

December 2022



**“God grant you the light
of Christmas,
which is faith;**

**the warmth of Christmas,
which is purity;**

**the righteousness of
Christmas,
which is justice;**

**the belief in Christmas,
which is truth;**

**the all of Christmas,
which is Christ.”**

- Wilda English



Dear Donors, Residents, Family Members and Friends,

It is now three years since COVID-19 and several variances have affected our world. Many new protocols, practices and boundaries have been implemented to protect those living, working and visiting in long term care centres. Both Providence and Father Lacombe continue to hold up to the highest health standards of care, cleanliness and safety to all who enter our facilities.

In 2022 we were able, thanks to Alberta Health Services, to relax some of the severe COVID restrictions:

- Entertainment and outings are now allowed inside and out of the care centres;
- Visiting inside the centres is allowed;
- Volunteers are welcomed back;
- Chapel services for residents have recommenced;
- The Hairdresser, Podiatrist, Denturist (to name a few) are able to once more provide their services to the residents.

Although the pandemic restrictions in the community have been lifted, it is still important to recognize that our community of residents are still vulnerable and at risk of COVID-19 and Influenza.

Winter is here and respiratory infections are taking their toll on society. Health Canada has announced an Influenza epidemic and, here in Calgary, the number of people with Influenza is climbing steadily.

Things are still not back to normal – fundraising being among them. We are currently unable to hold functions in the care centres and many of our fundraising events are still on hold. We continue to reach out to you through our newsletters, and at this special time of giving and generosity we ask for your support to ensure our residents continue to live in a safe, comfortable, dignified and meaningful environment.

Wishing you a Merry Christmas!



The Father Lacombe and Providence Care Centres are home to our residents and like the family homes that we live in, repairs, renovations, replacements and maintenance needs inevitably occur.

It is for those needs that we come to you to ask for assistance. We are faced with substantial items such as substitution of blinds in resident rooms, replacement of furniture, repair of walls that have been damaged, and additional (back-up) therapy equipment. These are important functional things needed for the safety, comfort and benefit of our residents.

Maintenance costs are also challenging for us as we endeavour to keep the exterior of our buildings and our gardens inviting and welcoming.

REPLACEMENT:

Resident Room Blinds

The Government of Canada in May 2021 put in new Regulations regarding Corded Window Blinds in order to reduce the risk from injury or death through strangulation that they posed. In May 2022 the Government enforced these Regulations. Put in place to protect children, the same hazards exist for seniors in care, and both parents and caregivers are strongly encouraged to replace these corded window coverings with cordless options.



Each resident room in Providence Care Centre has corded window blinds and we have a number of broken blinds that need to be replaced. A plan is being put in place to replace all the blinds with sheers for privacy and room darkening drapes/curtains. This will likely be a phased in project.

Total Funds Needed	\$180,000.00
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FURNITURE:

The furniture in Care Centres is not treated as well as the furniture in our own homes. It takes quite a beating with the various accidents and wear and tear that it receives. Again, we are faced with substantial replacement costs and will have a phased in approach for the replacements currently needed and those required in the future.

Total Funds Needed	\$25,000.00
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REPAIRS AND RENOVATIONS:

At Providence Care Centre we are finding that the entry walls to the washrooms in the resident rooms are being severely damaged by wheelchairs, lifts, shower chairs and other equipment. Maintenance is constantly having to repair these walls and it has become evident that installation of a protective wall covering in these areas is required.



Total Funds Needed

\$65,000.00

Exterior Lights:

COVID opened up discussions on the necessity to ensure that our residents were kept engaged, entertained and interested in a variety of things. Christmas lights are always a joy and our residents spend a lot of time looking out the windows at the Christmas lights in the adjoining neighbourhoods.

For the continued enjoyment of the residents, families and staff, permanent lighting will be placed on the front of both the Father Lacombe and Providence Care Centres as well as the Chapel. These lights will be a year round feature and will display different colour lights depending on the time of the year and event.

Total Funds Needed

\$14,000.00

MAINTENANCE:

Gardens:

Maintaining the Gardens at both FLCC and PCC is an ongoing need. We want our residents to be able to spend time in the Gardens, whether it be walking or sitting on one of the benches conversing with their families, friends or fellow residents. Time spent outdoors in the fresh air, enjoying the sunshine, flowers and the birds is very beneficial to the mental and emotional health of all, and a well maintained garden adds to the joy.

Total Funds Needed

\$25,000.00



EQUIPMENT:

Ex'n'Flex (powered leg bike)

A powered passive leg bike provides an effective targeted workout for our residents who cannot properly use elliptical or pedal machines. Passive leg exerciser machines help the residents mobilize their lower limbs enabling their leg muscles to circulate blood flow throughout their body. The passive leg bike is one of the most used equipment in our Occupational and Physical Therapy Departments and is in constant demand – hence the need for an additional bike.



Total Funds Needed

\$6,500.00

GREATEST NEED

As always, 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.



2022 Resident Activity Photos





**THANK YOU MOST SINCERELY FOR SUPPORTING
OUR GOAL OF PROVIDING A
SAFE, HEALTHY AND HAPPY HOME FOR OUR RESIDENTS**

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.

For E-transfers 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.)



*Merry Christmas
and a
Happy New Year!*



Father Lacombe Care Foundation

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