clients.

"The Foundation is delighted with the results of the renovation," said Executive Director Lizz Kelly. "Projects like this allow us to make a real difference in the everyday life of Queen's Park residents."

The renovation was largely funded through proceeds from *Quintessentials*, the gift shop operated by the Queen's Park Healthcare Volunteer Society. Generally open seven days per week, the gift shop carries an assortment of jewellery, home decor items, giftware sundries and confectionary. Net proceeds are used to fund projects and programs that benefit the patients, residents and clients of the Queen's Park Care Centre.

