

Message from the Administrator



Welcome to Winter which hasn't been too bad so far. It certainly has been a little unusual with the cold days mixed in with above freezing temperatures. Nice weather at this time of year helps make our winter seem shorter. With the warm weather we were able to finish off the renovations to our C/D Solarium with the

roof replacement. It looks amazing, and will be warm in the winter and cool in the summer. Next year it will be AB Solarium's turn.



We welcome Delanie as we say Happy Retirement to Adriana!

After 13 years of being our Recreation Supervisor, Adriana Van Duyvendyk retired at the end of November. We are so blessed to pass the reins onto Delanie

Gatin who has worked with Adriana for the past 8 years. Thank you to you both.

Another change that is to happen within our home is our new Nurse Call System which is projected to be happening March 2020. Whenever the Health Region called to inquire as to what make our system is, I would tell them that hand-carved on the side it says, "Built and Installed by Alexander Graham Bell". I think they got the hint. Our current system takes up four feet of desk space, the new system is the size of an office telephone. The new system has many unique features, different sounds and different colors of lights for different scenarios. This will also give us the long awaited opportunity to revamp our nursing station.

December is a very busy time here with all the Christmas banquets and entertainment groups that come and perform for our residents. Santa makes an appearance and hands out gifts and we also get a visit from Home Instead Seniors Care who deliver gifts to our residents through their "Be a Santa to a Senior" program.



Of course we all know the reason for this Season, the birth of our Lord and Savior Jesus Christ. In celebration of His birth we have a Christmas pageant put on by our residents on Dec 23rd. It is truly a joy to watch.

For those of you who support us financially throughout the year and during our yearend appeal I would like express my deep gratitude for your generosity. It is becoming increasingly difficult each year to make ends meet as our funding hasn't seen an increase for a number of years.

For all of you that Volunteer at our home, you bring so much joy to our residents and I also thank you from the bottom of my heart and pray that your cup gets filled and overflowing for what you are doing.

To our friends at CDP you are our family and we really appreciate how much you support us in all of our endeavors. May God pour His blessings upon you this Christmas and in 2020.

To our Residents and Families, you are the reason why we are here and I THANK YOU for choosing our Home to be your Home.

May you all have a glorious Christmas and a SAFE one for those of you that are travelling. May God bless you and your families as you gather to celebrate the birth of our Lord and Savior and may 2020 bring you Joy, Peace, Happiness and Love to you and yours!

~ Clint Kinchen, Administrator

Christmas Activities



Christmas at Circle Drive Special Care Home is always filled with the scents of Christmas cooking, great fun, and beautiful music as we enjoy the fellowship during this season. We have

wonderful events for our residents which include bus trips to the Festival of Trees and the Enchanted Forest. We will be baking Christmas goodies and making Christmas crafts, singing Christmas carols, and sharing our Christmas pageant. We are looking forward to Santa's visit as well as our friends from Home Instead. We will build gingerbread houses and listen to musical groups such as the Daughters of the King Choir and some school choirs. Our family Christmas dinner is on December 11, which is a wonderful way to come together to celebrate.

Many residents are becoming computer enthusiasts. We would like to bring more programs around computers for enjoyment and learning.

Our wish list includes a Smart TV for approximately \$800.00, a laptop for approximately \$600.00, winter capes for residents on bus trips, donations for entertainers' Honorariums, a Bluetooth speaker for \$75.00, a digital camera for approximately \$200.00, and donations for a snoozle table.

I pray that you will have a wonderful Christmas filled with moments you will always remember. May you be blessed with our Lord's love as you celebrate Jesus' birth with family and friends.

Adriana Van Duyvendyk
Retired Recreation Supervisor



Circle Drive Special Care Home is a scent-free environment. This is for several reasons. One reason is out of consideration for the health and safety of individuals, families, visitors, staff, and volunteers who may have allergies. It is also out of consideration for individuals who, during their last weeks of life, may experience adverse reactions or exhibit enhanced sensitivity to smell. If flowers are particularly important for a resident, please bring flowers that have very little scent and no pollen, such as dahlias, chrysanthemums, gerbera, callas, many roses, hydrangeas and begonias.

Wellness Nordic Relax Chair

Thank you to the Kinsmen Foundation for funding the Wellness Nordic Relax Chair. The chair was manufactured for us in Scandinavia. Circle Drive Special Care Home is the first facility in Saskatchewan to acquire this kind of chair. In addition, further donations have allowed us to prepare the Serenity Room in which residents are able to use the chair. Difficulties with communicating and performing everyday tasks can take a toll on elderly people with dementia and other conditions. In time, residents may develop behaviours such as aggression, restlessness, confusion and agitation, all of which may disturb other residents and require additional attention from caregivers. Helping people relax through soothing music and tactile stimulation



can have a beneficial effect on their mood, behaviour and quality of life. The fully-automated Wellness Nordic Relax Chair along with a weighted blanket offers users a unique and

calming sensory experience.

One of our residents who doesn't speak, after spending a few minutes in the chair said, "Thank you for doing this for me." Another

resident who was restless and has had difficulty sleeping, fell soundly asleep after four minutes in the chair.

We thanked the Kinsmen Foundation by hosting a coffee time with them along with representatives from the supplier, ArjoHuntleigh.

We have found the Nordic Chair and the Serenity Room to have added much to the comfort and quality of life for our residents.

Karen Lilly
Community Services Coordinator



Emotional and Social Care

The Christmas season causes our thoughts to turn to ways of bringing joy to our families, the people close to us, and our community. At Circle Drive Special Care Home many choirs and other groups donate their time to entertain our residents with music and programs. Families, caregivers, and others bring gifts. We have special Christmas meals and treats. It is a lovely time filled with generosity, laughter, and warm feelings....followed by January.

To extend the warm and loving feelings into the rest of the year, we would invite you to consider volunteering at the care home. There are opportunities to assist Mark in Physiotherapy on weekday mornings, to help porter folks on excursions or to drive the bus, to lead church services on Sunday afternoons, and to help residents to eat their meals in the dining room. Shoppers and Sobeys are across the street from us. Sometimes residents would like to browse the aisles but unless there's someone to accompany them, that small pleasure is out of reach.

Many of our residents have down-sized their life more than once. Some miss their pets that used to be close

companions. They appreciate it when someone brings along a family pet on a visit.

If you play the piano we would so appreciate you coming to play for Friday morning devotions or at other times when your schedule allows.

Please contact karen.lilly@saskhealthauthority.ca for more information.

Ephesians 2:10 says: For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Karen Lilly
Community Services Coordinator



Many of you have commented on our facebook page "Circle Drive Special Care Home". "Like" our page to stay up to date on our many activities and events!

We welcome submissions for our newsletter featuring life stories of any of our residents that families would like to share with us.

News in Recreation

Delanie Gatin has been part of Circle Drive Special Care Home for nearly ten years. After acquiring her Therapeutic Recreation Diploma at SIAST she did her practicum at CDSCH and was hired in the Recreation Department.

Delanie has always lived in Saskatoon and has worked in the hospitality industry at Chili's, Rock Creek & Grill and Montanas for a number of years. Our residents are impressed with her ability to balance three plates at once at the spring and harvest teas!

Delanie is in a slow pitch league and has always enjoyed playing softball. She likes the energetic games in Activities like the curling bonspiel and volleyball. Taking residents on excursions to the Berry Barn or to the Red Bus to have ice cream in the park by the river are special times. Delanie is a self-taught ukulele player and has a lovely singing voice. She and her partner, Chris, are proud parents of one-year-old, Noah.

Delanie beautifies her yard with flowers and has a vegetable garden. She looks forward to planting the care home gardening beds in spring with any of the residents who have green thumbs!

We welcome Delanie as our new Recreation Supervisor!



Harvest Dinner Gala

The Edelweiss Ballroom at the German Cultural Centre was filled with our wonderful supporters to celebrate our 19th annual Harvest Dinner Gala! We were entertained by Martin Janovsky. Who knew that the Music Box Dancer could be played in so many different languages! The silent auction items attracted spirited competition and the dessert auction saw several pies purchased, sliced, shared, and resubmitted for another round to the highest bidder.

Over \$10,000.00 was raised. The funds will allow us to enhance the high standard of care we provide our residents by funding additional nursing staff, beyond what the Saskatchewan Health Authority covers. We give God the glory!

Sitting with Betty

I'm sitting with Betty today. The room is warm and peaceful. Betty is reclined in the Nordic chair which is gently swaying. There is quiet relaxing music, tranquil dimmed lights.

We can hear the noise of the outside world but they are distant, unable to touch us.

Betty seems to be sleeping but occasionally her eyes open checking to see that someone is with her. I am. I'm sitting with Betty.

It's quite relaxing for me too, this quiet calm space. A bit difficult to stay awake. Betty says, "It's nice isn't it?" "Yes, Betty, it's nice."

I put aside all the thoughts of what I could or should be doing and just sit with Betty. A work of just being present with each other. No need for words or tasks or worries, just sitting together. I'm refreshed and renewed because I'm sitting with Betty.

Noreen Aasen
Spiritual Care Coordinator

Go out with Joy!

It was with mixed feelings that I retired from Circle Drive Special Care Home. I have been here over 13 years and it has been the happiest time of my life as I was able to share Joy through programs, songs and activities. The times shared, friendships developed, and the fun which we had together, have been a time of extreme Joy.

So now, a new beginning for me, a new journey, the time everyone calls "retirement", the time that is for all those hobbies and activities we don't have time to do when we have a career. I am looking forward to spending more time with my parents, perhaps some travelling and spending time with good friends. I have been so blessed that the Lord chose me to share His Word and Love and I will miss everyone dearly.

I think warmly of each of you and wish your family an extra measure of comfort, joy and hope this Christmas. John 3:16
Adriana Van Duyvendyk

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
3055 Preston Avenue, Saskatoon, SK S7T 1C3
Phone 306 955 4800 ext. 23 Email: karen.lilly@saskhealthauthority.ca

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.