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A MEANINGFUL FRIENDSHIP

Sherbrooke Community Centre's friendship with the Kinsmen Foundation has been long and meaningful. It is a relationship our community continues to be grateful for.

The first gift Sherbrooke received from the Kinsmen Foundation was in 1976. That gift was used towards building a recreation area. Twelve years later, thanks to Telemiracle, our community received a large gift to help with the construction of our therapeutic pool, the first such pool in a Saskatchewan long-term care home.

In 1999, the Kinsmen Foundation approved the largest gift Sherbrooke had seen to that point: an extraordinary \$1,000,000 to fund the construction of what we now know as "Kinsmen Village."

We continue to celebrate our friendship with Telemiracle this year as we anticipate achieving our goal of equipping every Elder's room with a Ceiling Track Lift. This piece of equipment gives Elders greater mobility and safety in their rooms while helping staff stay healthy when providing care to Elders. Our organization has been working towards this goal for 15 years and Telemiracle's recent gift will allow us to reach our goal! Though many people have contributed to this mega-project throughout the years, we wouldn't be anywhere close to completion without the Kinsmen Foundation.



Elder Brad Trevisan with members of Kinsmen Telemiracle.

"Working with Kinsmen is a unique and wonderful experience," said Sherbrooke Foundation Donor Relations Manager, Rob Neufeld. "This isn't a private foundation managed by a family or corporation.

The Kinsmen Foundation Board are volunteers themselves. They review the hundreds of requests for funding every year. They put in countless hours of work twelve months a year."

This year has also seen one Sherbrooke resident take it upon himself to rally the Sherbrooke community to get behind Telemiracle.

Brad Trevisan has organized bake sales, hot dog barbecues, 50/50 draws and an epic donut fundraiser featuring Nestor's Bakery long john donuts to raise money for Telemiracle.

"It all started at Telemiracle in Saskatoon last year," explained Trevisan. "I wasn't happy with the amount we raised and I wanted to do something about it. So I talked to a couple of people about the fundraiser idea and everyone got onboard."

Trevisan has raised over \$3,500 so far and would love to present a \$5,000 cheque at next year's Telemiracle. He met with several Telemiracle staff in September at Sherbrooke who had caught wind of his fundraising efforts.

"I hope I can do this every year so I can keep making a difference." 

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



A PLACE THAT IS HOME, KIM SCHMIDT



Sherbrooke & Central Haven CEO, Kim Schmidt

"The true way to live is to enjoy every moment as it passes, and surely it is in the everyday things around us that the beauty of life lies"....Laura Ingalls Wilder

While we so appreciate the liveliness and vibrancy of summer, we also embrace the slower pace that the winter season brings. It's a time to focus on home...a time for comfort, for warmth and good food, and for nurturing friendships.

The Eden Alternative® philosophy teaches us that long-term care homes should be places where people thrive and grow, not institutions that provide "efficient care of the masses". It is our goal to create a place that is home, a place where people are in control of their own lives as much as possible, a place where people feel comfortable and secure.

The Eden Alternative® recently replaced its Path to Mastery program with a new initiative called Eden Tracks and Practices. As a Certified Member of the Eden Alternative®, we are required to implement at least two practices each year to maintain our membership status. One of our goals this year is to focus on "Institutional Trappings", a practice emphasizing the importance of the physical environment and removal of institutional signs such as carts, visible medical equipment and supplies, and hospital-style furniture. We want our spaces to be warm and inviting and to reflect the importance of the

people who live at Sherbrooke and Central Haven. We are excited about "warming up" our homes and look forward to hearing your feedback on these changes. We also look forward to helping other long-term care homes focus on institutional trappings by sharing our challenges and successes related to this goal.

It is important to us that we share our learnings and ideas with the wider community. In that spirit, I am thrilled to announce that we will be launching our first Sherbrooke podcast next month, produced by our very own Eric Anderson. Each episode of the "Welcome to Sherbrooke" podcast will take listeners inside our home to learn more about the Eden Alternative® philosophy and the Seven Domains of Well-Being. The Domains are about ensuring people have opportunities to experience well-being through having choice, being well known, by having meaningful things to do, being able to grow and be connected to what is important to them, to feel safe and secure and ultimately to experience joy.

Our goal is to feature all of the amazing things that our staff, residents, families, students, daycare children and volunteers do to create a community where each person can live a full and abundant life! The first episode will introduce listeners to Sherbrooke...who we are, our mission, vision and values, and why we embrace the Eden Alternative® philosophy. "Welcome to Sherbrooke: Episode 1" will air on December 4th. We hope that you will join us to hear amazing stories about our vibrant and thriving community. You can find it on Apple Podcasts or wherever you find your favourite podcasts. 🎧

CENTRAL HAVEN

Life is always full at Central Haven and looking back over 2023, we have many good memories to reflect on this holiday season.

Elders are enjoying an exciting new program that offers both physical and mental health benefits. Once a week, Elders and staff visit our friends at Sherbrooke Community Centre and spend time in their therapeutic pool. For Elders, it's an opportunity to improve their physical health by exercising in the pool and spark joy by simply enjoying the warm water and great company. We hope to see this program grow and we thank our amazing staff who are making it happen.

Summer at Central Haven was especially active this year. Elders received visits from family and friends while making the most of the sunshine. Our backyard and front patio spaces saw lots of activities including gardening (gourmet milkshakes made by our two summer students) and our annual summer water bash. Elders also enjoyed trips into the community that included a visit to the Saskatoon Ex to play carnival games, the Remail

Modern Art Gallery, camping at Camp Easter Seal and picking berries at Rhodes' Raspberries and Black Currants Farm outside of the city. The Fall Suppers in October were a great way for families to enjoy a visit with Elders over a delicious meal together.

Finally, we want to wish a very happy retirement to Roberta Gallagher. She served as Central Haven's Site Administrator for 13 years. Roberta modelled kindness, empathy, determination and joy. She was a respected leader who steered us through the many challenges of the pandemic while always having a smile to share for Elders (even if it was behind a mask). We hope Roberta and her dog Bailey visit us lots and we wish her all the best in her retirement.

From all of us at Central Haven, have a wonderful holiday season with family and friends. Thank you for your support throughout the past year. 🎉



CONNECTING WITH COMMUNITY

We are grateful for the many community friendships we have in Saskatoon. These relationships bring joy and meaning to Elders and help them to live full and abundant lives.

This year, we were excited to form new friendships with community organizations and strengthen partnerships that were forged years ago.

One of our new partnerships is with Ross Johnson and his Grade 12 Industrial Arts class at Evan Hardy Collegiate. Mr. Johnson had reached out to us to see if his students could build something in their shop class for Sherbrooke. It just so happened Veterans Village was in need of a garden shed to store tools and outdoor equipment.

We were able to pay for the supplies thanks to a generous donation made to the Sherbrooke Foundation. The students assembled a fantastic garden shed in the greenspace behind Dieppe House #11. The dedication and craftsmanship shown by Mr. Johnson's class is worth celebrating and we are excited to build on this partnership in the years to come.



Sherbrooke also continued its commitment to Truth and Reconciliation this year. We hosted our 2nd annual event honouring Truth and Reconciliation in September. The event featured Indigenous dancers and drummers, as well as Indigenous speakers who educated Elders, staff and students about residential schools and Indigenous history.



We also hosted an Indigenous ribbon skirt workshop that saw that Elders make beautiful ribbon skirts for themselves and for their family. The workshop was hosted by Bernadine Sapp, who made the beautiful quilt that hangs beside the Arts Studio, with help from her daughters and Sherbrooke volunteers. Bernadine was proud of everyone involved in the workshop.

"The happiness and excitement the participants showed as their skirts came together made it an absolute joy for me and my girls to be a part of. Thank you so much for inviting us!"



The Saskatoon Poppy Trustees have been long-time supporters of Sherbrooke's Veterans Village. In the last decade, they've helped us install Ceiling Track Lifts in Elders' rooms and helped to purchase a new bus. This year, the Poppy Trustees generously donated towards renovating the kitchen in Korea House #9. We were honoured to show members of the Poppy Trustees how their donation was impacting the lives of those Elders in Korea House #9 and thank them for their continued support.



We thank all of our community partners for their continued support and friendship. We look forward to nurturing these partnerships in the years ahead. 🌐

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Central Haven

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*"The greatness of a community is most accurately measured by the compassionate actions of its members."
- Coretta Scott King*



INNOVATION AWARD FOR IGEN

The intergenerational program started ten years ago as a desire to have more children at Sherbrooke and to spark intergenerational relationships in our community.

iGen has grown into an internationally recognized partnership with the Saskatoon Public School Division. This year it was awarded a prestigious Saskatchewan Health Authority award.

The Innovator Award is awarded by the SHA “to a person or team that best models inspiration, impact, collaboration and patient and family centered care. The person or team’s work is innovative, inspiring and models the culture of innovation the Saskatchewan Health Authority strives for.”

“We are so thankful for the honour of receiving this Innovation award,” says iGen Lead Teacher, Keri Albert. “We really appreciate being acknowledged in this way for the work that we are doing at Sherbrooke every day.”

Gathering 25, grade six students from across Saskatoon and placing them in a long term-care home for their entire school year is definitely out of the ordinary. It takes a special group of students, teachers, parents and Elders to make iGen successful. Students not only learn the curriculum objectives but important life skills based on empathy, kindness, understanding and diversity.

Receiving this award means a great deal to Patricia Roe. She is Sherbrooke’s former Communications Leader and was instrumental in helping iGen go from idea to reality.



The 2022/23 iGen Class with Elder Herb Nolan and former Communications Leader, Patricia Roe.

“One of the best days of my career and of my life was the day the first iGen class walked through our doors. They make such a huge difference at Sherbrooke. Our goal has always been to build relationships and to create full and abundant life, and these kids have made life here absolutely wonderful. We can’t thank them enough.”

We want to thank the Saskatchewan Health Authority for awarding the iGen program this honour. This year’s group of students is quickly forming friendships with Elders throughout Sherbrooke and we are excited to see the students grow and mature in the months to come. 🌟

SAYING GOODBYE TO OUR FRIEND, ROB

When it comes to telling Sherbrooke and Central Haven’s story, few do it better than Rob Neufeld.

For nearly seven years, Rob has shared our story with people in our community, throughout our province and across the country as Donor Relations Manager for the Sherbrooke Foundation.

His efforts have improved the quality of life and well-being for Elders at Sherbrooke and Central Haven, and his warm and caring personality sparked many friendships with Elders, families, staff and donors.

That’s why it is with mixed emotions that we share the news that Rob will be retiring in February of 2024. We are excited that Rob will have more time to spend with his family and friends but we sure will miss him.

“This wasn’t an easy decision for me because I love both my job and this community that I’m privileged to be part of. But I believe the time is right for me to focus more time and energy on some other aspects of my life.”

Rob made this job look easy but he worked hard ensuring donors understood the impact their gifts would have on Elders. Among his many accomplishments, Rob created our digital Donor Wall at Sherbrooke (possibly Saskatoon’s first) to show how donations were creating joy and well-being for Elders.

He also worked closely with care staff and managers to understand the care needs of Elders, toured numerous donors at Sherbrooke and Central Haven so they could see the positive impact of their financial gifts, and strengthened our partnerships with organizations such as



We will certainly miss Donor Relations Manager, Rob Neufeld.

Kinsmen Telemiracle and the Saskatoon Poppy Trustees.

“It’s Sherbrooke’s mission that drew me here. It’s really compelling that Sherbrooke creates this vibrant community that supports each person to live their best life with well-being and abundance. Playing a small part in Sherbrooke’s story has been a total blast! ... My role has been to help people find joy in giving – which is really how we’re all designed. Everybody feels good when they choose to be generous. Some folks haven’t yet discovered it for themselves but therein lies one of the challenges for those of us in fundraising.”

Rob, thank you for all that you have done for Sherbrooke and Central Haven. Your kindness, caring nature, humour and dedication will truly be missed and we wish you the very best in your retirement. Don’t forget to stretch after those long trail runs along the river! 🌟



PEDALING FOR A GOOD CAUSE

Multiple Sclerosis is a disease that impacts so many people in our province. That's why the annual MS Bike Ride in Waskesiu has become such a popular fundraising event in Saskatchewan in recent years. People want to help raise money for research and treatment of the disease and we were excited to see those efforts up close at Sherbrooke in September.

Jackie Kivol, Lindsey Gerwing and Alison Fox work in Therapies at Sherbrooke Community Centre and are passionate cyclists. They trained all summer, logging plenty of kilometers on the Meewasin Valley Trails in Saskatoon in preparation for the MS Bike Ride. They fundraised for the event during their summer training and combined their efforts with Saskatoon's BIPA bike team to raise more than \$28,000 for MS research and care.



Alison Fox (far right) with Sherbrooke staff getting ready to bike 50 kilometers.

The excitement of this fundraising effort culminated on September 7th with an amazing community event. Alison Fox knew she would not be able to attend the MS Bike Ride in Waskesiu but still wanted to bike the 50 kilometer distance of the race. She decided to host a fundraising event where she would do five, 10 kilometer loops in the College Park neighbourhood that would start and end at Sherbrooke.

Dozens of staff, along with Team BIPA members, joined Alison in her 50 kilometer ride while Elders, volunteers and staff cheered them on from the front patio. We even set up a television screen to live track the progress of the riders. It was a wonderful way to bring together our community and support a great cause. 🚴

THE PERFECT HAND

Perfection is something many of us strive to reach but rarely achieve. For Ken Udell, his perfect moment came this summer at a card table surrounded by his friends.

Ken is an avid cribbage player. He is part of a group of Elders that gather in the hallway outside of the cafeteria to play cards, drink coffee and talk about whatever is on their mind. It's as small town coffee row as you can get at Sherbrooke!

One August afternoon, Ken was deeply engrossed in a game of cribbage with his regular playing crew when someone at the table noticed something about Ken's hand. That someone was Sherbrooke Pastor, Mark Trew.

He looked at Ken's cards carefully to make sure what he was thinking was actually right. Ken had himself a perfect 29 hand!

A perfect 29 hand is rare in cribbage. Not as rare as the Saskatchewan Roughriders winning the Grey Cup, but the odds of getting a perfect hand are 1 in 3,248,700.

"It was certainly a surprise," said Ken reflecting on the moment. "I'll never forget it."



Elder Ken Udell proudly sharing his perfect Cribbage hand.

Ken admits to getting a little competitive at the cribbage table, but on this day everyone was congratulating him on this special moment.

"They were all very excited for me. Then we found someone with a camera and took a photo to hang up on the wall. It was pure luck." 📷

BREATHING NEW LIFE INTO THE GREENHOUSE



The Greenhouse Gang: Rona Andreas, Terri Stillwell and Candace Strobel-Ukrainetz (sitting).

A love of plants. An interest in interior design. A quest to get rid of bugs.

These were the motives that helped form Sherbrooke's Greenhouse Gang this year. Terri Stillwell (plants), Rona Andreas (design) and Candace Strobel-Ukrainetz (bugs) all work on our Therapies team but found time in the summer to spruce up the Greenhouse and front grounds with help from volunteers and Crocus Co-op.

The gang started in the Greenhouse. The space was rich with plants but needed some love and kindness, along with some added space for Elders to get around better.

The shelves were refinished, a propagation station for young plants was made and soon the space being enjoyed by families, Elders and Sherbrooke's Knitting Group.

"I've heard lots of Elders say they really like the space because

how they have room to get around and look at all the plants," said Strobel-Ukrainetz. "We cleaned up everything and there's just more space for Elders to explore the Greenhouse."

The next task centered on the grounds in and around our entrance.

"It was a little intimidating," explained Andreas, "but there's safety in numbers. With the three of us, along with volunteers and the Crocus staff, it seemed manageable."

Everyone worked together to help with weeding and clearing out previously used gardening spaces so that the Greenhouse Gang could start over and plant new things. The previous water fountain was filled with soil and fountain grass was planted to resemble how a water fountain would sway in the wind.

Seven yards of mulch arrived in September and was spread out with the help of volunteers over the renovated planting spaces.

Terri noted that families played a big part in creating new life in these spaces.

"We had a lot of donated plants and perennials from families. We really appreciate their support. When it came to working in these spaces, one thing led to another. We started by clearing one flower bed and it spread to other areas. 🌱



Elders, staff, families and volunteers all helped to beautify our grounds.

We want to thank the staff at Crocus Co-op who spent every Tuesday this summer keeping our grounds looking great and working on specific projects in our front entrance area.

Crocus provides our community with a few essential services that Sherbrooke staff are unable to complete within their busy work day. They manage the majority of the landscaping of our large grounds and remove any unwanted large items such as yard waste and furniture.

We are proud to offer Crocus staff an inclusive environment where every participant is an important member of the team. They have a place where they can be proud of their hard work, see their contributions and feel a sense of fulfillment.