

December 2020



*With Thanks in our Hearts . . .*



## CHRISTMAS MESSAGE

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Just eight months ago, life changed. Our doors shut. In what seemed like a blink of an eye, we went on high alert. Our new mandate was to do everything in our power to keep COVID away and keep our residents safe and healthy.

Most family and friends were not prepared for what was about to happen. The pandemic left many asking when they would be able to see their spouse, visit their grandpa or hold their loved ones again.

In the early days of the Pandemic, together we worked through the challenges, each day finding ways to connect loved ones in this new environment. From window visits to Facetime calls, we did our best to protect their health while nurturing the need to connect with family and loved ones. Our amazing staff have worked tirelessly to ensure the safety and well being of our residents and our families have worked along side of us providing their generous support to our front line staff.

At this time of year, we find ways to rejoice. Residents continue to do well, many learning new technologies and ways to connect. Families have been patient and understanding knowing we were doing everything we could to keep their loved ones safe. Staff valiantly rose to the occasion through adversity and challenges – the love of the residents kept them continually looking for ways to support and care for them. You, our donors held the torch for us, helping us to complete the fundraising for the Chapel and supporting us financially through the pandemic.

We rejoice in the Sisters who prayed every day for the safety of the residents and staff. Our Boards, the keepers of the flame, pressed forward offering their continued support.

We may not be out of the woods yet. We continue to be vigilant in caring for the residents. But for just a moment we pause and give thanks for each and every one of you. From the bottom of our hearts, we thank you for your ongoing commitment and support of Father Lacombe Care Society and Foundation.

*Wishing you a very Merry Christmas.*

Linda Maye  
Executive Director  
Father Lacombe Care Society

Evelyn Stewart  
Director of Development  
Father Lacombe Care Foundation





## STREAMLING FUNDRAISING

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### Renewed Commitment

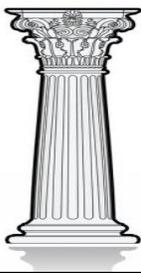
Thanks to the generosity of many, we have successfully completed the capital fundraising campaign, the construction and the furnishing of Our Lady of Providence Chapel. Our dream became a reality and now the residents and their family members have a quiet place to reflect, meditate and pray.

We asked “what’s next?” Now, we need to turn our attention back to the basics that help to keep brains active, bodies moving and spirits lifted. The day to day needs are more urgent today than they have ever been. Thanks to COVID, we have seen change in ways we would never have imagined. Activities and engagement remain important to having a good quality of life.

Without the need for a capital campaign at this moment, we need to focus on programs that encourage involvement, socializing and fun. We also need to focus on equipment needs that helps the resident to maintain their mobility and dexterity. Today, more critical than ever, we must provide pastoral and spiritual support and council to the spirit that is dealing with so much change and grief.

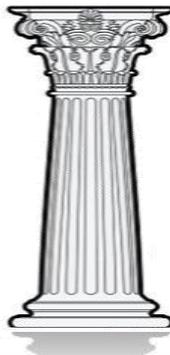
We have built our campaign around these three pillars so we can continue to ensure that the residents have dignity, security, safety and fun. Of course, we welcome donations that can be used in the area of greatest needs when they arise or to shore up areas where we may come in short.

#### PROGRAMS



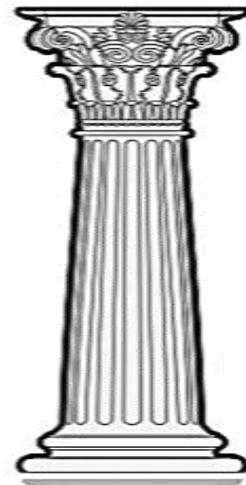
**Campaign Goal**  
**\$70,000**

#### SPIRITUALITY



**Campaign Goal**  
**\$100,000**

#### EQUIPMENT



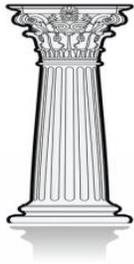
**Campaign Goal**  
**\$140,000**

Your donation can make a big difference by providing resources that will keep residents safe, comfortable, active, engaged and supported during their time with us. These are the people who raised us, taught us, took care of our safety. Now it is time to take care of them.



## PROGRAM FUNDING TO HELP KEEP BRAINS ACTIVE

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**Campaign Goal**

**\$70.000**

Activity and engagement are extremely important to keep our brains active and working. Until recently, our residents lived independently in their own homes – it's hard to give up that part of your life and adapt to a new environment with its own routines.

Program funding helps:

- To maintain the bus on the road to take residents on outings – perhaps seeing the Christmas lights,
- Provide for gardening in many of our outdoor gardens. Getting a head start on spring bulbs brings new hope for a new season, and
- Provide materials for arts and craft activities, music sheets for sing alongs, baking materials for those extra special delights.

### Bus Outings

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It was about this time last year that our old bus was officially “parked”. Thanks to our many generous supporters, including Maunders McNeil Foundation, Rotary Club of Calgary at Stampede Park and the Calgary Foundation we were able to order a new bus. We are all very excited as we anticipate its imminent arrival to Calgary. Residents who go on trips offset some of the costs, but we need to be able to subsidize the cost to operate the bus to ensure that it remains affordable and open to all. Funds raised help to cover costs such as insurance, maintenance and cleaning of the bus as well as the cost of gas and supporting volunteers who accompany the residents to provide the extra support they need to make it an enjoyable outing. Whether it is going for a drive to see the snow-covered mountains or to take in the beautiful Christmas lights, getting out in community is such a joy for the residents.

### Horticulture Therapy – Maintaining our Healing & Patio Gardens

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Run your hands over a lavender plant that is flowering and take in a deep breath. For many residents, it conjures up happy memories of days gone by. Playing in the dirt and planting for many is still a lot of fun and then watching as the flowers bloom, the tomatoes ripen and the bird make their nest in the near by umbrellas will put a smile on any face. Help us to maintain our gardens at both sites for the residents to enjoy.

### Designing a Room with a View – Creative Artwork

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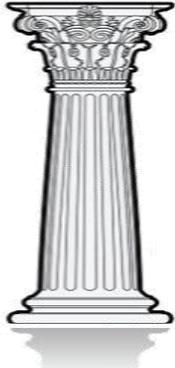
Several residents do not go out much for a variety of reasons. This year has been particularly difficult for them so a new program helped to bring the outside in. Thanks to the talents of staff, murals were painted on walls that gave residents that feeling of going for a walk in the woods. Art does a lot for the soul and we would like to continue with art for the residents, whether it is an art appreciate class, dabbling in oils and watercolours or just enjoying the murals on the walls.





## SPIRITUALTY CALMS THE SOUL

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**Campaign Goal**  
**\$100,000**

Moving into long term care or supported living entails a great amount of change and often bring about a lot of grief. Pastoral care ministers to those who need an ear to listen to them and a voice to reason with. This also is very true near end of life when people ponder “what is next”.

Having a dedicated Chapel in both Care homes provides that physical space to sit, meditate, reflect and pray. These chapels need ongoing supplies and upkeep to keep them warm, clean and safe.



## A Life Well Lived

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We continue our strong legacy of providing pastoral and spiritual care for our residents, their families, volunteers and staff. The spiritual side of a person very much affects how they feel emotionally and physically.

If you have ever journeyed with a family member, neighbor or good friend who finds out they are no longer able or safe to return to their home after a stay in the hospital, you understand the immense feelings of loss and grief they experience.

If you have ever sat with a loved one during their last days on this earth, you have probably come to learn the comfort you both take from your faith. Having a sacred space to go pray, meditate or reflect is critical for a person with a life of faith.

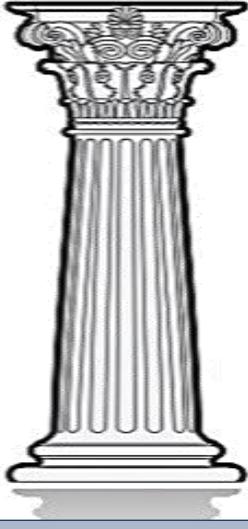
Spiritual Care is about responding to human suffering with care, understanding and compassion for the whole person, with particular focus on the person’s spirituality. It is through spiritual care that residents and their families find hope and peace in the midst of suffering and bring purpose and meaning to both living and dying.

Being able to have a place where Catholic Mass can be delivered five days a week, where Baptists and Lutherans can gather for Sunday service, where all Christians can come together to rejoice in Christmas is very meaningful to a life well lived.



## EQUIPMENT FUNDING HELPS TO KEEP BODIES ACTIVE

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**Campaign Goal**

**\$140,000**

When admitted into long term care or supportive living, it usually comes at a time of change. Perhaps it is a lack of mobility, the ongoing need of medical assistance or a general reduction in ability of tasks for daily living.

At Father Lacombe and Providence Care Centres there is access to specialized equipment that helps to keep bodies moving. As we age, we don't move as well as we used to. Thanks to an amazing team of staff, they support residents to maintain their dignity and independence.

Equipment funding provides:

- Wheelchair accessible tables
- Specialized mattresses for those who have very limited mobility and spend many hours in bed
- A soup kettle to bring fresh homemade soup to the residents
- New furniture for residents' rooms that need repairs and updating
- Lifts and slings to safely transfer a resident from their bed to their wheelchair so they can participate in activities.

### Dining Room Enhancements

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The heart of the home is often the kitchen. We gather there and take our meals there. We tell stories of the past, catch up on the gossip of the day and share our dreams for tomorrow.

At both Father Lacombe and Providence Care Centres, we strive to create as much of a home like feeling as we can for all our residents, no matter what their abilities are.

With the increasing number of residents' dependent on wheelchairs for their mobility and safety we have a need to furnish our dining rooms with tables that will adjust to accommodate the arms of a wheelchair making it easier to pull in close to the table.

With the ability to adjust the height of a portion of the table, the resident regains the ability to comfortably reach for utensils and their napkin. It places them in a much better position to be able to maintain their independence and feed themselves.

These tables bring immeasurable dignity to those who are able to regain their ability to be independent and enjoy dining with others seated around the table – just like at home.



*"Thank you to all! This table makes my life in a wheelchair so much easier and the dining room experience more comfortable and enjoyable."*

*Kelly,  
a resident at Father Lacombe.*



## **AREA OF GREATEST NEED**

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This has certainly been a year of surprises. Who could have suspected a pandemic and the havoc it would wreak in long term care.

Having access to funds that had not been designated allowed management to make decisions quickly for the betterment of the residents.

Situations arise from time to time that require quick action and access to funds. Donation to the area of greatest need helps us to provide the necessary funding to top up areas that may fall short of the funding when we can't wait. This fund is managed by the Board of Trustees in concert with the Management to disseminate based on the most imminent need for the residents.

### **Ways you can support the residents:**

- **Gifts of cash, cheques or credit cards**
- **Monthly gifts that keep giving all year long**
- **Donations of publicly traded stocks**
- **In lieu of gifts, a celebration gift – for a birthday, Christmas, anniversary or graduation**
- **Memorial gifts when a loved one passes**

**All donations are gratefully received and a charitable receipt is issued promptly.  
Donations can be made directly to the Father Lacombe Care Foundation by mail, by phone or on line at  
[www.flccfoundation.ca](http://www.flccfoundation.ca)**





*As we put 2020 to bed, may we begin 2021  
armed with knowledge and resilience from our experiences,  
understanding and compassion from the pain of others  
and gratitude and love for still being able to serve those in need.*

**Father Lacombe Care Foundation**  
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