

Spring 2018

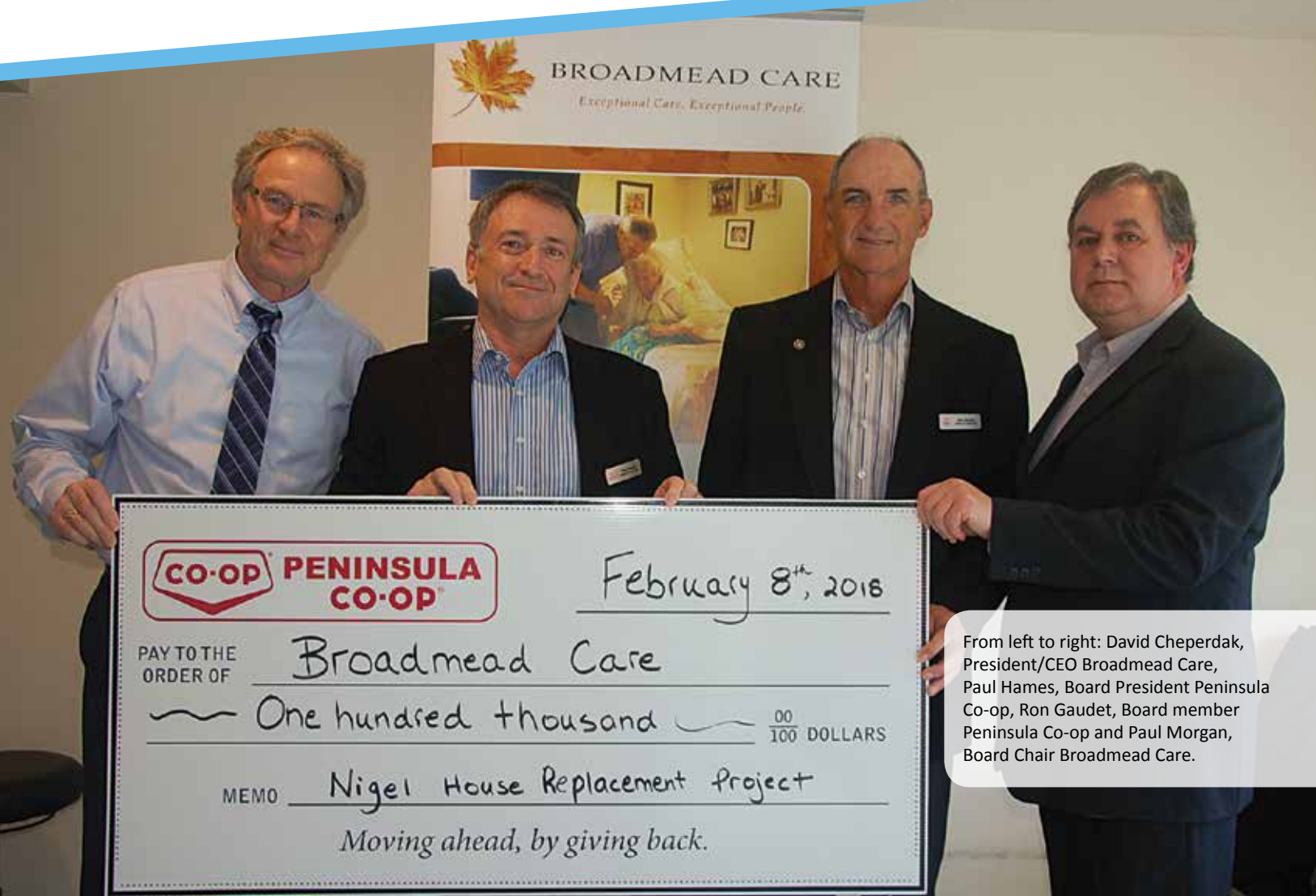


BROADMEAD CARE

Exceptional Care. Exceptional People.

Moments

News on What Makes Every Moment Matter



From left to right: David Cheperdak, President/CEO Broadmead Care, Paul Hames, Board President Peninsula Co-op, Ron Gaudet, Board member Peninsula Co-op and Paul Morgan, Board Chair Broadmead Care.

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Making Every *Moment Matter*

A special addition moved into the B2 Birch Lodge area this past November. A barred owl by the name of Bert (or Owlivia depending on whom you ask) has made a home in the green space located outside the B2 dining room. Most days he can be seen perched in his favorite tree with an audience of residents, staff, visitors, and volunteers. At first his visits were short and he was harder to spot; hidden among the branches where only the keenest eyes could spot him. As time passed he got used to his dedicated audience and now he spends the majority of his days napping next to the window for all to see. If you are lucky he may even turn your way for a quick photo op. Seeing an owl out in the wilderness is a rare occasion; seeing one in urban Greater Victoria is a special sighting. Sometimes the unexpected in life can bring with it so much happiness, helping to make every moment matter. Thanks to Bert, he has sparked interest and conversation throughout the building and brought excitement to what is traditionally a long, grey winter.



Victoria Foundation Supports *Health and Wellness*

With an increase in the average age of admissions into the Broadmead Care residential care homes, there is an increasing focus on end-of-life care to support families. With more than 40% of our residents passing away each year, support for residents' families is critical. Cope with the loss of a family member, friend or loved one can be challenging, confusing and overwhelming.

By offering grief counselling, support and other resources in a timely manner, when a loss or crisis occurs, individuals are given the tools they need to help cope.

Thanks to a grant from the Victoria Foundation, the Wellness and Spiritual Care program at Broadmead Care received a boost. Led by Spiritual Care Coordinator Cathy Victor, the grant from the Victoria Foundation will allow Cathy to offer increased personal engagement with family members, residents or staff; to provide supportive workshops on grieving; to host group sessions for discussions around the approaches to manage grief; and to hold Memorial Gatherings to honour residents which

provide an opportunity to share stories and celebrate life. Additional improvements include an End-of-Life Guideline which will help to shape approaches and methods needed to cope with end-of-life situations.



Nigel House Replacement Project Gets a **\$660,000 Boost!**



Artist rendering of the New Nigel House.

Since our last Moments Newsletter, Broadmead Care has been fortunate to receive tremendous support from Board members, staff, individuals, community groups and corporations. In fact, the community got behind the Nigel House Replacement Project with a \$660,000 boost!

On Thursday, February 8, 2018, Broadmead Care Board Members, along with Nigel House residents and staff, were in attendance to accept the first installment of a \$100,000 donation from Peninsula Co-op towards the Nigel House Replacement Project.

“Peninsula Co-op has been a long-time supporter of Broadmead Care and their continued support has had an exceptional impact on the services and care we provide,” says Broadmead Care Chief Executive Officer, David Cheperdak. “This donation will help us make the dream of a better life for people living at Nigel House a reality.”

In March, Broadmead Care will be recognizing the support from The Sisters of St. Ann (of the Pacific Northwest) who have made a \$400,000 donation to the Nigel House Replacement Project. The Sisters have quietly made a dramatic impact in education and healthcare over the past 160 years.

“This project reflects the values of The Sisters and our continuing commitment to people who are vulnerable

in our society, especially those with severe physical challenges and/or mental illness,” says Sister Marie Zarowny, Co-Provincial Leader.

Under the Broadmead Care Society umbrella, the Nigel Program for Adults with Disabilities is a residential care program for adults between the ages of 19 to 55. Residents’ disabilities are primarily physical and result from trauma, neurological degenerative diseases, or birth anomalies. The current Nigel House is a 2-level building built in the late 1970’s and is in need of some major upgrades. It was decided that the only feasible and affordable option is to replace the existing building.

The new Nigel House will be built on land adjacent to the current site as part of a new Master Plan to redevelop the entire nine acres of the Nigel Valley. The Nigel Valley Master Plan involves BCS (Nigel House), the Greater Victoria Housing Society, Garth Homer Society, Island Community Mental Health, and is led by BC Housing.

The project cost is \$17 million with BCS providing \$5.5 million of which \$2.5 million needs to be fundraised.

For more information on how you can help, please contact Mandy Parker at 250-658-3226 or email mandy.parker@broadmeadcare.com.

Ways You Can *Support*



A milestone birthday for Albert, shared by staff, family and fellow residents.

WHY MONTHLY GIVING IS GOOD

IT'S CONVENIENT FOR YOU

Monthly donations spread out the payments making them more manageable for your budget.

YOU HAVE A COMPOUNDED IMPACT

This is tailored for the investor in you. Regular monthly donations spread out over a period of time add up quickly and can have a greater total impact.

YOU ARE HELPING US PLAN FOR THE FUTURE

Monthly donations enable Broadmead Care to better plan for programs and equipment simply by knowing how many donations it can expect in a year.

To set up your monthly donation simply go to:
www.BroadmeadCare.com/Donate or call 250-658-3274.



THRIFTY FOODS SMILE CARD PROGRAM at Beckley Farm Lodge Auxiliary

Thrifty Foods will donate an amount equal to 5% of the dollars you load onto your pre-assigned Smile Card to the

Beckley Farm Lodge Auxiliary. Funds raised through the Smile Card program are designated toward benches for residents. These benches will replace the "rickety" ones we now have. Keep loading up your Smile Card and we will let you know what our next project is.



THE BOTTLE DEPOT PROGRAM

Sometimes it's the little gifts that add up to be giant ones!

Like the donation of a 5 cent recyclable can that can add up to be thousands of dollars; it just needs a little time and a lot of friends! Broadmead Care has been pleased to partner with The Bottle Depot as one of its registered charities. We have accounts set up at three locations around town to which you can bring in your bottles and cans and donate to Broadmead Care. When you take your sorted returnables into the location tell the cashier at the beginning of the transaction that "I would like to donate these to Broadmead Care". The Bottle Depot takes care of the rest!

Your returnables can go to:

- 4261 Glanford Avenue
- 655 Queens Avenue
- 3961 Quadra Street

So maybe, once a month, when packing up your returnables to bring to The Bottle Depot think about making a gift to Broadmead Care. Share with your friends too and that one little pop can can quickly add up to a truck load of support!

DONATE YOUR AEROPLAN MILES



HOW IT WORKS

Aeroplan members can connect with Broadmead Care Society to help make a difference in the everyday lives of the residents and clients at Broadmead Care by donating their miles to this worthy initiative.

Individual members can make donations on a one-time basis or on an ongoing basis by earmarking 2% of their miles automatically every time they earn by updating their profile on Aeroplan.com.

MAKING YOUR MILES MATTER

Where do your donated miles go? Your donated Aeroplan Miles can then be redeemed within the Aeroplan Program and will be used for such things as travel, car rental, hotel stays and merchandise for fundraising initiatives, such as auction prizes at the golf tournament and/or for gifts for staff recognition.

AEROPLAN ADDS 10%

Aeroplan joins you in supporting Broadmead Care. Each charitable donation made through the Aeroplan member donation program you make will be topped up by a 10% contribution from Aeroplan. This applies for all donations to all accounts, all the time.

Visit <https://beyondmiles.aeroplan.com/eng/charity/1168> to make your contribution today.

For more information and to make your donation to Broadmead Care you can:

1. Donate online at www.broadmeadcare.com/donate
2. Mail your cheque payable to Broadmead Care 4579 Chatterton Way, Victoria, BC V8X 4Y7
3. Phone 250-658-3274 to make your donation by credit card.

Thank You for your support!

Choosing *Wisely*

"We need to change people's ideas about end-of-life care," said Dr. Nicoll. "Dying is a difficult and complicated process."

**A conversation with Dr. Dale Nicoll,
Medical Director Broadmead Care.**

Dr. Nicoll has advocated for years to decrease the number of medications prescribed to residents and to avoid sending frail elderly residents to the hospital unnecessarily.

To provide some context, Dr. Nicoll shared some statistics around the number of medications Canadians are taking. Seventy percent of Canadians over the age of 65 are taking 5 prescription medications and 10% are taking 10 or more. Increased number of medications is one link to the increased number of falls seniors experience in residential care.

Dr. Nicoll's commitment to reducing medications in residential care was supported when the Choosing Wisely program came to Canada a few years ago. Choosing Wisely Canada is a campaign to help clinicians and patients engage in conversations about unnecessary tests and treatments, and make smart and effective care choices.

In the August 2017 edition of the BC Medical Journal, six recommendations around Choosing Wisely for frail residents of long-term care home were made:

1. Don't send the frail resident of a nursing home to the hospital unless their urgent comfort and medical needs cannot be met in their care home.
2. Don't use antipsychotics as a first choice to treat behavioral and psychological symptoms of dementia.



Walter shares precious family time with his daughter and granddaughters.

3. Don't do a urine dip or urine culture unless there are clear signs and symptoms of urinary tract infection.
4. Don't insert a feeding tube in individuals with advanced dementia. Instead, assist the resident to eat.
5. Don't continue or add long-term medication unless there is an appropriate indication and a reasonable expectation of benefit in the individual patient.
6. Don't order screening or routine chronic disease testing just because a blood draw is being done.

Dr. Nicoll is working with the medical team at Broadmead Care to implement the Choosing Wisely program and to ensure that every moment matters for our residents.

Preliminary results indicate a significant reduction in prescribed medication dosages for residents at Broadmead Care.

What's *On*?

March 2, April 6 & May 4, 2018 | 1:30pm

MEMORIAL GATHERINGS

Join in our monthly services. Everyone welcome.

Location: Oak Room, Veterans Memorial Lodge at Broadmead

March 28, 2018 | 2pm

PETER HINTON AND BARBARA MORRES

MEMORIAL CONCERTS IN CARE SERIES

Featuring Pacific Opera Victoria

Location: Oak Room in Veterans Memorial Lodge at Broadmead

April 25, 2018 | 2pm

PETER HINTON AND BARBARA MORRES

MEMORIAL CONCERTS IN CARE SERIES

Featuring Graeme Fullerton

Location: Oak Room in Veterans Memorial Lodge at Broadmead

May 10, 2018 | Noon - 10pm (at least!)

15TH ANNUAL BROADMEAD CARE

CHARITY GOLF TOURNAMENT

For registration and sponsorship opportunities

visit us online at www.broadmeadcare.com

or by calling 250-658-3274.

Location: Royal Colwood Golf Course

May 12, 2018 | 1:30 - 3:30pm

SPRING BAZAAR

If you have gently used items, puzzles, books, or home baking, the Beckley Farm Lodge Auxiliary would welcome your donations. Especially the baking!

Location: Beckley Farm Lodge Auxiliary

Our Vision

A caring society where people of all ages and abilities live to their full potential.

Our Mission

To help build a caring society by providing excellent health, social and housing services for veterans, seniors and other adults.



Broadmead Care Vice President of Finance Rick Nelson is joined by long-time benefactor Rudi Hoenson in accepting a donation from Royal Canadian Legion Branch #37 President Mary Truttman.

Royal Canadian Legion *Donation*

The weeks leading up to Remembrance Day are a critical time of year for the Legions across Canada to raise funds which support Canada's veterans and their families. When you make your donation in exchange for a poppy it all adds up and the benefit is felt by veterans all across our country. The Veterans Memorial Lodge at Broadmead is no exception thanks to your poppy donation.

In January, members from the Royal Canadian Legion Branch #37 Poppy Fund in Sidney presented the Veterans Memorial Lodge at Broadmead with a donation of \$25,000 from funds raised during the 2017 Poppy Campaign. This gift directly supports the veterans at the Lodge through our Every Moment Matters campaign with the purchase of equipment like blanket warmers and specialty beds and, programs like music and memory and creative arts, spiritual care and more. Inspired by Rudi's \$100,000 Matching Gift Campaign, Branch #37 made the pledge in December doubling their gift to \$50,000.

The kindness received from the members at Branch #37 extends beyond their financial support. They participate in our monthly Legion socials where they visit with our veterans one on one; they provide hand-written cards for our veterans over the holidays; and they support our annual charity golf tournament. We are very grateful for the continued commitment from our friends at the Royal Canadian Legion Branch #37 in Sidney!
Thank you!

Commissionaires

Commitment to Care

Broadmead Care and Commissionaires Victoria have a long standing relationship. The Commissionaires have supported Broadmead Care and the Charity Golf Tournament since 2009. The Corps of Commissionaires was founded in Great Britain in 1859 to provide dignified employment to veterans. Their mandate has remained the same 170 years later providing meaningful employment to retired veterans of the military and RCMP.

“Supporting our veterans and seniors is near and dear to our heart.” says Keith Guichard, Manager Quality Assurance, Commissionaires Victoria. “It’s a debt that all Canadians should acknowledge and strive to repay.”

Commissionaires Victoria has supported Broadmead Care to the tune of \$46,000. Each year they come out in full force to golf in the tournament and this year is no different.

Plans are in full swing for the 15th Annual Charity Golf Tournament which will take place on **May 10, 2018 at the Royal Colwood Golf Course**. Proceeds from this year’s tournament support our Make Room Campaign geared to renovating veterans’ and seniors’ rooms. This fundraising effort will be contributing to the comfort, safety and



Commissionaires Victoria CEO Gary Paulson (second from the left) and Mark Vadeboncoeur (far right) along with guests from Precision Hyundai at the 2017 Broadmead Care Charity Golf Tournament.

well-being of the residents at the Veterans Memorial Lodge at Broadmead. This year we anticipate raising the final amount needed to renovate all 229 rooms at a cost of \$366,400 or \$1,600 per room.

For more information on how you can participate as a golfer, or to become a sponsor, contact Shannon Donnelly at 250-658-3274 or email Shannon.Donnelly@broadmeadcare.com. Registration for sponsorship and as a golfer is available at www.broadmeadcare.com.

Will *Power*

You have the power, through your will, to take action on things that matter most to you, and to reaffirm the beliefs you hold most dear.

Recently I was contacted by a law firm who wanted to know the legal name for Broadmead Care. Their clients were updating their will to include the Broadmead Care Society. While the clients want to remain anonymous, the law firm shared that they had left a residuary gift.

A residuary gift of an estate is everything that is left in your estate after all debts, bills and taxes have been paid and all specific and non-specific gifts have been distributed. Leaving the residue of an estate to a named beneficiary is called a ‘residuary gift’. Residuary gifts are a common way to ensure that all remaining property passes to your chosen beneficiaries, rather than falling under the intestacy rules.



Broadmead Care is extremely grateful to those who have decided to include us in their will. This thoughtfulness is one the most powerful gifts that will impact generations to come.

Are you interested in including Broadmead Care in your will? Would you like more information? Contact Mandy Parker at 250-658-3226 or mandy.parker@broadmeadcare.com.

Cycling Without Age *Serves More Residents*

Residents at Nigel House and Rest Haven Lodge will soon be feeling the wind in their hair with their very own Trishaw bicycle through the generosity of Mountain Equipment Co-op. The Trishaw Bike will be put into action this spring, launched during Victoria's Bike to Work Week.

"It's all about getting the residents out into nature and the community by bike" said Carson Sage, co-founder of the Victoria chapter of Cycling Without Age. "The Trishaw bike has an electric assist which adds to the safety and ease of use."

Cycling Without Age (CWA) is a volunteer-driven program that takes people of all ages and abilities out for free bicycle rides - through the city, to the water and the countryside. Cycling Without Age started in Copenhagen, Denmark in 2012 and has grown to include 1,100 chapters in 38 countries around the world. Passengers and volunteers will enjoy the wind in their hair as they explore Victoria together along the Galloping Goose Trail!



Carson taking a resident out for a ride.

Grateful Family *Program*

Residents and family members often ask us how they can say "thank you" for the outstanding compassion and care provided at Broadmead Care. They may have already expressed their appreciation with a hug, handshake or note, but feel they want to do something more. If so, they will be invited to participate in the *Grateful Family Program*.



Mac with his daughter at the Christmas Party.

The *Grateful Family Program* is a meaningful way to show thanks and celebrate the extraordinary care received as a resident or client of Broadmead Care Programs. Perhaps the caregiver was:

- An outstanding physician
- An extraordinary nurse, care provider or healthcare worker
- A supportive therapist
- An attentive activity worker
- A caring volunteer
- A thoughtful food service aid
- A cheerful housekeeper
- A helpful social worker

You can show your gratitude by making a donation, sharing your story, volunteering or hosting an event.

For more information about how you can be part of the *Grateful Family Program* call or email Mandy Parker at 250-658-3226 or mandy.parker@broadmeadcare.com.

- The Veterans Memorial Lodge at Broadmead
- Nigel Program for Adults with Disabilities

- Veterans Health Centre
- Better at Home
- Beckley Farm Lodge
- Rest Haven Lodge

Supporting veterans, seniors and adults with disabilities in our community. Contact us about how you can make a difference.



BROADMEAD CARE

Exceptional Care. Exceptional People.

4579 Chatterton Way, Victoria, BC V8X 4Y7
250-658-0311 | www.broadmeadcare.com

Broadmead Care Society is a registered charity. #129290383 RR0001