



# Sweet Cakes! & Friends Fundraiser

This year's version of the Sweet Cakes! & Friends Fundraiser on Friday, April 29, 2011 was a great success! Congratulations to all the people who worked so hard in making it a fantastic evening. Special thanks to the Shepherd's Caring Friends Auxiliary, whose volunteer members began the planning many months ago and without whom the event could not have happened; as well as to Sumira Duggal in Human Resources who volunteered many hours and provided coordination of a myriad of details.



The evening began with a wonderful buffet-style meal, followed by the amazing sounds of the *Swiss Men's Choir*. Another highlight was *Tenor Power* – the three tenors – a wonderful harmony of classical voice and tone. Of course, the Cake Auction provided the focus for the evening. Auctioneer, Ben Kellert, did not hold back his auctioneering “punches,” and helped add value to the cakes on the auction block. In total, the event raised over \$40,000.00 to be put towards the most needed Capital Improvements identified within Shepherd's Care. Thank you to all who participated in the evening, and purchased cakes. We hope you have burned off the extra calories doing your summer yard work! Thank you for helping Shepherd's Care help their residents. See you next year!

## VANGUARD UPDATE

SCF Vanguard is in the final two months of construction and the plan is to have most of the building completed by the end of July. The Building Operation's Committee is in full swing planning the programming and care for the 115+ residents who will soon call SCF Vanguard their home. The team is especially excited about the person-



centered care approach along with the new dementia programming that will be in place for our residents. Our seniors will enjoy an open concept breakfast, enhanced mealtime experiences, live-in pets, and meaningful activities that occur any time of day as directed by the residents. Alberta Health Services has toured the location and is pleased to see the spaces coming available for seniors that are awaiting care.

We have a tentative staff recruitment fair event planned for July 10<sup>th</sup>. Please watch the careers section of the SCF website for date confirmation and details. Due to the overwhelming interest in the building from both prospective residents and staff, we have set up an email address to which inquiries, including resumes, can be sent. The email address is [vanguard@shepherdscore.org](mailto:vanguard@shepherdscore.org). Please do not make phone inquiries regarding employment.

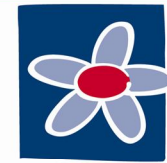
**Check out our website often for more details and pictures of this wonderful new senior's community!**

Do Good.  
Feel Great.  
LIVING EXCELLENCE

I am sending you this e-mail to let you know how exceptionally happy I am with my Dad's care at Greenfield. The staff there seem to be all outstanding! I have never met such a kind and compassionate group of people. There is never an unkind word spoken. I feel compelled to let you know and hope that it is passed on to the staff, as my brother and I have experienced the complete opposite with our Mother's care at another facility where she was just warehoused and ignored. Definitely not the case at Greenfield! The facility was what we could dream of for our Dad. We feel very fortunate to have him at Greenfield where he seems to have settled in quite nicely after his hospital admission. You are definitely doing something right to attract and keep your staff members. In our declining years we would all like to still be treated with such respect and care that the staff go out of their way to provide.

*- family member of resident at SCF Greenfield.*

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[www.shepherdscore.org](http://www.shepherdscore.org)

SHEPHERD'S CARE FOUNDATION

# Employee Newsletter June 2011

## UPCOMING EVENTS

**SENIORS' WEEK- June 6 – 10, 2011**  
**HORSES AT KV – June 1-10, June 27-July 8**

## WHAT YOU NEED TO KNOW

- **15th Annual Good Walk GOLF TOURNAMENT June 22, 2011 at Jagare Ridge Golf Club** - You are invited for lunch and an afternoon of great golf at Jagare Ridge Golf Club; followed by a steak dinner, silent auction, entertainment and our keynote speaker at Millwoods Campus. Register soon, as spots are filling up quickly! Pick up a registration form at reception or register online at [www.shepherdscore.org](http://www.shepherdscore.org)
- **Summer Students at Shepherd's Care** – SCF will have six recreation students for 13 weeks; and, two students with “Careers Next Generation” for six-week terms at various sites throughout the summer. Welcome to all students!



## Accreditation Celebration!

Three years after becoming the first organization in Canada to be accredited for our aging services network by CARF International, Shepherd's Care Foundation has again been successfully accredited for another 3-year term, our second consecutive award! We have also been awarded new accreditation as an Assisted Living program – again for 3 years, the longest possible. This second program accreditation is the result of a close review the care and housing processes across all of our assisted living sites. As you know, CARF accreditation is one of the ways we demonstrate our ongoing quest for quality, transparency and commitment to the satisfaction of the people we serve.

A very special thank-you to all of the staff, residents, families and other stakeholders who took the time to be part of the April accreditation visit; and for being an ongoing part of this journey to excellence.

## Congratulations!

### Message from John. . .

#### ➤ What does a Senior Really Want in 2020?

As you know, in 2010 Shepherd's Care celebrated 40 years of exceptional Christian care to seniors in Edmonton and Barrhead. In 2020 our ministry will celebrate our Golden Anniversary (50 years).

We are blessed with a very wise and visionary Board of Directors. In a seven-month long analysis of our future and in the development of our strategic directions, the answer to the question above is a very important one. You are fortunate to provide loving care for our residents - many of whom experienced the great depression, immigration and two world wars. Their outlook on life within the care system will be much different than future seniors (which you and I will eventually become!).

With this in mind, the Board of Directors is asking this question to ensure that we are designing communities and programs that seniors in 2020, and beyond, will enjoy. This is another of our key strategic directions. In the coming months we will be asking this question of many people including our caring staff.

## OH&S MINUTE



Regardless of our job, there are numerous hazards associated with each of them, so we need to be careful when we work. **Do you know** that in the fall of every year employees from each department meet to go over all the tasks associated with their jobs and determine the health and safety issues related to each task? In addition, the group also examines the current measures/controls that are in place to help prevent injuries and make necessary changes. Even though you may not have been personally involved in 2010, employees representing each position/department in the organization completed the review with a group of staff from all sites; i.e. support services staff from all sites got together to review hazards of their jobs. Employee involvement is critical because many of the controls that we have in place were suggested by employees.

- **Do you know** the hazards of your job?
- **Do you know** where to find the document that contains all this information?

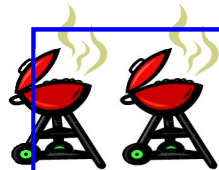
**In an effort to increase the awareness of our health and safety program, we are having a CONTEST this month.**

To be eligible for the draw for a **\$50 Boston Pizza gift certificate**, all you have to do is get a blank sheet of paper and answer the following questions. 

- 1) Where can you find the hazard identification, assessment and control form for your position?
- 2) List 3 tasks you perform that are listed on the form.
- 3) List the health and safety hazards for each of those tasks.
- 4) List the controls that are currently in place for each of those hazards.

Don't forget to put your name and contact information on your entry form. Once completed, give it to your manager. The draw will be made on June 28, 2011. Good luck.

**C H O O S E   S A F E !   N O T   S O R R Y !**



**GET ACTIVE . . . STAY HEALTHY!**

**BE SAFE THIS BBQ SEASON...**

**Think food safety as you prepare to enjoy the summer months or you may be enjoying a trip to the hospital with the symptoms of food poisoning.**

Here are some helpful reminders:

1. Cook ground beef/burgers to the well done state.
2. Don't use the same container for both raw and cooked meats.
3. Don't eat food left outside at room temperature after 2 hours, and if food is sitting outside in the hot sun don't eat after 1 hour.
4. Do not thaw meat at room temperature.
5. Mayonnaise based salads should be mixed at the last minute.
6. Pack picnic foods with icepacks or frozen beverage containers like juice and water bottles.
7. Carry hand sanitizer at all times and wash your hands.
8. Wash the outside of all melons before slicing so the germs from the outside don't contaminate the inside.
9. Keep your cooler in the air-conditioned car instead of your trunk.
10. Keep cold foods cold and hot foods hot.

## The Evolution of a Garage Sale

Kensington Village (KV) hosts two garage sales a year, the first in May and the second in September. All proceeds from the garage sale go to the recreation department to be used as the budget for the year to purchase items for the centre as well as for resident focused activities. The garage sale has many benefits that may not be seen on the surface. Yes, it offers its financial benefit to all at Kensington village but there is more. Over the years, the garage sale has made a huge impact on the Kensington community; through the repeat customer's that look forward to great deals, to the low income families in the neighborhood that benefit from the low prices. A BBQ and bake sale is also enjoyed by residents, staff, and the community at large.



The garage sale also provides our volunteers with a much different opportunity. The fast paced interactions, the chance to barter, and meet new people is the highlight of the sale for our volunteers. Our volunteers work hard for three weeks, packing, sorting, displaying, selling, cleaning and much more. Almost all the volunteers that work the garage sale are KV residents. THANK YOU to all the volunteers that help make our garage sale such a success.

Our May garage sale just concluded and it was the biggest ever. We raised \$10,398.16 which is \$3200 more than the last largest sale. We plan on purchasing new patio furniture and quick curb for the courtyard, among other things. If you have items you would like to get rid of, drop them off at KV and we will put them in our September sale. After all, our challenge now is to raise more than 10K.

### NOTE FROM THE HEART

Life is not always easy. All of us will experience loss and grief, and sometimes it is difficult to identify what exactly we are feeling or how to express it. Some may find the words of this short song helpful.

**For Roger**

My sister is crying,  
Why can't I?  
I guess it hasn't hit me that my brother has died;  
I feel nothing inside  
My brother has died  
It may hit me years from now  
But when I found out  
That he was gone I felt nothing  
So I wrote down  
This song.

Nothing I can do will bring him back  
Why is it that I have no feeling-  
It's no act I'm not hurt and I'm not down  
I'm just sitting here writing this song  
It's not sure it's not fact  
But I still want my brother back.

Life ends tomorrow - Not for me  
Just for my brother - Not for me  
His life is over - Not for me.

*May God Bless each one of us who are struggling through loss and the process of grieving.*

*Tyler Orn, Director of Spiritual Life*

Congratulations to Suzanne Maisey, Director of Quality Improvement, for co-authoring an article recently published in BMC Health Services Research called "The Resident-Assessment Instrument-Minimum Data Set 2.0 Quality Indicators: A Systematic Review". The use of the RAI (an assessment tool used in our long term care sites and now beginning for our home care and supportive living clients) for improving quality is one of the goals on our current business plan for the organization. We are pleased Shepherd's Care is participating in international research teams who are advancing practice for our seniors and those of other organizations around the world.