

the JOURNEY

Winter 2019

Good Samaritan Mill Woods Centre,
Edmonton, Alta.

Kenya: a wheelchair accessible safari experience

by Jasmine Marchand, Good Samaritan Mill Woods Centre resident



I learned that going on a safari can be exhausting, dusty, very bumpy and yet the most wonderful and exhilarating experience one can have. It is so wonderful that I would do it again and again without question.

My original plan had been to go on a safari in Tanzania, but with a little convincing from the owner of Fika Safaris, Robert, I ended up deciding to go on an 11-day safari in Kenya instead.

Planning my safari

It took about two months of sending emails back and forth before we got all the details nailed down about things I would need during the safari and then finding appropriate accommodation and assistance to fulfil those needs. The most vital assistance I required was a hoist to transfer with, a shower chair and assistance getting in and out of the vehicle. I ended up bringing my own portable hoist, and Fika Safaris provided the rest.

During our communications, Robert repeatedly warned me that game drives are hard on the body due to the bumpy,



Jasmine taking a midday break in a camping zone after a little safe exploring



Finding the perfect spot to take a break after a long safari day

sometimes rocky, roads, even for able-bodied people, and that I might want to take it slow and choose a relaxed itinerary. I repeatedly told Robert that it was okay, I would be fine, and I'd rest when I returned home, so I ended up choosing an itinerary that would let me experience the most in 11 days.

Arriving in Kenya

Fast forward to the day we landed in Nairobi. After I got settled in my wheelchair and we picked up our luggage, I went outside to look for the team who would be helping me out for the duration of my trip.

During our emails, Robert and I agreed that the easiest way for me to get in and out of the vehicle would be if two people helped lift me, since an adapted vehicle wasn't available, and they would purchase truck ramps to load my chair. At the airport, we met that super team, our guide, Steve, and his assistant, John. Without the help of these two men, I'm not sure how smoothly my safari would have gone. They went above and beyond what I expected from them.

The first few transfers were a little awkward, but once we got the hang of things, it was smooth sailing from there: for me at least. It must have been harder than they let on to carry dead weight several times a day. As for my wheelchair, in the beginning they hardly used the truck ramps at all, and instead, just lifted it in and out between the two of them. That is an impressive feat, considering my chair weighs at least 100 kg, and they were lifting it two feet. Plus, there was no damage to my chair.

Like I mentioned earlier, Robert warned me that the roads would be bumpy. He was not exaggerating. Some of the highways were smooth, but, in other places, I felt like a tossed salad. One "road" leading up to the Maasai Mara was comprised of rocks, another road leading to our lodging was extremely bumpy for about an hour of driving. Our guide told us it was one of the better roads leading to the camp. After a while, I got used to the rough ride and relaxed a little, not much, but a little. Due to my injury, I have zero core muscles, so I usually held on to the side of the van and clung to the armrest. About midway through the safari, I decided to tie something around my midsection because holding on for between four and 10 hours every day ended up being taxing on my arms. My seat in the vehicle only had a lap belt and not the usual three-point seatbelt. However, once I was tied in, I wasn't as worried about falling forward. Though I'd have put up with any number of uneven roads if it meant I could see the wildlife.

Safari life

A typical safari game drive day usually means waking up early, so you're ready to go for a morning game drive by 7:30 a.m., sometimes 6:30 a.m. At least that's how my safari was organized. After a few hours of viewing game in the mornings, we would either head back to our lodgings for lunch or bring a packed lunch and have a picnic at midday. Because I wanted to pack in as many game drives as possible, we had afternoon game drives wherever possible that began around 4 p.m. until 6-6:30 p.m. Since Fika Safaris itineraries are flexible, you can do as much or as little as you want. Robert suggested I have a rest day during my safari, but I couldn't fathom the idea. When I'm on vacation, I love to keep busy as much as possible.

One thing I didn't expect on my trip was that it would be so cold. In Kenya, July is a winter month. There's no snow, but in the mornings and evenings, it's only around 10 C. If you have a spinal cord injury at a higher level, then you'll know how difficult it can be to warm up your

body once it's cold. The sun gets hot in the afternoons, but I stayed bundled up until then. Next time I would pack extra sweaters because they get dirty quickly from all the dust on the game drives.

One thing I didn't think about was how dusty game drives would be; if you have respiratory issues that is something to consider. It's especially dusty at Amboseli National Park; the dust was swirling throughout the whole van.

On some days, our next destination was a five-hour or longer drive away. I'm used to sitting all day in my wheelchair, but it's different sitting in a vehicle for hours at a time. For me, it started to get uncomfortable after about three or four hours of driving. Fortunately, we often got out right about then for bathroom breaks or lunch. Just be prepared for long stretches of driving.

Night game drive

When we stayed at the brand new Naserian Mara Camp, I opted to go on a night game drive. It lasted close to two hours and was over by 10 p.m. We saw a hippopotamus, some gazelles, hares and a lioness who was trying to catch her next meal. Our guide informed us that night game drives are only allowed in certain conservancies, mostly the privately owned conservancies, and that it is not permitted in those owned by the government.


Bathroom breaks

Robert told me before I booked my safari that most washrooms in the national parks would not be wheelchair accessible. Once again, he was right. There are steps to get into most of the washrooms at the national parks, including Lake Nakuru and Masai Mara. With this in mind, I took care of all my needs before we departed and restricted my drinking while driving. It probably wasn't the healthiest choice, but it was the best I could do in those circumstances. We did make it work at some conservancies though.

Curiosity

I think seeing someone in a power wheelchair in the middle of the Savannah in Africa is probably a rare occurrence and the situation makes people curious. Robert told me early on that I would be their first client who uses a power wheelchair; their previous clients had only used manual wheelchairs, which are much easier to travel with. Just be prepared that you might have all eyes on you, including the animals'. Almost everyone, especially at our accommodations, was very warm and welcoming. I made some good friends while there.



 Jasmine meeting some kids from a Masai village. At first they weren't too sure what to make of her chair, but they got over it quickly

However, seeing the wildlife in their natural habitat trumps everything; they are beautiful, and I could watch them for hours. My favourite animals to watch were the elephants, baboons, lions and giraffes. One giraffe at Lake Naivasha was just as interested in watching me as I was her. Her eyes kept following my movements until she got tired of me.

Conclusion

This safari was perhaps my favourite trip so far. I loved every moment of it. Even on the days when I woke up at 4:30 a.m. to be ready for 6:30 a.m., even when I was being jostled around in the van, but most especially when I got to take in the beauty of nature and see the wildlife roaming free. I have made memories and friends that will last a lifetime. If you're thinking of booking a safari, I can't recommend Fika Safaris enough, they are incredible and provide precise attention to detail.

PS: If you need to use a hoist for transfers, I donated mine to Fika Safaris, so it's there for those who need it!

Jasmine writes a travel blog called **The Globe on Wheels**, which can be found at: theglobeonwheels.com.

One man's dream, supported by a community,
created a legacy that
continues to grow in
strength, excellence
and creativity in
caring for others.



With a gift of \$7,000, Gottlieb Wedman's dream for providing a comfortable place for senior citizens to live with dignity and receive the high quality of care they deserve was born.

Good Samaritan has learned and changed a great deal since 1949, but who we are remains the same. Our defining principles continue to guide our dedication to provide safe, comfortable communities that inspire involvement, where people experience a sense of caring, belonging and purpose.



Message from the President and CEO



 Julius van Wyk

This year is a very special one for our Good Samaritan family as 2019 marks our 70th anniversary. While a lot has changed since 1949, with our passion and Christian hospitality as our guiding principle, we have grown and become an organization that our founders would be proud of.

We have had seven decades of exceptional work and achievements which we couldn't have accomplished without our employees, volunteers or donors. It is through their hard work and contributions that we have been honoured to play a part in so many lives.

To the families and residents that we have cared for in the past and to those we will care for in the future, thank you for entrusting us with your wellbeing or that of your loved ones. We know that it is a privilege that you have chosen to call Good Samaritan home; our goal is to ensure that we are creating comfortable communities inspiring involvement, where people experience a sense of caring, belonging, and purpose.

While we are still writing the Good Samaritan legacy, as the next chapter unfolds, we look forward to being a provider of choice in the communities we serve.

On top of 2019 being a milestone anniversary for our organization, it is also the year we will be launching our new strategic plan that will guide us through the next five years. I am happy to report that this plan was [developed in consultation](#) with our residents and families, employees, volunteers and community partners. With their help, we have developed a strong path forward that will help us deliver on our mission of caring. We are putting the final touches on our 2024 Strategic Plan and I look forward to sharing more

information with you in the next edition of The Journey which will come out in July 2019.

I am thrilled to be a part of The Good Samaritan Society and Good Samaritan Canada and to continue to carry on the legacy of our founder, Gottlieb Wedman. As we head into the future, you can help us create even warmer, happier homes for the thousands of individuals that we care for. Together, we have the opportunity to take life and make it more spiritual, accessible, beautiful, soulful and creative. Please consider making a gift today in celebration of our 70th anniversary and help us provide exceptional care for 70 years to come. To donate, or for more information, please visit www.gss.org/donate.

I look forward to another successful year of growing in strength, excellence and creativity in caring for others.

Sincerely,

Julius van Wyk

The Good Samaritan Society and Good Samaritan Canada

Strategic planning engagement

by Julius van Wyk, president and CEO

Thank you to all of our employees, volunteers, residents and clients, families and partners who took the time over the last couple of months to provide input into our strategic planning process. As we finalized our new strategic priorities, these are some of the important things we heard and should be considered as part of the plan.

We will be rolling out our 2024 Strategic Plan this spring. I look forward to sharing our path forward that many of you helped develop. Together, we will deliver on our mission of caring.



Now recruiting for board of director positions

The board of directors of The Good Samaritan Society (the Society) is currently seeking nominees to join a diverse group of members who collaboratively contribute to the well-being and sustainability of the organization. The board of directors is a governance board of twelve (12) directors (10 laypeople and two Lutheran clergy) and as such defines the organization's mission and sets its strategic directions and priorities but delegates responsibility for staff and the day-to-day management of activities to the president and CEO.

The board meets regularly to:

- Establish policy;
- Exercise its fiduciary responsibilities, including investment strategies;
- Monitor, advise and support the achievements of the strategic plan; and
- Focus on visioning for the future in an ever-changing healthcare and service delivery environment.

Interested candidates will have:

- Demonstrated ability to communicate the mission, vision, values and strategic priorities of the Society to our partners, stakeholders and broader community;
- Willingness to take an active participatory role in The Good Samaritan Society board meetings, committees and projects;
- Previous board experience, in particular on not-for-profit governance boards;
- Specialized skills and experience relating to finance, project development, legal, communications, fund development, human resources, information management and/or government relations; and
- Demonstrated ability to understand and contribute to business processes, including financial and strategic planning in a meaningful, constructive way.

Current Openings:

- Two directors for a three-year term with opportunity for reappointment for a second and third three-year term.
- One position for a Lutheran clergy for a three year term with opportunity for reappointment for a second and third three-year term.

All directors shall be a voting member of the Society and must reside in the province of Alberta or British Columbia.

For further information on the Society visit our website at www.gss.org. To receive an applicant information package, please contact Paola Gatica at pegatica@gss.org.

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Employee Spotlight

Gail Aslin



Gail is an assisted living worker and administration assistant at Good Samaritan Pioneer Lodge in Salmon Arm, B.C.

Gail joined Good Samaritan Canada 10 years ago and quickly became an invaluable team member to the Good Samaritan Pioneer Lodge care home. Recently, Gail was recognized as a finalist for the BC Care Providers Association (BCCPA) Care Provider of the Year (Assisted Living) award. This award acknowledges those that go above and beyond delivering care to our seniors.



According to the person who nominated Gail, she provides support and workload assistance allowing assisted living workers to spend quality time with residents. Gail also provides quality “non-rushed” care for all residents at Good Samaritan Pioneer Lodge.

Gail is very considerate and caring while helping the residents, and she is their “go-to” person, always open

and willing to help. She will stay longer if a resident requires it, even when she is on her way out the door. She always has a smile on her face no matter what may be going on in her life.

We asked Gail a few questions so we could get to know her a bit better:

1. What is your favourite part of your job?

I love hugging my family of seniors and making them laugh and enjoy their day.

2. What is your proudest moment at Good Samaritan Pioneer Lodge?

I can't think of any one moment that is my proudest since working at Good Samaritan. There have been many times when I have been proud, not just of myself, but of all my seniors and co-workers. For example, I had emergency surgery a while ago. When I returned to work, I had every one of them watching my every move to make sure I didn't do anything I shouldn't do to jeopardize my recovery. I felt very proud that I was an integral part of their lives and they cared about me. They always make me feel like an important part of their family.

3. What would you tell someone who is new to healthcare/seniors care?

When working with seniors, you need to put them and their comforts first. They need to feel that they are still useful and are still an important part of our society. Having empathy is also very important and so is having a sense of humour. Everyone enjoys a smile and a laugh.

We need to remember that our seniors have a lifetime of knowledge that they can share with us!

Employee Spotlight recipients receive a Good Samaritan theme basket. If you have someone you would like to nominate, email communications@gss.org.

Good Samaritan Delta View Care Centre, Delta, B.C.

Welcome to the Good Samaritan family



(L-R) Omar Khrushed, director of finance; Lisa Kelly, former director of operations for B.C.; Cindy Thompson, chief financial officer; Joan Alexander, site manager delta view; Jane Devji, former owner; Aly Devji, assistant site manager; and Salim Devji, director of physical plant and information technology at Delta View

On September 14, 2018, the Good Samaritan family officially grew by one with the addition of [Good Samaritan Delta View Care Centre](#) in Delta, B.C.

At the beginning of November, the Senior Leadership Team (SLT) went to welcome the staff, residents and their families. It was a wonderful day spent getting to know each other.

Good Samaritan Delta View Care Centre offers complex care, dementia care, assisted living, respite care and rehabilitation services. We are thrilled to add this care home and the dedicated staff who work there to our team. There is a lot that we can learn from each other.



Staff at Good Samaritan Delta View Care Centre presented this beautiful welcome gift to our president and CEO and board chair



Delta View staff were welcomed to the family with Good Samaritan swag bags

Good Samaritan Mill Woods Centre, Edmonton, Alta.

Sensory stimulation kits

by Sue Kreutz, recreation therapist

The recreation therapy team at Good Samaritan Mill Woods Centre started a community service club that involved a select number of residents who were interested in doing volunteer work for others. The project chosen was to develop sensory stimulation kits for those living with dementia at Good Samaritan Dr. Gerald Zetter Care Centre.

The group began with education on dementia and sensory stimulation. A number of the residents completed a short online program, to learn more about sensory enrichment, which improved their understanding of the needs of dementia residents. Then the researching, planning, shopping, labelling and laminating began. Four kits were completed, each one

being adapted for both sensory stimulation and reminiscing.

Each kit had a theme: gone fishing, good morning, back to school and summertime. The kits were presented to the recreation therapy staff at Good Samaritan Dr. Gerald Zetter Care Centre who received training on how to use the kits with their residents.

The kits have since been used regularly by all four units at the care home with excellent feedback from both residents and staff.

Mike Koehler, one particular resident at Good Samaritan Mill Woods Centre, saw the project through to completion and deserves recognition for his hard work and dedication. Thank you, Mike, for your time and energy in completing the kits. As well, thank you to everyone who was involved in this project. You have made a lasting impact and you should be proud.



Mike with some of the fun items in the "gone fishing" sensory kit

Good Samaritan Dr. Gerald Zetter Care Centre, Edmonton, Alta.

Volunteers are a priceless gift

by Edith Kendall, volunteer coordinator

Since May 17, 2001, until her volunteer retirement in 2016, Fern has been volunteering as a part of our Good Samaritan Dr. Gerald Zetter Care Centre family. With a total of over 15 years, the positive impact that she has had on our resident population as a volunteer is remarkable. She has generously given over 2,216 hours of her precious time to us.

Fern came to volunteer in our small Gift Shop like clockwork. She was always a ray of sunshine, on time, smiling and very attentive to everyone she encountered, being free with her hugs.

Her absence from our family here leaves a hole and I am sure that rings true with everyone who has interacted with her.



After retirement and celebrating her 80th birthday, Fern found herself still desiring to give and so her daughter, Diane, created a non-profit in Fern's name to honour her! Stems from the Heart has become a unique avenue for Fern to continue to contribute to our care home. Flowers at large events in the community (weddings, funerals, birthdays, conferences) are donated to Diane who then rearranges them and brings them to the care home for Fern to personally hand out to the residents. Stems from the Heart also shares the beautiful arrangements with other care homes all across the Edmonton region.

Truly a win-win on so many levels!



Fern with some of the beautiful flowers that are donated to Stems from the Heart

"Reach out and care for someone who needs the touch of hospitality."

The time you spend caring today will be a love gift that will blossom into the fresh joy of God's Spirit in the future."

**- Emily Barnes,
contemporary
American writer**

Good Samaritan Heron Grove, Vernon, B.C.

Good Samaritan Heron Grove's special volunteer is everyone's angel

by Ivana Pavlic, former volunteer and recreation coordinator



Byron was a dedicated volunteer we were fortunate to have on our team

Volunteers are extremely valuable and make a huge difference in the lives of residents and staff. As the former recreation and volunteer coordinator at Good Samaritan Heron Grove in Vernon, B.C., I was honoured to work with many such volunteers. They make the care home run more efficiently and help the residents live better lives. One special volunteer that touched me as well as many of our residents and staff in profound ways was Byron Chatham. Byron, aged 18, came to our care home with his dad wanting to make a difference in the lives of those we care for. Byron was a little shy, but, once you got to know him, he did not have to say

much. When Byron walked into a room, he always brought a smile to our faces and made everyone around him feel comfortable and happy.

Byron started volunteering in cottage six by serving residents with coffee, tea and lunch. He began with three hours of volunteer time per week and you could tell he enjoyed the impact he was making. Soon, Byron began to come out of his shell and started forming friendships with our residents. The residents took a liking to Byron's good nature, and before you knew it, everyone adored him.

I remember the days when Byron would come into my office to get his name tag. He would always have a nice dress shirt in his backpack; he would take it out, put it on, get his name tag and he was on his way. Every time I saw Byron helping others, I would see these beaming smiles on their faces. The residents were so happy to have Byron around, and he even started exchanging birthday cards with them. Whatever was needed, Byron was always willing to help.

With great sadness, on April 15, 2011, at an all too young age of 19, Byron tragically lost his life. Byron

was biking on his way to volunteer at Good Samaritan Heron Grove when he was tragically hit by a vehicle. This was one of the hardest days of my life. The residents were devastated, and everyone was in shock. So many questions go through your mind. How can such an amazing person be taken away from us? Why did this have to happen to Byron of all people? There are no easy answers, but all I can say is that God must have been in need of a really good angel. Every day I came to work not a day went by that I didn't think about Byron; he will never be forgotten and will always be in our thoughts. It was an honour and privilege to have known and worked with such a remarkable young man.

I will never forget the day when Byron's dad, Roy, phoned me and he mentioned he had something difficult to share with me and that he wanted to let me know in person. The very next day, with a picture of Byron in his arms, Roy came to my office to tell me what had happened. It was a terrible shock. In Byron's memory, Roy presented Good Samaritan Heron Grove with a picture of Byron so that his spirit may continue to carry on. What an incredible and amazing

family and we are honoured to have them as part of our lives.

The saying “the apple doesn’t fall far from the tree” certainly applies to Byron and his family. Byron was obviously raised by the most amazing parents. His parents, Linda and Roy, as well as his sister, Laura, have picked up right where Byron left off. Linda, Roy and Laura attend all volunteer appreciation events and fundraisers. Laura also volunteers by sharing her wonderful musical skills and plays the piano for the residents. Everyone at the care home is honoured to have them as part of their lives. When you stop and think about what they’ve gone through, the way they continue to support those around them shows an immeasurable love of others that brings the best out of every one of us.

Make sure you appreciate every moment with our volunteers and when you see them at the care home or program, take a minute to say “hello” and to thank them. These are the salt-of-the-earth people that are making a true difference in our world and a simple “thank you” goes a long way. We are lucky and fortunate to have our volunteers—our angels.



Good Samaritan Heron Grove, Vernon, B.C. Makeovers

by Chris Smith, recreation and volunteer coordinator



Our local London Drugs cosmetics department team came to our care home to do some makeovers with our assisted living and life lease residents. We had our hairdresser do up the residents' hair before our resident photographer took some pictures of the proceedings and final results.

***Thank you to the Vernon
London Drugs for this
wonderful experience.***



Good Samaritan Dr. Gerald Zetter Care Centre, Edmonton, Alta.

Volunteering: think of it as an exchange, paid in full

by Edith Kendall, volunteer coordinator



Some of our fabulous volunteers and staff at Good Samaritan Dr. Gerald Zetter Care Centre

Volunteering does not succeed in a vacuum! In volunteer management, we talk a lot about how important it is for volunteers to understand the impact of their work so that their experiences are meaningful and rewarding. Those who work with volunteers in Good Samaritan are agents of change who not only envision the engagement of the community but also advocate and advertise the difference these individuals make in achieving our mission. Such is the physiotherapy team at Good Samaritan Dr. Gerald Zetter Care Centre. Under the leadership of Mercy Manoharan, the team of therapy aides (Jana, Anna and Rachel) has been welcoming volunteers into their gym for many years now.

Let's also not forget the influence volunteering has on the life of a volunteer. Volunteers want to find purpose and meaning in their volunteer work, which can transform their lives. Exposure to volunteering impacts community members like Nick Rolfe and Michael Nemirsky, who are a volunteer unit helping to ensure that our residents are on time for their physiotherapy appointments

every Thursday! Together, this team brings encouragement, laughter, patience and respect to those who engage with them. Through their volunteer experience at Good Samaritan Dr. Gerald Zetter Care Centre, Michael and Nick have become fast friends. While they are carrying out their role, they enjoy discussions with residents around current affairs, sports and what is happening at the care home.

These two amazing volunteers feel that their talents are appreciated and that their efforts are accomplishing something valuable; this keeps them coming back to share their time! Personal growth from the volunteer perspective is as varied as the individual volunteer, so it is vital to get to know volunteers for who they are, not only for what they give.

"Volunteers need to feel welcome, valued, respected and to know that their precious time is making a difference in a positive way. Just knowing that a resident has had a quality visit, and has made it for their exercise, goes a long way to my volunteer satisfaction."

– Michael, a volunteer since 2011

Nick, a volunteer since 2010, is so happy to be a part of the family at our care home. After trying volunteering at many other organizations, he feels that this place is like home to him, and he feels safe and valued!

Time, energy, a variety of skills are what we think about when we hear the word "volunteer," but we also hear fulfilment, compassion and life's simple pleasures!

Good Samaritan Dr. Gerald Zetter Care Centre, Edmonton, Alta.

What being a Good Samaritan volunteer meant to me

by Smriti Gupta, former volunteer

I volunteered as a 'friendly visitor' at Dr. Gerald Zetter Care Centre between 2017 and 2018. I visited with two wonderful residents, Gertrude and Cindy, and I must say that it is not just the volunteers who make a positive difference in residents' lives, but it's a mutual gift.

Spending time with the residents, listening to their life experiences and making them smile every once in a while made me very happy and had a positive impact on my life. I cherished every moment of the time I spent

learning about and knowing these two accomplished women. Their stories of courage, wisdom, strength and resilience while facing challenges in life are inspirational.

I am grateful to The Good Samaritan Society and Ms. Kendall, the volunteer coordinator, for giving me the opportunity to be a part of this rewarding experience and inspiring me to contribute through the gift of volunteering.

We're always looking for new volunteers to join our family.

Volunteers play a major role in the quality of life provided to individuals in our care.

Get **involved.**
unteeer

**Go the Distance.
Be the Difference.
Volunteer!**

gss.org/volunteer

AWARDS OF DISTINCTION



THE MISSION AWARD

The mission award recognizes employees and teams that best exemplify extending Christian hospitality in a meaningful and creative way. They embody the organizations mission statement.



THE VISION AWARD

The vision award recognizes employees and teams who continually support our vision to grow in strength, excellence and creativity in caring for others.



THE HEALTHY RELATIONSHIPS AWARD

The healthy relationships award recognizes employees and teams that work in supportive partnerships and open their hearts to others by affirming their goodness and potential. They make it a priority to develop and foster every relationship they are a part of.



THE HOSPITABLE ENVIRONMENTS AWARD

The hospitable environments award recognizes employees and teams that provide safe, comfortable communities inspiring involvement, where people experience a sense of caring, belonging and purpose.



THE SERVANT LEADERSHIP AWARD

The servant leadership award recognizes employees and teams who continually demonstrate the core values of The Good Samaritan through exemplary servant leadership qualities. They lead through the giving of themselves in service to others, by acting with courage in a trustworthy and ethical manner.

Awards are open to all employees of The Good Samaritan Society, Good Samaritan Canada, and Good Samaritan Delta View Care Centre.

- Each award is open to one employee and one team in each region (British Columbia, Alberta south and Alberta north).
- Criteria and guidelines for nominations, including an online nomination form, can be found by visiting gss.org and **GSS Connect**. Hard copies will also be available at each care home/program.
- Nominations are encouraged from employees, residents and families starting **FEBRUARY 18, 2019** and closing **MARCH 15, 2019**.



THE
GOOD
SAMARITAN
SOCIETY

GOOD
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CANADA

in TOUCH

News and information from mission effectiveness



Spread the warmth

by Karen Wedman, director of mission effectiveness



Karen Wedman

Every year in September, we celebrate "Mission Month" which is the time when we look at one of our three values and delve deeper into our understanding of the value and at how we live it out.

This year, we focused on the value of hospitable environments. Across The Good Samaritan Society (GSS) and Good Samaritan Canada (GSC) our staff strives to create safe and comfortable communities. Through the integrity of their work, they model a resolve to serve others with caring and compassion.

In creating a hospitable environment for all who live and work at our care homes, we introduced the theme "[Spread the Warmth](#)." Our logo, a cozy quilt,

symbolizes the warmth of Jesus who welcomed the stranger and gave comfort to those he encountered. Hebrews 13:1-2 became our theme verse: *"Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it."*

An environment that focuses on warmth and compassion welcomes each person with respectful regard, integrity and compassionate care. Showing compassion in our work, our words or even a smile warms the hearts of those around us. Anthony T. Hincks says, "A smile's warmth comes from the fire within the heart." That fire lights the passion within each one who works at our organization.

In ministering to the people who choose to live and work in our care homes, we strive to provide Christian hospitality and live out what Jesus first modelled for us.

In the GSS/GSC faith statement, we affirm two tenets of our Christian faith – Grace and the Priesthood of All Believers. "Grace" is a word we are comfortable with. We can practice being gracious, and we all understand receiving a gift given for the joy of it. The Priesthood of All Believers sounds like religious language that we may shy away from using. However, it is a founding principle of how and why Christian hospitality is a cornerstone of Good Samaritan.



▲ Thank you to David and Krista for helping prepare the Mission Month packages

The Priesthood of All Believers is the understanding that each person has worth in his or her own right. Each of us has a vocation that matches our skills and passions within our community and each vocation matters. In a world that pushes us to competitiveness and hierarchy, this principle reminds us that there is space for each person and that our gifts are made more valuable when shared. No matter our background, title or role, we carry the promise of God that love is always present; that our concerns and prayers matter; that we need to speak and act for good; and that we are agents of reconciliation carrying the message of grace and hospitality in whatever we do.

1 Peter 2:5 says, *"You also, as living stones, are being built up as a spiritual house."* One on one, we build upon another; each person playing their part in making something larger than ourselves; each task having value.

As we were beginning to prepare for Mission Month, Krista, a staff member with our Program for Persons with Developmental Disabilities team, volunteered to put all of our packages together for our care homes and programs. Surrounded by towers of posters, notecards and envelopes, Krista helped in a simple way that made a big difference.

Mission Month is, at its heart, about celebrating our staff and organization. We affirm who we are as a community by focusing on our mission, vision and values and living out the unique identity of GSS/GSC as a faith-based organization. When sharing hospitality, our community is bigger than just our offices, tasks and to-do lists. Hospitality is the heart where caring, belonging and purpose inspire involvement. Each time we offer to help or spend a moment sharing, we are living out our value of hospitable environments.



▲ Our chaplain in Salmon Arm, Vikki Marrs, poses with the beautiful quilt she made to be used as a raffle item to raise money for the organization

Because our mission, vision and values are essential to defining who we are and how we operate, all initiatives, projects and operations in the new five-year strategic plan that will be rolled out this spring were developed through this lens.

Our unique identity as a faith-based, not-for-profit health care provider is important. Our goal is to put our core values into common practice by working to incorporate knowledge, understanding and practice into the organization. To achieve this, we have formed an Identity and Values (IV) committee.

We embrace the coming year with a passion for serving those who reside with us, our volunteers and each other as we continue to grow in our mission.

Good Samaritan Pembina Village, Evansburg, Alta.

Grandparents are a blessing

by Vicki Vincent, recreation and volunteer coordinator



Some of the fun activities included a fishing game and making cotton candy with the Evansburg Fire Department



Everyone enjoyed the delicious cake



This past fall, Good Samaritan Pembina Village in Evansburg, Alta., celebrated Grandparents Day.

Representatives from Yellowhead County came and they brought the residents pens, pins and much more. They also helped serve a grandparents cake that was supplied by our librarian, Melissa Ronayne. Melissa even had a fish pond for the children that showed up!

Residents and their family members were also treated to a visit from the Evansburg Fire Department who spun up some cotton candy. We ended the day with a fabulous performance by [Dallas Arcand](#) who is a three-time World Champion Hoop Dancer.

Everyone agreed it was a day filled with a ton of fun and a lot of exciting things. We are already looking forward to next year!



Thank you to Dallas Arcand for his stunning hoop dance performance

Good Samaritan Good Shepherd Home, Wetaskiwin, Alta.

Singing is good for the soul

by Suzi Girard, recreation aide



The Good Samaritan Good Shepherd Home choir at the Angels in Waiting Christmas dinner

Our small but spirited choir began with humble beginnings; the Good Samaritan Good Shepherd choir evolved through our weekly morning Hymn sing that was led by our dedicated pianist, Marvelyn Reuer.

The recent passing of a long time resident provided us with the opportunity to come together as a

choir. The family invited our residents to sing for the memorial service at the Grace Lutheran Church in Wetaskiwin. While not an easy task to coordinate, with the cooperation of residents, staff and family, we were delighted to be able to celebrate the life of someone that was very dear to us. A standing ovation was given by those who attended.

Dressed in white with red bows and sashes, the residents' joy of singing was also cherished by all who attended the Angels in Waiting Christmas dinner this year.

The choir's next adventure is to prepare for the Valentine's Day tea, where they will serenade those in attendance with songs of love.

Good Samaritan Victoria Heights, New Westminster, B.C.

Celebrating 10 years at Good Samaritan Victoria Heights

by Jacquilyn Loh, volunteer and program advisor, and Marilyn Chan, chaplain



Last year marked the 10th anniversary of the opening of Good Samaritan Victoria Heights in New Westminster, B.C., and on Wednesday, June 27, we had a party to celebrate this momentous occasion. Residents, family members, volunteers and staff were joined by Daniel Fontaine, CEO of BC Care Providers; KIDS daycare; Fraser Health Authority staff; Geriatrics Clinic staff; and

Good Samaritan president and CEO, Julius van Wyk. We were also honoured to have our Good Samaritan board of directors, Janet Molnar and Marvin Molzan, and Rev. Dale Olsen from mission effectiveness in attendance.

Special highlights of the afternoon program included a performance from the children who attend the daycare that shares space at our care home as well as our residents,

who under the directions of our care aide, Mimi Villamor, entertained our guests with an amazing chair dance to "Stop In the Name of Love." A heartfelt reflection from long-time resident, Linda Bevan, sharing the impact that Good Samaritan has had on her life since moving to the care home, reminded us all of the gift this community has become to so many.



After the formal program, it was time to feast! Thanks to the creative efforts of recreation coordinator, Jacquilyn Loh, and all the amazing staff, residents and guests enjoyed a fabulous high tea, complete with finger sandwiches, scones (with clotted cream and strawberry preserves, of course!) and all the sweets you could desire. The room was beautifully decorated with balloons and flowers, and there was even a raffle giveaway at the end of the afternoon. We finished our afternoon by presenting the long service awards to Angelica Lat (five years), Kris Trairatana (five years) and Jacquilyn Loh (10 years) and then all staff were presented with Good Samaritan drink tumblers to thank them for their service.

After an hour or so to digest all the goodies, it was time for the kitchen to display their culinary expertise and our beloved chefs, Sutrisna Iswandi and Francis Kwik, absolutely outdid themselves! Residents, family and staff were treated to a gourmet buffet dinner including such dishes as Indonesian Beef rendang and sundried tomato chicken in wine sauce. We all left filled to bursting with happy smiles on our faces!

We are so grateful to all the Good Samaritan Victoria Heights staff for their efforts in creating such a beautiful event for all our guests. We were reminded of the power of celebration and the importance of fostering our sense of community.

It was wonderful to gather together and give thanks for all the blessings we have enjoyed over the past 10 years and remember the special qualities which make this care home the unique community we cherish. As we reflect, remember and anticipate what is to come, we offer these words by poet John O'Donohue which Chaplain Marilyn spoke to our guests at the conclusion of our celebration:

*May dawn find you awake and alert,
approaching your new day with dreams,
possibilities and promises;*

May evening find you gracious and fulfilled;

*May you go into the night blessed, sheltered
and protected;*

May your soul calm, console and renew you.

Good Samaritan Fund Development Butterscotch

by Tamara Leeder, fund development officer

Sharon Camsell, one of our fabulous finance employees at Good Samaritan head office, and her family chose a special way to honour their beloved cat, Butterscotch, who passed away in November. The Camsell family donated to The Good Samaritan Society to purchase two interactive therapeutic companion pets for the Good Samaritan Southgate Care Center.

Interactive companion pets have a number of benefits for those living with dementia, including reducing agitation and anxiety, increasing engagement, creating a sense of purpose, reliving happy memories of a previous pet and giving visitors (especially children) something to focus on and interact with for more successful visits with their loved ones.

Sharon also encouraged her coworkers to consider donating and, thanks to their generosity, this initiative has enabled us to purchase four interactive companion cats and one interactive companion dog for our Good Samaritan care homes.

Thank you to the Camsell family and the employees who donated for your generous support and for helping us make life more peaceful for those we care for!

www.gss.org/donate



Sharon and her dog, Elli, with the two donated "Butterscotch" therapeutic companion pets

Good Samaritan Dr. Gerald Zetter Care Centre, Edmonton, Alta.

Veterans Week: November 5-12, 2018

by Tracey Mann, recreation therapist



Good Samaritan Dr. Gerald Zetter Care Centre marked Veterans Week in November to honour those who have served and were lost in World War I and II.

Presentations marking the 100th anniversary of the ending of World War I were researched and presented by our very own resident, Dr. John Kulba. John has been a long serving member of the Norwood Legion Branch 178 and was in contact with the Department of Veteran Affairs who provided him with commemorative pins to present to all 200 residents at the care home as well as staff members. John also arranged for artifacts from the Loyal Edmonton Regiment Military Museum to be on display for the week.



John spoke to all four of the units at Good Samaritan Dr. Gerald Zetter Care Centre. He provided a sobering fact-based account of the last days of World War I. The many residents and staff who were in attendance were most appreciative of the presentations.



Dr. John Kulba created a display and presented to his fellow residents about the 100th anniversary of the ending of World War I



The impact donors have on our residents and clients is immeasurable.



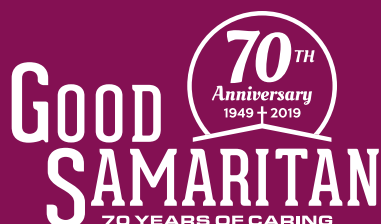
Donors have the power to transform comfortable accommodations into remarkable homes. Each dollar gifted directly impacts our ability to provide enriching programming and care.

The Good Samaritan Society (GSS) and Good Samaritan Canada (GSC) are a leading faith-based, not-for-profit, registered charity in Western Canada that provides quality accommodations, health and community care services and programs to aging individuals in need.

We use donations to create lovely spaces, add innovative technologies and engage with our residents and clients in new and exciting ways.

With your help, we can create even warmer, happier homes for the thousands of individuals that we care for. We have the opportunity to take life and make it more spiritual, accessible, beautiful, soulful and creative. Together, we will provide the best comfort and the most supportive homes for seniors and the disabled in our 20 communities.

We are proud to deliver care and accommodations for a range of needs, providing independent options, long-term/complex care, supportive/assisted living, day programs, a seniors' clinic, and programs for persons with developmental disabilities.



Your support is crucial

Make your gift today to celebrate our 70th Anniversary and to help provide exceptional care for 70 years to come.

To donate, or for more information, please visit: gss.org/makelifemore

Why give

1 THE NEED

Seniors and persons with developmental disabilities deserve a high quality of life. Recreation, activities, art, and music programs enrich residents' and clients' lives in care homes and go beyond the basic care services funded by government and residents' fees.

Support from donors is needed to fund art and music programs, enhanced therapies, community outings, and enriched outdoor spaces.

These simple, but crucial changes will take us from good to great. They take life and make it more.

2 THE GOOD SAMARITAN DIFFERENCE

We are a focused, well-run organization with the reach to deliver quality care and quality accommodations for seniors and persons with developmental disabilities in need through our network of care homes across Western Canada.

95 per cent of all donations goes towards direct frontline care and services—your support impacts those who matter most.

3 CARE FOR THOSE WHO CARED FOR US

Help us cultivate joy and provide a better quality of life for our parents, grandparents, teachers, coaches and neighbours. Your support will create a better future for the many individuals who helped you grow into the person you are today.

With your generous support, we can deliver the quality care and accommodations these individuals deserve.

By the numbers

CARE AND INDEPENDENT LIVING BEDS



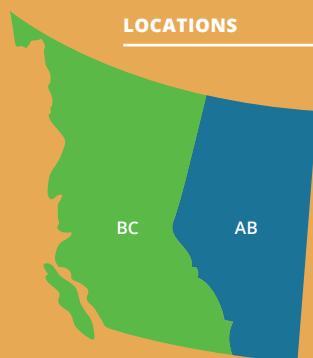
EMPLOYEES



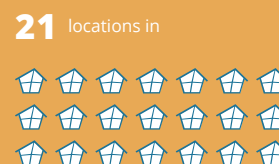
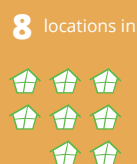
ADULT DAY PROGRAMS (WEEKLY CLIENT AVERAGES)



LOCATIONS



A total of 29 locations in 20 different communities



PPDD

129 CLIENTS in Programs for Persons with Developmental Disabilities (PPDD)

VOLUNTEER HOURS (2017/2018)



Data shown current as of September 20, 2018

@goodsamaritanCA

gss.org



THE
GOOD
SAMARITAN
SOCIETY

GOOD
SAMARITAN
CANADA

Good Samaritan Program for Persons with Developmental Disabilities (PPDD)

Our journey to healthy greens

by Minnie Dawyd, PPDD team coordinator



(L-R) Mary Ann, Danny, Connie and Dana along with Becky, Minnie and Rosita at Good Samaritan Jackson Heights with their driveway flowering project



Danny cultivating their backyard vegetable garden

Looking back, it was one of our clients, Mary Ann, whose dentist was the primary motivator to initiate our healthy lifestyle journey. He had informed Mary Ann that she was unable to have anaesthesia for her dental procedure unless she could lose 20 pounds. As you can imagine, this was hard for her and everyone around her to hear.

The Good Samaritan [Program for Persons with Developmental Disabilities \(PPDD\)](#) support team reevaluated her health as well as their own and decided to come up with ideas on how to go about the weight loss journey together. As exercise is an important component of weight loss and a healthy lifestyle, we discussed with Mary Ann, Connie and Danny, and they were all open to do some form of exercise like dancing. So, we started going to The Meadows Community Recreation Centre for their Zumba class every Monday.

We also needed more information on the right food portions and what healthy choices to make. This process involved seeing Mary Ann's family physician and a referral to a nutritionist. Along with family and staff, Mary Ann met the nutritionist who played an important role in giving the right information, ideas on ways to lose weight and how to keep motivated.



The vegetable garden in the backyard provides their daily lettuce and tomatoes for their vegetable salad at supper time

It would not be possible to live a healthy lifestyle without Mary Ann's family and her support team being involved. It can be challenging at times because, with a team of 10 people caring for her, everyone has to be consistent and on board. The information from the nutritionist was shared with Mary Ann's support team as a staff presentation during our monthly meeting. We all decided that we were in this together.

The gardening idea started when staff asked Mary Ann if continuing her participation in the Cooking Club is something that she'd like. She said "yes" as she really enjoys it, but that she would also like to live a healthier lifestyle. From there, the idea of gardening herbs at home was born.

Our gardening journey started with eating healthier by using fresh herbs we had grown for our daily cooking and for the Cooking Club.



Connie with Rosita enjoying their tomato harvest



While Connie is on enteral, and due to this, is not part of the Cooking Club, she still wanted to learn about gardening and decided to grow some flowers instead. Danny was also interested in learning about growing herbs and flowers. We were set! Soon, gardening became an everyday conversation and Dana decided to participate as well. She bought her own flowers and herbs.

The support team started to enjoy the daily conversation as well as learning; which herbs can go with which food preparation became an everyday topic. More and more herbs were used daily and the idea of a vegetable garden soon came about. We started with one backyard gardening plot containing tomatoes and lettuce. Soon it was extended to a variety of vegetables and another gardening plot was created. Most of the support team members created their own vegetable garden at home too! The farm-to-table idea became enjoyable and a sense of pride for all the residents and team members at Good Samaritan Jackson Heights.

The regular gardening routine became a labour of love as the clients and the support team had to do some watering amidst the hectic morning and evening schedule. The clients learned how to cultivate, weed and water the pots and backyard garden, and the adapted gardening tools from the Good Samaritan office facilitated better participation as the clients were using wheelchairs.



Mary Ann appreciating her tomato harvest



Dana weeding the backyard vegetable garden



Some of the delicious produce they get from the garden every afternoon for their vegetable salad at supper time

The daily green salad became our supper signature. Switching grains to greens resulted in Mary Ann successfully losing 15 pounds! Everyone celebrated and talked about this quite a bit. The support team was also motivated to incorporate salad into their daily meal!

Eventually, the idea of getting a gazebo was discussed due to the toasty summer afternoons in the backyard during the gardening sessions. A nice hard top gazebo was purchased, from the donation of a previous client, and Danny's family volunteered to assemble it for us. The gazebo became our afternoon sitting area.

Not only did our gardening journey result in weight loss, but it also helped create client engagement, education, pride, a sense of community involvement and, most of all, appreciation for life!

We already can't wait for spring so we can start gardening again!



(L-R) Dana, Connie, Danny and Mary Ann with Lea, Minnie and Jashan enjoying the shade from their new gazebo at Good Samaritan Jackson Heights

100 VOICES Pre-School Outreach Program

100 Voices program's special gift

by Tamara Leeder, fund development officer



▲ Anna loved her beautiful Christmas card from the children at the 100 Voices program



▲ Some of the Christmas cards that were handed out to the residents

The [100 Voices Program](#) kids decided to spread the Christmas spirit by making 118 Christmas cards for some of those we care for.

The handmade Christmas cards were delivered to residents at Good Samaritan Mill Woods Centre, Good Samaritan Dr. Gerald Zetter Care Centre, and Good Samaritan Southgate Care Centre and they helped create a lot of Christmas cheer. The residents were overwhelmed with joy and appreciated such a special holiday gift.

Anna, a lovely 92-year-old resident, lit up when she opened the handmade card. Anna said, "This is the most beautiful Christmas card I have ever received."

Thank you to the 100 Voices program for the beautiful Christmas cards for our residents. Your touching gift helped to spread comfort and joy during the holiday season. We hope to continue this Christmas blessing next year.

Good Samaritan Heron Grove, Vernon, B.C.

Making life more comfortable

by Chris Smith, recreation and volunteer coordinator.



Thanks to our volunteers, donors, and attendees, the event was another huge success



Events like these wouldn't be possible without our amazing staff who go above and beyond to help make life more for our residents and clients

The 2018 Edible Elegance Fundraiser was a sold out event and a huge success! With over 90 tickets sold, the dining room was full of supporters and volunteers helping us raise enough money to build a movie theatre room in cottage six. After all expenses were factored in, we raised \$8,711.92.

We are now in the process of creating a theatre room that can provide an awesome movie experience for those living in our care. The room will be equipped with a high-end projector, projector screen, sound system, popcorn machine, concession stand, and blackout curtains. Recreation staff will now be able to host movie theatre events to the delight of the residents.

I want to thank the recreation team, the Good Samaritan Heron Grove leadership team, and all the wonderful volunteers who helped make this event a success! Without their tireless efforts, none of this would have been possible. I would also like to thank Southward Medical (our title sponsor) and Sysco (our food sponsor) for their continued support of what we do.

 **Title Sponsor** 



 **Food Sponsor** 



Good Samaritan Fund Development National Philanthropy Day

by Tamara Leeder, fund development officer



▲ L-R: Karen Harasymchuk; Daphne LeGrow; Linda McCreath; and Sharon Cornelius, chair for the Light Up Your Life Society

It was an honour to attend the 20th Anniversary National Philanthropy Day celebration this past November. This day is celebrated across Canada to recognize the vital role giving has in our communities.

Our fund development team nominated the [Light Up Your Life Society](#) as we wanted them to receive recognition for the amazing fundraising they do for our Spruce Grove and Stony Plain care homes.

Over the past 26 years, the work of the Light Up Your Life Society has touched the lives of many individuals in the Edmonton area. The Society works to promote awareness of palliative, hospice and continuing care by raising funds to enable the purchase of special equipment and services for residents and their families.

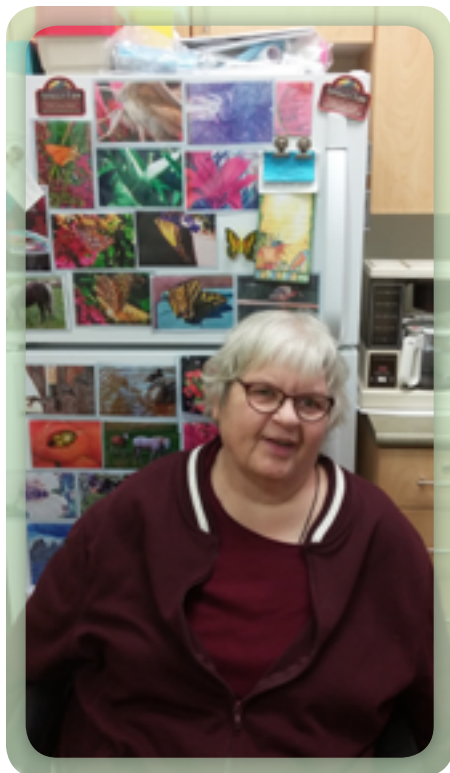
Thank you to the Light Up Your Life Society for helping make life more comfortable for those we care for!



Good Samaritan Heron Grove, Vernon, B.C.

Our resident poet and photographer

by Chris Smith, recreation and volunteer coordinator



Barb with some of her beautiful photos

Barb Treen has many talents. Two that stick out are her ability to write poems and to take extraordinary pictures. After visiting Barb's room at Good Samaritan Heron Grove in lovely Vernon, B.C., one soon realizes that she is very passionate about both of these. Scattered amidst her creative haven, one will find examples of her creative brilliance. Meaningful poems, titled and dated, describing her many moods and feelings are in

abundance. Pictures of nature and animals flock to the shelves and pictures hang on her walls. The angles and colours are so majestic and beautiful that it is hard to believe many of these were taken at our very own care home and not deep in the bush. In addition to the work she does on her own, she also takes the time to volunteer at large recreation programs earning herself the nickname "Barb, the resident photographer." Recreation staff will often ask Barb to come to take pictures at our events, and she usually says "yes." She always does a terrific job!

"Photography gives me a passion to my life that I've never felt before. Since I was introduced to a camera nearly five years ago, my picture taking has grown into my life's purpose. Also, being able to share my pictures with those around me gives me much pleasure and reason as well to continue. My favourite medium is the natural world. This has given me a greater appreciation of the beauty I see".

– Barb Treen

"Flying" is a beautiful poem that Barb wrote four months after the passing of her beloved husband. Barb is a wonderfully imaginative woman and we absolutely love having her as part of our Good Samaritan family.

Keep up the great work, Barb!



Flying

by Barb Treen

You taught me how
To learn to fly
We reached the clouds
As we flew so high
You gave me the wings
To fly with you
Only I thought
That you'd always fly too
I'm flying alone now
You've flown away
I'd always expected
That you would stay
Still, you gave me the courage
To allow me to soar
I didn't think
That I'd ever want more
But I have flying
I've got to do
And I don't know
When I'll be through
I'm still flying
Through the sky
Although maybe not
Quite as high
I know one day
My work will be through
Then I'll be flying
Again with you.

Java Group Programs

Overcoming social isolation

by Kristine Theurer, president of the java group programs



▲ The Java Music Club is well loved at Good Samaritan Village by the Station in Penticton, B.C. L-R: Juanita Offer; Twyla Bailey, recreation therapy assistant; Irene Warlow; Joan Morgenstern; Kristine Theurer, presenter; Michelle Ritchie; and Pat Gamble

What is the Java Music Club?

The [Java Music Club](#) is an evidence-based peer support program targeting social isolation.

It provides a framework and structure for participants to engage in meaningful emotional support and to reach out to their peers that may be lonely.

This acclaimed program has been implemented across the United States and Canada in hundreds of long-term care homes, assisted and retirement living as well as adult day centers and hospitals—many have eight to 10 groups running each week.

The program includes discussion topics, music, photography and readings, along with a “talking stick,” a training DVD, a simple step-by-step guide and evaluation forms to ensure sustainability.

The Java Music Club is easy to implement and can be facilitated by existing staff, volunteers or residents in a home—no musical abilities required.

What are the benefits?

In the initial evaluation research of the Java Music Club, study participants reported positive benefits and staff revealed an overall positive experience and described how the unique program structure fostered sharing on a deeper level and empowered residents with moderate to severe cognitive impairment.

Other research has found that a majority of the residents participating in the Java Music Club report positive benefits with themes generated around increased engagement and friendships,

support and empowerment. In their surveys, staff revealed an overall positive experience, that the program was easy to execute, and the training effective and program materials were easy to follow. Staff also reported observed benefits among program participants that included increased engagement of quieter residents, improving bonding between group members and increased supportive/helping behaviours.

“To join in this group is to forget my worries. It eases your problems. This is different, something special. It takes the loneliness away.”

– Java Group participant

Good Samaritan Dr. Gerald Zetter Care Centre, Edmonton, Alta.

Dr. John: a lifelong philanthropist

by Tamara Leeder, fund development officer

Dr. John Kulba is one of the 200 residents that call the Good Samaritan Dr. Gerald Zetter Care Centre home. John has an incredible life story from his time being a teacher in a two-room schoolhouse to receiving the Alberta Centennial Medal and certificate for his outstanding contribution to education in Alberta.

This fall you would have found John in the lobby at the care home selling raffle tickets for a quilt that was donated by the [Edmonton and District Quilters Guild](#). John singlehandedly sold over 600 raffle tickets – raising more than \$3,000 to benefit resident comfort and care at Good Samaritan Dr. Gerald Zetter Care Centre. In total, the raffle raised \$4,380 to help us make life more comfortable for those we care for. We were thrilled when the winning ticket for the raffle was one that had been sold by John.

Dr. Kulba has an abundant flair for philanthropy that has continued throughout his life: everything from organizing a baseball tournament to ensure the school had power and a projector to show educational films, to his amazing work with the RCMP Special Olympics Torch Run. It is clear he is dedicated and that has made him so successful in his fundraising efforts. His efforts have had a significant positive impact on his fellow residents.

John's words of wisdom for successful fundraising are "Do it with all your heart, and it will turn out great." We are truly grateful for the tireless hours and his dedication to The Good Samaritan Society through his highly successful raffle ticket sales!



▲ L-R: John Kulba; Danna Puchailo, registered nurse; Doug Richardson, the quilt raffle winner; and Ross Richardson, Doug's father who is a resident at Good Samaritan Dr. Gerald Zetter Care Centre



▲ We can't thank John enough for helping us sell raffle tickets

Good Samaritan Village by the Station, Penticton, B.C.

Making life more accessible

by Jean Kearny, recreation and volunteer coordinator



Good Samaritan Village by the Station held its annual Evening of Edible Elegance this past fall, with 100 guests in attendance to enjoy a fabulous evening of music, wine sampling and amazing food!

This evening is an opportunity for our care home to "strut our stuff" and the décor and the ambience was warm, inviting and very classy.

Sax Among Friends, with Yanti and Mel, entertained the guest, while PLAY estate winery and PENTAGE

winery offered samples of their finest whites and reds. Our culinary team came up with a menu that astounded our guests and featured four items that were prepared using our own "Good Sam Jam." Everyone raved about the delicious food and the variety of amazing tasty treats. To round out the evening, we featured a 50-50 draw and a silent auction.

Our Evening of Edible Elegance raised over \$6,000 that will be used

toward our outdoor enhancement project. This project will see a new courtyard area be built so the residents in complex care can enjoy easier and better access to fresh air and garden space.

Our amazing volunteer team came through yet again to help make this wonderful evening happen, and to them and all of our sponsors and donors, I would like to say a great big "thank you!"

Good Samaritan Prairie Ridge, Raymond, Alta. Passing the time with a favourite author

by Annette Hunter, assistant manager



Marlene is a passionate reader and has fallen in love with the stories written by Anne Perry

Marlene has been a resident at Good Samaritan Prairie Ridge in Raymond, Alta., since May 2016. In her younger years, Marlene kept herself busy nursing and being a wife and a mother. She had many hobbies such as canning, quilting and shooting matches off a fence post with a rifle.

Now that Marlene is not able to participate in the activities of her youth, she spends most of her time reading to help pass the time. She has fallen in love with the stories written by [Anne Perry](#).

When Marlene is passionate about something, she loves to let people know. It was with great pleasure that she wrote a letter to Anne Perry to tell her how much she loves spending time with each of the characters in her books.

To Marlene's surprise, she received a letter back from Anne.

Marlene's letter to Anne Perry:

My name is Marlene Hamon, I am 85, and I live at Prairie Ridge, a Good Samaritan Society assisted living lodge in Raymond, Alberta, Canada.

I am a breast cancer survivor and have arthritis and Parkinson's. My husband died in September of 2014. I can no longer quilt or do any sewing as my hands and fingers don't work the way they used to. My days were long and boring.

I have two daughters that took turns driving me to the library. I kept trying different books until I got started with yours. I spend hours each day in my room or a large living room reading. I'm never without someone stopping by to visit, and most of them, including my children, are starting to read more. Our recreation assistant, Julie, is helping me order more books in from our Library System and keeping track of what I've read already. I am reading the Thomas Pitt and Charlotte series. I am a fast reader and am thoroughly enjoying my time with these books. Thank you for filling my empty days with wonderful messages and mysteries. I pick up a book and imagine that I'm with Charlotte and her sister Emily trying to figure out someone's secrets, or with Gracie and Tellman having tea at the kitchen table and denying their budding romance, with hours of dreaming of the beautiful dresses that Aunt Vespasia wears. Pitt has a constant challenge of solving mysteries.

If I could have a wish, it would be to sit with you in your study just absorbing words. My situation does not allow me to travel, but I can dream of one more novel and the time to read it. Thank you for each book and every hour of reading that you have given to me and many others to enjoy.

Sincerely, Marlene Hamon

Letter Anne Perry sent back to Marlene:

Dear Marlene, thank you for your lovely letter. I am delighted that Pitt, Charlotte and their friends spend their days with you! When you are finished with them, you might like to meet William Monk and Hester. I think you will like Hester. She was a nurse in the Crimea, with Florence Nightingale. And a person of great courage. You might have something in common with her! It sounds as if you are familiar with some of life's hardships.

Thank you for writing to me. You have certainly lifted my whole week. Thank you.
Very best wishes, Anne

Not only has Marlene found reading Anne's books passes the time, but she also takes great pleasure in helping out the other residents who live at Good Samaritan Prairie Ridge with whatever she can do for them.

Good Samaritan Delta View Care Centre, Delta, B.C.

The research behind “hugs not drugs”

by Shahida Devji, Director of Therapeutic Services

As the most recent member of the Good Samaritan family, Good Samaritan Delta View Care Centre was excited to add our residents, families, staff and volunteers to this highly regarded not-for-profit organization with its multi-province reach and vision.

This creativity in care is evident through Good Samaritan's support of extending a “hugs not drugs” philosophy into research in the understanding and treatment of dementia in long term care homes.

Delta View has always been pioneers in supporting evidence-based research in important areas such as decreasing incidences of falls, minimizing the use of drugs and restraints, and seeking ways to enhance workplace safety and resident experience. We are now looking to innovation in the digital health world, exploring ways that the same digital technologies used in games and entertainment can be redeployed for use in helping de-escalate the anxious and sometimes aggressive behaviours associated with hyperactive dementia.

Recently, we embarked on a landmark partnership with the Simon Fraser Department of Gerontology (the research team),

MindfulGarden Digital Health (the medical device company and our industry partner), and both the AGE-WELL Foundation and prestigious Baycrest-affiliated Centre for Aging + Brain Health Innovation (CABHI).



While the name of the grant looks somewhat daunting — A Pilot Clinical Trial of an Interactive Digital Technology in Treatment of Disruptive Behavioral and Psychological Symptoms of Dementia in a Care Home Setting — the principle is simple: Can the introduction of an interactive digital experience to our seniors in distress calm down their anxiety and allow quality care to continue? We thought the idea worthy of research and so did AGE-WELL and the Centre for Aging + Brain Health Innovation.

“CABHI is looking for new and innovative solutions that will improve and maintain cognitive

health for aging adults and/or support the identification and assessment of adults at risk for cognitive impairment. The best solutions are innovative, introduce a new idea or technology, and are engaging, practical and readily understood. User-testing of solutions is a critical step as are novel, scalable and affordable solutions.”

MindfulGarden is just such a solution. When we first heard about work that a Vancouver-based digital company was doing in the area of digital health, we knew that this interactive medical device known as MindfulGarden fit perfectly with our philosophy of minimal use of drugs and restraints and new non-invasive tools in the care of our elderly.

Essentially a digital “crash cart” for dementia and delirium, the best way to describe MindfulGarden is a video game that a senior with disruptive behaviours associated with dementia doesn't even know they're playing.

MindfulGarden responds to the individual's agitated voice and gesture by translating the input on-screen in a device that is designed to feel as familiar as a TV. As the resident cries out or wrings their hands, the game engine behind the scenes responds and charts the movements, capturing critical data



An example of how Mindful Garden can be set up in a resident's room

and ensuring the right amount of stimulation is “digitally dosed” to the senior.

Flowers bloom and butterflies soar to match the level of agitation. As the behaviour de-escalates, so too does the level of interactivity and the individual is returned to a state of calm, permitting caregivers to do their work more effectively and without distress to the resident.

In an earlier proof-of-concept application, each patient introduced to MindfulGarden was mesmerized by the experience and drawn into the moving landscape. To put it another way, imagine how we would be fascinated by the sights at Disneyland. All seniors were calmed without the use of drugs and

restraints and were discharged out of the care institution in significantly less than the expected length of stay.

We felt this worthy of further study and so a formal clinical study will begin at Good Samaritan Delta View Care Centre early in 2019. We would like to see it become a tool of “first

“We are delighted to be part of this research journey at The Good Samaritan Society,” says Cindy Thompson, Good Samaritan chief financial officer.

reach” for caregivers in care homes, hospitals and eventually for home use. We hope that it will reduce reliance on drugs and restraints and ultimately allow daily morning, bedtime and bath care to be administered without anxiety to the resident, minimizing aggression against caregivers and, in hospital settings, shorten the length of stay and improve health outcomes.

Research into products such as MindfulGarden can help us de-escalate and potentially head off anxious behaviours. This project gives us a sense of breaking new ground in this globally emerging digital therapeutics sector and we look forward to updating everyone when the studies are completed.

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