



don't
stop
the
music

We have taken on a new challenge - **raising funds for Music Care programming**. Our goal is **\$250,000** and our project is called **"Don't Stop the Music"**. The truth is we have been blessed with grants over the past few years, for our music programming. Now our program is in jeopardy as these grants soon come to an end. We are working hard to maintain the programs in a way that maximizes resources, however **we need community support** to make it happen.

Lindsey, the daughter of Linda, explains why she believes this to be an incredible Program:

I've always known the incredible effect music had on children's brains, but I didn't realize the impact it can have on people with Alzheimer's until seeing it first hand with my Mom. Music makes my Mom feel like herself again. It cracks her wide open and makes her feel confident and capable. It brings back fond memories of her youth, and makes her feel free and alive. With music, she can go from a place of complete anxiety and agitation, to a place of peace and calm.

People in care love music. As soon as the music starts, eyes open, feet start tapping, hands start clapping, and they are transported into a different world.

*Music is a means of communicating. It helps them be seen and heard. It unlocks a part of the brain nothing else can. ... **Music is incredibly healing.***

These programs touch our residents profoundly. They remember lyrics even when they can't remember people's names, which brings them such joy.

Music is magic!

Reaching our goal means we can continue to provide music in a way that touches our residents...deeply... **and create moments that matter.**

Help us keep the music going.

Visit our website at
www.capitalcarefoundation.net



For over ten years Gilead has been title sponsor for this long standing Charity Golf Classic. Each year, community and corporate sponsors have come out for what has been deemed the best organized and most fun Golf Tourney of the summer. This year was no different. Golfers not only dabbled in oversized Jenga, but also in traditional Ukrainian fare and incredible appetizers from Fantasyland Hotel. Many incredible prizes were given out with one of the highlights being a firepit table made and donated by NAIT Sheet Metal students.



More pictures and information on the event can be found at: www.capitalcarefoundation.net. Click on: Charity Golf Classic.



RISE, SHINE & *Give* BREAKFAST FUNDRAISER



Thank you to our sponsors, donors & guests for supporting our Rise, Shine & Give Breakfast Fundraiser on April 12th at the Royal Glenora Club. Attendees enjoyed a delicious breakfast sponsored by GFS along with breakfast burritos sponsored by the Royal Glenora Club. They not only learned about the importance of Music Programming for our seniors in care, but were left captivated by Lindsey & Linda's story of the power of music in their lives – especially since Linda's diagnosis of early onset Alzheimer's just a few years ago. The mother daughter duo closed the event and blew away the crowd with a beautiful heartfelt performance of the Tennessee Waltz and You Are My Sunshine.



With your help, over \$15,000 was raised for Music Care Programming in CapitalCare centres.

Sponsors: TD Meloche Monnex, GFS, Royal Glenora Club, Kellogs, Bill Hanson Productions





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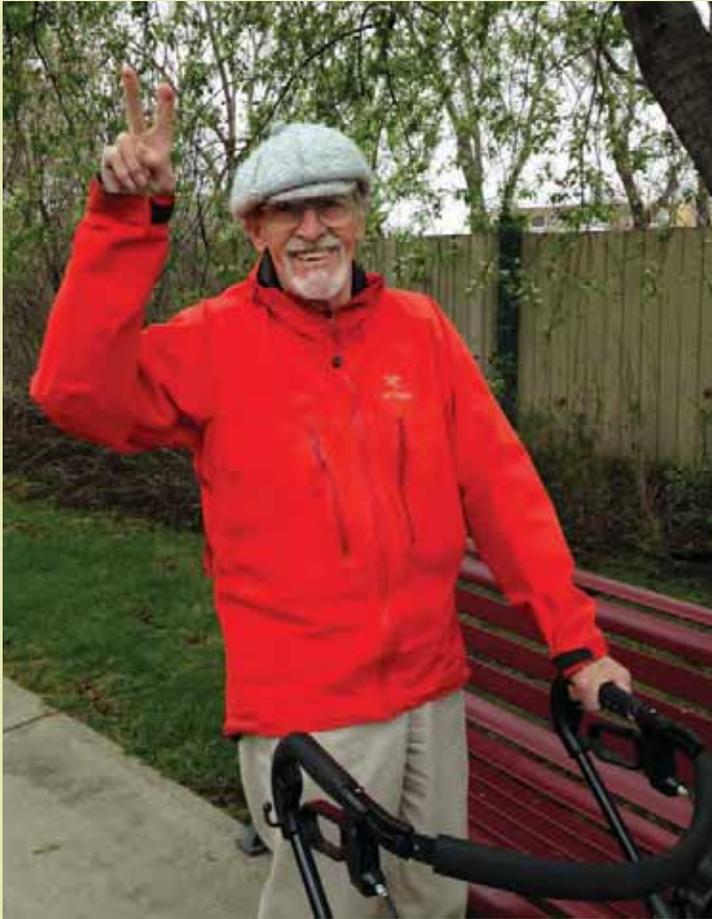
A UNIQUE FUNDRAISER TO
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feastonthefield.com



In walks Yardley...orange coat, red hat ...still the outdoorsman.

You probably remember him as I do the Edmonton Journals' cartoonist extraordinaire. A few bumps in the road has landed Yardley Jones at McConnell Place West, a CapitalCare dementia care centre. A couple of significant strokes and memory loss have caused him



to need daily assistance. Don't misunderstand though, he is still full of humour and wit. And he can walk circles around most of us, but he does need a little 'watching over' these days.

Yardley started his work life as a house painter and came to be a famous cartoonist through sheer determination. Every day he would drop off a political cartoon at the Edmonton Journal offices. Each cartoon was based on news events from the day before. After

several months and many drawings the Editor finally saw something he liked. From that time on Yardley was drawing 'moments in time' that Edmontonians could enjoy.

After suffering a third stroke two years ago, Yardley's family considered several options for where he would make his new home. Ultimately they chose McConnell Place West for the compassionate care...and the garden with easy access for walking. They knew that their Dad, who had run marathons and competed in the annual Birkebeiner races, needed to be close to nature.

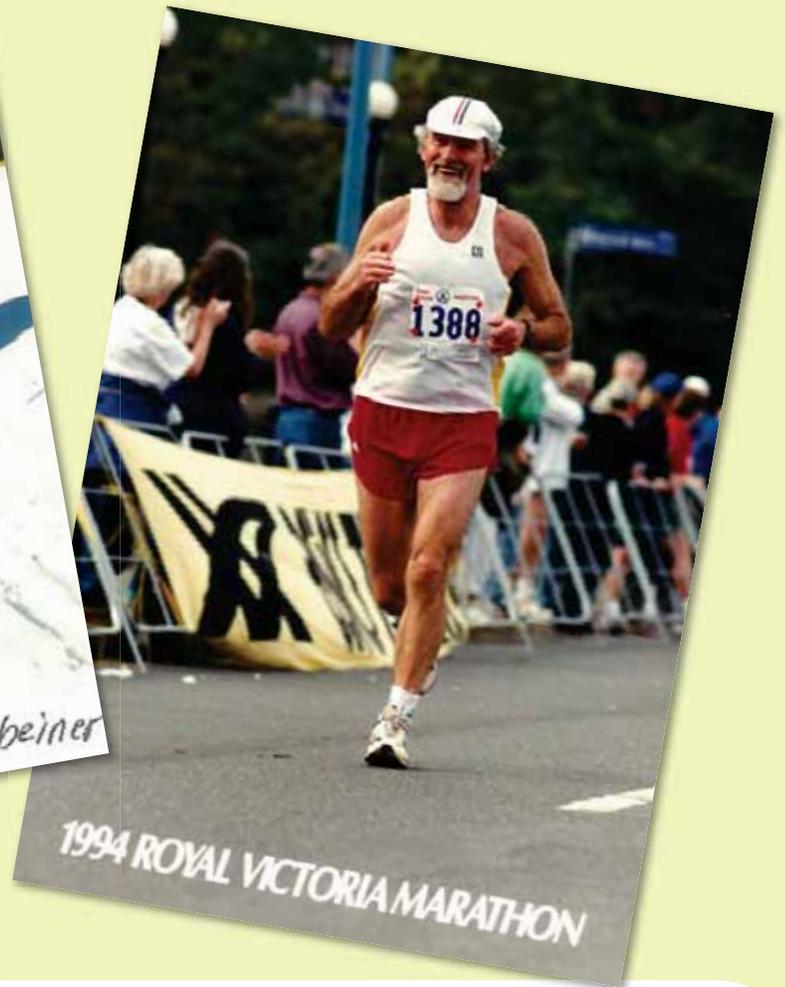
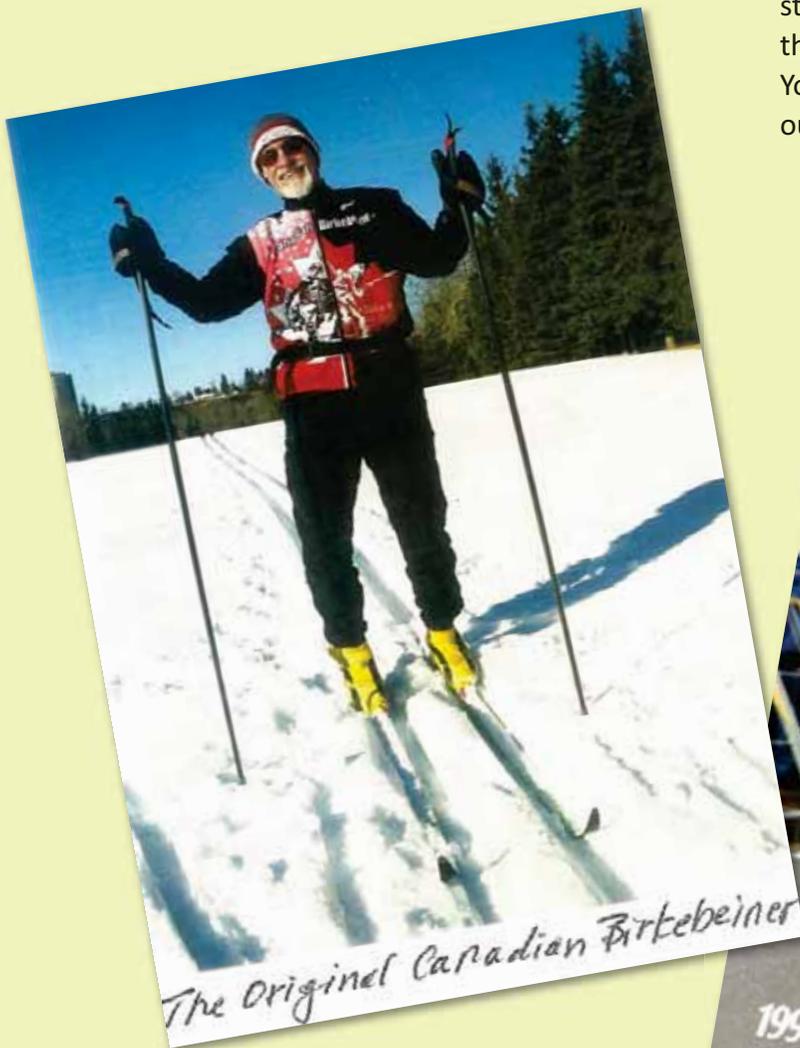
Yardley has always taken life's challenges as opportunities and things to overcome. He relayed the story of himself as a young boy in Wales during the war. He went to live in the country to be far away from the cities where bombing happened most. Being a young boy with a keen interest in science, he worked with some 'pals' to build a rocket ship. The building was going well until he did the first test run of the 'turbo power'. That's when, after a small explosion, Yardley suffered some damage to his fingers. Still drawing and handiwork was his life's passion. Having shortened digits never discouraged him.

This determination and positive outlook has always done well by Yardley. One day, after his first stroke, Yardley was on his way to a speech therapy session by cab and got flustered and couldn't articulate where the appointment was. Together with a kind and patient cab driver, he was able to put his drawing skills to work. Yardley asked for a pen and paper and quickly whipped up a drawing of a nun who was at a hospital. The cab driver nodded and took him to the Grey Nuns Hospital – exactly where he needed to be!



Yardley is one of the pioneers of Alberta's rich history. And like so many seniors in care, he has stories to tell, memories to share, and a twinkle in his eye. He continues to be outdoors as much as possible; enjoying his walking and reminiscing about Birkebeiners and marathons. He continues to draw caricatures and cartoons, with Donald Trump being his latest topic of choice. But most importantly, he continues to LIVE, despite health challenges.

Even though Yardley is now in need of care, he is still full of life. Like Yardley, every summer (which is even earlier this year), CapitalCare residents and their families are busy outside. They love to be in the heat of the sunshine. Raised flower beds that are easy to tend to are very important. Sturdy metal framed garden chairs and tables are essential. A place to sit, visit, and enjoy the Alberta sunshine is very therapeutic. Yardley lives in a nice building with great staff to support him. What really "makes his day" is the comforts of care that your generosity provides. You can make a difference. Please help to ensure all our residents, like Yardley, can enjoy the outdoors.



CapitalCare Foundation has a monthly giving program...

**did you
know**

Visit our website or contact us today to set up your pre-authorized monthly donation!

Phone: 780.448.2413

Email: ccfoundation@capitalcare.net

www.capitalcarefoundation.net

A Gift in Your Will

Making a will, no matter what your age or estate value, is both a caring and sensible thing to do. A will allows you distribute your money and property exactly as you wish, thus securing your family's financial future while acknowledging individuals and organizations you care most about.

Your estate will be divided into two of three places; Family, Taxes, or a Charity of your choice. A portion of your estate will go to family as you designate and a portion will go to society. The societal portion is done through taxation or through charitable giving. By making a planned gift to a charity in your will, the current laws will allow you to **eliminate up to 100% of the tax** in your will.

A gift to your charity of choice is often said to be “the ultimate gift”. It is one of the most common ways that individuals choose to give to CapitalCare Foundation and can be either restricted, giving the foundation flexibility for how it is used, or restricted, where you direct the purpose of the funds and what centre or program you wish it to be used for.

The **Tax Benefits** for your estate will be for **the full value of the bequest**.

Wills can be complex and should be drafted with the help of a lawyer. In addition, a lawyer, tax accountant or estate planner can help you set up your will to minimize taxes and probate fees on your estate.



To learn more about the Legacy Giving Program Contact:

Sherry Schaefer, Director
Fundraising and Donor Relations
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!

Painting By Foot

Penny Oman was an active, easy-going teenager from Sexsmith, Alberta. At the age of fourteen, her life changed suddenly. She was in an accident that left her paralyzed from the neck down.



After spending a year in the University Hospital, Penny went on to the Glenrose Hospital for rehab therapy. It was during this time that she attended a lecture by the late mouth painter Myron Angus. Always interested in painting, she was immediately determined to try his painting technique.

Years later Penny was accepted as a student artist at the Mouth and Foot Painters Association.

Now the MFPA reproduces her

art in calendars and on cards. Painting mostly landscapes, she has become an accomplished artist with many pieces selling through the MFPA and by request.

For the past 2 years, Penny has been a resident at CapitalCare Norwood where she continues to inspire those around her. Penny plays an active role helping people understand the obstacles faced by people with disabilities and the importance of reducing unnecessary barriers.



In the summer of 2015, a tree was planted outside Penny's window in honor of her amazing work; it was purchased with Foundation dollars, giving her and her fellow residents a wonderful view and inspiration for her artwork.

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Support the Music Care program
in CapitalCare centres.

Make a donation at
CapitalCareFoundation.net

 **CapitalCare**
FOUNDATION



Many thanks to the Gerwing family for donating funds for the new curling equipment. The Dickinsfield "HotShot" team beat out the "Maple Rockers" team for the gold! More tournaments to come.



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