

Circle of Care News



Spring 2020 Vol. 56

Message from the Administrator



These are unprecedented times. Whoever thought that a new strain of the common cold would shut the world down? It's been two months since we have had to lock our doors and not allow family, friends or other visitors enter our facility to visit with their loved ones. This has been extremely difficult on all involved including our staff. Their workload has greatly increased now that families and volunteers aren't here bringing their assistance with things such

as feeding residents during mealtimes and assisting with Physio.

Between the demands from the Sask Health Authority and Public Health the time at my desk has tripled. New projects are created and implemented right away and then we figure out how to make them work. It has definitely been a challenge.

Our residents are doing great even though they miss seeing their families. Our Recreation Department has been doing an awesome job at keeping everyone busy while maintaining distancing. If you aren't already doing so, you might consider following us on Facebook, it will bring a smile to your face.

It is our primary goal that Covid-19 doesn't get into our home. Our staff is only allowed to work in one facility. They are self-screening, including temperature checks as they come into work and also when they leave at the end of their shifts.

Now that the nice weather is here we are faced with how to get our residents outside and still be protected. They all have the same thoughts as you and I do when spring comes, "Get me outside!" Due to the no visitor rule we won't be able to take them out to our front deck area. So now we will be using our inner courtyards and a secluded deck area that we have. Hopefully some of these restrictions will be lifted by July and our lives can go back to almost normal. In the province's removal of restrictions plan, Long Term Care is one of the last groups to have their restrictions lifted.

Our neighbours at Circle Drive Place have had visitor restrictions in place since March, too. They also make sure that anyone coming into the building utilizes the hand sanitizing station both coming in and exiting. We have sanitizer at each of the exits and the residents have created multiple teams that weekly disinfect the building. They are serious about keeping Covid out of their homes. They are doing an amazing job.

In other news, our home has been approved for a new digital Call Bell System which was to commence in March but will more likely be installed in late summer. We will be

starting a two phase rebuild of our A/B Solarium. Phase one is tearing down the 34 year old structure and replacing the glass roof with a new roof and proper windows on the wall. Phase two will be next year and we will be replacing the tar and gravel roof that is above the solarium with a new torch on roof. Both of these phases will cost around \$16,000 each and will require us to fundraise. So this year's Walk & Roll-a-Thon in June will have its proceeds used for this project. Another project that we would like to conclude this summer is the completion of the east side of our main entrance. We are installing paving stones and planters along with sod in that area. It will look amazing.

In closing I would like to thank all of our Families for entrusting us to care for your loved ones during this very trying time. The responsibility to make sure your family member is safe from any virus puts a lot of stress on us and we are doing what we can to prevail. But know this, we can't do it without the tremendous sacrifice that you have made to stay away from our Home and your loved one.

Please pray for protection over our Home, our Staff and our Families.

Clint Kinchen, Administrator



Living and working through a Pandemic in Long Term Care

It feels like the world is spinning out of control

Messages, memos, news articles, emails, texts, all flashing at me, it takes a toll.



Everything is confusing, many different opinions, suggestions and direction, everything is so new.

So many questions from staff, families, residents and the health authority, and answers are few.

Emotions run wild as we try to plan for an unknown future, overwhelming feelings are expressed by many.

Stress related to ordering supplies, and hearing that items are back ordered, and we can't get any.

Tears for our family, their families, and those who have no family, freely flow.

Sleepless nights trying to comprehend how our world has changed, and questioning what we understand and know.

Surrounded by turmoil but feeling the prayers, love and support from others, makes things better.

We are not in this alone, we walk beside each other, we are stronger together.

Dianne Martin, Director of Care

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Meet the Resident

Elizabeth (Betty) Penny was born in Regina, Saskatchewan on April 30, 1932 and just had her 88th birthday a few days ago. She attended her primary school years at Aurora, a country school, ten miles east of Regina. A comment from one of her Grade 2 teachers was "Betty Lou is a very clever little girl and a great favourite with us all."

The Evoy family farm was located one mile south of Highway #1 where they lived in the summer time. Betty and her younger sister Mae loved to ride their horse, Bess, around the countryside. She attended Central High School but later finished high school by correspondence as the family moved to the farm year round. After high school, she completed her business course at Success Business College in Regina

and became proficient in typing (80 WPM) and shorthand (100 WPM). Her first job was as a teller at the Royal Bank.

In 1952, she met her future husband Raymond Penny and they were married at Westminster United Church in Regina in September, 1954. They relocated to Saskatoon in 1958, and had four children David (Maryann), Catherine (Duane), Linda (Mike) and Susan (Martin). "Grandma" "Grandma Beet" was always ready, willing and happy to help out with her seven grandchildren, Matthew, Tara, Taylor, Ryan, Nicole, Tori and Shawn. She is a proud and loving Mom and Grandma with a quick wit and sense of humor. She always welcomed her children and their spouses into her home with open arms!

Betty has always had an artistic flare and loved to paint with oil and mostly painted landscapes and still life pictures. We featured her paintings on Circle Drive Special Care Home's Creative Art wall. Betty was always very happy crafting her ceramics with her kiln in the basement. She liked to golf and bowl. She loved to bake and is famous for her homemade buns! Betty and Ray sang beautifully together while Ray played the piano or guitar. Betty and Ray traveled extensively coast to coast in Canada and to many destinations in the United States. They enjoyed spending some winter months in their home in Brownsville, Texas. They also traveled to Portugal and Costa Rica. Betty moved to Circle Drive in March of 2019.

Encouragement from Noreen Aasen, Spiritual Care Coordinator

"In times like these we need a Savior, in times like these we need an anchor

Be very sure, be very sure, your anchor holds and grips the solid rock

This Rock is Jesus, yes, He's the one

This Rock is Jesus the only one.

Be very sure, be very sure your anchor holds and grips the Solid Rock."

Although these words were written many years ago, they certainly fit the times we are currently living in. With all the uncertainty, fears, isolation and anxiety that comes with the COVID19 pandemic, we have a great need to have someone solid to be anchored in.

First and foremost, we need to maintain a close relationship with God. We can do this through reading the Bible, praying (that simple talking to God as a father) and taking time to be still.

I wish that I could say that a close relationship with God makes all the troubles and concerns go away. We know that isn't true. That is not how God works. He walks with us through our difficulties, giving us hope, wisdom, comfort, and perseverance. He says "Do not be afraid. Do not be discouraged for I am with you."

Here are some things that I have learned

through this time of isolation and physical distancing:

I really can live very well with little.

The world happily goes on with little involvement from me.

God is still close and in control.

When it comes to purchasing some grocery items, it is like the Rolling Stones sing: "You don't always get what you want but you get what you need." Or as the Bible puts it "if we have food and clothing, we will be content with that. 1Timothy 6:8. I can't always find everything on my list but there is food to eat.

Humour is good medicine and laughter is healing. Enjoy a good joke. See the humour in situations.

Visiting from a distance is better than no visits. However, I do miss the touch, the smell, the sound and the armchairs of my family and friends.

If I stay flexible, I won't get bent out of shape. That goes for both physical and emotional areas of life.

My dog misses his alone time (when he can sleep on the furniture) and wishes I would go back to work, Ha ha.

Even in physical distancing there are wonderful sounds of life if I listen for them - a neighbour's laugh, children playing in their backyards, dogs barking, and birds singing.

Notice and appreciate those random acts of kindness we each receive every day: a call or text from a friend, the clerk at the grocery store who tells me funny stories and makes me laugh, blueberry cheese cake left on my door step, a package of "the best cucumber seeds ever" sent in the mail from a friend and many, many more acts done out of love and kindness. Thank you!

Don't waste this opportunity for silence and solitude.

Live fully, love faithfully, pray often.

In times like these I have a Savior, I have an anchor, I have a God who listens and cares. I bring you as my Circle Drive Care Family before Him each day. I believe He is providing and protecting us in ways we are not even aware of.

Blessings, Noreen





Recreation News

The Recreation Department is trying to keep things as normal and fun for our residents as possible. Our activities have changed and we are trying to do more small group activities and increasing our one on one time with the residents. We are so grateful to have been able to purchase two new iPads for the residents to help residents stay connected with family. Kirsten and I have been busy scheduling FaceTimes as well as window visits. We are still enjoying crafts, curling, and keeping our minds fresh with plenty of cognitive activities like Jeopardy, Wheel of Fortune and plenty of trivia. Spring has sprung and we are looking forward to transplanting the seedlings we planted on Earth Day in the gardens. Soon we will have cucumbers,

tomatoes, peppers, peas, and fresh herbs to watch grow and pick! We also look forward to getting outside and enjoying the fresh air and sunshine.

A highlight of April was one of our favourite entertainment groups, Salt Water Joy, doing a live stream just for us on Facebook. Everyone was tapping their toes and enjoying their special performance. It has been hard not having groups come in to play their music for us but we still have sing a longs and Delanie will pull out her ukulele often.

The Resident Council pays the honorariums for our entertainment and those have increased over time. The Council has improved their sales in the Tuck Shop by having a cart come out weekly for residents and staff to purchase and enjoy snacks, gifts, and cards. Though these sales help, Resident Council has always relied on their Tea and Bake Sales to fundraise. Unfortunately, we had to cancel our Spring Tea and Bake sale this year. We are asking for donations to go to the Resident Council so that we can have entertainment come in when we can when they are allowed back as well as keep our Tuck Shop stocked. Also on our wish list is a 65" smart TV (\$1000), mini chocolate bars for BINGO prizes (including diabetic options), and a bluetooth speaker (\$75).

Delanie Gatin, Recreation Supervisor



In Loving Memory

Charles (Chuck) Bournier
Betty Fischer
Zella Hurd
Carrie Prosser
Helena Giesbrecht
Beverley Sundmark
Norman Ens
Irene Ens
Retta Taylor

Bernard Sonntag
Susan Hildebrandt
Marie Boucher
Brenda Lantain
Leona Wilson
Kenneth Williams
Walter Falk
Stanley King
Florence Salway

Welcome to Your New Home!

Glenn Haight
Elizabeth Penny
Elizabeth Smith
Ernest Regier
Gordon Lautermilch
Anita Brossart
Antonette Horachek
Anna Klassen

Joseph Pender
Annie Yurchak
Betty Mickelson
Emile Detillieux
Carole Wiese
June Leeves
Huan Ze Wu

SAVE THE DATE!

Come enjoy the musical talents of Brad Johner at our annual Harvest Dinner Gala at the WDM on Friday, October 23.

Walk and Roll-a-Thon 2020

Each year we host a pancake breakfast and Walk and Roll-a-Thon on Saturday before Father's Day. This year the event on June 20 will be different to ensure the safety of our Residents.

The pancake breakfast will be limited to Circle Drive Place Residents and distancing requirements will be in place. We will post details on CDP's bulletin board.

The Walk will be done in place. That is, you walk, run, or bike around the block on which you live, on your favourite running path, or in your backyard or living room. We encourage you to gather pledges as part of the fundraiser. Pledge sheets can be downloaded from our Facebook page or we can email them to you. Donations designated for the Walk and Roll-a-Thon will be accepted until the end of June and donations over \$20 will receive a charitable receipt.

In past years we have had teams wearing colourful costumes or team shirts. Some have decorated their bikes. We would encourage you to do so again and send us pictures that we will post throughout the day. Residents will be walking and rolling in place inside our building, having pancakes for breakfast, and celebrating the day along with you at a distance.

The donations this year will be used to update AB Solarium.

Please pray for the Walk and Roll-a-Thon. We trust that it will be a fun and successful event!

Karen Lilly, Community Services Coordinator



Thank You, Vivian!

We are grateful for the generous donations made by Vivian Quiring. Vivian has been a resident of Circle Drive Special Care Home since April, 2013. Vivian has donated \$20,000.00 to the care home each year since she made CDSCH her home. Thank you, Vivian, for your cheerful outlook on life and for your very generous nature!

"A generous person will prosper; whoever refreshes others will be refreshed." Proverbs 11:25

AB Solarium

The AB solarium is used by residents and their families, nursing students and their instructors, and individuals who crave the warmth of the noonday sun. Sometimes the solarium is transformed with balloons, banners, streamers and good food when a resident is celebrating an anniversary or a significant birthday.

Residents gather for Council meetings and Bible studies and families visit in private comfort instead of meeting in the Resident's bedroom.

After 34 years, the wallpaper and windows need to be replaced. New blinds, flooring, furniture and fixtures are required. The estimated replacement cost is approximately \$32,000.00.

The solarium opens onto a courtyard filled with shrubs, evergreens, and natural growth. For the past number of years a duck has made a nest and raised her ducklings in the safety of the courtyard. You may have seen our ducks on Global TV as a few years ago the station sent a reporter to record our administrator guiding the ducklings through the walkway into freedom outside.

We are a faith-based home. We praise God for every gift and we pray that funds will be forthcoming to update our solarium.

Karen Lilly, Community Services Coordinator

LEAVING A LEGACY TO CIRCLE DRIVE SPECIAL CARE HOME

(Charity #106929128RR0001)

- ☐ Please contact me about making a planned gift (through will, life insurance, stocks, RRSPs, trusts).
- ☐ Please contact me about becoming a monthly donor.
- ☐ I wish to make a donation toward resident care of \$50 \$100 \$500 \$1000 \$_____
- ☐ You have my permission to publish my name as a donor.
- ☐ Please email newsletters to me.

Name: _____

Mailing Address: _____ Postal Code: _____

Telephone: _____ Email: _____

Clip and mail form to Circle Drive Special Care Home or drop it off on your next visit.

Karen Lilly, Community Services Coordinator

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Thank you for your support!

Our Mission: Circle Drive Special Care Home commits to honouring the spiritual, physical, mental, emotional and social needs of those entrusted to our care, in a Christian spirit.