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CRANKING UP THE HEAT IN HAL'S KITCHEN

Finding joy in the kitchen has been a constant in Hal Trask's life, and this year he shared his culinary passion with our Sherbrooke community in the form of a live cooking event called 'Hal's Kitchen.' Before moving to Sherbrooke four years ago, Hal served as a lead instructor and program head for the food services and culinary program at Sask Polytech. He taught more than 1,000 students in his career including four of Sherbrooke's chefs: Russell Gareau, Vincent Plag, Tarik El Makaoui, and Matthew Sliva.

At Sherbrooke, Hal quickly became friends with these chefs, and shared with staff how much he missed being in the classroom with students as they were developing their skills. That sparked the idea for Hal's Kitchen.

Recreation Coordinator Carrie Hart helped turn Hal's Kitchen from idea to reality. She spoke with the Saskatoon Star Phoenix newspaper for a feature story on Hal:

"Life doesn't stop when you get into long-term care," said Hart. "We love to try new things and we try to do that with as many Elders as we can, to make life fulfilling and meaningful."

The Tawâw Centre was buzzing with activity on the day of Hal's Kitchen. Four stations were set up for Russell, Vincent and Tarik,

along with Communications Leader, Eric Anderson, where they were tasked with creating an original dish using a list of ingredients chosen by Hal. The four participants were given 90 minutes to prepare their dish under the watchful eyes of Elders and staff



Hal Trask sampling dishes at Hal's Kitchen event

Hal observed the Sherbrooke celebrity chefs' work, moving from station to station to inspect what each chef was making for the judge's panel. He asked questions and offered support as the chefs raced to have their dishes finished in time for the judges.

"I've missed this so much," Hal explained to the Saskatoon Star Phoenix. "It's been too long and this is a very good memory."

Hal, along with Food Services Managers Breena Denysiuk and Megan Kozun, made up the judges panel, and they had a difficult time choosing a winner. In the end, the winner of the first Hal's Kitchen competition

was Tarik El Makaoui for his Lemon Pepper Chicken with Potato Croquets dish.

This special event is a wonderful example of a resident sharing his passions with our community and our staff taking those passions to new and exciting places. We can't wait to enter Hal's Kitchen again next year! 🍴

Sherbrooke Foundation Inc.
401 Acadia Drive
Saskatoon, SK S7H 2E7



KIM'S THOUGHTS: A SEASON OF WARMTH AND COMMUNITY



Sherbrooke & Central Haven CEO, Kim Schmidt

While it may be frosty outside, inside Sherbrooke and Central Haven, the warmth of connection and community is alive and well. Staff have been working diligently to ensure that even in the coldest months, residents feel the joy and comfort of being part of a vibrant, caring community. It is wonderful to see our communities enjoy the beauty and wonder of the season!

At Sherbrooke and Central Haven, we believe that each resident deserves to be well known, to make choices, have opportunities for purpose, growth, and connection, and to experience joy. Our amazing staff and volunteers continue to work tirelessly to create enriching experiences, opportunities to gather, and moments of personal growth. From chair yoga to the art studio to 'Fridays with Wes,' the focus is on wellbeing, and nurturing the body, mind, and spirit.

We were thrilled to celebrate three amazing people from our Sherbrooke community at the recent National Philanthropy Day luncheon. Trudy and Robert Fisher were nominated by the Sherbrooke Foundation for the 'Honoured Supporter Award,'

recognizing their efforts as generous donors, faithful volunteers and for their caring influence in our community. Sherbrooke resident Brad Trevisan was also recognized by the Kinsmen Foundation as an "Honoured Supporter" for his outstanding Telemiracle fundraising efforts. Congratulations to all!

The Eden Alternative Philosophy is the foundation of our work to support resident-directed living. I was privileged to attend and speak at the recent Eden Alternative International Conference as well as the Centre for Innovation Grow Bolder Conference about our 'Sherbrooke Inclusive' initiative as well as our many intergenerational partnerships. I have to tell you that people are amazed at what we are doing in our communities. We really are leading the way! It is also so exciting to see the growth of the Eden Alternative philosophy around the world and to be part of such a positive culture change movement.

As we move into the new year, we remain committed to creating a place where each person can live fully and abundantly. We are committed to our goal of providing exceptional care that respects the individuality and needs of each resident. Together, we will continue to create meaningful experiences and pleasurable moments that ensure Sherbrooke and Central Haven remain places of warmth, community, and wellbeing.

Wishing you all a peaceful, joyful winter season filled with love and light. 🌿

CENTRAL HAVEN

It has been wonderful seeing so many families and friends spending time with our residents here at Central Haven over the past several months. We work hard to create a sense of community in our home, and residents having so many meaningful visits with those close to them truly helps to build that feeling of community.

Residents enjoyed a beautiful Saskatchewan summer with several excursions into the community. Pike Lake Provincial Park has become a favourite destination thanks to its lovely green spaces and ample room for barbecues. On several occasions, residents, families and staff enjoyed hot dogs roasted over an open flame and summer drinks while digging their toes into the sand.

Our summer adventures were aided by two amazing summer students: Armin Azinfar and Kylie Penrod. They did an outstanding job of forming relationships with residents and helping them enjoy the outdoors by

working on their garden boxes and participating in our annual Water Bash. Armin and Kylie were hired through the Canada Summer Jobs program and we are grateful to our local Member of Parliament, Brad Redekopp, for his help in ensuring we received funding through this program.



Residents and families enjoying Pike Lake

Other highlights from the past few months include our Fall Pie Social which was very well attended, a very spooky and spirited Halloween party, and a weekly dance class for residents put on by Saskatoon's Free Flow Dance Theatre Company that sparked a lot of joy throughout our community.

The holidays always bring energy and excitement to our home and we look forward to seeing plenty of friends and family visiting with residents. Thank you for your continued support of our Central Haven community. Have a wonderful holiday season. 🌿



CAMPERS AT CAMP GENERATE MAKE NEW FRIENDS OF ALL AGES



Residents enjoying time with Camp Generate participants in the Creative Arts Studio

It was a rainy morning on Tuesday, August 6, as a group of seven campers and three counselors gathered in the Butterfly Garden just outside the doors of Sherbrooke Community Centre. They came ready to make new connections and learn in our unique setting. Camp Generate aims to generate joy, friendship, and leadership skills through an intergenerational week-long experience.

The campers were students ages 10 to 13 from around Saskatoon. Our camp counselors, 13 to 15 years old, were all students who had previously volunteered at Sherbrooke and had attended the iGen program in their sixth grade year.

We did a variety of activities during the week-long camp involving campers and Elders. We worked on animal sculptures and finished them off by adding a coat of gesso and finally realistic acrylic paint. The campers were each able to create a portrait of their Elder partner in the Art Studio on canvas using Posca paint markers, paint, and sharpies.

We also enjoyed vigorous activity both on the playground outside Sherbrooke and in the Tawâw Centre. We visited the pets at Sherbrooke and got to meet Elders in different neighborhoods. The daily show and tell activity drew Elders in to hear about the campers' cool objects or stories.

The camp experience contained activities that suited everyone's interests and abilities. It was great to see those interested in art connecting through creating. It was great to see those who were more physically active take a role in leading and guiding movement activities. Through shared experiences, campers made new friendships with each other, and with Elders. Everyone at Sherbrooke appreciated the energy and enthusiasm the campers brought to the community throughout the week.

The Camp Generate experience would not have been possible without the financial support of the Saskatoon Community Foundation. Thanks to the Community Foundation's Youth Endowment Saskatoon grant, it was possible for us to pay for special event insurance, food, and supplies during the week. Thank you so much for helping us generate joy, creativity, friendship, activities and companionship at Sherbrooke Community Centre this summer.

Campers expressed interest in coming to Sherbrooke again for Camp Generate in 2025. We hope to keep this tradition alive each summer as we continue to build healthy intergenerational connections.

Keri Albert – Camp Generate Creator 



THANKING OUR COMMUNITY OF SUPPORT

Donations made Oct 1, 2023 - Sept 30, 2024

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supporting full, abundant life for each of our Residents.
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We make every effort to ensure the accuracy of this list. If you have any questions, please contact Sherbrooke Foundation at 306-655-3632.



MAKING SOMEONE'S DAY: SHERBROOKE'S SUMMER STUDENTS REFLECT ON THEIR TIME WITH US

For five students who joined our community in July and August, Sherbrooke's "beautiful chaos" offered the rewards of learning from elders, spreading joy throughout the building, and forming friendships. Summer is a busy time of year at Sherbrooke. Between excursions into the community, tending to garden boxes, and events like the summer water bash, residents are busy enjoying every minute. Seamus Palendat, Chloe Preus, Jada Mann, Nasreen Maqsudi and Logan Knutson did an outstanding job working with our recreation staff and in the Creative Arts Studio, and we wish them the best in their post-secondary studies. We also want to thank our local Member of Parliament, Corey Tochor, for his efforts in ensuring our community received five summer students through the Canada Summer Jobs program. This federal program really does make a difference in our community and we appreciate Mr. Tochor's continued support of Sherbrooke.

We asked our summer students on their last day what their biggest takeaway was from spending the summer at Sherbrooke. Here are their answers:



We are grateful for this years
summer students

Seamus: My biggest takeaway from my two months at Sherbrooke was learning that everyone here has value regardless of the challenges they face on a daily basis; everyone here is a person and are capable of living fulfilling lives.

Chloe: You can learn something new every day, whether it's from the staff or Elders.

Jada: I loved being a part of this big community. I didn't realize how family was involved at Sherbrooke and how chaotic it can be at times, but it's a beautiful chaos! I really loved working here.

Nasreen: My biggest takeaway from Sherbrooke is simply to be nice to people and have a smile on your face. There are a lot of people who, when they see your smile and your support, you make their day. And when I see people smiling at me, they make

my day. I learned how important it is to be kind no matter what.

Logan: I loved making the day of these residents. Sometimes it takes a big gesture to make somebody's day and sometimes it takes a little gesture. I had a really great summer here at Sherbrooke. 🌱



WORKING TOGETHER FOR CHANGE

Working together with community leaders and organizations for the benefit of residents is something Sherbrooke takes a great deal of pride in.

This year, we celebrated wonderful partnerships that have brought well-being, purpose and joy to residents.

In September, we hosted our third annual event honouring Truth and Reconciliation. Honey Constant-Inglis, an Indigenous business owner, artist and archaeologist, and Leo Yahyahkeekoot, a Cultural Advisor with the Saskatchewan Health Authority, shared their stories and knowledge with a packed audience in the Tawâw Centre. We also welcomed the Qu'Appelle Valley Square Dancers and renowned hoop dancer, Lawrence Roy, who got the crowd moving and created so much joy throughout the day.

The day gives our community a chance to learn about Indigenous history, to understand the legacy of Residential Schools in Canada, and to participate in aspects of Indigenous culture. It has become a meaningful date on our Sherbrooke calendar and want to thank Canadian Heritage for its continued financial support of our Truth and Reconciliation event.

Saskatoon philanthropists Les and Irene Dubé have been very generous to Sherbrooke, establishing the Les and Irene Dubé Endowment for Elder Care at Sherbrooke Foundation. Thanks to Les and Irene, we have developed the Sherbrooke-Inclusive garden, providing a beautiful outdoor environment that is safe and accessible for Elders experiencing cognitive change.

We are also grateful for the many donors who supported our spring appeal for the Sherbrooke-Inclusive garden.

Because of their support, we now have decorative iron fencing and gates installed for a safe perimeter around the patio, new concrete laid for gentle, easy-to-navigate pathways, and shady seating areas set up for visits with residents and families. Improvements to the patio and grounds will continue next summer.

In October, we welcomed 100 Sherbrooke and Central Haven supporters at the Sherbrooke Foundation Thanksgiving Donor Tea. A new tradition for us, it was a special community gathering with pie, coffee, tea, music, messages of thanks, and fellowship time.

Our Remembrance Day service with Veterans Village was another important gathering for our community, a time to remember our veterans and reflect on the peace we cherish.

The support of the Saskatoon Poppy Fund Trustees continues to be important for Veterans Village. Since 1988, the Saskatoon Poppy Fund has contributed over \$500,000 to support quality of life for our Veterans. This year, they have invested in renovating the kitchen in Veterans Village House 8. The kitchen project is planned for early 2025.

We congratulate all Honoured Supporters who were recognized at Saskatoon's National Philanthropy Day event this November. Sherbrooke Foundation nominated Trudy and Robert Fisher for their longstanding contributions, and Kinsmen Foundation recognized Sherbrooke resident Brad Trevisan for his valued support. 🍷



Residents learning to hoop dance



The Qu'Appelle Valley Square Dancers had people dancing



A large crowd turned out for our Donor Tea



Thank you to the Saskatoon Poppy Fund Trustees for its support



WATERSKIING & GOLF: BUCKET LIST EXPERIENCES

For many people, a classic Saskatchewan summer includes a round of golf with friends and spending time at the lake waterskiing. Why should that be any different for long term care residents?

At Sherbrooke, we work hard to form meaningful relationships with residents, discover their passions, and make it possible to pursue their interests. Trevor Porteous and Graham Mazurek are two Sherbrooke residents who are enthusiastic about Saskatchewan sports.

Trevor Porteous spent many hours as a kid on Saskatchewan lakes waterskiing. He loved the freedom he felt on the water and wanted to capture that feeling again.

"I was talking about my bucket list with some of the recreation staff here," explained Trevor. "Waterskiing was a big one since I used to, as a younger kid, compete in waterskiing. That was some of the most enjoyable times of my life."

Trevor lives in Second Neighbourhoods where Susan Hayward is the recreation coordinator. She loved the idea of getting Trevor on the water and started making phone calls.

"We contacted the Saskatchewan Water Skiing Association and found there was adaptive skiing in Saskatoon," said Susan.

Her next step was talking with Trevor's physiotherapist, Lindsey Gerwing-Lovick, to see how Trevor could safely be in the water. Lindsey worked closely with the Saskatoon Waterski Club and is grateful for their help.

"A very nice woman named Ashley leads the adaptive group within the Waterski Club and she brought some very dedicated volunteers. They shared their expertise, and I shared my expertise, and we all worked together to make it happen."

Lindsey said she had not seen Trevor that happy since they went downhill skiing at Table Mountain together a few years ago, and knows Trevor is thankful to have scratched waterskiing off his bucket list.

"The best of the day was being in the water and getting up in the sit-ski device," said Trevor.

Graham Mazurek's summer bucket list item kept him on solid land: green, well-manicured fairways to be exact.

"Getting out and golfing allows me to feel normal for a couple of hours," said Graham. "I also love the company I keep too."

Graham shares his love of golf with Logan Knutson, one of Sherbrooke's summer students. They talked for hours about their shared love of the game and it got Logan thinking of a unique piece of equipment called a SoloRider that would get Graham back on the golf course.

A SoloRider is a golf cart for people living with disabilities that allows them full access on a golf course and assistance to stand, enabling a golf swing.

"I knew about the SoloRider and went on the Golf Saskatchewan website to see if there was one in Saskatoon. I saw that there was one at Silverwood Golf Course and they were very accommodating," said Logan.

Graham and Logan enjoyed several rounds of golf at Silverwood, as did other residents and staff, thanks to the SoloRider golf cart. For Graham, these rounds of golf not only got him back on the golf course but gave him a chance to play with his friends, including Logan.

"I used to play three times a week with different guys and there's nothing better than being on the course with your buddies. You do have to realize that getting out on the course will be different. It won't be what it used to be, but I wouldn't be out here on the course without Logan." 🌿



Graham Mazurek and Logan Knutson



Trevor Porteous enjoying a day on the water

