



CHRISTMAS AT THE CENTRES

Holiday time is when we like to **surround ourselves with family and friends**, truly the comforts that warm our hearts. For many this can be a challenge within a long term care centre. But because of the support provided by you, our donors and friends, the **comforts of care** are evident in all CapitalCare centres!

At Grandview, Dickinsfield, and Kipnes, choirs supported through

Music Care donations were heard from high.

Family visiting rooms were decorated in their finest with Christmas trees lit up all around. Special celebrations inviting families to join in were held at Norwood, Strathcona, Grandview, and Lynnwood. All of these events were made possible through donations received at the CapitalCare Foundation. And this year, we

proudly hosted several wrapping stations for families to help their loved one do their wrapping and prepare for Christmas. Next year we hope to have one in every centre.

The **impact you have created** at our centres is tremendous. Residents and patients felt the love of the community knowing that these gestures created a home filled with holiday spirit. **Thank you** for being a part of our Christmas.

TLC Lives on at CapitalCare Norwood

This Christmas the unveiling of a room upgrade on the Palliative Care unit at Norwood was held. As part of the TLC - Legacies Living On program, rooms on the unit are being upgraded as funds and support are received. Because of a very kind donation from The Military and Hospitaller Order of St. Lazarus of Jerusalem - Edmonton Commandery, two more room upgrades have now been completed. This project began in 2015 with the first room being renovated in the name of Cheryl Graham. Following that renovation, more funds came in and additional rooms were renovated. This has continued through 2017 with more than 12 rooms being complete to date. We are halfway there! The room upgrades are so "thoughtfully done" said Cathy Lucas of the Order of St. Lazarus. "It's not just the addition of a murphy bed for families to stay overnight, or even the extras that are added in like the microwave, and small kitchenette, it's the little touches that you know came from the heart. Everywhere in the room the décor and the warmth of the changes are what makes it so much better." To donate to the TLC project, visit www.capitalcarefoundation.net.



WAIT FOR IT...

FEAST ON THE FIELD

at Commonwealth

PRESENTED BY



ARRIVES AUGUST
2018

STAY TUNED AT
feastonthefield.com



CapitalCare
FOUNDATION



Ladies' LOL COMEDY NIGHT

March 15, 2018 - 6:30pm

Central Lions Seniors Centre

11113 113 Street NW Edmonton AB T5G 0E9

**Hang on to your
pantyhose!
The BEST is
coming your way!**

*Join us for an evening
of laughter with the
famous advocate for
effective aging and
hilarious stress
management expert...*

Dr. Shirley BEST!



Tickets \$55 each. Groups of 6 or more, \$50 each.

Get yours today at www.capitalcarefoundation.net

or call 780.448.2413.



SOME- THING'S MISSING

**HELP US PROVIDE THE
COMFORTS OF HOME.**

Something is missing from your local CapitalCare Centre.
Your generous donation will help provide the comforts
of home to our residents.

CAPITALCAREFOUNDATION.NET

**DONATE
ONLINE TODAY**



Spring 2018

**Matching dollars will
ensure tables and chairs at
Laurier House Lynnwood
can be ordered.**

LIVING FULLY

at CapitalCare

One of the biggest challenges we face in 'living fully' is the ingrained societal stigma toward aging and also towards those living with dementia. As one person shared, it is not uncommon to have open, candid conversations about health and diagnoses around the water cooler, yet conversations about dementia happen one-on-one, behind closed doors. While people generally feel comfortable discussing a diagnosis of cancer, for example, the same is not true for dementia. Another example of ageism can be found in fundraising, particularly for specific medical conditions, where younger adults are often profiled as the beneficiaries of life-saving treatment even if older adults are most affected. Our society does not see hope for older adults.

This can change. We can support our seniors so they know that living fully in a care centre is possible!

When we as a community begin to put the focus on living fully, no matter the age, we will start to embrace living fully with the body, mind and spirit of each person being the centre of the conversation. Accessible and enabling environments will support continued engagement and connections in the community - whether that be in a residential home or in a care centre. Turning buildings into caring home spaces will help make this change look and feel possible. **With your support it will happen.**

CapitalCare Foundation's campaign to enhance the living environment is now underway. To make these changes a reality we need your support. Please go to our website capitalcarefoundation.net to find out how you can make a difference. **Look up the Something's Missing campaign.**

Excerpt from 2016 WalkWithMe Conference, Living Fully White Paper



Winter 2019

Strathcona's new bathing rooms can be installed when \$50,000 is raised.



Fall 2019

McConnell Place West opens their café style sitting room with your support.

**Goal
\$500,000**

A Warm Cup of Caring

This summer the Palliative Care unit at Norwood was blessed to receive a gift in honour of Roger deBorja. Although Roger's time in palliative care was brief, his family was so thankful for the caring and support received that they wanted to give back in a way that would help other families as they go through the palliative journey.

Together with unit staff an idea was initiated - a warm cup of caring. The hope was to bring a bit of comfort to families spending long days sitting at the bedsides of their loved ones. So a special tea cart was purchased and set up with amenities including beverage options and lovely china.

The first service from the tea cart began in the fall and many families have been recipients of the afternoon soothing tea and friendly faces. The idea of creating community and support for those who are saddened by life's challenges has been a great success and many have been thankful for the service.

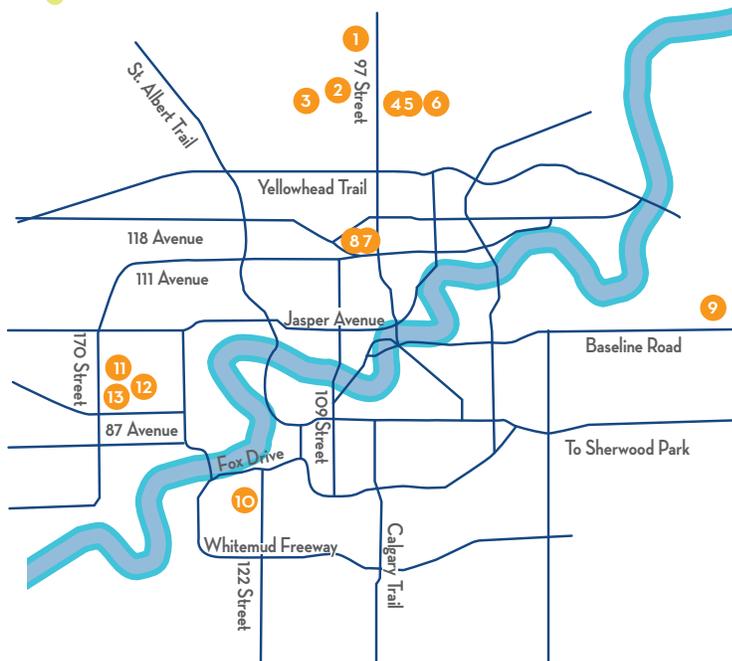


To learn more about the Legacy Giving Program contact:

Sherry Schaefer, Director Foundation and Community Engagement
780.448.2430 • sherry.schaefer@capitalcare.net



CapitalCare Foundation raises funds on behalf of all CapitalCare centres in the Edmonton area?



Help us go green!

Call 780.448.2413 or email [ccfoundation@capitalcare.net](mailto:cfoundation@capitalcare.net) to update your subscription information or change your delivery preference to electronic mail!

3rd Annual

MARDI GRAS 'FUN' RAISER

FEB. 10, 2018
7:30PM
6215 124 Street

Enjoy New Orleans style food, Mardi Gras fun, silent auction & live music of the south!



In Support of the "Something's Missing" Hallway Beautification Project at 

Tickets \$50 each

Available at Grandview Reception by calling 780.496.7100 or www.capitalcarefoundation.net

THANK YOU

GUESTS, SPONSORS, DONORS & VOLUNTEERS FOR HELPING US HIT THE **JACKPOT!!**

Together, we raised **\$10,000** for CapitalCare Strathcona's "Something's Missing" Bathing Room Renovations Project.

That's How We Roll!



4th Annual Fun Money Casino Night Fundraiser



Bar Sponsored in Memory of Thomas Court

Beth & Don Olsen • Scotiabank • Lakeland Brewing Company • BrightSky Painting • Synergy Medical Clinic • Hrehorets Bus Services
Jada Solutions • Force Inspection • After 8 Flooring • Teresa Hall Real Estate • Northgate Chevrolet Buick • River City Events



Edmonton reservists from the 41st Service Battalion give annually to support veterans in care at the Kipnes Centre.



CapitalCare Foundation

6th Floor, 10909 Jasper Avenue
Edmonton AB T5J 3M9

Charitable registration# 138748835RRO001

Phone 780.448.2413
ccfoundation@capitalcare.net
www.capitalcarefoundation.net

FOLLOW US on social media

 Twitter: @capcarefdn
 Search CapitalCare Foundation