



the JOURNEY

Summer 2021

Good Samaritan Christenson Village, Gibsons, B.C.

Eyes on the prize

by Bruce Deveraux, Recreation and Volunteer Coordinator, Good Samaritan Christenson Village



Three years ago a terrible accident turned Tom's world upside down. The passionate photographer was forced to put his camera down and put all his energy into relearning even the simplest of tasks, including the use of a power wheelchair for mobility.

When Tom first arrived us at Christenson Village, Jan Sommerfeld, a recreation staff member, took notice of how great his photography was and encouraged him to keep clicking away.

When COVID-19 hit, Tom started taking photographs of everything around him. No matter what the weather, Tom was always outside with his camera, often in precarious positions. One instance saw staff pushing his power chair out of the mud – that's the price of perfection!

As Tom began to build a collection of photos, Jan encouraged him to host his first Christenson Village photo show in September 2020, and the response was fantastic! The success of this show resulted in many of his images being printed in a larger format and displayed in one of the assisted living hallways. His pictures transferred beautifully onto cards and Tom quickly had his



Tom loves the natural beauty of the Sunshine Coast in British Columbia



own card display in the front lobby. They have since become a must-see for staff and residents.

As Christmas 2020 approached, Tom's photos were so popular that many were enlarged to 8 x 10 prints, framed, and given as Christmas gifts to fellow residents during Christenson Village's Christmas Angel program supported by London Drugs.

Tom has certainly come a long way since his first show in September 2020 and since then has hosted two more photo shows at Christenson Village. Demand for his showings are so high among our residents that people have to get there early for a seat!

Recently, Jan was picking up some of Tom's prints for cards and she noticed a yellow tag on several of them. She would later discover these labels are placed on a

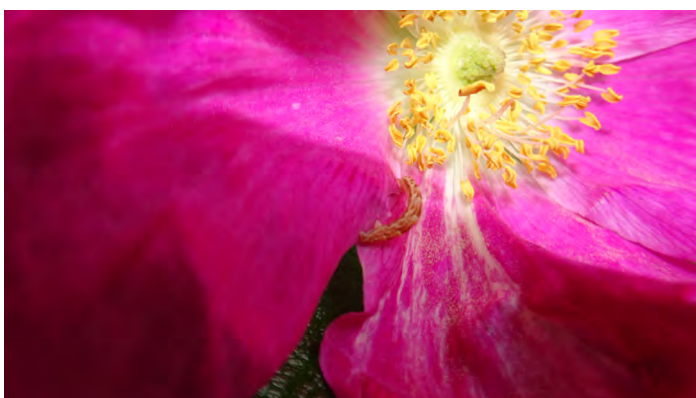
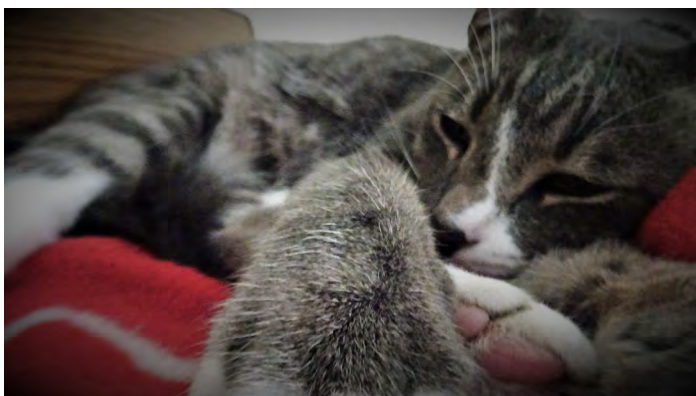


Tom taking a moment to enjoy the beautiful world we live in

customer's images when the London Drugs staff feel the images are exceptional, and would be worthy of display in their stores. Hence, Tom's work can now be found on the drug store chain's "The Local Inspirations Artist Gallery".

If you thought that would be enough for Tom, think again. The next step on his photographic journey was to set up an Instagram account with Jan's help.

With his amazing perspective and increased exposure, Tom is now able to capture and share the essence of a beautiful world that we often miss completely. As one of Christenson's "In-House" photographers you will often see Tom outside chatting with others about a great photo or scene. He has inspired many with his perseverance in challenging times and found the beauty that can unfold with just a simple change of your perspective.



If you would like to view Tom's amazing photography, please visit his Instagram account: [tompaul_photography](https://www.instagram.com/tompaul_photography).

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**PURPLE DINOS
DESCEND UPON
DELTA VIEW!**

**Do dinosaurs drive
cars? Discover the
answer on page 10.**

Message from the President and Chief Executive Officer



As I begin my ninth month as President and Chief Executive Officer of The Good Samaritan Society, Good Samaritan Canada, and Good Samaritan Delta View Care Centre, I hope all of you and your families had a most relaxing and wonderful summer! The seeds that were planted in the spring are now growing into fields of crops that will soon be ready for harvest. That same “law of the harvest” is also very relevant in our personal and professional lives. We plant the seeds of our future success, and nurture their development to ensure a great harvest in the future.

The COVID-19 pandemic has brought out the best in so many people in our organization - people who have shown compassion and empathy and offered help to others during this extraordinary time. I thank each and every one of you for your commitment, care, and adaptability during these difficult months. With vaccinations rising, I feel a great sense of excitement that I am finally able to visit our sites and see firsthand the terrific work you are doing in our communities. I look forward to personally thanking all of you for being a beacon of positivity and purpose in times where we have learned that change is the only thing we can count on.

In the Winter 2021 edition of *The Journey*, I noted that one of my goals this year was to lend a more strategic lens to Good Samaritan and create an organizational design that would get us through our pandemic response and ensure organizational success for years to come. I am pleased to report that we have made significant progress through much hard work and dedication. Our goal of becoming an employer of choice in the healthcare sector is well within reach.



Dr. Katherine Chubbs, RN, BN, MHS, CHE, DBA



▲ Visiting Good Samaritan Victoria Heights in New Westminster, B.C., and meeting Lynn

I'm pleased to share information on our Organizational Design initiative, which takes a people centered approach and focuses on how we can best serve those in our care. Over the past several months, our Senior Leadership Team has focused on four major objectives:

- Ensuring our valued employees are put in positions of strength. We want everyone at Good Samaritan to succeed and feel a deep sense of accomplishment in the work they do.
- Enhancing resident and client experiences.
- Improving employee engagement and gaining a better understanding on how we can address gaps and compression issues. This will ensure that we are able to attract and retain high quality professionals; and
- Improving our operational and financial performance, so we are better able to serve those in our care.



▲ Visiting Good Samaritan Lee Crest in Cardston, A.B., and meeting Thomas

I want to thank all of you who contributed to the Organizational Design initiative. Your heavy lifting and dedication will help us evolve and grow our mission of providing the best possible care to those in need or at risk.

I recognize that over the past few months we have had much on our collective plates. The hot temperatures have made things difficult at times in our buildings, the overall pace of some of our workloads has increased and COVID-19 remains a concern. I want to reiterate the need to take some time for yourself and family over the summer. Time away from work is critical to your well-being and ensures a healthier work-life balance. So find what brings you joy and go there!

God bless,

Katherine



 Jennifer Hannay

Meet Jennifer Hannay.

She is our comfort care aide at Good Samaritan Victoria Heights in New Westminster, B.C. She is 20 years old, and is currently in school to become a nurse.

Jen says "I love working at Victoria Heights, where I spend my day screening visitors and staff, delivering packages, and spending quality time with the residents."

Jen has a smile on her face and in her voice everyday at work. She is always ready to help someone. She is great listener. She goes the extra mile full heartedly in all she does, an perfect example of our Good Samaritan values. She is filled with compassion for others. Her amazing ability to connect with everyone is truly a blessing.



Employee Spotlight Jennifer Hannay



Amidst her busy schedule with school and work, Jen also volunteers at the Royal Columbian Hospital with the COVID-19 vaccine clinics. Her dedication to care throughout this pandemic, to keep everyone safe and to bring sparkles of joy to every single person who



lives at Victoria Heights or walks in through our door, confirms that she will be a great nurse someday, and we are so proud to be part of her journey.

Jennifer was nominated by Jacquilyn Loh, Site Manager for Good Samaritan Victoria Heights.

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

Good Samaritan Hillview, Edmonton, Alta.

Sharing culture and recognizing pain

by Alleshia Helbig, Team Co-ordinator, Program for Persons with Developmental Disabilities (PPDD)



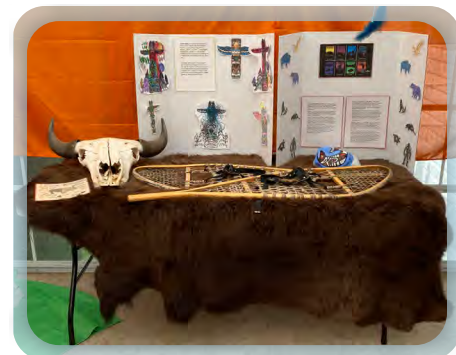
(l-r) Allan, Daryl, and Mike and the Indigenous culture display they set up in the sun room at Hillview

Before National Indigenous Peoples Day took place on June 21, team co-ordinator Alleshia showed the individuals at Hillview pictures on an iPad of Indigenous culture. Our individuals recognized and reacted with emotion after seeing tipis, feathers, totem poles, dream catchers, and the animal symbols for The Seven Grandfather Teachings.

Sadly, the discovery of the 215 remains that were found at a former Kamloops Residential School generated much conversation at

Hillview. We all felt that it was important to acknowledge the tragic, heartbreaking devastation of this discovery. We so desperately wanted to show our support to those impacted and mourning the loss of these children.

To show our deep sense of emotion, the individuals and staff worked on setting up the sun room with an Indigenous culture display. Our individuals coloured totem poles and dream catchers. We also made a memorial table to honour the lives of the 215 innocent children.



On June 21, our individuals, staff, and guardians all participated in National Indigenous Peoples Day celebrations. Music from a Pow-Wow celebration played, bison meat and bannock was served, and displays generated much conversation and interest. We looked up the meanings and traditions that were shown in the display. The memorial we set up also made people pause and reflect on the damaging impact the residential school system had on Indigenous People and their culture.

Moving forward we have all made a decision to keep the memorial display up permanently. The Guardian/home owner felt moved to dedicated a section of the backyard to display Indigenous culture so that future staff and family members can learn about the Indigenous People's heritage. It was a day that won't soon be forgotten.

Good Samaritan Christenson Village, Gibsons, B.C.

Poetry in motion: An evening with Gary Glazner

by Bruce Deveraux, Recreation and Volunteer Coordinator, Good Samaritan Christenson Village

On an overcast COVID-19 night, Chaplain Jacqueline and her poetry participants gathered in the assisted living lounge. They were about to experience something very new, a Zoom Poetry Party, live from New York City with the one and only Gary Glazner, founder of the Alzheimer's Poetry Project.

Gary's illustrious career has ranged from producing New York poetry slams in the 1990's, to using Poetry Robots to connect with isolated seniors in care centres. The diversity of his work is remarkable and the group was so excited to see where this Zoom Poetry Party would take them.

From the beginning, there was an instant bond between Gary and his Canadian audience. His dynamic energy was on display from his first words, and participants were immediately pulled into his zone. His inspiration for the subject at hand was evident as everyone became part of a creative engagement process.

To kick off the party, Gary selected a poem by Canadian poet, David W. McFadden, titled *Secrets of the Universe*.

Participants began reciting the poem in unison using his call and



Gary utilizes call and response method to facilitate creative expression among individuals living with Alzheimers and dementia related conditions

response technique and everyone recognized a line in the poem that referred to a hardware store on Baker Street. Baker Street? That sounded too familiar. Ah, yes, the Baker Street in Nelson, BC. The group began to wonder if the hardware store referenced in the poem was still there? A quick search online revealed that in fact, it still existed!

Gary, always one to push the limits, yelled out, "Bruce, let's phone

them!" Sure enough, the hardware store picked up and I was quick to state, "Please don't hang up, it's not a crank call, I'm calling from a care centre on the West Coast, are you aware that your hardware store is referenced in a famous Canadian poem?" A confused "No" was her response. I asked if I could get her name, "Dawn" she replied.

I then explained to Dawn that Gary was in New York, we were in Gibsons with our poetry group and



Gary at "mission control" for a virtual poetry party

that we would love to recite a poem for her. "Sure", was her response. The call lasted about four minutes and our poetry crew and Gary recited the poem in unison. We acknowledged Dawn for being such a good sport, and she thanked us for "making her day."

As you can imagine, much laughter, smiles, and joy ensued. After an hour, we bid a fond farewell to Gary. It was such a spirit lifter for everyone!

A week after the original poetry call, I phoned the store to see if I could speak with Dawn, get her last name, and thank her once again. During that call, it hit home the power of connection, and not being afraid to "improve."

As I spoke to Dawn she stated, "After your call last week I was so full of joy and hope. I went home that evening and had a long conversation with my husband about your call. Who were those people? Why did I

answer the phone? I can't believe how much joy and laughter there was in that room."

Dawn went on to share that it had been a really tough year for her. She told me that her dad was in a care centre eight hours away and that she hadn't been able to see him in ten months. Dawn's dad has dementia that impacts his ability to communicate by phone so conversations can be very difficult.

"Your call gave me hope that maybe I could connect with my dad in other ways. Please thank Gary, and all the poetry crew for touching me in ways you can't even imagine," stated Dawn.

It was such a beautiful way to cap an amazing experience. You just never know how your actions will touch someone.

For more information on Gary and the Alzheimer's Poetry Project, please visit www.alzpoetry.com.

Secrets of the Universe by David McFadden

*You're waiting for a bus at
Ward and Baker
and a woman comes up to you
and asks for a dance.*

*You tell her you don't want to
dance
for there is too much snow
and not enough music
and she says you didn't mind
dancing with me last night.*

*And when you tell her she's
mistaken
you didn't dance with her or
anyone last night
she says oh yes you did
and when you ask where
she says up there
on the roof
and she points to the roof of
Hipperson Hardware.*

*In fact, she says, as her voice
drops
and a shy look comes into her
eyes
I've even danced with you on
other planets
Venus and Mars for instance
and then she walks away*

*leaving you to wonder about
the part of your life
that is secret even from you.*

*From Why Are You So Sad?
Selected Poems of David W.
McFadden, by David McFadden
Poems copyright © David W.
McFadden 2007*

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

Dino daughters surprise dad at Delta View

by Kelly Foston, Recreation Therapist, Good Samaritan Delta View Care Centre



These dinosaurs drove from Calgary to Delta to celebrate Bob's birthday

Public health restrictions for care homes have made celebrating with loved ones difficult during the pandemic, but many have been up to the challenge to find a way to make it work. Bob is a resident at Good Samaritan Delta View Care Centre and celebrated a milestone thanks to the amazing efforts of his family and staff at the care home.

His daughter, Denise, contacted Delta View in March in order to arrange something special in honour of his birthday. Once the details were confirmed, Denise and her sister, Nikki, made the trip from Calgary, A.B., to Delta, B.C., to

surprise their dad on his big day. While Bob was sitting inside at a window, Denise, Nikki, and other family members walked up slowly on the outside - dressed as purple dinosaurs! Bob was surprised to see a crew of carnivores walk up to his window, but he was overjoyed when his daughters removed their masks.

Bob's family had brought a cake, gifts, a huge poster, and many other things to celebrate his birthday with him. Balloons floated inside and outside to help make it feel like they are all together at the party. The dinosaurs walked along



Nikki (l) and Denise (r) sharing smiles and waves with their dad at the window

the outside of the hallways to help bring some joy to the other residents and lift everyone's spirits during a difficult time. Members of the recreation team were able to arrange Zoom calls with other families as well, so it was a multigenerational and multi location (and multi species!) 80th birthday party.

Evergreens Foundation Sunshine Place Lodge, Evansburg, Alta.

Turning 100 in Evansburg

submitted by Vicki Vincent, Recreation and Volunteer Coordinator, Good Samaritan Pembina Village

Florence celebrated her 100th birthday on April 7, 2021 at the Evansburg Lodge with her family and friends.

Florence was born in Rose Valley, Saskatchewan, on April 7, 1921. She is the second of seven children, and grew up on a farm where there was always plenty of work to do, but there was also time for fun. She has enjoyed challenges and competition for all of her 100 years.

Florence married in 1948, moved to MacKay, and raised a family of three. Unfortunately, her husband passed away before their 25th wedding anniversary.

Florence carried on, and mastered everything that came her way. She kept farming and was still helping on the family farm well into her 90's. Along the way she has worked with various organizations like the MacKay Community Ladies Auxiliary, Seniors Club, and Leman Cemetery to name a few. She has enjoyed a very active life with quading, skidooring, and cross country skiing, frequently followed by a good wiener roast. Florence also enjoyed many hobbies like upholstering, needle work, and quilting.

Her many grandchildren and great grandchildren have always been a delight to her and is always prepared with a cup of coffee or tea, and a lunch or meal, for any friends or family stopping by.

At the age of 96, Florence left her home of nearly 70 years to move into the Evansburg Lodge where she still resides. Florence has lead a very active life and she hopes to see all of us at her 101st birthday celebration.



Florence was very happy to celebrate her incredible milestone with family and friends

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

Still making the big saves

by Shawn Friedenberger, Director of Communications & Stakeholder Relations



 Ivan talks to friends at a surprise party for his 90th birthday (photo by Mark Brett/Penticton Herald)

Most people that are 90 years young would be forgiven for deciding that, whatever their work, enough was enough and it was time to relax.

Most people, however, are not Ivan McLelland, the famed goalie who led the Penticton Vees to the 1955 world hockey championship.

As he celebrated his 90th birthday in March, McLelland had the opportunity to reflect on a lifelong journey of athletics, friendships, and his proudest moment of all – helping his wife fight a courageous battle with dementia.

In an article written by David Crompton in the Penticton Herald, McLelland summed up his 90 years of life with the following:

“It’s been 12 years of hockey and 78 years of life. The hockey part never goes away, nor do I wish it to. It’s an honour that people still recognize it and still want to talk about it after all these years.”

As one of the few surviving members of the 1955 Vees, McLelland vividly recalls March 6, 1955 in Krefeld, Germany. An underdog Canadian squad lined up against the Soviet Red Army and

shocked the hockey world with a 5-0 victory that secured the world hockey championship.

These days, McLelland remains active, taking long daily walks, playing golf and strapping on his snowshoes when the snow hits the ground.


Ivan lives independently at Brandon Park housing development in Penticton where he indulges in homemade soup and the company of many friends.

One of those friends is Al Formo, who credits McLelland for “keeping him going” when he was stricken with bladder cancer two years ago.

“He was there through the three operations and 20 (cancer) treatments,” said Formo, a long-time radio colour and play-by-play hockey commentator in Penticton. “He kept me believing, he’d show up at my door every second night with soup and food. That’s the kind of stuff (Ivan) does. He’s got a huge heart and he helps a lot of people. He’s a wonderful human being.”

For McLelland, his proudest moment came in 2002 when his wife Faye began a seven-year battle with dementia before passing away peacefully on January 2, 2009. The COVID-19 pandemic allowed Ivan an opportunity to reflect on his life. He came to one conclusion – winning the world title “didn’t come



 Ivan in net at the 1955 World Hockey Championships (photo courtesy of Ivan McLelland)

close” to what it meant to take care of his wife.


Ivan decided to turn a negative into a positive and found a new calling in life – to raise funds for dementia care and the Alzheimer’s Society of B.C.

Although COVID-19 has limited his day-to-day involvement, he still keeps in close contact with the staff at Village by the Station in Penticton.

McLelland’s fundraising efforts have helped pave the way for the music program for dementia patients at the Village, and proceeds from his highly successful autobiography *Gold Mine to Gold Medal and Beyond* have helped fund other programs at the Village. The book, released in 2012, chronicled McLelland’s younger years working in a gold mine in South Porcupine (now part of Timmins), Ontario, through to his years in hockey and business and as a family man in Penticton and Vancouver, and back to Penticton.

For Andrea Jones, recreation and volunteer coordinator at Village by the Station, Ivan’s presence and involvement at the Station “has been such an amazing experience.”



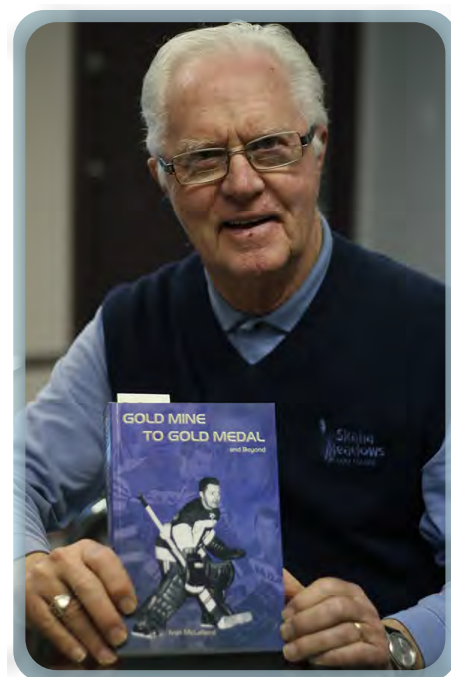
 Ivan was in net when he and some other residents from Village by the Station played a game against the Penticton Vees Junior A Hockey Club thanks to community volunteers and staff from the care home


Jones is thrilled to work alongside such a prominent and well-known Penticton “superstar.”

Ivan’s tireless fundraising for the residents at Village by the Station has definitely improved their quality of life.

“He has worked at providing beautiful landscaped courtyards, music therapy funding, a new bus, and many other wonderful endeavors. One of my highlights was when he volunteered to assist our residents to “skate” at the Summerland Arena with the Penticton Vees. They pushed the wheelchairs of the residents and assisted them in playing a hockey game - it was a wonderful day,” noted Jones.

The staff at Village by the Station and the entire Good Samaritan family wishes Ivan a terrific year ahead!



 *Gold Mine to Gold Medal and Beyond* was written by Ivan with help from the scrap-booking skills of his mother, Bertha, and his wife, Evelyn

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

High school volunteers rise to the occasion

by Diane Doyle, Volunteer and Program Advisor, Good Samaritan Victoria Heights



Jack (l) and Jaime (r) share a special connection with Good Samaritan Victoria Heights

Starting a new job in January during the height of a pandemic can have its challenges for anyone.

Additionally, as per the Provincial Health Officer, volunteers were restricted from coming to the care home. Luckily for me, the Victoria Heights community reached out in February and came to my rescue. Some were past volunteers, some were new members who wanted to contribute and some were young

children from the childcare centre located in our building. These were all members and groups from our community that wanted to make Valentine's Day and Easter special for our residents.

I want to share with you one story in particular. A high school student volunteer (Jamie) had been an active volunteer before the pandemic. In February she encouraged her



younger brother Jack to assist her in making the Valentine's Day cards. When I met these siblings in person, I asked them how they first connected to Victoria Heights. My inspiration came when they told me that they both went to the childcare centre years ago. It is wonderful that current residents are benefiting from the relationship between the K.I.D.S. Child Care and Victoria Heights so many years ago. These two organizations left a positive impression on these young children and they are now giving back to the community. In an era of video games and expensive toys, it's refreshing to see these siblings quickly becoming community leaders.

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

Building confidence, competence, connections and community

by Edie Kendall, Volunteer Coordinator, Good Samaritan Dr. Gerald Zetter Care Centre

Volunteers bring added value to all our programs at Good Samaritan. These community-minded individuals want to give their time in meaningful ways, aligning with the Society's mission, vision, and values.

You might have heard the saying "volunteers make a difference", but do you really understand what that means and the hole their absence leaves? This has become a tangible reality this past year as we realign with pandemic protocols.

A volunteer is able to reach a resident in ways a healthcare provider cannot, with a gift of time that cannot be seen but can be felt. The word "transformation" comes to mind... volunteers cross our threshold for various reasons and become change agents; grasp the concept that you might not see the effect their engagement makes now, but knowing their kindness will ripple out in beautiful ways, too many to count! We hope our volunteers will soon again be able to tell their story of presence in unique ways as the pandemic restrictions lessen in the future.

Friendly visiting, program portering, music, prayer, pet therapy, water colour, Tai Chi, Loving Spoonful...



Prior to COVID, Victoria had been volunteering at Zetter since 1991 and embodies the 3 P's of volunteering - people, purpose, and passion

the absence of volunteers does not go unnoticed. Volunteers bring warmth, caring, respect, and consideration to their roles. There is always an element of fun and encouragement when volunteers appear to invest their time and talent.

Volunteering is all about **people, purpose, and passion**: the 3 P's that connect volunteers to our mission!

As a strategy to keep our gift shop viable during lockdown, our amazing gift shop volunteer, Cheryl, continued to purchase toiletries, snacks, cards, and small giftware in order ensure our residents could enjoy the shopping experience. Doreen used her volunteer down time sewing catheter bags for the site, assisting our OT department.

And how do we measure the difference a hug, smile and a kind word can make? You see the impact in the eyes of those they serve, the squeeze of a hand, and a whispered "thanks so much for visiting me" and "come again, soon."

We are counting the days until they can!

in TOUCH

News and information from mission and ethics



Embracing spirituality in a pandemic

by Karen Wedman, Director of Mission and Ethics

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control." Galatians 5:22-23.

The pandemic has been difficult but I have been amazed at the strength of spirit of residents, staff, resident families and those who have been supporting Good Samaritan through virtual volunteering.

During this past year, I emailed weekly devotions to all care homes. Reflecting on the topics of these devotions helps us to see the fruits of the spirit in action. Topics such as persistence, kindness, courage, resiliency, compassion, gratitude, comfort, hospitality, community and service to name a few. Each of these topics represents an action to lift the spirit and help people manage throughout the pandemic.

Never before has there been such a strong sense of purpose and meaning in the work that we do. Lifting the spirits of those we care for has become a passion for our staff. The theme has been "we are in this together" and that includes every community where we are located.

Virtual Volunteers

Volunteers were not able to assist at the care homes but they came out to visit through windows and in courtyards. Virtual volunteers send in notes of encouragement and pictures to make people smile. Virtual volunteers also felt purpose and meaning in how they were helping during this difficult time. I would like to share some of their comments with you.

Hello, this is my story of being a virtual volunteer to share with you.

Virtual volunteering provides me an alternative opportunity conveying my affection to our beloved residents, caregivers and staff during the pandemic period. I had been visiting our care home once a week for many years, giving hugs and support before COVID-19 hit.

Being far away from my own parents, there is a void space in my heart longing for their love and wanting to give them my comfort. Prior to the pandemic, visiting the residents and caregivers at MountainView Village in Kelowna had offered me the chance of showing my affection to many seniors and also made me feel loved by seeing the delight on their face at each visit.

I miss them and the many visits I have been blessed to share with them.

Take care and stay well, Jennifer Ma

Every day God gives us opportunities to help others “Do not withhold good from those who deserve it when it’s in your power to help them.” Proverbs 3:27 (NLT)

Good day. This April marks my 1st year of volunteering with The Good Samaritan Society. I am profoundly joyful to take part of this pandemic movement as we help enlighten the lives of others through random acts of love and kindness. I hope that we continually promote helping others and be generous with our time, talents and resources.

With this, I am sending a poem that I made today together with a very dramatic painting.

I am hoping to continue in volunteering as I celebrate my first year with you onwards. Thank you.

YOU AND ME

by Kash May Tayamen

*Look around and see
the obvious disparity
Some of us on pedestal high
while others thrive, just to get by.
Some breathes and declares
with truest profundity,
When others claim bittersweet
encounters as daily reality.
Scrutinize and mind
the beauty of skin shades
Altogether amaze, bemuse
confuse and divide each race.
Do we need to sail the seven seas
to look for answers between the waves
Do we need to find the oracle
that speaks ways to break chains.
We seek success in this labile world
only to feel incomplete in the end.
In minor ways we differ,
in major, we’re the same.
If only we break the cycle,
If we step out and rekindle
The lost touch of humanity
Only if we help others, you & me.*

Hello there

I am Charisse Espanol. I’ve decided to do virtual volunteering because since the start of this pandemic, we are all confined in our houses. Most of us have been required to work from home, thus giving us a bit of free time, minus the travelling you need to get to work. I decided to use that little free time to make notes and letters for our residents. A little good vibes will go a long way especially in this pandemic.



I have been volunteering virtually for GSS since April of 2020. I enjoy taking pictures of nature and getting outside. In December of 2020, my family contracted COVID-19 and I was unable to go outside for 14 days. I thought of everyone at GSS and how hard it must be to be inside for such a long time. This experience has made me realize how important it is to send notes and pictures and it is something I look forward to. It has become a habit that I plan to continue and my goal is to do something in person in the future. Thanks for the opportunity.



My name is Krystyna Lautrup. I am in the Therapeutic Recreation program at NorQuest College. I am very passionate about supporting senior's well-being, especially during these unprecedented times. I know that many people might be experiencing isolation during this pandemic, so it has been very important for me to stay connected with seniors through writing inspirational messages, sending photos, and videos to the wonderful residents at The Good Samaritan Society. I look forward to continuing to virtually volunteer with The Good Samaritan Society, sharing good cheer, and making meaningful connections with the residents at the GSS.

Dear seniors at the Good Samaritan Society,

Here is a photo of me enjoying the wonderful weather this spring has to offer! I love gardening. I am planting some radish, lettuce, and carrots! I will make sure to send a photo once all of my vegetables start growing!

- Krystyna



JUNE 4, 2021

A note from a volunteer Good Samaritan was able to assist.

Hello,

Hope you are doing well! I just wanted to say a big thank you again for serving as a verifier this year for my medical school applications.

With your help, I was able to get offers at the University of Alberta and University of Calgary, and get on the waitlist at Queen's University and the University of Manitoba. Getting into medical school has been my dream since I was a young kid, and I am beyond grateful that you helped me to achieve it! Again, thank you for your help!

I do not believe I will be back to volunteer at GSS anymore in the fall. Having been a GSS volunteer for almost four years now, I want to say thank you to you, the staff, the residents, and other volunteers for having helped me to learn, grow, and develop so much as a person. I want to say thank you for giving me the opportunity to volunteer with pastoral care. I will forever cherish the experience. I will surely utilize the patience, empathy, compassion, communication and problem solving skills I gained through volunteering as I embark on a new chapter in life.

Sincerely, Bryton



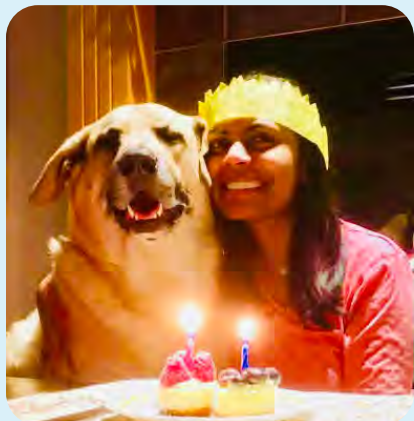
Choosing The Good Samaritan Society when the pandemic started was all by chance but we were meant to find each other.

I was wondering how to contribute to something meaningful online. The name Good Samaritan came up when I googled "helping virtually during COVID." It was an easy and efficient way to connect to the residents and staff. It gave Coco and I a safe and respectful platform to send our encouraging notes and pictures.

The beautiful thing about it, it also helped me stay positive and the acknowledgement received was totally unexpected but greatly appreciated.

Thank you to you all for making us a part of the Good Samaritan family and this amazing virtual volunteer program.

Love, Coco & Shandy



Pastoral Care

Chaplains act in the moment of crisis through the ministry of presence. During the pandemic, chaplains assured residents and staff they were not alone. Mark 6:50 *"Take courage, it is I, do not be afraid"* are words from scripture chaplains brought to those in their care. The message is that God is always with us. Chaplains offered palliative and bereavement support. They provided spiritual and psychosocial support and they are the hope bearers for the organization.

I would like to share some of the comments from the chaplains during the pandemic.

Mission Month

Mission Month has always been a special month for Good Samaritan to celebrate various aspects of our mission. This year, we have changed the month from September to May for our celebrations and we will continue holding mission month in the month of May going forward. Last year the theme of mission month, **A Vision of Hope**, was based on our vision statement to grow in strength, excellence and creativity in caring for others. This year we continue using our vision statement with the theme A Wondrous Vision. Psalm 119:18A states, *"Open our eyes that we may see wondrous things..."* prompting us to ponder the possibilities in a familiar and yet new way, the significance of our organizational mission and vision to care for those in need. We are encouraged to live in the experience and potential of Wondrous Things each day to discover the creativity of the divine entering in to show us the remarkable, beautiful and wondrous gifts we are blessed with to serve one another in love.

As we move forward with the hope of things to come may God bless us with open eyes, an open heart and a mind full of possibility and gratitude.

Spiritual Care has definitely shifted during the pandemic. Yet, my spiritual care role is forefront, integrating into my pastoral counseling, as I help our residents find meaning, purpose and hope within their situation. Helen Bennett, PPDD

Because of the one-site order in BC, I have been in the unique position of supporting my site virtually for many months. This has prompted some creative measures to try to stay in touch with both the residents and the

staff because I cannot physically be present. Throughout the pandemic, I have sent weekly check-in emails to the staff with different prayers, blessings and quotes to encourage their spirits. And, I have had many phone and video visits with the residents. Early on in the pandemic, we started doing virtual chapel services. The residents gather in the Recreation Room where a laptop is plugged into the large screen television so they can see and hear me clearly. I sit at my piano at home and we enjoy these weekly touch points where we can worship, pray, meditate on God's Word, and celebrate Communion together. I prepared daily encouragement cards for dinner trays with Scripture verses, prayers, blessings and artwork for those who were quarantined in the hopes of lifting their spirits and alleviating some of the loneliness they were experiencing during this stressful time. Marilyn Chan, Victoria Heights

I found my time during this pandemic - especially when we were in lockdown and residents were confined to their rooms - a wonderful opportunity for me to spend one on one time with residents during meal times. Shelly Norris, Rocky Mountain House

The commitment and kindness from the community towards the residents has been heartwarming to say the least. I have received an estimated 150 cards from New Life Community Church in Stony Plain. In total, I have received an estimated 340 card from the community and every site except for SPCC (recreation department has cards already) has received a card package for every resident. Kayley Sanders, Evansburg, Stony Plain, Spruce Grove, and George Hennig

I am a firm believer in the "theology of presence"; meaning that just by having the Chaplain on site God is still present through the person of the Chaplain. When everything else around us is in turmoil, the Chaplain is a constant reminder that God cares and God remains constant. Laird Borst, Wedman House and CHOICE Programs

In Linden View Taber, I have had a very committed group of pastoral care volunteers who used to come in each week over the past many years to hold a worship service with me for the residents. During the pandemic, this faithful ecumenical group of volunteers (approx. 10) have continued to meet outside of our site. During the summer and fall, they would gather outside and sing, have a message and pray for the residents. Then after the cold weather came, this group have been meeting each week and recording their service and we have the gathered the residents inside our site to watch them on the TV screen. Dallas Hjorth, Medicine Hat and Taber

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

Inspirational stories from the campus of care

Stories collected by the Good Samaritan Delta View Care Centre Rehabilitation Team

Awesome together

Jose says [paraphrased], "I like to be with people. My typical day starts with wishing everyone good morning at the dining hall with my breakfast in front. I love exercising the most although I propel around in my wheelchair. When I stand and walk a few metres with two people assisting and a two wheel walker makes my day. But lately I started to miss my rehab sessions and distanced myself from social activities as I don't see it interesting anymore.

I participate in sports day where I get to meet people and play different sports within my capacity. I ride my bike and strengthen my legs and use the overhead pulley to maintain my range of motion. The Rehab team keeps me active and encourages me to walk. Weekends are my favourite days as I see my family and get to spend time with my beloved wife who lives in the same building. It was my wish to have her always by my side; after all we vowed we would stay together all time.

My greatest joy came when my wife Angelita shifted to the same unit. I am happier than before, and started to participate actively in the rehab activities. Every morning I look forward to working with the rehab team and the best part is I get to go to the neurogym with my wife where she does the Pendulum stepper. We don't realise how time flies in the gym. On weekends our family visits us by the rehab window and encourages us. I feel like I found the missing link to healthy life."





Being strong in the face of adversity

Sam is one of the strongest people I have met and he knows what it means to be strong in the face of adversity after what happened to him.

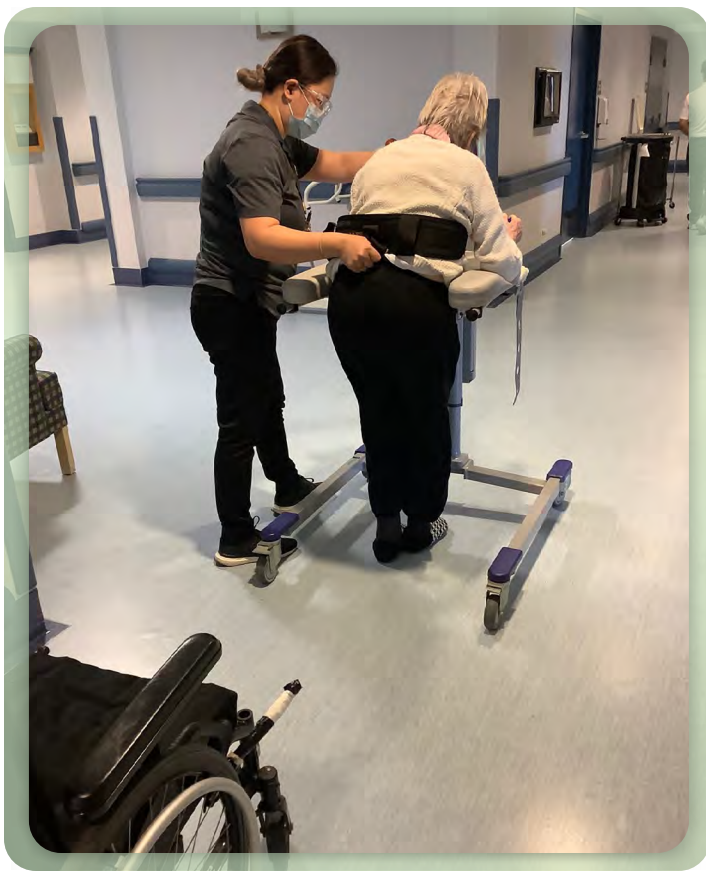
As per the direction of my physiotherapist, I started the rehabilitation program which includes range of motion exercises on arms and legs, biking, sitting balance and control. Initially there were physical restrictions, and in rehab the simple measure of success or improvement for us was "Can he do more than before?". His progress was truly amazing, and as the physical restriction disappeared, the progress accelerated nicely.

Throughout rehab, he always looked forward to coming down for therapy. Sam has showed physical improvement from being immobile to partially mobile. He is a little more functional now on his own in some aspects of activities of daily living and hope to improve even more.

Getting back up again

Ann had a fall while in the building that, unfortunately, caused a right pelvic fracture. This resident was always eager to participate in her rehab program before this fall. We worked together four times a week in a gait training program with a 2-wheel walker and 1-person assist. To go from self-transferring and walking four times a week to non-weight bearing was a difficult transition. We knew as a rehab department we had to get her back up and moving as soon as safely possible. So, following the appropriate guidelines, we got to work, starting with her passive range of motion and slowly transitioning to active range of motion as tolerated. Two weeks after her initial fracture, we were able to have her start partial weight bearing. It was amazing. For the next two weeks, we continued with active range of motion and partial weight bearing exercises, slowly introducing more weight to the affected lower extremity. She is now able to fully weight bear and we could reintroduce gait training. Ann was so excited and ready to get back to it. Often times, falls cause significant declines in senior residents, but Ann has recovered and participates in her exercises just as eagerly as before.





My mind and body can work together

Sandy has been in our centre for 2 years. Her main goals are to be able to transfer herself safely from wheelchair to the toilet and hopefully from wheelchair to car. She is very motivated in achieving her goals, and emphasizes the importance of her being able to exercise everyday if possible. Though some circumstances limit her from progressing in a certain timeframe that she sets for herself, she never loses hope and instead she shows more courage and willingness to continue and never gives up. With her hard work and commitment now we are able to see improvement and each day she starts to see the fruit of her hard work. We started with strengthening exercises which she actively does by herself, sit to stand training with counter weights to pull herself up for more stability. Then slowly progress by using less counter weights until she is able to lift herself up from the sit to stand trainer without help. Just recently we have reached another milestone, she was able not just to lift herself up but she also has been able to do some gait training with ARJO walker.

I am not stopping

Jim looks forward to his exercises every day. He has a heart condition and wants to stay in shape by doing exercises on a regular basis. He is the first one to come to the gym as soon as it opens, does all kinds of exercises and uses most of the gym equipment. He works out everyday. His day wouldn't be complete without coming to gym. He is very independent, and keeps his balance and strength through exercise. He encourages other residents to work out as well. He is truly an inspiration and fun to work with!





Perserverance

Gerhard has arthritis in both hands and has pain in his right shoulder. He did not like me doing exercises on the hands due to inflamed joints. But I continued to do passive range of motion exercises with him and he has improved tremendously. He is able to hold his glass without pain and enjoys exercising 2-3 times a week.

Just try it out

Geoff came to Delta View in a wheelchair due to a balance problem as a result of a brain injury. One day, one of our rehab assistants saw him propelling on his wheelchair roaming around the unit and invited him to the gym to check out the facility. He came to try out some of the exercise equipment and immediately showed interest in the program. After that day, he would come to the gym regularly to work out alongside the rehab assistant. He was determined to walk again so he can spend time with his wife outside. In just few weeks, he was able to get back on his feet and tried to walk again with a walker for the first time in a long time. He was unsteady in the beginning requiring maximum support. He worked so hard to eventually be able to walk with a walker on his own, he was able to go out for lunch and occasionally go home with wife. They even went on a cruise for few days with no problem! Amid COVID, he still comes to the gym and works just as hard as his first visit.



Community Engagement and Fundraising

Making a difference: A Good Samaritan donor's impact

by Janelle Brideau, Fundraising Coordinator

For residents and individuals in our care, Good Samaritan is their home. A home is a place where we can rest, enjoy food, socialize with friends and family, practice our hobbies and just simply feel comfort. Our teams truly do everything they can to make residents' days safe, happy and enjoyable. Each dollar gifted directly impacts our ability to provide life-enriching programming and care and makes life a little more enjoyable for our residents. These purchases would not otherwise be possible because they are not covered by health care.

Thank you to all the Good Samaritans out there who continually support our cause. We couldn't do this without you!

THANK YOU

to David Blair Galland and A.O. Shirley Foundation



Your generous donation has given countless amazing opportunities for our residents to have a comfortable, beautiful environment to visit their loved ones during a very hard time of increased isolation.

This patio area did not exist before your generous support. The space and furniture has added beauty and comfort and a place that our residents are proud to host their families and friends.

Your gift ultimately gave the gift of FAMILY... which personally I can say I am proud to say you are part of mine. Thank you my brother.

Lots of love,
Lori Sanford, Site Manager
Good Samaritan Garden Vista



THANK YOU

to Loretta A. Klarenbach

Dear Loretta,

We cannot thank you enough for your generous donation. The purchases will bring much enjoyment to our residents.

May God bless you,
Leah Posteraro, Site Manager
Good Samaritan Wedman House and Village



THANK YOU

to Marlen Walker and Ilgen Starko

A heart felt thank you from the individuals and staff at PPDD Jackson Heights residence. Your generosity is much appreciated. The swing is beautiful and we believe we will be using it for many years to come.

We are all blessed by this donation!




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

It's a beautiful day in the neighborhood

by Danica O'Neill, Director of Community Engagement & Fundraising



 Ann's donation has made life more beautiful for her "neighbors"

Ann has been a resident at the Good Samaritan Dr. Gerald Zetter Care Centre for eight years. Thanks to Ann's incredible generosity, resident rooms will now have a fresh new look to them. Ann decided to give back to the place she calls home and to the people who support her each day. Her donation, pledged over 10 years, will enrich the lives of friends, families and staff for years to come.

For Ann, the chance to enhance the care home was an easy decision. "I chose to donate money to Zetter

because this is where I live and feel supported. The staff treat me very well and the food is very good. I wanted to tell them to keep up the good work. When I told my brother that Zetter was where I wanted to donate, he was very supportive and agreed right away," says Ann.

Ann's recent donation supported the purchase of door clings for the resident rooms. The personalized door clings replicate exterior residential doors and allow each resident to personalize and identify their own living space. The door clings assist with wayfinding, create a neighbourhood ambience and

provide a sense of independence for residents to find their way "home."

Ann is excited about the new look at Zetter stating, "I wanted to purchase items that would have an impact for all the residents at Zetter and thought the colours and fresh look of the door clings, would be so great. I also can't wait for all the residents to enjoy the wheelchair swing this summer. It'll be great!"

I know that your fellow residents appreciate the door clings and other great projects to come like the wheelchair swing. **Thank you so much Ann for your generosity!**

Good Samaritan Vista Village, Pincher Creek, Alta.

Not your every day recliner

by Jim Riedlhuber, Site Manager, Good Samaritan Vista Village

We had the pleasure (and gift) of having a fourth year University student do a pilot/research project on the Wellness Nordic Relax Chair. The chair was provided to us from the NICE program and the student looked at the therapeutic benefits the chair featured and what if any outcomes it would have with our resident using it. The scope of the work, assessment of residents, preparation and implementation took 3 months but the outcomes were nothing short of remarkable. The therapeutic benefits provided by the Wellness Nordic Relax Chair included:

A Calming Rocking Motion

It is well known that rocking soothes infants and provides a calming effect. There is also evidence that those with dementia can reap the same benefits. In a study conducted by Watson et al, 25 patients in nursing homes participated in approximately 60 minutes of rocking each day for a total of six weeks. Participants showed a decrease in anxiety/depressive symptom and an overall decrease in PRN administration for participants related to responsive behaviors. Watson reports that nursing aides reported a significant and immediate calming effect for patients who were emotionally distressed.

Sensory Stimulation –Vibrations

The Wellness Nordic Relax Chair provides a sensory experience provided by the subwoofer speaker built into the backrest that vibrates at a customizable intensity via remote control. Sensory stimulation has shown to have a positive impact on many individuals with cognitive disorders. A meta-analysis by the National Institute for Health research was conducted with the knowledge that “agitation is common, persistent and distressing in dementia and is linked with care breakdown (Livingston et, al., 2014)”. It has been found that sensory stimulation can improve well-being and quality of life and decrease agitation among individuals with dementia (Livingston et al., 2104).

Weighted Blanket

The Nordic Wellness Chair comes with an 8 pound weighted blanket, and can be paired with therapy to enhance therapeutic benefits for some clients. Weighted blankets have shown to cause a significant decrease in anxiety for adults as evidenced by lowered pulse rate and studies indicate that weighted blankets are a possible “alternative to medications, seclusion and physical restraints, which are not patient-centered or conducive to trauma-informed care.” (Becklund, McCall & Nudo, 2021).



Important note: Weighted blanket use is a contraindication for individuals who are considered frail and those who are considered extremely frail or suffer from respiratory or circulatory problems should not use weighted blankets. (Papenhuyzen & Wong-Kathol, 2019).

Music

Using the Geriatric Depression Scale (GDS) and the Hamilton Scale for anxiety, studies have shown that music care can decrease anxiety and depressive symptoms among older adults with dementia using a personalized approach. Music may be chosen based on client's interests and preference to enhance the therapeutic experience (Guétin et al., 2009).


The Wellness Nordic Relax chair comes with MusiCare music built into the settings and provides a calming instrumental music experience. Based on each client, personalized music may be chosen to enhance the relaxation experience. The music chosen should be carefully considered and appropriate for use before implementing during therapy.

Good Samaritan Vista Village, Pincher Creek, Alta.

Getting to know Lora

by Lora Schultz, Recreational Therapist, Alberta Health Services



 Lora in Las Vegas

Can you tell us a little bit about yourself and your studies?

I currently live in Lethbridge and work as a Recreation Therapist for Alberta Health Services, South Zone, Allied Health, Therapeutic Recreation (TR). I cover the communities of Fort MacLeod, Pincher Creek, and Crowsnest Pass. Some of my main areas of interest in the profession are mental health, chronic pain, and dementia care.



In my leisure time I enjoy spending time outdoors with family and friends, playing tennis, golf, and cycling. I also enjoy yoga, meditation, and spending time with my dog and two cats.

Why Recreational Therapy?

After 6 years of working as a certified Health Care Aide in various sectors, I knew that I wanted a career dedicated to helping others improve their well-being, especially those experiencing dementia. Pursuing training to become a Recreation Therapist seemed to be the best path for me, so I applied to the Therapeutic Recreation-Gerontology program at Lethbridge College. Recreation Therapists work with clients and families to identify strengths, values and goals to return to, or increase engagement in meaningful leisure, social, physical and community roles.

Recently before beginning the Lethbridge College program, I was in a car accident and was not able to enjoy many of the activities that maintain my well-being, therefore my studies began with a personal understanding of how health can be impacted when experiencing barriers to regular activity.

Tell us about the Therapeutic Recreation program.

While completing my studies at Lethbridge College, the University of Lethbridge announced their new Post-Diploma Bachelor of Therapeutic Recreation program. I completed the program 2 years later. I was then able to become certified through the National Council for Therapeutic Recreation Certification (NCTRC). "When a candidate is awarded the CTRS credential, it serves as evidence that the individual, through knowledge and experience, has met NCTRC's CTRS Certification Standards. The award of the CTRS credential is a limited license to use the title "Certified Therapeutic Recreation Specialist® (CTRS®) subject to NCTRC's Certification Standards."

What inspired your pilot/research project on the Wellness Nordic Relax Chair?

The Site Manager, Jim Riedlhuber at The Good Samaritan Society, Vista Village, notified me that they had received the "New Initiatives in Care Excellence (NICE) program" and with the funds purchased a Wellness Nordic Relax Chair. He inquired about residents that would decrease their anxiety from the chair. He provided the brochure, and a tutorial and I became intrigued! Especially because of the increasing need to address mental health challenges as a result of the pandemic. Therapeutic Recreation uses a systematic process when developing and implementing new therapies, therefore this was the perfect project for my 4th year TR University of Lethbridge student, Brianna Froese. She was completing her 4-month placement under my supervision (January-April 2021) and part of the curriculum for the placement, required her to complete a large scale "Special Project" targeting the needs of the clientele/department. With my guidance she developed an Intervention Guideline and plans, and trialed Relaxation Therapy utilizing the Wellness Nordic Relax Chair.

How did you come to be involved with Good Samaritan Vista Village?

Allied Health provides professional services on a referral basis to Supportive Living sites throughout the south zone. Patty Lane (Therapy Assistant) and I have developed a strong partnership with Vista Village due to the high demand for our services. Brianna our student commented regularly on how helpful, welcoming, and friendly the staff were toward her at Vista Village.



Lora outside enjoying the beauty of Southern Alberta

Can you share some of your preliminary findings?

Three clients who were experiencing anxiety, agitation, stress, and low mood participated in a total of 14 (20 minute) sessions over a 7-week period. Brianna implemented all the sessions. One client was not able to complete the series.

The sessions contained a number of elements. There were Standardized assessments, a Well-Being Profile, a measurement of observable signs of positive feelings, and an Ill-Being Profile. Signs of observable negative feelings were used as pre and post measures to evaluate the outcomes of the therapy. In addition to Wellness Scales, we also measured pre and post session anxiety, stress, and mood.

After 14 sessions, on average, well-being increased by 14%, and ill-being decreased by 21%. Averages for anxiety scales demonstrated a 52% decrease in anxiety, mood scales demonstrated a 69% improvement in mood, and stress scales demonstrated a 52% decrease in stress.

What did clients have to say?

They were extremely happy! They told us that the chair was remarkable and they wanted to stay longer? They asked if they could come back – some wanted to stay forever!

Community Engagement and Fundraising

Donors make life more fun

by Janelle Brideau, Fundraising Coordinator

Donate A Car Canada

Did you know that you can turn your vehicle donation into generous dollars to support Good Samaritan Society & Good Samaritan Canada?

Working on behalf of Good Samaritan, Donate a Car Canada will accept your vehicle for donation—running or not, old or new!

There is no cost to you, and the process is incredibly easy. Donate a Car Canada will facilitate all aspects of your car donation from the pick up to the final sale, ensuring that your vehicle will be sold for the highest sale outcome possible. They will then forward the net proceeds on to The Good Samaritan Society & Good Samaritan Canada and we will send you a tax receipt!

Darlene Hyrve, TeleCare employee, was so generous when donating her old vehicle to us and she can say first hand that the customer service was amazing! Quick, simple and professional, her car was gone within 48 hours of calling.

Thank you Darlene!



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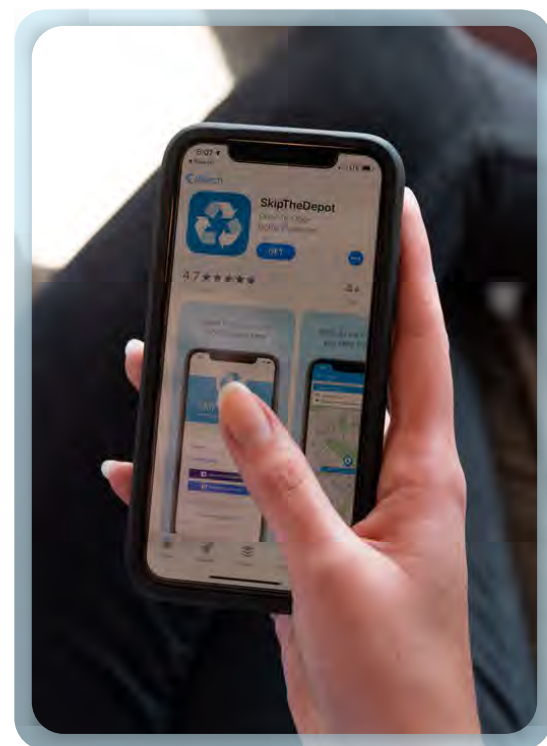
SkipTheDepot is everything you need to recycle your bottles, clothes, and electronics from the comfort of your couch. Download the app. Book a pickup. Get your time back. Chose to support Good Samaritan by donating your refund and get a tax receipt for your contribution.

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Beaumont	De Winton	Red Deer
Blackfalds	Edmonton	Sherwood Park
Bragg Creek	Fort Saskatchewan	Spruce Grove
Calgary	Innisfail	Stony Plain
Chestermere	Leduc	

Bring the bottle depot to you and support a great cause!

Please note: Services available vary by location.



Good Samaritan Mill Woods Centre, Edmonton, Alta.

Spotlight on a new theatre room

by Evie Varelas, Recreation Therapist, Good Samaritan Mill Woods Centre, and Janelle Brideau, Fundraising Coordinator

The residents at Good Samaritan Mill Woods Centre want to share some exciting news! The collective generosity of our residents, families and donors in the community have come through again! With their generous support, we were able to purchase items to create an amazing theatre room! This includes two home theatre projectors with two big screens, surround sound, and streaming services.

This new incredible set up allows residents to be able to spread out, socially distance, but still hear and see the screen clearly. Residents can now look forward to movie nights, TV shows, sporting events, streaming concerts and music, learning and interactive programs and much more. During these isolating times, this is a great way to create an “event” like feel while still being safe.

The new theatre room also has the capability of having chapel services delivered using the surround sound and screen. During difficult times like the pandemic, spirituality and group discussions are key for the residents’ mental well-being.

The reactions from residents has been nothing short of sheer joy! “It’s beautiful,” noted Bruce. For Shawna, the chance to watch the Stanley Cup playoffs has been “incredible and something to look forward to.”

To celebrate this fun new addition to the care home, recreation therapist Evie had a concert night with music videos and Prosecco. Cheers!



The new theatre room is a great addition to the care home and allows residents to physically distance but still be able to hear and see the TV



Good Samaritan Hillview, Edmonton, Alta.

How Hillview changed during these uncertain times

by Alleshia Helbig, Team Coordinator, Program for Persons with Developmental Disabilities (PPDD)

The COVID-19 pandemic has forced us all to make dramatic changes in all areas of our lives and this has also been the case for our residents at the Hillview group home.

For Hillview residents and staff, the challenges associated with COVID-19 has taught us valuable lessons in the importance of resilience, adaptability, compassion, dedication, commitment and creativity. The individuals at Hillview have benefited from the use on technology to connect with family and friends, they have learned how to create a garden and how to plan celebrations. These activities have been vital in lifting the spirits of our residences and staff as we navigate the ups and downs on this

pandemic. When we do return to a sense of normalcy, we will come to appreciate the lessons we have learned.

Let's start off with a look a life prior to COVID-19. Mike, Daryl and Allan were always busy attending their day programs, volunteer placements, visiting family and friends and hosting gatherings throughout the year. The guys enjoyed going out for lunch and supper at restaurants, so much so that every time a McDonalds or Tim Hortons commercial came on TV they would want to go. That's where the idea to create Tim Hortons and McDonalds walk thru came from!

However, everything changed in March 2020. Restrictions saw the boys struggle with being home, not being able to visit their family and see their friends. Staff worked with the boys to allow them to face time with family using phones. Later, iPads were purchased and these served to connect them with friends at their day programs and allowed them to take part in new virtual programs.

Still, they struggled with the isolation that the pandemic brought. Staff at Hillview started looking into doing parties so Daryl, Allan, and Mike would have something to get excited about and look forward too. With the iPad purchases we were able to look up





ideas online to help create memorable house parties. When some of the restrictions were relaxed, guardians were able to participate and enjoy the festivities – this brought some much-needed relief.

Sadly, when the first restrictions came into effect it happened a few weeks before Michael's birthday. Mike is a guy who loves parties and usually starts reminding staff his birthday is coming right after Valentine's Day. However, we could not celebrate the way he had in previous years. So the team coordinator reached out to her neighbors in Beaumont (they were now all working from home by this point), and asked them to decorate their vehicles and do a drive-by. Sure enough, they did and Mike was overjoyed. They also brought him some wonderful gifts!

Although the isolation had taken its toll on the boys, everyone at Hillview did their best to make every occasion special. Daryl and Allan always spend Christmas with their parents and this year was the first time they spent it at Hillview.



Their parents came over Christmas morning and enjoyed watching everyone open their presents. A week prior the boys participated in the ginger bread house decoration contest GSS put together.

For Valentine's Day we decided to turn the Hillview kitchen into Chez Hillview Restaurant. We created a menu, decorated the table with valentine theme, left rose peddles on the floor and staff put on their chef hats and aprons and took on the role of waiter and waitress.



When St. Patrick's Day came around, we turned Hillview into the McFlanigan Pub hosted by staff who got into character, Fred Duncan McMuffin, Allesha Mcfeeny McDuffy, as well as our individuals Allan MiClover, Michael Shenanigans, Daryl McDoodle. Irish music played as guardians arrived. Mike, Daryl and Allan enjoyed some green drinks (Fresca), green jello, and green cake.

At Hillview, the Price is Right is a popular game show that the boys enjoy watching. At 11:00 am each day the boys really get into the show and there are loud cheers and clapping. It was only fitting that for Michael's birthday we did a Price is Right theme birthday party. It was a big success and everyone had great time.

With vaccinations increasing and hospital numbers heading in the right direction, let's hope Mike, Daryl and Allan can return to their pre-pandemic activities. We have all been forced to come up with creative endeavours to help us get through the past many months. At Hillview we decided to adapt and make the most of life's opportunities. The sun is rising again and so are the spirits of Mike, Daryl and Allan.

GOOD SAMARITAN'S VIRTUAL **RUN, WALK & ROLL**

"The greatness of a community is most accurately measured by the compassionate actions of its members." – Coretta Scott King

by Danica O'Neill, Director of Community Engagement & Fundraising

We would like to sincerely thank the participants, donors and sponsors who came together to help raise crucial funding during our **2nd Annual Virtual Run, Walk & Roll**. The funds raised by this event will purchased items such as: mobile activity carts, furniture, wheelchair planters, power lift recliners, smart TVs, AV systems, companion pets and much more. These life-enhancing items are not currently covered by health care.

The virtual event launched on June 1, 2021 and continued through July 31, and encouraged participants to use an online platform to create teams and/or personal fundraising pages to help spread awareness and collect pledges to support the program or care home of their choice. Participants had fun and ran, walked or rolled in 20 communities all over Alberta and British Columbia for this amazing cause.

Missed you chance to register and participate? THAT'S OK! You can still support the seniors and individuals in your community by visiting www.gss.org/donate to make a donation today!

We are planning to launch the next
Virtual Run, Walk & Roll Event
in **2022**. Stay tuned for more details!

www.gss.org/events





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As charities, The Good Samaritan Society and Good Samaritan Canada depend on the support of our donors to help secure items not otherwise funded for such as our beds and specialized equipment needed to care for our residents. The generosity of our donors helps make this happen—thank you!

2020 Christmas Appeal

Adriane A. Starreveld

Alec T. Murray

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William McEnery
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Grace Lunt
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Hope Lutheran Church E L W
Ilene Henkel
Ismail Chhabu
Ivan Hansen
Janet Storch
Jeanne F. Besner
Jeanne Lucky
Joe Hughes
John Musgreave
John Weing



June Goertz
Kathleen Day
Kathy Duncan
Laura Reeds
Leon Olson
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Lloyd Doige
Lorna Olson
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Mary L'Heureux
Mary Schuurman
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Robert B. Jordan
Robert Thomson
Rose Hunter
Ruth Strosser
Shirley Sokvitne
Sindy Thompson
Stephanie Todd
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William E. Flath
William Wiesener
Young K. Hwang

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Andrea Perrett
Angie Wilson
Anne Schwalbe
Ann-Marie Sera

Anoma Aggarwal
Ashlee Koptie
Audrey Sribney
Barbara Durno
Barbara Huculak
Barry Goehring
Ben Spiller
Beverley Breuer
Brenda Crawford
Brenda Wheatley
Brian Ritchie
Bryce Goehring
Candance Tassone
Carol McCoy
Carol Porter
Carolyn Hoetmer
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Cecil Patriquin
Cecil Purves
Cheryl Merkl
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Cindy Doyle
Claire Telford
Colleen Smith
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Cora Doren
Corinne Chow
Cory Martin
Dallas King
Danica O'Neill
Darlene Currie
David Fayle
David Wardin
David Wepler
Dawn Van Skiver
Deborah Flight
Debra Landstorfer
Denise Buchanan

Diana McDaniel
Diane MacDonald
Diane Stahler
Donald Lemmen
Donna Brown
Donna J. Wilde
Donna Long
Donna Sound
Doreen Portas
Edina Kadribasic
Eileen Lemmen
Elizabeth Hebert
Elizabeth Klonin
Elsie Rodeman
Emily Holmes
Eric Krushel
Erin Allen
Felicia Mayhew
Fran Berg
Gail Krenkel
Gail Shipley
Garet Bonn
Gay Sebry
Gayla Gilbertson
Gayle Casswell
Gerry Henry
Gloria Arthur
Gloria Roth
Gordon Savage
Grace Lefebvre
Heather Harris
Helen Harlow
Helgard Proft
Henry Van Drunen
Holly Schroeder
Jamie Winter
Jane Dickson
Janelle Brideau
Janet Sacuta
Janice Germaine

Janice Stone
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Jennifer Matichuk
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Kathleen Budd
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Leanne Yanitski
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Linda Biegun
Linda Rutherford
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Marcella Morisseau
Margie Lake
Maria Hardie
Marilyn Dahl
Marilyn Hughston
Marjorie Anderson
Marlene Hearn
Meaghan Dyke
Melanie Long
Meredith Adams
Meryl Beisiegel
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Pamela Matichuk
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Edythe Andison
Katherine Chubbs
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Susan Swanson
Ted O'Neill

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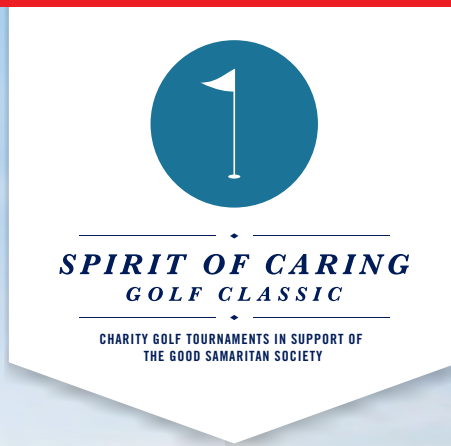
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CANCELLED

The team at Good Samaritan made the difficult decision to cancel the **2021 Spirit of Caring Golf Classic** events for the second year due to COVID-19. If you would still like to show your support, we encourage you to donate to the **2nd Annual Virtual Run, Walk & Roll** or the **Fall Virtual Silent Auction**.



We hope to resume the golf events in **June 2022**.

Sally Smart
Teigan Tsoukalas
TOPS AB 1093

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Jennie Whiteman
Karen Berger
Lori Dexter
Melody Gerber

Good Samaritan Garden Vista

Kim Hubbard
Tim Rollingson

Good Samaritan George Hennig Place

Alisha Darling
Doris I. Webber
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December 1, 2020 - May 31, 2021

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In Honour of Irene Pagacz

Brett Pagacz

In Honour of Kathleen Telford

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For more information about **The Good Samaritan Society** or **Good Samaritan Canada** please contact:

Good Samaritan Head Office

8861-75 Street NW
Edmonton, AB T6C 4G8

Phone: 780-431-3600

Email: goodsaminfo@gss.org

Website: gss.org



Your comments and feedback are welcome.
Please contact The Good Samaritan Society
communications team at 780-431-3791 or
email communications@gss.org.

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