



the JOURNEY

Winter 2022

Good Samaritan Programs for Persons with Developmental Disabilities, Edmonton, Alta. What's in a name?

by Minnie Dawyd, PPDD Site and Clinical Services Manager, and Marty Berg, Communications Coordinator

How much do you know about your name? Do you know where it came from or who gave it to you? It could be that you were named after a grandparent, or maybe an aunt or uncle. It's even possible that your parent(s) selected your name from a web search, TV show, or the big book of baby names. Regardless of where it came from, your name is an important part of your identity. In the Ojibway nation, names are given through Sacred Ceremony and serve as a guide to lead individuals to grow into who they are meant to be.

Damon is Ojibway, and he longed to reconnect with his Ojibway heritage through a sacred naming ceremony. Damon dreamed of being given a name. In October of 2021, after moving into his new home at Good Samaritan Programs for Persons with Developmental Disabilities (PPDD) Dunvegan, Damon's dream became a reality.

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Damon during his naming ceremony when he received his sacred name and the coloured ribbons

A majestic teepee stood amongst the yellow leaves on the ground in the backyard of Elder Dale Awasis, where the sacred ceremony would take place. The guests arrived dressed to show an attitude of dignity and respect. Damon wore a yellow ribbon shirt picked just for the ceremony; the women wore ribbon skirts or dresses. Damon was lifted from his power chair and carried into the teepee. Then all those who had come to take part in the ceremony entered and sat together in a circle.



Third row left to right, Minnie Dawyd (PPDD Site and Clinical Services Manager), Pastor Helen Bennett, Theresa Tucker-Wright, Yvette Ouellete, Georgina Tucker, Matt Joy (Director, Mission, Ethics, Research, and Reconciliation); second row, Elaine Awasis, Elder Dale Awasis; and front row Damon Fairchuk-Traverse

The ceremony began with smudging, the burning of the Four Sacred Medicines represented in the medicine wheel: tobacco, cedar, sage, and sweetgrass. Everything used in the ceremony was first cleansed and purified through smudging and Elder Dale's prayers. Elder Dale shared teachings and told stories about his experiences as an Elder, and then he began to play the drum, "thump, thump, thump, thump", the sound resounded through the air, like a beating heart. Elder Dale

sang and offered prayers. He spoke to the creator, mother earth spirits, each of the four winds, all the spirits amongst and around us who take care of us. He asked them all to bless Damon with a long and happy life.

While there is no payment involved in the ceremony, giving and receiving ceremonial gifts is an important part of the occasion. When the time came, Damon proudly presented his gifts. First, he presented a traditional blanket displaying a beautiful rainbow of colours and crisp geometric shapes. Next, Damon

presented a gift of sacred tobacco, a customary spiritual payment offered before asking for a name. Elder Dale, in turn, gave Damon an eagle feather as a means to protect and watch over him, then shared a gift of berries with the guests.

Finally, at last, after four years of dreaming, planning, and waiting, the time came for Damon to receive his traditional name. From that day forward, he would be known as "Kisikaw-Ote". In Cree "Kisikaw-Ote" means "Day Walker". During the ceremony, Damon also received

his colours, purple and yellow, to honour and acknowledge his new name. The gift of those two colours was even more significant because they had already been his favourite colours for as long as he could remember.

For the non-indigenous guests who attended, this was a time of connecting with more profound things than many of them could understand. For Damon, it was about finding something he had been searching for. It was about reconnecting with the deep roots of his people and culture. The events of this day will serve as a signpost in Damon's life, taking him in a new direction. Acquiring a spiritual name and a greater knowledge of the community he came from has helped to ground Damon positively and powerfully in identity.

Damon, "Kisikaw-Otew", from all of your Good Samaritan friends and family, we want to say thank you for allowing us the opportunity to share in this sacred event and, through it, to gain a little more knowledge and understanding. Thanks to Helen Bennett for organizing the event and to everyone who made it possible.

Chi-miigwech!

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The Good Samaritan Society PPDD (Programs for Persons with Developmental Disabilities) provides supportive living arrangements in homes throughout the Edmonton area. Homes operated by The Good Samaritan Society are specially developed to accommodate individuals living with significant developmental and physical support requirements. These homes are accessible, barrier-free, and typically shared by two to five individuals.



Damon's dream to have a Naming Ceremony became a reality. Elder Dale conducted this very important process in a teepee in his backyard



The majestic teepee where the Naming Ceremony was held. Powerful symbolic associations between teepee and the spiritual realm. The teepee floor embodied the earth and the Mother; the lodge cover represented the sky and the Father. The poles connected the earth to the sky and provided trails along which the peoples' prayers might reach the heavens. (From The Canadian Encyclopedia)

Message from the President and Chief Executive Officer



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

Once again, the past several months have challenged all of us as we faced the fourth and fifth wave of a global pandemic and environmental disasters such as the fires in British Columbia. It has been two years now since the COVID-19 pandemic started. Two years ago since our world was turned upside down and in that time our healthcare leaders, staff, residents/clients, and our families have had to endure much hardship. Over this time, we have had many highs and lows. Through this time however, I have seen our dedicated and caring employees work together to continue to provide great care and services. I truly admire their resilience and strength. I have witnessed our residents, clients and

their families provide comfort to each other, and even to our staff. We are so grateful to have you stand with us as we navigate the largest pandemic in our history. We are optimistic there are better days ahead for all of us. This coming year will be about recovery and I am hopeful that we can get back to a pre-pandemic life.

As an organization, we have been able to make incredible progress on our strategic plan. Our plan builds on the legacy of our organization over the past 73 years and realizes our vision of being a provider and employer of choice. We strive to be a leader in the communities we serve in how we deliver programs and services. By focusing on relationships and building long-lasting connections, we can bring joy to our residents and clients. We continue to aspire to expand our mission in service to others while maintaining our organization's rich history.

This is our time and opportunity to be part of reconciliation with Indigenous peoples in the communities where we work and live. Our evolving Indigenous health action plan will be foundational for this essential journey. Through partnerships with Indigenous communities and other organizations, we can make a difference to those in greatest need.

This year, we will continue to focus our efforts on advancement of our strategic initiatives as indicated in the subsequent pages. The strategic plan identifies our strategies and actions to achieve our strategic priorities. April 1 begins the second year of our plan. The plan was developed through collaboration with our stakeholders and advice from leaders at all levels of the organization. The plan takes into account the needs of the organization to establish a strong foundation to lead us into 2024. Our overarching vision is to continue to provide compassionate care, hospitable environments and high quality in all we do, as well ensure a sustainable future for our organization.

Although none of us know what the future holds, I know that the work we do will continue to make a difference in the lives of those that are most vulnerable. As spring is upon us, I look forward to the longer and brighter days that bring new energy and nurture our spirit of growth and renewal. I am so very excited to see and talk with many of you in the days and months ahead.

The parable of the Good Samaritan teaches us to "love your neighbor as yourself" and the longer I am a part of the Good Samaritan family, the more I see this in action. What a joy and blessing it is to be a Good Samaritan!





▲ Staff at Good Samaritan Park Meadows Village wear their team shirts for casual Friday



▲ Jerrhan First Charger danced for residents at Good Samaritan West Highland Centre on National Indigenous Peoples Day



▲ Residents at Good Samaritan Heron Grove enjoy roasting s'mores using the outdoor fire pit

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CHIP IN FORE THOSE IN OUR CARE!

Good Samaritan is headed back to the greens! Turn to page 22 for more information on our upcoming events.

2021-2024

Operational Plan

Our vision for delivering
compassionate care.



Quality of Living

Our fundamental *reason* for being.

Strategy 1

Develop and implement a quality model

Strategy 2

Develop and implement a strategy for resident/client/family collaboration

Strategy 3

Develop and implement a capital asset management plan

Strategy 4

Implement the just culture policy



Mission-Driven Culture

Our fundamental *way* for being.

Strategy 5

Develop and implement a workforce strategy

Strategy 6

Develop and implement a strategy for employee engagement

Strategy 7

Develop and implement a diversity strategy with focus on Indigenous Health



Organizational Sustainability

How we *sustain* our commitment.

Strategy 8

Complete organizational design

Strategy 9

Meet financial targets

Strategy 10

Complete a comprehensive review of each site for efficiency, effectiveness, sustainability, and innovation



Impactful Relationships

How we *work* with others.

Strategy 11

Develop and implement a donor engagement strategy

Strategy 12

Develop and implement an employee recognition program

Strategy 13

Develop and implement an external stakeholder engagement strategy

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

Congratulations, Ionel! Winner of the Safety Champion Award

by Jacquilyn Loh, Manager, Site and Clinical Services, Good Samaritan Victoria Heights

Congratulations Ionel Prodan on receiving this year's B.C. Care Providers Association Safety Champion Award.

Ionel is the Maintenance Worker at Good Samaritan Victoria Heights located in New Westminster. He is originally from Romania but has settled in Canada for 29 years. Ionel brings value to the organization with his honesty, diligence, and willingness to learn and advance for his team and passion for safety.

Ionel is an active member on the Occupational Health and Safety Committee at the care home. In this role, he leads monthly red drills, as well as safe-walk checks and environmental audits. Ionel displays his passion by proactively making safety recommendations, and he showcases his dedication by making prompt follow ups and will also take initiatives to lead group sessions on infection control with clinical leads.

"When COVID hit the world, all I could think about was how to help everyone stay safe." says Prodan. "As a member of OHS, I was quickly trained in N95 fit testing and took the lead in all the COVID-19 prevention audits."

Ionel has been an exceptional team player since the beginning of the COVID-19 pandemic. His daily tasks



Ionel (at right) with BC Care Providers CEO, Terry Lake

included daily checks and infection control, where he spent hours of his day ensuring all staff had proper PPE to safely perform their tasks.

"I enjoyed the many moments of getting to know the team, with one goal to ensure the safety of everyone, so they could perform their jobs safely." Prodan shares.

Aside from maintaining safety precautions, Ionel was also quick to share and distribute COVID policies with his team and residents. He made sure everyone had resources, such as checklists, and was consistently available for Q&A with staff and residents.



Ionel having a COVID safe handshake with the Honourable Adrian Dix, B.C. Minister of Health, as he receives his award

"I especially enjoyed seeing the assuring smiles on our residents faces when I was conducting the daily COVID prevention audits." Prodan remarks.

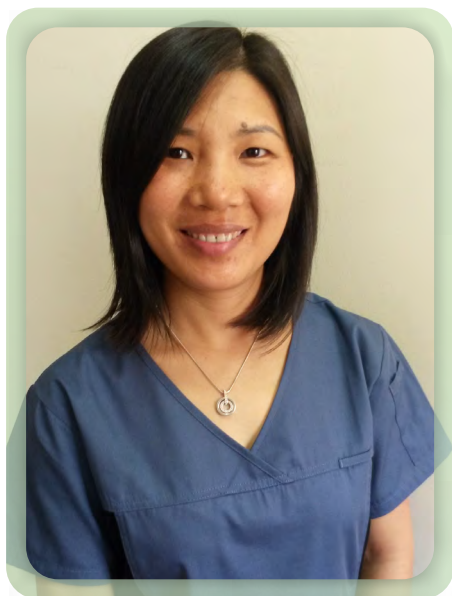
Ionel is a well-respected team member who is appreciated for his morals in always prioritizing the wellbeing and needs of those in our care.

All of us at Good Samaritan Victoria Heights are so grateful to have Ionel on our team. He is truly deserving of this award.

Adapted from BC Care Providers Association

Employee Spotlight

SiMing Zhu



SiMing Zhu

SiMing Zhu is a Licensed Practical Nurse (LPN) at Good Samaritan South Ridge Village in Medicine Hat, Alta. She has worked for The Good Samaritan Society since 2018 and is a valued member of our Good Samaritan family. We asked SiMing a few questions so everyone can learn a little bit more about her.

What is the best part of your job?

The best part of my job is being able to see that my efforts genuinely bring joy and make a difference in the lives of the residents I help to care for.

What inspired you to work in the care sector?

I was inspired to work in the care sector by the selfless service of a nurse I learned about in school, Florence Nightingale, and would love to have the opportunity to do the same for those in my local community.

What is your secret talent/what is something that people don't know about you?

Something that people don't know about me is that: although at times I may seem quiet and shy, I have a big heart and great sense of humor.

Do you have a favourite memory you would like to share from your time at Good Samaritan?

One of my favourite memories from my time at the GSS was how our team was so united and supportive of each other during the COVID-19 outbreak at our care home. It was touching to know that we've got each other's backs at such a challenging time.



Any tips for new employees?

I would like to tell the new employees to "Just Be Yourself" because everyone has different talents and things they are good at.

Do you have any pets? If so, tell us about them.

Unfortunately, I am allergic to furry animals so I can only admire them from a distance and cuddle them through pictures.

What is one skill you would love to do?

One skill I would love to do is to be able to predict the weather, especially in Medicine Hat, because I DON'T LIKE snow!

SiMing was nominated by Stacey Wagner, LTC Clinical Services Lead for Good Samaritan South Ridge Village.

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

Good Samaritan CHOICE Program, Edmonton, Alta.

Celebrating 103 Years!

by Bonnie Buckle, Director, Clinical Services - Community



At Good Samaritan CHOICE Place, we want to congratulate and share one of our clients with our Good Samaritan family. Ruth recently turned 103 years old, and we are so proud of her!

She is generous, headstrong, bright, caring and fiercely independent. Ruth would come to CHOICE (she calls us "People's CHOICE") every day if the program allowed it. She tells us about her time in Poland during the war and moving back to Germany. She tells us about her children and grandchildren's accomplishments and how fortunate we are to be living in Canada.



To have the opportunity to play a tile rummy game with Ruth should not be passed by. She will hold you to the rules and convince you to play another. She often shares her love of chocolate with the staff and will not let a piece of black forest cake go to waste. She has told us many times that eating good, "expensive" food has contributed to her longevity.

Her advice to the younger generation is to "treat the old people with kindness and understanding". Ruth is a true gem and admired by so many of our CHOICE clients. Other clients will often refer to her as "Mama Ruth" and look up to her for inspiration when they are struggling. She is a true friend to many and loved by all.

All of us at Good Samaritan CHOICE Place wish Ruth a wonderful year and feel privileged to serve her, along with our other wonderful clients. Cheers to 103 years, Ruth... we love you!

News and information from Mission, Ethics, Research, and Reconciliation

Gratitude: A Difference-Maker

by Matt Joy, Director, Mission, Ethics, Research, and Reconciliation



Uncertainty is a reality in our journey but it has become all too certain these past two years. Personal lives, industries, families, governments, and most of our known society has been rocked by the unpredictable. However, this has only amplified the need to be grounded. Though the storm may come and the proverbial winds of change may blow, the known anchors of mission, vision, and values, are what has steadied Good Samaritan through adversity.

One of Good Samaritan's stated core values is that of Servant Leadership. Throughout the pandemic our care homes, PPDD group homes, Seniors' Clinic, and TeleCare phone lines have been the platform for this selfless service to be on display. It is the TeleCare customer service representative on the other side of a lonely senior calling in to receive caring support. The recreation staff diligently aligning technology and schedules

to ensure loved ones were able to virtually visit. The schedulers working exhaustively to ensure needed coverage was in place. The chaplain rushing to the bedside of a dear resident to ensure a ministry of presence in their most challenging time. It is the hHealth care aides and nurses who are meticulously and lovingly delivering a person-centred care to each individual resident. It shows up in the maintenance team doing the unseen tasks to ensure operations are able to run smoothly. You'll find it in the meal rooms and kitchens as hospitality maintains excellence in service despite the challenges. It is loud in the managers who have had to go the extra mile to ensure their teams are able to function. It

is in countless board rooms and virtual calls as senior leaders work to stay on top of the ever changing pandemic dynamics while supporting the challenging work of teams throughout the organization. The reality is that snapshot is but a mere glimpse of Servant Leadership on display on the daily throughout the care of Good Samaritan in Alberta and British Columbia.

I invite you to wholeheartedly join me in honouring those who serve with a collective expression of thanks to God for each and every one: "Thank You"! That act of stopping to say thank you is also a demonstration of this core value of Servant Leadership. It is selflessly honouring the other. Gratitude is a





tone setter and a source of contagious joy and deep-seated peace for the one expressing it and for the one on the receiving end. It combats anxiety, promotes healthy relationships, fosters hospitable environments and models servant leadership.

The Latin word that gratitude derives from is 'gratia' and it encompasses grace, graciousness, and gratefulness. Harvard Health Publishing released a blog post in August 2021 entitled, 'Giving thanks can make you happier'. When we are grateful we are acknowledging the goodness in our lives and a part of that goodness is rooted in what is external to us. That said, when we choose gratitude we connect to something larger than us. It may be others, it may nature, or it may be a higher power. The authors of the blog encourage the cultivation of gratitude by suggesting doing the following on a regular basis:

- Write a thank-you note to someone who has had a positive impact on your life.
- Think about someone who has done something nice for you and thank them mentally.

- Keep a gratitude journal by jotting down moments, people, and things you are thankful for.
- Set aside a regular time each week to reflect on and record your blessings.

Pray and meditate.¹ Journey back with me to June of 1949. The Alberta conference of the Evangelical Lutheran Synod of Western Canada met to consider the recommendations of a committee that was struck to explore the possibilities that were on the other side of a generous donation. The gift of \$7000 from Gottlieb Wedman came with an expressed desire to see an "old folks home" built for those who were aging and needing a home and care. The document that captured the events of that meeting closed this way: "Synod expressed its deep joy over the generous gift by singing 'Now Thank We All Our God'. A standing vote of thanks was tendered to Mr. Wedman."

Isn't it remarkable that the generosity of an individual sparked a gratitude to God among those who were gathered at the conference? Jesus himself captured

this possibility when he said, "in the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven" (Matthew 5:16 NSRV). That deep sense of joy and thankful heart before God is reflective of what can be on the other side of our living this way. Servant leadership is clearly seen in gratitude and gratitude is a difference maker.

Seasons of change

**by Dean Shingoose, Chaplain,
Good Samaritan Southgate Care
Centre and Good Samaritan Mill
Woods Centre**

For just as the changing of seasons is inevitable so too do our lives inevitably experience seasons of change or transition. The reality is that all of life is composed of cycles or seasons of change. There are seasons of love, joy, and celebration and seasons of isolation, grief, and disappointment. There are seasons of health and happiness and seasons of sickness and sadness. Whatever season we presently find ourselves in we can, with God's grace, by an act of the will, choose gratitude over ingratitude, faith over doubt, and hope over fear. As our scripture reading today encourages us, I believe that a life and heart of gratitude is like a song or melody we sing that helps carry us through life's ups and downs, twists and turns, detours and ever-changing circumstances. In a word, my friend, as summer turns to fall and fall turns to winter and winter turns to spring, I encourage you to choose a life-song of 'Gratitude'.

**God of Seasons, I thank you for
the song of gratitude you have
given me to sing in my heart.**

¹ www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier

Joie de vivre

by Sarah Rudd, Manager, Mission Engagement



"If only you knew how proud I am of you! I am overwhelmed with joy despite all our troubles." 2 Corinthians 7:4c

The joy of living isn't about happiness in the moment. It's an attitude, an approach of exuberance for life. We all have those colleagues who can pick us up with their laughter and smile, who seem to have energy to spare. But these days, even these friends may be dragging a little. Winter in Canada is a challenging time for joy, with shorter days and colder weather keeping us indoors more often. But as the days begin to lengthen again and warmth begins to creep back in, we see reminders that we too are being encouraged, bit by bit.

Brene Brown names that what helps us achieve this daily state of joy is cultivating a practice of gratitude.¹ Doing something helps us live in a new way, we literally practice joy to experience it. So, it makes sense that when we're tired or feel like we're out of resources, joy can seem harder to access. Yet it's exactly in these moments that we need it the most.

Paul, who is traditionally named the author of the letters to the Corinthians, knew this. When in a hard place, it was by looking around at those who supported him and

being grateful, he was best able to access joy. And experiencing joy doesn't fix the world around us, but it changes us.

At the start of the pandemic, students at a high school in Calgary, Alta., started a joy hotline, updating jokes, interesting facts, and stories each day for community members to phone into. Two years in and the phone line receives calls every day and the students name this as source of encouragement and purpose for their whole team.² Doing something small to share joy makes us all better.

Joy can be laugh out loud or the quiet sense at the end of the day this the life we have is meaningful. Each day at the Good Samaritan, incredible things are happening. Recreation, therapy, nursing care, and support of activities for daily living enhance residents' lives and remind each of us as staff that we make an incredible difference. Today we name we are grateful for you. For our unit clerks, our kitchen teams, our HCA's, our FOA's and everyone who makes up our whole.

Today you can be that person who names someone they are grateful for. Someone who brightens another's day, who looks for the good around them the same way we look forward to sunnier days.

¹ www.youtube.com/watch?v=2ljSHUc7TXM

² www.cbc.ca/news/canada/calgary/high-school-hotline-seniors-1.5529610

Good Samaritan Christenson Village, Gibsons, B.C.

Good Samaritan Volunteer's Legacy Lives On

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



▲ Muriel enjoying lunch at one of our BBQ's

Muriel Daly was an extraordinary woman who gave an incredible amount of time and energy to others on the Sunshine Coast. She served as a volunteer for animal welfare, child sports, and our Good Samaritan Christenson Village residents. Muriel joined us just after we opened, and for more than thirteen years, we were fortunate to call her one of "our volunteers". She had a passion for reading and libraries and started and maintained the library at our care home.



▲ Muriel with her homemade backpack

Muriel lived a life of simplicity, humility, gratitude, and giving. She swam in the ocean every day with her husband of over 40 years, rain, shine or snow. I was honoured to be invited to speak at her celebration of life on behalf of everyone at Good Samaritan Christenson Village. It was an amazing service dedicated to giving and community.

Muriel was predeceased by her husband, and their ashes were returned to the sea, where they swam every day. Muriel made a significant donation to the residents and staff of Good Samaritan Christenson Village. Our library will be rebuilt and renamed "The Daly Read" in her honour.



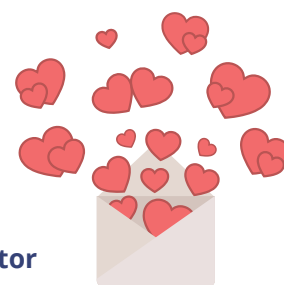
▲ A good friend of Muriel's going out to sea to spread her ashes



▲ The beach where Muriel and her husband swam every day

Fund Development Sweethearts for Seniors

by Janelle Brideau, Fundraising Coordinator, and Vanessa Ridden, Grant Coordinator



(L-R) back row: Janelle Brideau, Fundraising Coordinator, and Crystal de Jong, Manager, Site and Clinical Services
Front row: Emma Brinson, Doris Jacobi and Donald Hunter

The Sweethearts for Seniors initiative started in 2021 amidst the second wave of the COVID-19 pandemic. Visitation within continuing care was on hold and therefore residents were not able to see family or friends during Valentine's Day. As a result, we created a way for friends and family to send a personalized message of love to their loved one for a small donation.

We also wanted to ensure that every resident in our care receives a Valentines heart with a special message. With 3000 valentine hearts needing to be made, our fund development officer put out a request for volunteers on a Facebook Group called Beaumont Talks

and we had an overwhelming response from the community. We also had volunteers from the Edmonton area offer to help, including students and teachers from five different schools. A huge thank you to everyone who helped make valentine's day a little more magical for those who call Good Samaritan home.

Thank you to Jadyen Kutz for offering his time to take these amazing pictures of our residents. Jayden is a student of the Photographic Technology Program at the Northern Alberta Institute of Technology and wanted to use his talents to capture happy moments in his community.

Good Samaritan West Highland Centre & Estates, Lethbridge, Alta.

Taking a virtual trip to Scotland

by Pam Roy, Recreation Therapy Aide, Good Samaritan West Highland Centre & Estates



Shirley who is a resident at the care home greets Nessie with a tickle under the chin

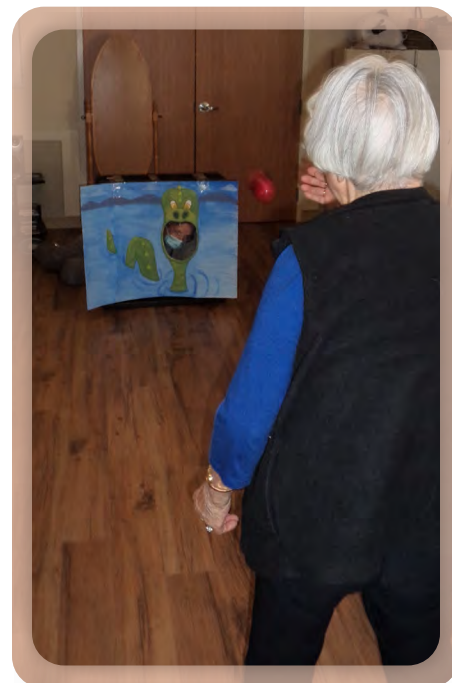
Residents from Good Samaritan West Highland Centre took a virtual trip to Scotland in January through a day of activities, including traditional Scottish games, the Top 10 places to see in Scotland, and a special Scottish Dessert.

First, stations were set up around the site where residents participated in activities such as a 'Caber Toss', 'Golf', 'Shotput', and 'Feeding Nessie', where residents could have their photo taken with the famous Loch Ness Monster.

Next, residents could virtually visit the top 10 sights in Scotland through a display of photos, videos and historical information. The sites included:

- | | |
|---------------------------|-------------------------|
| 1. The Forth Bridge | 6. The Falkirk Wheel |
| 2. Edinburgh Castle | 7. The Caledonian Canal |
| 3. The Kelpies | 8. The Scott Monument |
| 4. The Glenfinnan Viaduct | 9. Bell Rock Lighthouse |
| 5. Stirling Castle | 10. Melrose Abby |

A short but interesting video on the Falkirk Wheel showed everyone how this rotating boat lift works (check it out here www.scottishcanals.co.uk/locations/the-falkirk-wheel). We also loved the look of the Kelpies, The World's Largest pair of Equine Sculpture (which you can see here www.scottishcanals.co.uk/destinations/the-kelpies).



Nessie got a little hungry and our residents helped to feed Nessie with some fruit and vegetables

Finally, when our tour of Scotland was done, residents returned to the recreation room for a Scottish treat called Cranachan. This dessert is made with toasted oats soaked overnight in whiskey (we used apple juice). The dessert is layered with the soaked oats, whipping cream and raspberries, with some toasted oats and raspberries for garnish. It was a nice refreshing treat.

Thank you to our housekeeping attendant, Shelley B., for painting our Nessie photo backdrop and our feed Nessie board.

Community Engagement and Fundraising

Donate Today and Make an Immediate Impact

by Janelle Brideau, Fundraising Coordinator



A resident at Good Samaritan Dr. Gerald Zetter Care Centre enjoys new vinyl door clings

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. Although we are lucky to have an amazing health care system in Canada, health care does not cover all of the crucial elements that make all those things possible.



The Pac Man machine is a big hit at Good Samaritan Mill Woods Centre

It is because of donors that we are able to purchase things like mobile activity carts, furniture, decals and decor, extra recreational programs, wheelchair planters, power lift recliners, smart TVs, AV systems, companion pets and much more.

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.



Art and music therapy are made possible by donors



Weighted blankets are made possible by donors



Interactive companion pets and sensory therapy are made possible by donors



Wheelchair accessible planter boxes are made possible by donors



iPads and other modern technology upgrades are made possible by donors



Wheelchair accessible buses, rehabilitation, and exercise equipment are made possible by donors

Good Samaritan West Highland Centre & Estates, Lethbridge, Alta.

Resident Spotlight

by Pam Roy, Recreation Therapy Aide, Good Samaritan West Highland Centre & Estates



 Lily with one of her beautiful creations

I recently sat down with resident Lily in her room to chat about her beautiful crochet work. Lily came to Canada in 1953 to fulfill a two-year contract working in the sugar beet fields of southern Alberta. Lily's work history included many years as a cook in the senior home in Raymond, the Army and Navy club and cooking at the jail. When Lily retired at the age of 65, she learned to crochet.

Lily had asked to be taught crochet, and when she could not find someone to teach her, she did it herself and learned from a book. I have visited with Lily while she is crocheting, and to my eyes, well, it seems like her crochet hook just flies, and she had completed a granny square in minutes.

Lily speaks of her projects with the biggest smile and has shared with me what she has made and who the lucky recipients of her work are. She has created blankets made with the granny square for her five daughters, her 14 grandchildren, made baby blankets for her niece's twin granddaughters, and 12 baby blankets made to donate to the local hospital for newborns. Beautiful dishcloths and hand towels are created with a button and loop hanger for hanging up in the kitchen. Lily donated 10 sets of these to a local school as part of a program where the school children could select items they could give their parents for Christmas. Her blankets have been gifted to friends as well, something to keep them warm, she shared with me.

There is a beautiful selection of colourful wool in her suite, some selected by her daughter and a Christmas gift bag full of wool from a granddaughter and grandson.

I asked Lily why she enjoyed her crocheting, and she shared that it passes the time and helps to take her mind off any pain she is feeling. Because she is creating and working on her projects, she doesn't think about pain, which helps her relax. Lily says, 'I prefer to crochet over watching TV; there is nothing on anyway'. When we can gather for group activities, we have our Creative Circle, where residents can participate in various handcrafts or join us to see what others are creating. Lily has brought her crochet work to Creative Circle to share what she has made and what she is working on with other residents.

To make one of Lily's blankets requires 90 crocheted granny squares. These squares are then sewn together into strips and finally into a blanket. It is enjoyable to watch these blankets take shape, to see the colours of wool come together in such a beautiful way.

It is inspiring to see and hear how Lily uses her talent to benefit others.

Good Samaritan Prairie Ridge, Raymond, Alta. Samara Kemp brightens the halls of our care home

by Annette Hunter, Clinical Services Lead, Good Samaritan Prairie Ridge and Good Samaritan Garden Vista



Samara standing beside the Chapel doors

Samara Kemp is one of our amazing LPN's (Licensed Practical Nurse) at Good Samaritan Prairie Ridge. She is always there for the residents and her fellow coworkers. Samara is not only an incredible nurse, but she is also an excellent artist.

This last Christmas, she volunteered her time and talent to paint some beautiful pictures throughout our care home. It was a joy to see such wonderful pictures and how they brightened up our site.

We wanted to publicly thank Samara for doing this, as her kindness was appreciated by so many.

We are truly blessed to have such a talented LPN who works here at Good Samaritan Prairie Ridge.

Thank you so much Samara, for giving us all this beautiful gift!



Good Samaritan Christenson Village, Gibsons, B.C.

Christmas Angel Program

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



It was May 2021. Christmas was still seven months away, but the recreation team decided to start early planning the 2021 Christmas Angel program. Unfortunately, this year would be another Christmas during COVID, yet with all its challenges came another opportunity to try something new.

The team had their work cut out for them. The previous year's program featuring original framed art prints had been a huge success. They knew they had to come up with a gift idea for 2021 that would be just as unique. How could they invite participation from residents and staff while still keeping the gift secret? They put their heads together, and finally, the idea came.



They would start with a photo contest. Three contests, in fact. Each with a different theme, pets, coastal views, and nature, stipulating that all submitted images were from the Sunshine Coast. It was time to put the first part of their plan into action.

The submissions started coming in, and an entire wall on the 3rd floor of Good Samaritan Christenson Village was transformed into the 'gallery'. The residents and staff were invited to visit and peruse the beautiful images of their own coastal 'backyard,' beloved pets, and local wildlife. Residents and staff were also allowed to vote for their favourites, and the images that received the most votes would win a prize. The contest already appeared successful, but the second (secret) part of the plan would take it to new heights.



In June, the team had submitted a proposal to the Gibsons London Drugs store to create three original high-quality calendars based on the themes; pets, coastal views, and nature. These calendars would be unique because they contained the “most voted for” photos submitted during the contests! London Drugs accepted the proposal and got to work producing the calendars, while gift tags were hung in the store for the community to purchase and support the project.

When gift delivery day finally came, it was a day full of smiles, laughter, and a special surprise. As residents and staff flipped through the beautiful calendars, they were shocked to see their contest-winning photo submissions beautifully displayed along with the name of each photographer! The team had accomplished

their goal. They delivered a unique and meaningful gift made FOR the community, with images FROM the community, to help build meaningful connections IN the community.

Reading the daily comments has been so encouraging as they reveal the impact of this program. When activities and morale were low due to COVID, the Christmas Angel program helped raise spirits, generate some lively discussion, and provide great inspiration for the Wednesday afternoon art group. While the contest may have ended, it's clear that these calendars will continue to spark exciting stories throughout the year.

A huge heartfelt thank you to London Drugs and all who helped make our 2021 Christmas Angel program such a success.

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We invite you to tee off at the **Good Samaritan Spirit of Caring Golf Classic** to help us deliver the best possible services to those in our care.

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June 1, 2021 - November 30, 2021

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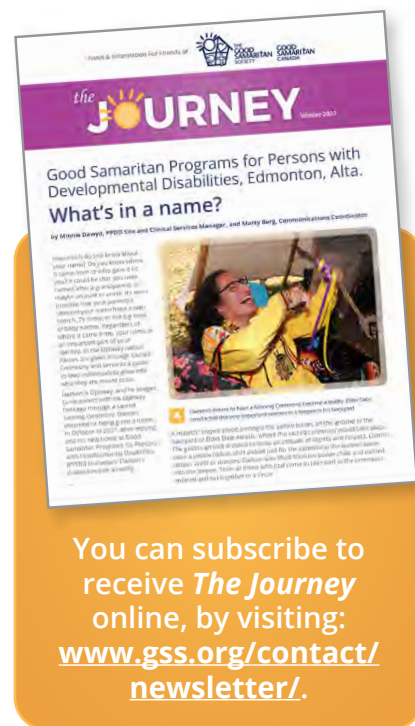
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