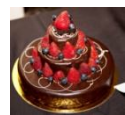


Capital Endowment Fund Quarterly Report

Shepherd's Care Foundation has many donors and people who appreciate the quality of Christian care we offer. In my position I meet with many family members, residents, donors and corporate supporters. When I ask people why they want to support our ministry, they say it is the Christian influences offered by our onsite pastors and the care from our staff.

I have been very encouraged to see the results of our first ever Christmas Appeal. Our Christmas mailing resulted in many new donors as well as donations from staff, residents and gifts from our supporting community. One gift that stood out to me was a significant gift from one of our residents. When I went to visit the donor, I asked why they wanted to commit this gift to us. There were tears as they described how much they appreciated the weekly pastoral visits to their room and the church services. Truly your gifts make sure no one is left alone.

Corporate donations continue to grow. Many of our long term corporate suppliers are committing to larger ongoing gifts. This commitment allows us to plan and expand our Recreation programs including the bus program.



We are helping The Shepherd's Caring Friends plan the best ever "Sweet! Cakes & Friends...A Symphony of Service Fundraising Dinner" on April 27, 2012. You will see lots of planning and announcements regarding this event. I am glad to announce that we have obtained corporate sponsorships that will cover all our costs. The corporate support insures all the donations will go directly to this year's goal of re-designing the courtyard at the Millwood's Campus to ensure safe accessibility for all residents. Make sure you get your tickets soon as this event will sell out.

Donations help us move ahead with much needed projects, such as the tub room renovations at Shepherd's Care Kensington Village. Many of our supporters designate their gifts to specific areas such as Pastoral Care, Recreation or towards the greatest need. Thanks to generous gifts, we can offer all our residents, regardless of their ability to pay, the best in care and support.

Every gift counts. One new donor, who saw the Christmas letter that we mailed to the community, said he wanted to give because "you have a good program and seniors need help too. " We agree. I am so thankful to be able to give everyone a chance to make every day the best day ever. Thanks for partnering with us. God Bless,

Neil Hayes, CFRE, Director

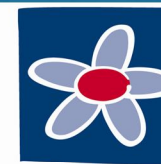
SENIORS' EXERCISE VIDEO PRODUCTION AT KENSINGTON VILLAGE

A very exciting project for seniors is taking place at SCF Kensington Village. Alberta's Centre for Active Living has been filming a DVD that will demonstrate physical exercises for seniors and the "actors" in the DVD are our very own Kensington residents! The DVD will feature seniors of all abilities from KV showing a series of 10 exercises that improve mobility, strengthen muscles, and promote an active lifestyle. The DVD will be released shortly and will be distributed throughout Alberta. Kensington and its residents were chosen for the video, in part to its "aging in place" philosophy and the multiple care levels that are offered. Congratulations to the Kensington residents and team for their work on this project.



See the home page of the Shepherd's Care Foundation website to "Watch our Residents and Staff in action" - www.shepherdscare.org

ISSUE 43



www.shepherdscare.org

FEBRUARY

2012

SHEPHERD'S CARE FOUNDATION Employee Newsletter

UPCOMING EVENT: General Orientation - Thursday, February 23 at Kensington Campus

WHAT YOU NEED TO KNOW

■ Tax time reminder...

Our Payroll group is preparing all the information needed for T4s to be mailed out before the end of February. If you have changed your address in the past 12 months, avoid the disappointment of a missing T4 by notifying Human Resources of your new address as soon as possible.

■ Food Bank Donations...

On Friday, January 6, 2012, food collected from the Shepherd's Care Foundation(SCF) sites in Edmonton was delivered to the food bank by the Designated Assisted Living, Supportive Housing and Homecare team (DASH). The Food Bank was very happy to receive the donation of almost 1,000 lbs. of non-perishable goods! This amount, combined with the food collected in Barrhead totaled nearly 2,000 lbs.... a new SCF record!



DASH TEAM (L-R): Yolande Wood, Brenda Scott, Ingrid Woolaston, Kiran Chauhan, Mercy Doris

Great job by all who participated in this very worthwhile event.

Message from John. . .

February makes us think of February 14th, and reminds us of Valentine's Day. As you get older you might think Valentine's Day as just another day on the calendar. Imagine if you are well in your 80's and your Valentine can no longer live in the same house or community with you.

Although our Provincial leaders will champion that they are working to keep senior couples together when they need different levels of support and care, the reality is that this does not occur as much as it should.

One of the reasons why Shepherd's Care was founded in the late 1960's was to create communities where seniors could age-in-place "together". Over the years, hundreds if not thousands of Valentines have been able to live together in the same Shepherd's Care community because of who we are and what we do ... we are grateful for this.

In 2012, we are finding that we, as a caring organization, have to advocate more than ever to keep couples together within our community, especially when one of the spouses needs long term care. It does not seem right, but someone has to advocate for our couples.

I want to thank all of the leaders and staff at Shepherd's Care who advocate for this to happen and wish all those special Valentines that live within Shepherd's Care the best Valentine's Day ever!

OH&S MINUTE

In an effort to reduce the number of employee injuries related to resident care and/or manual material handling, SCF has been participating in an **Injury Reduction Program (IRP)** provided through the Continuing Care Safety Association. So far the program has been implemented at Kensington Village and Millwood's Campus with great results.

Part of the program is training employees on proper body mechanics when performing their jobs. The program was implemented at Kensington Village in 2010; and, as a result, the number of employee strains and sprains reduced from 16 in 2009 to 6 in 2011. The training concluded at Millwood's in January 2012 and although it is somewhat early to fully realize the impact of the training, we are optimistic that the results will be similar to those at Kensington Village.

We are pleased to announce that the program will be implemented at Barrhead in February 2012, Greenfield in March 2012 and Vanguard in 2012.

CHOOSE SAFE! NOT SORRY!

★

SCF celebrates Therapeutic Services in February

We appreciate our great staff in

Rehabilitation; Recreation; Social Work; Pastoral Care & Dietitian

★

HEALTHY LIVING

Winter is here; and unfortunately winter is the season for dry skin and chapped lips. Lower air temperatures and low humidity result in drier air. This dryness is made worse by forced, hot-air heating in homes and offices. The dry air causes skin to lose more moisture and become itchy.



The most common cause of itchiness (without a rash) is dry skin. In fact, the most common symptom of dry skin is that itchy feeling, not the dry-skin flakes. Just because your skin is flaky, doesn't mean it's dry.

For the common "winter itch", here are some suggestions to stop that scratching:

- Drink plenty of water (as long as you have no fluid restrictions), not soda or caffeinated beverages;
- Consider using a humidifier during the winter season to increase the moisture in the air;
- Lotions are good for most parts of your body, but creams are best for the really rough areas such as elbows, knees, hands and feet;
- Apply a moisturizer after you take a bath or shower. This will help keep your skin hydrated;
- Avoid long showers or baths, use warm water, not hot, and try not to use scented soaps or detergents;
- Try not to use bath oils because they don't stay on the skin very long and make the tub slippery and more dangerous;
- Don't wear wool or other scratchy materials against your skin;
- Wear gloves when washing dishes, or if your hands are exposed to chemicals;
- Don't lick chapped lips because this will lead to even more fluid loss and more lip cracking;

If these measures don't stop the itch in a week or two, or if you notice any red rashes or patches, then arrange to see your health-care professional.

♥ NOTE FROM THE HEART ♥

Soon it will be the 'day of love', that people around the world will celebrate –"Valentine's Day."

May each of us who are on staff at our respective sites of Shepherd's Care Foundation, be those who are exemplary of LOVE to the dear residents who have been placed in our care. LOVE comes in many ways, it can be: a listening ear, a shoulder to cry on, a smile, a touch, a hug and on and on it goes....

We are part of their lives each day. May we express our love, not only on special occasions, but every day, making their twilight years a time of contentment and happiness.

GOD IS LOVE and as we receive HIS love may we be very quick to share this with each other and be that small blessing as we perform our varied duties each day and do it with JOY.

*Love is a gift, take it, let it grow,
Love is a sign we should wear, let it show,
Love is an act, do it, let it go.
Love is indeed heaven upon earth;
Since heaven above would not be heaven
without it.*

William Penn

Pauline Slater, Pastoral Care, Kensington Village

NEWS FROM SCF BARRHEAD...

With generous support from the Barrhead Legion, the residents at Barrhead Shepherd's Care are now able to take their blood pressure independently.



DO GOOD, FEEL GREAT!

Do Good, Feel Great Bulletin Boards are displayed at each site to consistently recognize and appreciate staff on a regular basis to promote employee motivation, satisfaction and success.

Do Good, Feel Great Bulletin Board notes can be posted by any individual at a Shepherd's Care site wanting to publically recognize and appreciate an employee or team.

Brenda Scott, Manager - KV DAL writes: "The board in the Cottage is getting a ton of response. What I enjoy the most is when staff write the names of the people who make a difference in their daily work. Both DAL & Cottage boards are being utilized and staff commented that they enjoy praising their co-workers. I feel it is a perfect communication tool and I see the smiles to prove it."

Do you have a safety suggestion or concern? Fill out an "Employee Occupational Health & Safety Concern and Suggestion Report", submit it to your supervisor, and you will be entered for a monthly draw for a \$50 gift certificate to Boston Pizza.