



**CapitalCare  
Foundation**

**2016**  
COMMUNITY  
REPORT



**CapitalCare**  
FOUNDATION

CapitalCare is one of Canada's largest public continuing care organizations providing care to more than 2100 elderly residents and disabled adults each year.

**did you  
know**

## You Can Change the Lives of Residents at CapitalCare

### CapitalCare

Foundation was incorporated in 1989 to support the goals and needs of CapitalCare through private philanthropy and giving of donors, community leaders, volunteers and friends.

CapitalCare is where residents LIVE. The Foundation strives to create an environment that helps residents to be comfortable by providing the comforts of home. CapitalCare Foundation is a registered charity that raises needed funds to purchase equipment, renovate facilities, provide educational assistance for staff, and add to the quality of life of residents. We take over where government funding ends.

When you make a donation to CapitalCare Foundation, you are changing lives. Forever.

#### Funds raised support the following:

- Specialized overhead lifts
- Outdoor patio upgrades
- Raised flower beds and patio planters for gardening
- Decorations
- Living room furnishings
- Centre pet program support
- Music care program supplies and resources
- Sunroom refurbishment
- Tablets and tech devices for leisure programming

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Photographs by:  
David Jackson, Shirley Barg and  
Courtney Banman



# LEADERSHIP message

## The 2015-16 year

The past year has been a challenging one for our province but Albertans have again shown a resilience and determination to overcome adversity. Because of your continued support through difficult times CapitalCare Foundation been able to maintain both positive revenue and positive impact for our residents. Thank you!

The Foundation's focus for 2015-16 was on specific projects for each of our ten centres. These included outdoor garden upgrades, family sitting rooms, artwork, and furniture refurbishments. These are the soft enhancements that provide the oh-so-important atmosphere for meaningful family visits and social interactions. In addition, further purchasing of overhead lifts to assist in the resident rooms was achieved. This meant that we surpassed our 2014-15 goal for lift installation. Residents and staff were very appreciative as it had immediate impact to their everyday routines. Immediate impact translates into improved assistance with getting out of bed for up to six times a day.

For this current year our Foundation Board and admin team took a hard look at what area of need was the most important for our residents. Because of funding sources running out, and the staff at CapitalCare 'singing' the praises of the music program, the Foundation Board agreed that Music Care was to be the 2016-17 initiative. Within the pages of this Report to the Community we have laid out the stories of our residents who experience quality of life through music. We hope you take a moment to read their stories. It's a project that comes from the heart for lifting up the souls of our seniors in care. We hope you will be touched by their stories and help us to ensure we **Don't Stop the Music.**

Kindly,

*Dave*  
**Dave Jamieson**  
*Chair*

*Sherry*  
**Sherry Schaefer**  
*Director of Fundraising & Donor Relations*

# moments that **MATTER**



## Music has always

been a large part of Doris' life.

From an early age, her father would sing songs from the wartime era to her mother and this is something that Doris reminisces about fondly. She particularly enjoys the music of Vera Lynn.

Doris now has dementia and at times feels confused and upset because she wants to go home. When music is played for her, Doris' face lights up, and she responds by singing, tapping her hands to the rhythm, and smiling. In-between songs she will reminisce and comment on her genuine love of the music.

When Doris started in the music program, she was hesitant to play an instrument with the group. Now she happily accepts an instrument and plays a strong rhythm while making eye contact and smiling. She remembers all the words to the songs of her youth and loves learning new lyrics. She has a strong relationship with the music therapist and has said before "I know you, and you know me".

While Doris is involved in music she is relaxed, happy, and engaged, holding the hand of the staff while saying thank you.

## Alex came to live

at CapitalCare Dickinsfield

in November of this past year not long after his wife had passed away. He is an accomplished man and was extremely active and busy in his life as a veterinarian.

Alex had never been interested in singing in the past, but he did enjoy dancing and would often dance the night away at events. Alex started coming to the music program soon after he came to the centre.

With low vision, it is difficult for Alex to participate in some of the other activities offered at the centre. Music has given Alex the opportunity to continue on with dancing and 'seeing' things with ability rather than disability.

Alex's whole week revolves around music programming. He requests his favourite songs such as "Tipperary" and "Red River Valley" and when he requests a song that no one knows, he laughs and happily sings it.

His sons both say how much Alex looks forward to music programs and how happy he is on those days. Even they enjoy coming to the music group with their dad and have expressed that they've never heard him sing before.



## Musical messages

is how Fred communicated with those who meant a great deal to him.

He liked to find lyrics that said what he was thinking and then share them as part of his messages.

When Fred was in the Navy, he would send love letters to his fiancé, now his wife of more than 73 years. His love letters are now a bit faded and tattered but one can still read them and see how he used his favorite love songs to tell his special lady how he felt about her. When they celebrated their 65th Wedding Anniversary their favourite song “Don’t Sit Under the Apple Tree” was the theme of the party.

Music was such a part of Fred’s life that even when he was young and away at sea he would use the lyrics to message with the crew. Whenever they were in port he would play music over the loudspeakers and that meant, “for now we are safe and don’t have to worry”.

## Ernie was 78

when he entered the CHOICE program.

He had experienced a heart attack, several surgeries and was exhausted from the frequent trips to the hospital where he was treated for his multiple medical conditions. His family was equally exhausted. They were trying to juggle all his medical appointments with their own hectic lives. People like Ernie come to CHOICE, a CapitalCare day centre, a few days a week where they receive a variety of services from doctors, nurses, pharmacists, occupational/physiotherapists, dieticians and social workers. They also benefit from recreation activities and socializing with the other attendees.

Ernie loves to play piano and his friend Clem, who also attends the program, plays guitar. Every week they have a ‘jam’ session and entertain the whole crew at CHOICE. Everyone joins in the singing, some who can sing and some...who cannot. But all have fun and for Ernie it’s a great feeling to know he is helping others as well as himself.

“CHOICE has been a godsend,” says Ellen Golka-Moxham, Ernie’s daughter. “We don’t know how we would have managed without it and we seriously doubt if Dad would be doing as well as he is today without it.”



A



C

**A** Residents, staff and families came together on Grandparents' Day in September 2015 to celebrate grandparents at the Grand Tent Event. Attendees enjoyed activities along the way.

**B** The Grand Tent Event was a great day for community building across the generations that includes staff, residents, families and many volunteers.

**C** In April 2016, the Rise, Shine & Give Breakfast Fundraiser brought together Edmonton community members to listen to and support the power of Music Care Programs in centres. Complete with a special performance by a day program client and her daughter.



B



**D**



**E**

**D** CapitalCare Grandview held its inaugural Mardi Gras Fun Raiser as guests enjoyed New Orleans style food, Mardi Gras activities & live music of the south! It's just one example of the many centre events taking place throughout the year.

**E** The Second Annual Feast on the Field is a signature event that brings together food, friends and a great evening all for a good cause. Guests enjoyed a full feast prepared by three of Edmonton's top chefs.

**F** Guests enjoyed playing for a great cause at CapitalCare Strathcona's 2nd annual Fun Money Casino Night. Local community businesses provide prizes for events just like it and in this case for them to 'gamble' on.



**F**

## Our Residents

50% of Residents at CapitalCare centres are over 85 and more than 70% have a diagnosis of dementia such as Alzheimer's. The youngest person with early onset Alzheimer's is 45.



## Education Funding

More than \$ 170,000 over 15 years has been given to support staff in furthering their education in healthcare.



## Palliative Care

259 people receive hospice at our Norwood centre every year.



## Rehab Support

Over 800 patients come through the sub-acute unit at Grandview in a year. They receive rehab support following knee, hip and other orthopedic surgeries.





# Financial HIGHLIGHTS

(Year end March 31<sup>st</sup>, 2016)

Annual Fund Revenue	\$ 896,902
Major Project Revenue	\$ 80,620
Special Event Revenue	\$ 244,150
Casino Event Proceeds	\$ 81,735
Grant	\$ 87,000
<b>Total Revenue</b>	<b>\$ 1,390,407</b>

*\*To request a copy of the financial statements, email [ccfoundation@capitalcare.net](mailto:ccfoundation@capitalcare.net) or call 780.448.2413\**

# DONORS

(Contributions over \$100)

The Board of Directors of CapitalCare Foundation is very grateful to the following Donors for their contributions to the needs of CapitalCare residents and clients from April 1, 2015 to March 31, 2016



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Staff welcome seniors who stayed with us during the Ft. McMurray fires.

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