

December 2021



Since COVID-19 became part of our lives in March 2020, the realization of just how vulnerable seniors are made national news. It became apparent to all, that long term care centres were hit hard and showed the need to reassess the way long term care is managed.

We have made every effort to ensure that both Providence and Father Lacombe Care Centres have been held to the highest health standards of care, cleanliness and protection for our residents and staff. The restrictions have had a huge impact on our residents, their families and our staff, but we have learned many things.

- It has been a time of growth – broadening our knowledge and creativity to keep residents engaged in mental, physical and social interactions and stimulating activities.
- A time of vulnerability – learning of and strengthening the residents’ trust in the staff and putting one’s trust in others while providing care.
- A time of appreciation – appreciating our residents, families, staff, and you, our donors for your continued support with time and treasure.

As we move forward together into 2022, with your support we will remain strong and resilient and will continue to provide a safe environment for our residents.

We are also aware that the basic needs of care, comfort, and independence are an ongoing necessity that must not be forgotten. Again, we look to you, our supporters, to help us provide an environment in which our residents are safe, comfortable and living with dignity.

Wishing you a Merry Christmas!



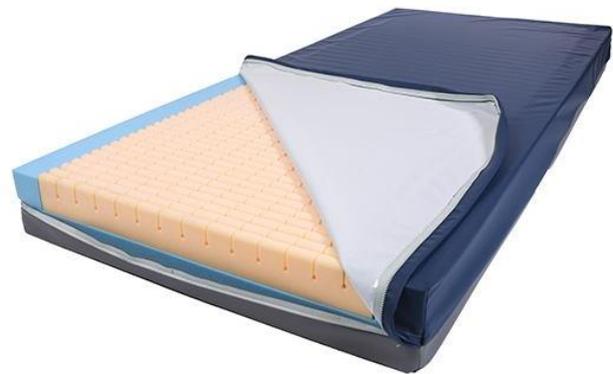
THE CRITICAL NEED FOR EQUIPMENT

We have called on you in the past and now do so again to help us maintain and enhance care and quality of life for our residents.

There are many needs, but the priorities are in the area of hands-on care - Mattresses, Lifts and Shower Chairs.

Mattress are a very important part of daily life for our residents. Every single resident requires a mattress of some kind. These mattresses have to be special and specific, as they need to fit the hospital bed frames, as well as provide therapeutic benefits for residents. Many resident need rest breaks during the day, as well as sleeping at night. When the resident's natural ability to move, toss and turn decreases, using specialized equipment, such as the mattresses they sleep on, is a way we keep their skin healthy and decrease the risk of wounds. As a result, our mattresses have significant wear and tear with this high usage and it's important we maintain them. There are two types of mattresses required:-

Pressure Reducing Mattress: This a type of foam mattress provided for most residents as the normal sleep surface or bed. It lasts for a few years but over time and with consistent use, the foam breaks down, get compressed, and dips in the middle of the mattress occur. When this happens the mattress needs replacing, as it is no longer providing the same therapeutic pressure reducing benefits. It not replaced in a timely fashion, it puts our residents at risk to have skin wounds develop.



Air Mattresses: Air mattresses are the next level up from the pressure reducing mattress. If a resident is at high risk for skin breakdown due to immobility or has skin wounds, an air mattress is a necessity. Depending on the severity of the wound, the resident can experience mild discomfort to extreme pain. The Air Mattress can significantly reduce this discomfort, as well as help heal and prevent re-occurrence of wounds.

There has been an increased need for these air mattresses as more of our clientele are requiring advanced technological equipment in order to maintain their health. These air mattresses are one of the most important tools.

The difference between these two mattresses is that the one is made from different layers of foam which are different densities, while the other is a series of connecting air bags (called bladders) which use a pump to push air continuously through them.

Total Funds Needed:

\$25,000



LIFTS

Floor Lift

One of our more pressing needs is the Floor Lift. These portable floor lifts and slings have been designed to safely move residents who have limited mobility to and from bed, wheelchair, shower and toilet, without causing injury either to the resident or staff. This lift is lightweight but strong, and is easy to maneuver, even in confined spaces.



Total Funds Needed

\$25,000

SHOWER CHAIR

This special waterproof shower chair is an essential piece of care equipment for our residents. It provides a safe and comfortable shower experience with unique features such as battery-powered reclining and height adjustment, and comfort padding. These features allow the staff to safely shower and wash the residents from all angles.

The adaptable ergonomic design accommodates a person's body shape and how they sit in a chair. Many residents cannot sit up in a regular chair like they used to. In fact, many have wheelchairs with advanced seating systems to support them in sitting upright. Unfortunately, wheelchairs cannot get wet and be used as shower chairs.

This chair allows residents to have a safe, relaxing and dignified shower experience, instead of an awkward bed bath. This assists in enhancing the overall quality of care we provide to our residents



Total Funds Needed

\$12,000



DEMENTIA “Magic Table”

The “Magic Table” is a virtual, interactive experience that uses games to engage those with dementia. State of the art technology tracks body movements and gestures to enable play. The projected images and music are designed to produce a colourful and soothing environment.

The games create a fun and relaxing way to enhance hand-eye coordination, stimulate cognitive thinking and improve memory recall. Playing helps promote mental wellbeing, physical activity and social interaction as the games are played with others. If desired, games can also be played solo.

The games are developed for three stages of dementia:

Early Stage – For those with mild to moderate dementia, these cognitive games encourage inductive and deductive reasoning. They also provoke thought and allow for social interaction. A variety of puzzles, cards, word and matching games are played at this level.

Middle Stage – At the extended moderate stage, these games help create feelings of accomplishment and promote physical activity and social interaction. The collection of objects with arm movements and whack-a-mole type games are played at this level. These games are great for intergenerational play.

Late Stage – When the mind is more distant, these games help to engage the senses through soothing music and relaxing immersive visuals. Colourful objects that flutter around; swimming with whales and traveling with butterflies are examples of visuals at this level.

The Lucynt Dementia Magic Table is a phenomenal recreational tool to engage our dementia residents. The interactive nature of the games will also allow family members to interact with their loved ones in a unique and calming way.



Check out the Lucynt website: <https://lucynt.com>

Total Funds Needed:

\$8,000.00



PROGRAMS

During the 20 months of COVID and restrictions, it has been challenging to keep activities varied to ensure that our residents are stimulated and engaged. Sensory activities have proven to be successful in providing an opportunity for communication and connection, promoting participation and social skills that can help to improve moods and reduce agitation.

Sensory stimulation supplies such as a Bubble Tower, and Drum Circle Drums are needed to add variety for those residents living with Dementia. There is also the need for a Smart TV.

Total Funds Needed

\$6,000

GREATEST NEED

Gifts to the area of greatest need are invaluable. They give us the flexibility to address urgent needs as they arise and enable us to provide the very best of care and recreational programming to our residents at both Father Lacombe and Providence Care Centres.





2021 Resident Activity Photos

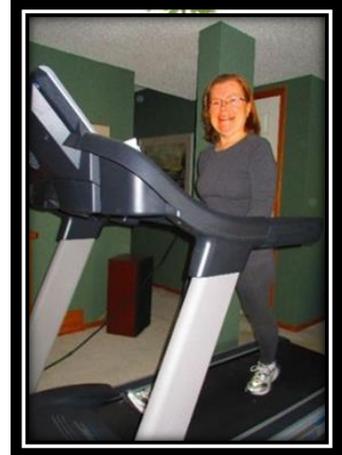






CINDY'S WALK ACROSS CANADA UPDATE

I am so excited! I can smell the salt air as I get near to reaching my goal of making it to Halifax. So far, I have walked 4,203 kms (2,612 miles) or 6,633,645 steps. At the end of October I was in Fredericton, NB. I have until the end of December to reach my goals of both completing my walk across Canada and to raise \$10,000 for equipment needed at both Father Lacombe and Providence Care Centres. I have 270 kms or 168 miles left to go and less than \$500.00 to raise so I am still in need of your help! Thank you all for supporting me along the way, Cindy.



Donations can be made directly to the Father Lacombe Foundation by mail using the envelope provided, by phone or on line at www.flccfoundation.ca

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 or by e-transfer from your financial institution,

please use the e-mail address:

foundation@fatherlacombe.ca

and indicate the following in your message/comment section:

Your Name, Mailing Address, and any instructions for your donation.

(Currently, we cannot set-up recurring donations through e-transfer.)

BOARD RECRUITMENT

The Father Lacombe Care Foundation is currently seeking volunteers to join the Board of Trustees.

Our Mission is to -- advance care, wellness, quality of life for the residents of the Father Lacombe and Providence Care Centres, through active Fundraising including developing new relationships with donor community.

Merry Christmas and a Happy New Year!

Father Lacombe Care Foundation

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