



1. Yodel All The Way
2. Kim's Thoughts | Brenda's Retirement
3. Hockey Heros | Spa Rooms
4. iGen's Impact
5. Telemiracle Roadtrip
6. Welcoming Joy-Ann
7. Central Haven's Busy Summer
8. Namaste From Sherbrooke

YODEL ALL THE WAY

Harley Welsh has experienced many things in his life, but a recent trip to Saskatoon's Optimist Hill stands out as one of the most exhilarating experiences in recent memory, for the resident of Veterans Village.

Our rec staff presented the 95-year old visually impaired Veteran of the Korean War with an opportunity to ski down Optimist Hill. He would make his way down the hill using a special piece of equipment called a sit-ski which allows people in wheelchairs to experience the thrill of skiing.

Harley seized the opportunity and agreed to ski on one condition: that he could yodel his way down the hill.

How can you say no to that?

On March 22nd, Harley was driven on the Sherbrooke bus across the city to Optimist Hill where he met Jaimie Smith-Windsor, president of the Saskatchewan Adaptive Snow Ski Club.

They quickly formed a friendship as Jaimie taught Harley how to use the sit-ski. They travelled to the top of the hill while Sherbrooke staff and a team of CBC Television reporters waited at the bottom to capture the moment on video.

It was a perfect day for skiing. Not a cloud in the sky, barely any wind, and Harley and Jaimie certainly made the most of it!

"Harley taught me how to yodel. I taught him how to use the sit-ski. It

was a beautiful day. We had blue skies and perfect conditions. It was a great time," said Jaimie after doing seven runs of the hill.



Harley Welsh with Jaimie Smith-Windsor.

It was quite the thrill for Harley who relied on his yodeling to remain in the moment.

"I was trying to concentrate on the yodelling so I wouldn't get scared. It was a little bumpy but it was ok."

Harley's skiing adventure was one of many experienced by Sherbrooke residents this year. Two resident groups enjoyed Optimist Hill thanks to our partnership with the Saskatchewan Adaptive Snow Ski Club. Jaimie and her husband, Al, have been generous with their time throughout the years, and their kindness has enabled Sherbrooke residents to experience the joy of skiing.

This was also our first year of working closely with the team at Optimist Hill. In the past, we have taken residents to Table Mountain, located northwest of North Battleford, and enjoyed some wonderful days skiing. However, being able to ski in Saskatoon allows our staff to bring more residents, for more runs, on multiple dates. We are grateful to the Optimist Hill staff

and managers for accommodating residents with so much kindness.

We can't wait to hit the slopes again next year, and if you are driving by Optimist Hill and hear yodeling from the top of the hill, you will know Harley is having a great time! 🎶

KIM'S THOUGHTS: BEING WORLD MAKERS



Sherbrooke & Central Haven CEO, Kim Schmidt

As the soil warms and the apple trees blossom, it is wonderful to see Sherbrooke and Central Haven embrace the spirit of spring and all its possibilities! It is a time of optimism and lightness as residents plant their garden boxes and look forward to spending time in the beauty of nature.

This year we are celebrating the 25th anniversary of our registration as an Eden Alternative® home. We have certainly seen many changes over the past 25 years. Our staff are proud of the work they do to build relationships with Elders and they continue to meet the challenges that the Eden Journey presents!

Dr. Thomas, founder of the Eden Alternative®, says we are “World Makers” in long term care. Being a “World Maker” is a big responsibility but one we take very seriously. Creating an interesting, meaningful and diverse world for the Elders who live at Sherbrooke and Central Haven is an honour and a privilege. We are passionate about our culture change journey as we work toward a vision of the “Best Place to Live and Best Place to Work” (in that order). We are committed to alleviating loneliness, helplessness and boredom at Sherbrooke and Central Haven and empowering Elders and staff to create a community where abundance is the norm.

I am thrilled to share with you that Sherbrooke received a Trailblazer Award at the recent Walk With Me conference in Ottawa! The conference hosted more than 500 leaders and changemakers from across Canada to learn with and from each other, nurturing a social model of care and enhancing the aging

journey for all. Sherbrooke received the award for “exemplary contributions to changing the culture of aging across Canada.” The award recognized the Grade 6 Intergenerational Program (iGen), a unique partnership between Sherbrooke Community Centre and the Saskatoon Public School Division.

iGen represents the incredible efforts of many amazing people at Sherbrooke Community Centre. Creating an intergenerational classroom was the brainchild of our former Communications Leader, Patricia Roe, who had a dream that one day we would have a “one room school” at Sherbrooke. Keri Albert, Lead Teacher, shared that dream. With the support and guidance of Sherbrooke staff and an advisory team of leaders and educators, iGen was created and launched in 2014.

The first program of its kind in Canada, over 250 students have attended iGen since its inception. Meaningful connections and friendships that span generations have contributed to increased wellbeing for the Elders, students and staff involved in iGen and our entire community! Elders involved with the iGen class find purpose, meaning and a reason to get out of bed in the morning. Elders also have the chance to mentor students, while students gain confidence and learn life lessons such as the importance of respect, reciprocity and generosity of spirit. Keri Albert calls iGen “the school of real life.” The relationships between the students and Elders make life richer through the joyful, unpredictable moments that happen when you bring generations together.

I would like to extend a heartfelt thank you to our residents, families, staff, volunteers and donors for their unwavering support and dedication. It is your kindness, compassion, and commitment to creating a welcoming and inclusive community that make our homes truly special! 🌿

THANK YOU FOR EVERYTHING BRENDA

Brenda Craig has been a familiar face and an amazing force on the Sherbrooke team the past 20 years. Her incredible knowledge of all things Sherbrooke and Central Haven, ability to connect with residents, families and volunteers, and dedication to create well-being for residents have made her a gift to our communities.

In April, Brenda officially retired from her role as Sherbrooke's Executive Secretary. Her career was celebrated in Pepper's Café with her friends and family, along with Sherbrooke residents, staff and members of the board.

“You have made such a positive difference for Elders, family and staff,” said Sherbrooke CEO Kim Schmidt in her

remarks during the retirement party. “I want to thank you for 20 years of dedicated service, friendship, and laughter.

Your impact on our team is immeasurable and your absence will be deeply felt.”



Brenda Craig with Kim Schmidt

You might still see Brenda around our home throughout the next few months. She will be working part-time helping our organization through a transition period. Big plans lie ahead for Brenda and her husband Dan, as they will be travelling to Australia and New Zealand in the fall for six weeks and no doubt making new friends wherever they go!

Congratulations on your retirement, Brenda, and we look forward to following along on all your travel adventures. 🌿



MEETING YOUR HOCKEY HERO

It's not every day you get a chance to talk hockey with an NHL superstar like Auston Matthews.

That was one of the many reasons why a trip to Edmonton this past winter was so memorable for Sherbrooke resident Matt Proctor.

Matt is a lifelong fan of the Toronto Maple Leafs and his favourite player is Auston Matthews. In January, he and his sister, Amanda, travelled to Edmonton to watch his beloved Leafs take on the Oilers. Before the game, Matt was introduced to Matthews, as well as Maple Leaf stars Mitch Marner and William Nylander.

"Mitch Marner came off the ice and said, 'Do you want a picture?' So I got a picture with him. Then William Nylander came



Matt Proctor meeting Austin Matthews

and I got a picture with him and then Auston Matthews came out and I got a picture with him and a signed puck. It was pretty cool," Proctor told a reporter from Saskatoon's NewsTalk Radio, which featured his trip on their website.

Although the Leafs ended up losing the game 4-2 to the Oilers, Matt was all smiles when he returned home to Sherbrooke. Not only was he able to cheer an Auston Matthews goal in person, he came home with a signed puck Matthews as well.

"I thought the game was incredible," Matt said. "It's a lot different than on TV and I thought it was a good game. I wish the Leafs would've won, but I thought it was fast and cool and it was a good experience." 🍁

A SNEAK PEEK AT THE MARLEAU/WYANT SPA ROOMS

The first phase of spa room renovations for several neighborhoods in the Marleau/Wyant residence is beginning with the submission of tenders this summer.

The spa room tub areas will feel cozy and intimate, and the shower areas will offer extra space for two care partners to provide assistance, accommodating elders with larger bodies and larger wheelchairs. The showers will have an easily accessible entry as well as a rain shower and a handheld shower.

Finishes will include a feature wall in light oak, wall tiles in soft white, and non-slip, easy-clean flooring in powder blue. Additional storage space will enclose utilities and equipment so the rooms will feel more relaxing and reflective of home.

The spa rooms are thoughtfully designed, but not extravagant. For example, the showerheads will be located so we can use the existing drains. The new non-slip, easy-clean flooring will be installed over the existing flooring. No major moving of walls will be required, thankfully.

One of Sherbrooke's social work students, Madison McDonald, invited Elders to share their perspectives on the bathing experience. We received some wonderful feedback! Here's what we heard:

- Many Elders described the bathing experience as a relaxing, enjoyable time that they appreciate and look forward to.
- We heard that many Elders would enjoy extended, leisurely soaks, with deeper water in a larger tub, where they can linger, relax, and immerse sore muscles and joints.
- As you would expect, the Elders' perspectives were as unique as they are, some preferring warm soaks, some bubble baths, and some showers.

Phase one of the spa rooms is funded by Sherbrooke Foundation and the Saskatchewan Health Authority. Thanks to our many donors who supported our Big Beautiful Bath appeal! 🍁

To learn more and see photos of the spa rooms, visit sherbrookefoundation.ca/sneak-peek-at-the-spa-room-renovations



iGEN'S INCREDIBLE IMPACT

The 2023/24 school year marked 10 years of the iGen program at Sherbrooke. It is a partnership with the Saskatoon Public School Division that continues to benefit residents and students, and highlights the importance of intergenerational relationships in long term care homes.

This year's group of 25 exceptional students, led by teachers Keri Albert and Lorna Conquergood, did an outstanding job of forming meaningful friendships with residents throughout our community.

It was wonderful to see the iGen program recognized on the national stage in May when Sherbrooke received the Trailblazer Award at this year's Walk With Me conference in Ottawa. We received the award for, "exemplary contributions to changing the culture of aging across Canada." Specifically, the iGen program and our work developing intergenerational relationships were highlighted in this award.

Sherbrooke's CEO Kim Schmidt and Manager of Learning and Growth, Robin Kitchen, attended the conference to both present about the importance of intergenerational relationships in long term care, and to receive the award.

Their presentation featured interviews with this year's iGen students where they were asked two questions. Their responses demonstrate how influential the iGen program has become in the lives of students and residents.

Tell me about the connections that are most meaningful to you here at Sherbrooke?

Maddee – "There's so many here! I think the really meaningful ones are the ones you make with the people around here. Not even just the Elders but the staff as well. Everyone is so kind and you make really good connections with the animals as well. I think my favourite connections are with the Elders because they are so sweet and whenever you need to talk to someone, they are there to listen."

Noah – "I think at Sherbrooke all the connections are important, but I think the most important are with Elders. You can have really deep conversations with them and all of their attention is on you when you are talking with them. You know that they really care about you and you really care about them."

Graham – "I love talking with Elders as I am just walking by them. If I'm walking through Sherbrooke and maybe having a bad day, the Elders will just come over and talk



This year's iGen class with Elders after their Musical Performance

with me and spread their joy throughout Sherbrooke. This place is the best because it has so many wholesome people in it. There is kindness in this community and that's how we are in such a place of opportunity.

What brings you joy at Sherbrooke?

Graycyn – "I love doing pet care because they are so cuddly and there are so many different connections you can make. I take care of the guinea pigs. I also love eating in a cafeteria and of course spending time with the Elders."

Knight – "I am joyful about making friends forever. I love making friends with Marc, who is an Elder that spends time with our class. I also love eating the popsicles that Jeff, another Elder, gives us. Friends give me joy and making friends is how I am very happy."

Abi – "What brings me joy are my friends and talking to the Elders and seeing a smile on their faces. The pets also bring me joy because they are easy to connect with. Finally, the iGen teachers bring me joy because they help me when I need it."

Congratulations to this year's iGen class. We can't wait to welcome another group of students to Sherbrooke in the fall! 🍁

Visit spsd.sk.ca/program/igen/experience to learn more about the iGen program.



ROAD TRIP TO TELEMIRACLE...ALMOST

The sun was shining and spirits were high as the bus pulled away from Sherbrooke on a chilly Sunday morning in February. The bus was full of residents, staff and volunteers with one goal in mind: to make it to Telemiracle in Regina.

The trip had been planned for months. Brad Trevisan, a Sherbrooke resident, and his team of supporters had raised thousands of dollars for Telemiracle and were excited to present a cheque live on television at Telemiracle. The 20-hour telethon has become a Saskatchewan tradition, raising funds for specialized mobility and medical equipment for people across Saskatchewan.



Brad Trevisan and his team in Craik, Saskatchewan

"I really loved seeing so many people donating and contributing to such a great cause. In total, we raised \$8,024.60. We wanted to deliver the cheque in person today but unfortunately we couldn't make it, but I wanted to thank my support team and all the people who supported us this past year," said Brad in the video which was recorded in the parking lot of Craik's Co-op cardlock gas station.

The video was sent to the Telemiracle production team and posted on their social media channels. It wasn't the Hollywood ending the group was hoping for but the province was able to celebrate Brad's fundraising efforts!

Unfortunately, a blizzard was forecast to hit the region around the time Brad was set to make the cheque presentation. What was the group to do?

They decided to hit the highway and see if there was any way to move up the time of the cheque presentation. Staff spoke with Telemiracle staff via text and email while the bus made its way south on Highway 11. They received a "possibly" from Telemiracle staff at Kenaston, a "we're not sure now" in Davidson, and finally a "shoot, we can't do it" just before Craik.

A decision was quickly made to pull over in Craik and record a video of Brad and his team presenting the cheque and explaining why they couldn't make it to Regina.

The bus stopped in Davidson on the way home for lunch at A&W and the group had plenty of stories to share when they arrived home.

Brad's goal for next year's Telemiracle is \$10,000 and he is well on his way to reaching that number. He is also happy that next year's Telemiracle will take place in Saskatoon!

Thanks to Kinsmen Telemiracle, Sherbrooke Foundation accepted a generous grant of \$95,000 designated for ceiling track lifts in January. Sherbrooke and Central Haven have had a long friendship with Kinsmen Foundation, with over \$1 million in grant support for the pool, resident lounges, a bus, and the Kinsmen Village. 🍷



Brad and his team raised over \$8000, for Telemiracle.



Brad with Sherebrooke's Brenda Gloeden and Elder Marc Cheriyan



WELCOMING JOY-ANN ALLIN



Joy-Ann Allin is our new Donor Relations Manager.

We are thrilled to welcome Joy-Ann Allin to our Sherbrooke and Central Haven communities! Joy-Ann is the new Donor Relations Manager for Sherbrooke Foundation and has been busy getting to know donors, residents, staff and families since her first day in February.

Joy-Ann brings a wealth of knowledge and experience to our organization. She has worked at the University of Saskatchewan and YWCA Saskatoon in a fundraising and community engagement capacity, and most recently worked with the Saskatoon Community Foundation. We are grateful for the work she is doing to support full and abundant life for Sherbrooke and Central Haven residents.

Joy-Ann answered a few questions for our readers and hopefully you will have the opportunity to meet her in the weeks and months to come.

Q: Why did you want to come to Sherbrooke?

A: A long time before I started working here, I became aware of the Eden Alternative®. The first thing that sparked my interest in Sherbrooke was the inclusive community making art here. I also heard about i-Gen and the benefits of integrating all ages to learn from each other, and I became more intrigued. Then I got to see the Kinsmen and Veterans' Village, Tumbleweed, and all the beautiful quilts and décor and I really fell in love.

My dad was at the heart of my decision. He lived in long-term care for a few months during the lockdown, and I would have done anything to give him more enjoyment and freedom and family time in those months. I would like to feel that my work is honouring my dad's life. He would have liked Sherbrooke.

Q: Why is it important to have good relationships with our donors?

A: We need each other. Not only is the support of our donors vital for Sherbrooke and Central Haven...but our donors also need us so they can achieve their purpose and

dreams through philanthropy. It is amazing to find that shared purpose.

And donors are interesting, caring humans. Each of our donors has unique interests and reasons for giving. One of my favourite questions to ask people is how they first got to know Sherbrooke. These conversations always lead to the best stories about good experiences, maybe about parents or children, careers, friends, farming, music, art, school days, travel, you name it. I love listening to donors' stories and getting to know them. When we have a great relationship, they have great insights and advice to offer, much more than just financial support.

Q: How does Sherbrooke Foundation help Sherbrooke and Central Haven?

A: Thanks to our donors, Sherbrooke Foundation supports enhancements and equipment needs for our homes. Ultimately, their donations make life better for Elders.

Over the years, the foundation has funded kitchen renovations, windows for residents' rooms, pressure-relieving mattresses, a new bus, the Sherbrooke gazebo, the Central Haven patio, and much more. The renovations starting soon to spa rooms in the Marleau/Wyant neighbourhoods—and to closets at Central Haven—were made possible through donor support.

Currently, we are raising funds for the Sherbrooke-Inclusive garden that will enable all elders—including those experiencing cognitive change—to safely enjoy walking and wheeling in the garden. At Central Haven, we are asking for donations toward ceiling track lifts for Elders, to give more comfortable assistance with daily tasks. You can designate your gift specifically to Sherbrooke or to Central Haven. We really appreciate every gift.

Q: When you are not busy at work, what do you love to do?

A: At this time of year, I am usually playing in the dirt. I am an aspiring gardener who tries and fails and tries again with trees, shrubs, vegetables, and flowers. I love to plant way too many tomato plants and I never learn my lesson—every fall I am scrambling to deal with the harvest when the frost comes. I find berry picking therapeutic and always feel rich when I fill a pail with Saskatoon berries picked on the road allowance.

I'm a mom of two adult kids and two large shaggy dogs who also like playing in the mud. My daughter is a research technician, my son is an electrical engineering student, and my husband is a safety consultant. I'm close with my very independent 91-year old mom, who has inspiring energy for her huge network of friends and relatives. My family is a big part of my life. 🌿

Learn More about Sherbrooke Foundation at www.Sherbrookefoundation.ca



A BUSY SUMMER AT CENTRAL HAVEN

It is shaping up to be a very busy summer Central Haven.

Gardening is the talk of our community as residents are busy preparing their garden boxes. Residents who are passionate about gardening have been working closely with staff to get ready for the growing season. We are also eager to enjoy our backyard space which includes plenty of room for gardening and visiting.

This summer will see renovations in our backyard. Sections of walkway will be repaired making it easier for residents to enjoy the beautiful space.

Residents have also been enjoying bird watching in the dining room thanks to a generous donation of bird feeders and seeds from Central Haven family members. The birds who braved the winter months brought a lot of joy to residents and we can't wait to see which birds decide to call Central Haven home this summer.

We are grateful to once again receive federal funding through the Canada Summer Jobs Program. The funding allows us to have two post-secondary students working as recreation coordinators in June and July. They will form meaningful relationships with residents and helping them to enjoy all that a Saskatoon summer has to offer!

Other things we are looking forward to this summer include excursions to the Berry Barn, Pike Lake and Forestry Farm, along with a dance workshop put on by Saskatoon's Free Form Dance Company. Thank you to everyone who attended our annual Canada Day pancake breakfast taking place on June 28th.

It is shaping up to be a busy summer at Central Haven and we look forward to seeing you for a visit soon. 🌿



CHAIR YOGA AT SHERBROOKE



Chair yoga takes place every Friday at 1pm

It's one o'clock on a Friday afternoon and residents Jen Siemens and Gil Dobroskay are getting set up for their weekly chair yoga class. They are joined in the Chapel by residents, family members and staff.

This weekly yoga class is led by Sherbrooke physiotherapist, Lindsey Gerwing-Lovick. She recognized that residents might have a difficult time attending a yoga class in Saskatoon and wanted to bring its many benefits to our community.

"I have always wanted to offer something like this here at Sherbrooke, as I know getting out of the building for yoga classes offered around the city can be difficult and many are not accessible to those with different levels of mobility," said Lindsey. "It made sense to offer a yoga class here that would be easily accessible and cater specifically to our Sherbrooke community."

Lindsey spends time with each resident before the class begins making sure they are comfortable in their chair and have plenty of room to fully stretch their arms during the practice. Then she begins each class with a series of breathing exercises designed for residents to check in on how their bodies are feeling and to ensure they are present in the moment.

Once the breathing exercises are finished, Lindsey leads a series of movements and gentle stretches targeting areas like the neck, shoulders, upper back and chest.

For Jen, the combination of breathing exercises and stretches help her get in the right frame of mind.

"I feel good after the breathing exercise. I try to focus on what I can do and my arms definitely get a good workout," said Jen.

Lindsey, along with Sherbrooke's Manager of Therapies, Alison Fox, enrolled in an Accessible Chair Yoga training course

last fall that was offered by local physiotherapist, Adrienne Vangool. Alison has plans to start offering her class soon, and Lindsey is excited to see so many regulars continuing to enjoy her Friday afternoon group.

"One of my original goals for this class was to foster a sense of community and relationship building, so I love that people within the group have gotten to know each-other over time. Some residents come with their spouses, friends or caregivers and it has become a fun outing for them to do together. I have really enjoyed getting to know everyone who comes to the class."

Gil never misses a class and loves how he feels afterwards.

"Chair yoga is something I can do and it makes me feel very relaxed," said Gil. "I think Lindsey is the number one teacher. She's the best!"

Alison Fox hears great things about the Friday afternoon classes and notes that yoga is something anybody can try.

"There are so many ways to practice yoga," notes Alison. "It can range from the most challenging physical practice to a primary emphasis on breath, meditation or mental focus. Literally anyone can practice yoga! Our goal has been to customize a sequence of movements that has options where participants can self-select the level of intensity or range of motion that is right for them. We offer options or alternative movements so all can be successful."

Lindsey is hopeful that more residents, along with their friends, families and Sherbrooke staff will give chair yoga a chance.

"We always enjoy meeting new people and sharing the yoga experience. You don't need to pre-register. We don't have the ability to get people and from the class, so we always appreciate when anyone participating can come on their own or with the help of a family or friends. We hope to see plenty of new faces in the weeks and months to come!" 🌿



Lindsey Gerwing-Lovick teaches the class of Elders.



Jen Siemens loves practicing yoga

