



2019
COMMUNITY
REPORT

The Spirit of Life

With more than twenty Centenarians living at the CapitalCare centres, and countless ninety year olds, the staff and volunteers of our centres are learning a lot about generations. The sharing of Canadian history and traditions is tremendous, helping both new Canadians and those born and raised in Canada.

What is incredible with this elder cohort is the desire to live actively for as long as possible. These 100 year olds and their 'younger' peers in the nineties are staying active in our centres. They are participating in yoga, ballet, choirs, and art classes. These modified versions of the active physical and fine arts are helping them to "stay as young as spring chickens", according to Marva, aged 99.

One of the more active programs is our wellness horticulture programs. The gardening in all four seasons is supported through donations, which help us to purchase raised beds, tools, and plants. The residents are exceptional advisors to our much younger staff and take great joy in showing them 'how it's done'. Ves D. a brand new

centenarian, suggested that "getting your hands in the soil every year is the secret... and a little vodka helps too!" Over this past year CapitalCare Foundation through your support has helped to enhance two indoor gardens

and more than 15 exterior gardens. The impact is wellness programming for more than 340 seniors in care every week!

**"Music gives a soul to
the universe, wings to the mind,
flight to the imagination and
life to everything."
- unknown**



The first phase of the hallway beautification at Grandview is finally complete.

With new door fronts the residents living with dementia are better able to identify their own rooms. Not to mention the WOW factor of the new look for residents and families who visit their loved ones.

**The feeling is bright and welcoming!
On to Phase 2!**



Each year, you, our donors, have supported the many music programs which range from contemporary to classical, fitting the music interests of most every one of the 2,700 residents in CapitalCare centres. As Bono once reflected “Music changes the world”, and so does it reach the heart of our residents.

Scott R., 96 years young, says his secret to a great life is “always being kind, loving everyone, and listening to great music.”

“Always be happy” Sally advises. Along with Olga who suggests that “laughing and having fun at all times” is her secret. Of course we would be remiss to not include Jim’s words of wisdom, to “love passionately and read good books.”

When we see our ageing residents, especially those in their late 90’s and 100’s, participating in wheelchair Yoga led by Ballet Edmonton coaches, it makes you stop and ask “what is it that keeps them going?”. Why keep active, amidst ageing bodies, and achy bones?

Truly it’s their spirit.

Thank you to all the donors who have supported these active elderly. Living in care does not mean a dull boring life. It is what you make of it, and the community support for quality of life programs helps our elderly live out their full lives.





The best smells come from the new Family room at the Kipnes Centre for Veterans where families are spending time enjoying traditional meals and family gatherings.

Birthdays, anniversaries, Sunday suppers and fall baking have been regular family events.

That's a success story for sure!



Collaboration Amongst Community Creates Dynamic Spaces

Throughout 2019 we have seen groups of people join forces to create wellness gardens, family dining rooms, music concert halls, and so much more. One such example is the development of the new wellness walking garden at Kipnes Centre for Veterans.

A year ago a single bare tree stood in the middle of a grassed courtyard. Occasionally a bird would land there and become a singular attraction. Family member Erin B., was immediately pulled to the potential of this space. She gathered some thoughts, took a gardening course at UofA Botanical Gardens, and sought out community partnerships.

Together the centre staff, CapitalCare Foundation, and Erin came up with a solid plan to recreate the outdoor space. With some focused efforts and the kind support of Kiwi Nurseries out of Spruce Grove a new design was completed, full of fruit bearing shrubs, attractive flowering plants, and a dry river bed focal point. Next came the hard work to make it happen.

Families from the centre joined forces with members of the Edmonton Garrison, alongside the backhoe donation from KIWI nurseries, and the staff of Kipnes centre. Over several evenings throughout June, grass was exchanged for open garden beds, rocks

were placed to create the replica of a river bed, and loganberry bushes were planted to encourage elderly reminiscing. The transformation was well on its way.

All of this was made possible because of some simple inspirational thinking and the bringing together of community spirit for those who want to make a difference.

All of this was made possible because of some simple inspirational thinking and the bringing together of community spirit for those who want to make a difference. Thank you to all those who helped create something truly spectacular.

Each spring and fall we look for volunteers to help with garden prep and clean up. With over 40 gardens at our ten centres, we have a ton of leaves to rake and shrubbery to prune. Please let our centres know if you or a group of people would be willing to help with these one-two day garden projects.



THANK YOU FOR YOUR SUPPORT AT OUR 2019 EVENTS!

On May 3 CapitalCare Strathcona hosted its first **Beer & Bingo** Fun-raiser. Guests enjoyed an evening of fun bingos, cool prizes, appetizers and the main highlight, beer! Attendees chose from an array of amazing silent auction items, along with 50/50 draws. The event was held in support of the Something's Missing project for Strathcona and raised approximately \$5,000.



CapitalCare Lynnwood held its second annual Ladies Night event, Glitz and Glam, March 18 in support of the Something's Missing project for Lynnwood. Guests had a fun-filled evening listening and dancing to the request tunes of the Dueling Pianos as they enjoyed delicious appetizers and drinks. The evening included a silent auction, selfie booth (with firefighters!), 50/50 draw, and it ended on a sweet note with delicious doughnuts from Bliss Bakery. The great turnout and community involvement made Ladies Night a fun, successful event that raised \$6,000.

The clouds disappeared just in time for CapitalCare Foundation's 23rd annual **Charity Golf Classic** presented by Gilead on June 3. Golfers were greeted with sunshine and the day was a great success. Golfers enjoyed breakfast before hitting the greens and a steak lunch afterwards, silent auction, and fun prizes. With the support of our generous sponsors, the event successfully raised over \$40,000 for the Norwood redevelopment project.





The 5th annual **Feast on the Field** on August 14 was an evening to remember!

With the rain-drenched summer we were very lucky to have a warm, sunny evening on the field at Commonwealth Stadium. This unique annual event brings the community together with local chefs, delicious food, and a fun atmosphere. Over 450 guests feasted family-style at long tables on the field, and they had the pleasure

of trying food from three of Edmonton's top chefs while raising over \$72,000 for a great cause. You will want to be part of the 2020 Feast on the Field. Watch the CapitalCare Foundation website for details early in the year.

 [@feastontheheld](https://www.instagram.com/feastontheheld)



Financial Highlights *(Year end March 31, 2019)*

Annual Fund Revenue	\$777,250
Major Project Revenue	\$285,000
Special Event Revenue	\$128,000
Grants	\$49,750
Total Revenue	\$1,240,000

To request a copy of the financial statements, email ccfoundation@capitalcare.net or call 780-448-2413

IMPACT by the numbers...

- + **Stewardship visits 4,700 this year.**
Our team meets and greets with families and donors every week, sharing the work we do because of your donations. We encourage more people to join in support of the incredible projects for resident care.
- + **3 project grants totaling \$49,750**
- + **825 Attendees at Fundraisers**
- + **Somethings Missing Campaign completes 6 major projects**
Kipnes Family room, Norwood dining rooms, Lynnwood and Dickinsfield Horticulture programs, Laurier Fine Arts programs, and Grandview Phase 1 Hallways.
- + **\$20,000 disbursed for Music Care**
- + **20 Staff received Education Grants**
- + **17 overhead lifts installed this year**
at a value of \$8,500 each.
- + **37 doors redesigned – 23 left to finish**
in 2020 at CapitalCare Grandview then the sky's the limit with 3 more centres to go.
- + **1,210 living in LTC**
- + **70% residents living with dementia**
- + **85% success rate for Restorative Care.**
This means more than 240 people rehabilitated to return to home in the past year.



“Never underestimate the valuable and important difference you make in every life you touch.”
- Unknown

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presented by Gilead
The Links at Spruce Grove

AUGUST

Feast on the Field
Commonwealth Stadium

FALL

AGC Casino
Volunteers needed



Edmonton Community Foundation makes a wonderful donation to help with the second phase of the Grandview Hallway beautification project.

Get Social with Us!



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CapitalCare Foundation

2018-19 HAS BEEN AN INCREDIBLE YEAR,

where despite challenging economic times, our CapitalCare Foundation supporters have rallied to ensure that quality of life programs can continue for our residents. Improvements and enhancements have occurred because of community support and we are so thankful for committed organizations, corporations, and individuals who have come through for our elderly time and time again!

Thank you!

Sherry Schaefer, *Director*

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