

All I Want for Christmas

Christmas is almost here, and in this age of high tech everything, one thinks about what new gadgets and gizmos Santa will leave under the tree. At Sherbrooke we are shaking the boxes curious about what new inventions/innovations might land under the long term care tree this Season. If you "Google" innovation in long term care you will find some pretty unusual stuff. Most of the information in this category dealt with robots. Japan was the leader of the pack in devising new technology that would provide "cuddly" robots to help fight the loneliness, helplessness and boredom that we talk about as being the plagues of long term care. Obviously inventors and researchers are getting on the band wagon as we gear up for the enormous changes that will happen over the next 20-50 years as the baby boomers age.

The new technology provides the disabled and the elderly with robots that can do everything from memory care and stimulation exercises to helping with mobility, turning appliances on and off and chatting about the days events. One neat little guy is the IPOT, a tea pot that transmits health and social information about a parent creating a sense of comfort for distant relatives.

Closer to home, and on a more practical note, we know here at Sherbrooke that our population of residents will continue to change and their needs will become more complex. Will technology be the answer or will it continue to be an

aid to human caring? In our view, relationships always trump technology. One thing is certain, the health care system is going to have to make a much bigger impact in order to address the coming juggernaut of baby boomers who will demand a different range of services. In order to meet the needs of individuals who will expect more independence, privacy and care and services that enhance their life style, policy makers must legislate the move from institutions to human habitats. They must mandate the construction of



Erin gets ready for the witching hour!

buildings that support community and quality of life. Without this move, the industry will be unable to cope with not only the boomers but the changing ethnicity of the population and the groups of younger residents that will come into long term care. Assistive technology that enables people to stay in their homes longer is one option but the more realistic and cheaper answer to both home and institutional care may be inclusive design. This design approach means that any public institution, home, taxi, bus, school or

restaurant must be designed to be accessible for anyone. The taxi is accessible to the least mobile person but is suitable for the most mobile person as well. The market place will make the changes as consumers demand them. We trust that leaders in health care will do the same and outlaw the institution and institutional ways of doing things. Dr. Thomas, the leader of the Eden Alternative™ wants to be known as an abolitionist, the person who abolished nursing homes.

This Christmas along with the robots and the high tech gear under the tree we also will find incredible opportunities. Opportunities to act on the wishes of citizens who are clearly indicating they want, first and foremost, a long term care environment that will sustain and build relationships. Certainly there are some examples of obsolete buildings in the system but we also have some excellent examples of environments that support full and abundant life. We need to consider these examples as facilities plan for replacement. It is exciting to see the collaborative planning and discussion that is occurring when new buildings are being considered. Creative thinking will bring change and will assist us in meeting the demands of an increasingly savvy population of elders who want their lives to be full and interesting despite any disabilities they may experience. As we dream about what we want to see under the tree this year, let's hope for both technology and imagination!



On October 2nd and 3rd of this year, Sherbrooke was privileged to host the International Eden

Alternative™ Regional Coordinator and Mentor meetings. Twenty people came to Sherbrooke to hold their business meetings and experience this very vibrant environment we live and work in. We excitedly welcomed these folks into our home both to show off a little and to learn a little. While we had these distinguished guests at Sherbrooke, we decided to take advantage of the opportunity by having them share what we called "their best stuff". Nancy Fox, the Executive Director of the Eden Alternative™ shared a wonderful message about relationships. She began by saying that all of us are really after three basic things: appreciation, respect and trust. She shared a conversation she had with a colleague who complained about not feeling appreciated or respected. Her talk was about the message she shared with this person.

Nancy explained that to receive appreciation it is necessary to show appreciation to others. When someone thanks us for what we do it is normal to return the gesture.

This interaction builds good feelings between the two people and lays the foundation for more appreciation to be shared. To be appreciated one has to appreciate others. Simple!

The next thing Nancy said is that we all wish to feel respected by others. Respect is gained in much the same way as appreciation. In order to be respected one has to respect others. One has to treat others fairly and with consideration. To be respected you must be respectful. Simple!

The third thing we long for is to be trusted. In order to be trusted we need to do two things: be trustworthy and demonstrate trust in others. In order to be trustworthy we need to show



Maurice and Hayley enjoy an Easter egg hunt.

others that we are worthy of their trust. We need to maintain confidences, do what we say we will do and have integrity. Integrity is sighted as being the most important quality of a leader. John Maxwell defines leadership as "the ability to positively influence another." When others trust us, they listen when we speak and consider our ideas seriously.

The last part of the trust issue is that we need to trust others. This does not mean that we are foolish or view the world through "rose-coloured glasses" but it does mean that we are not suspicious by nature and that we expect the

best from others. There is an old saying that says "you get what you expect". In my years at Sherbrooke I have found this to be true. When you expect the best from others and give them the benefit of the doubt, people rarely disappoint you. So once again, to be trusted one must be trustworthy and trust others. Simple!

Nancy's message was simple but profound. We can have what we desire from others by practising these qualities ourselves. Mahatma Ghandi said it this way: "Be the change you wish to see in the world". Go out and expect the best of others, treat them with appreciation and respect and these things will be shown to you.

I share this message with you because for me it is a simple truth. I truly believe that these virtues are alive and well at Sherbrooke. We are in a position to continue to improve in our relationships and move this organization from "Good To Great". Lets try to practise the golden rule, "do unto others as you would have them do unto you". It makes this a better world. Simple!



Melissa & Andy visit the Berry Barn.

From the Home Front...

Sherbrooke recently received a grant of \$9,000 from the Urban Aboriginal Grant Program funded by Community Initiatives Fund and Sask. Lotteries, and managed by the City of Saskatoon. A number of aboriginal artists will be working with residents and students from our partnership schools over the next eight months. Their first project was a beautiful teepee.

Peace on Earth!

Remembrance Day is very important for our Veterans. Each year our Remembrance Day Service grows larger and even more poignant. Our prayer is always for peace with justice; the only peace that will last.

Prayer for Remembrance Day, 2006 from Rev. Ray Purdie:

Compassionate God, we bring to you our concerns for a troubled world. May nations seek peace based on cooperation and sharing, rather than peace won by drawn swords. We pray for the victims of the senseless violence of war, those who are killed or wounded, those who mourn them, and those

who have learned fear.

We remember especially at this time the peoples of Afghanistan, of Iraq, of Israel and Lebanon, of Darfur and all the other violent places in the world.

We remember, as well, our Canadian Armed Forces who are serving faithfully and honourably with great cost on the front lines in Afghanistan and in peace keeping efforts all over the world. We also ask your comfort and peace to the families who have suffered terrible losses of loved ones.

God of life, grant that all people might come to know your day of shalom. May we never cease our

quest for peace with justice until every human being echoes the angels voices: "peace on earth, good will to all." Amen.



Gracie and Glenda reach for the brass ring!

Art for Life!

The Saskatchewan Arts Board, in partnership with the City of Saskatoon, is pleased to announce the launch of the Artists in the Community Project.

Saskatoon has been designated a Cultural Capital of Canada for 2006 on the basis of a number of exciting project categories. Giving community-based organizations an opportunity to work with an artist "in residence" is one of them.

Artists in the Community will encourage collaboration and connectivity between diverse communities and groups within the city while exploring the relationship between creativity and place.

Eight community-based residencies have been selected from a broad variety of sectors within the city of Saskatoon.

Organizational staff, volunteers, community members, managers, and organization clientele, will have the unique opportunity to work with an artist for six to nine months beginning fall 2006 to summer 2007.

Participating hosts: Saskatoon Open Door Society, Global Gathering Place, Mennonite Central Committee; On Broadway Business Improvement District, The Downtown Partnership, Riversdale Business Improvement District; Montgomery Place Community Association, Silverspring Community Association; Parkridge Centre, **Sherbrooke Community Centre**, Saskatoon Health Region Healthy Workplace; AKA Gallery, Paved New Media, Sask. Native Theatre, U of S Media and Technology Division; Meewasin

Valley Authority; Canadian Light Source; Saskatoon Housing Authority. The opening of the Artists in the Community Project will be held at the Mendel Art Gallery on November 22, starting at 4 p.m. Everyone welcome.

Sherbrooke is thrilled to welcome renowned artist Jeff Nachtigall who will be at Sherbrooke over the next year to help residents and staff create. Welcome Jeff!



Colleen and Edie work on the teepee project.

From the Home Front...

Calling All Teenagers: If you have teenagers in grade 10 or up that might want to volunteer to work in the Tumbleweed, we'd love to have them. We can provide flexible scheduling. This is a good experience for young people giving them an opportunity to develop their retail and cash handling skills. It will also give them an opportunity to work with residents in a fun and interesting setting. Training is provided. For more information contact Paula at 655-3664.

Sherbrooke Foundation News

Flow-Through Share Donation

Many of us support a charity of our choice through a donation of money. Up until this year it was the only form of donation that made sense, but it gave you little tax incentive. With the Federal Budget that was brought down in May of this year other forms of donation incentives are now in use. If you donate publicly traded stocks to your favourite registered charity, the capital gains are exempt. This means you will not have to pay the capital gains on stocks and other securities that have risen in value since purchase.

The Federal Budget also allows you to benefit from a charity tax credit equal to the market value of your shares. This could amount to 44% of your donation depending on which tax bracket you are in and your province of residence.

Flow Through Shares are an attractive way to make a donation to a registered charity.

Flow Through shares donation is a process where a donor purchases equity shares in a resource company and then donates the shares to a registered charity. The donor has two tax

deduction credits; the first is an exploration expense equal to the full purchase price of the shares and second a donation credit equal to the market value of the shares donated. These two deductions equal two times your maximum tax rate.

For more information please contact Alec Kocur at 655-3638



Flow through shares option for charitable donations

Taxable income up to	\$37,579	\$36,378 to \$72,756	\$72,756 to \$118,285	over \$118,285
Saskatchewan Combined tax rate	26.50%	35.00%	39.00%	44.00%
Investment in mining shares	\$3,000.00	\$3,000.00	\$3,000.00	\$3,000.00
Can. Exploration Expense Tax credit	\$795.00	\$1,050.00	\$1,170.00	\$1,320.00
Net cost of shares before donation	\$2,205.00	\$1,950.00	\$1,830.00	\$1,680.00
Charitable donation	\$3,000.00	\$3,000.00	\$3,000.00	\$3,000.00
Donation tax credit	\$795.00	\$1,050.00	\$1,170.00	\$1,320.00
Net cost of donation	\$1,410.00	\$900.00	\$660.00	\$360.00

*Brokerage fees on the purchase of the shares are not included. Fees would be approximately 2% of the purchase value.

*An annual donation of \$625.00, can be turned into a \$3,000.00 donation if you are in the second last column for taxable income.

Best wishes for a holiday season filled with spontaneity, variety and joy! From our house to yours, Season's Greetings!



Home Fires

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twice a year by
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"Dining with the Vets Cookbook" Veterans Village Fundraiser

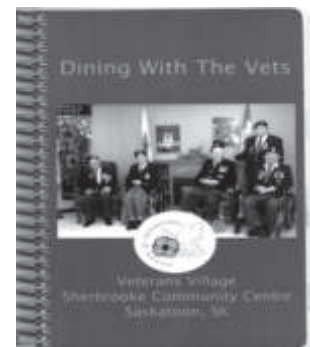
\$10 each

Would make an excellent gift for that special cook in your home!!

Cookbooks are available at:

Tumbleweed Gift Shop (Sherbrooke)
Taunte Maria's Restaurant (Faithfull Ave.)
London Drugs (both locations)
Summit Meats & Sausage (Central Ave.)
Mount Royal Drugs (Ave. P & 29th)
Earl's Pharmacy (Clarence & 8th)

***Proceeds go to the Veterans Village at Sherbrooke to enhance the lives of the residents.**



From the Home Front...

Sherbrooke Foundation raises funds for capital construction, equipment replacement, non traditionally funded positions and programs and operational costs for initiatives supporting the Eden Alternative™ at Sherbrooke Community Centre.

Our Donors - Thanks A Million For Your Support!

In memory of Alex McRobert

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Michael & Joyce O'Keeffe
Ethel Rutherford
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In memory of Amelia George

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Donations

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Denture Cottage
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Heritage Rug Hookers of Saskatoon
Greg Hutchings
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Gloria Jorgenson
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RCL Ladies Auxiliary - Hanley #258
RCL - Harris #361
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RCL Ladies Auxiliary - Marshall #92
RCL Ladies Auxiliary - Unity #90
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Wendell & Thelma Stevens
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Mary Klassen
Alec Kocur
Penny Leverick
Ruth Outten
Ray Purdie
Patricia Roe
Lucille Rorke
Deb Schick
Kim Schmidt

This list is for the period March 1, 2006 to September 30, 2006. We apologize if we have inadvertently missed your name. Please call 655-3669 to let us know if your name was missed and it will appear in the next issue of *Home Fires*.

Poppy Fund Keeps Veterans Active

An excited group of Veterans, decked out in their legion attire, posed for pictures as they officially took possession of their new wheelchair accessible van. Executive members of the Saskatoon Poppy Fund, the Nutana Legion, Sherbrooke board members and veterans gathered outside Sherbrooke's Veterans Village to celebrate.

Gerry Tait, President of the Royal Canadian Legion, Nutana Branch, handed over the keys to Aubrey Mason, Veterans Village resident. Penny Leverick, Manager of the Veterans Village said, "We are so pleased that the Poppy Fund has been so kind to our veterans. Their ongoing support is really quite incredible. The van will enable veterans to get out into the community and to be part of

what's going on. We can't thank them enough."

For many years, The Saskatoon Poppy Fund has provided ongoing funding for much needed equipment for Veterans at Sherbrooke and has also generously donated to many organizations and services around Saskatoon. Their thoughtfulness



"Handing over the keys"

has greatly improved the quality of life for Veterans across our city.

The Poppy Fund continues to improve Veterans' opportunities to live full and abundant lives.

Aubrey Mason said, "Our new van is washed and shined up and ready to roll. The Poppy Fund has been great to us."

The kick off to the Poppy Fund Campaign for 2007 will be on Friday October 27 when the first poppy is pinned on Lieutenant Governor Gordon L. Barnhart. Mr. Peters said, "We urge everyone to give generously to the fund. He went on to say, "Our ability to purchase an accessible van for residents at the Veterans Village is possible because of the generosity of the people of Saskatoon, we thank them for their support."

Harry and "Jade"

At Veterans Village a staff member's son found an abandoned kitten. He asked his Mom if one of the residents living in the Veterans Village would enjoy having a pet. She brought it to work and showed the kitten to the residents. One resident in particular (Harry) took an immediate shine to the kitten. The kitten attached himself to Harry too and Harry said he would like to look after it over the long weekend to see if he could manage its care.

It was a match made in heaven. The neighbourhood came together to support Harry and Jade, his newly named pet. Harry's family purchased the necessary items for Jade's care including a long

handled scoop to clean out the litter box. Harry's family were so pleased to see Harry with his new little charge and could see how much it meant to him. They were thrilled that his neighbourhood encouraged and supported him!



Harry & Jade

It is heart warming to see Harry and Jade together around the neighbourhood. Jade rides in the basket on Harry's scooter and accompanies him to activities that are going on around the community. In the house, Jade entertains everyone and brings lots of laughter. The staff write notes about Jade's care in the communication book so everyone in the neighbourhood knows what Jade needs. The nurses get involved clipping Jade's claws.

The best part of this adventure is seeing Harry and Jade cuddled up together at night. Jade sleeps right on Harry's pillow as close to him as possible, both content just to be together.

From the Home Front...

As Road Map2020 champions Sherbrooke is looking at recycling milk cartons in all the neighborhoods and food services. SARCAN provided us with a bin at the end of October. A committee met to plan the process. Milk cartons need to be rinsed twice with warm water and then flattened. Recreation staff will help to develop recycling crews in each neighborhood. Starting in the next edition we will report regularly on our sustainability initiatives and progress.

Neighbourhood News

Society Board Welcomes New Chair

On September 27, the Sherbrooke Community Society Board of Directors elected Lily Krause as their new chairperson.



Congratulations Lily! Many thanks to Wayne Hackl for his term as chair. Wayne will continue to contribute to the Board in the role of Vice-Chair.

Volunteers Needed

Tumbleweed Gift Shop is in need of additional volunteers. Please contact Darlene or Ina at 655-3746.

Spirit of Sherbrooke

On May 16, 2006, Sherbrooke staff were honoured at the Sherbrooke Long Service Awards Reception. Sixty-eight staff members were recognized for their years of service at Sherbrooke ranging from 5 to 30 years. Rose Reiss was the recipient of the 2006 Carolyn Moyer "Spirit of Sherbrooke" Award for her outstanding contributions to the lives of Sherbrooke residents. It was an honour to once again have Carolyn's family in attendance to present the award. Congratulations to all of the staff who received awards - your dedication to Sherbrooke is integral to providing an environment that enables residents to live full and abundant lives.

Eden Mentors at Sherbrooke

On October 2nd and 3rd Sherbrooke hosted 18 Eden Mentors from across Canada and the United States. The Eden Alternative™ is about helping people grow. The heart of human caring lies in the work of helping others grow. Accordingly, the Eden Alternative™ has created the Mentor designation for Associates who have grown with this work. Mentors are Associates who have distinguished themselves through their work to create better living environments

for our Elders and ourselves. This group meets twice a year to support the teaching of the Eden philosophy. Because the Sherbrooke Village Model is taught at every Eden Associate Training session, mentors were eager to experience Sherbrooke first hand. The group included Jude Thomas co-founder of Eden and Nancy Fox, Executive Director of the Eden Alternative™.



Lorne, Eden mentor, creates some magic for Oak Trees and Acorns kids

On The Calendar

Certified Eden Associate Training Programs



October 31, November 1 & 2 (Rosedale Griesbach Complex - Hosted by Kipnes Centre for Veterans, Edmonton, AB)

November 15, 16 & 17 at Sherbrooke Community Centre

Presented by Cheryl George and Suellen Beatty, Regional Coordinators for Western Canada
For further information contact:
Cheryl George at (306) 655-3646
cheryl.george@saskatoonhealthregion.ca

April 21, 2007 Motown Soul

Sherbrooke's annual fundraising gala. Mark your calendars, it's a can't miss event! To get involved contact Patricia Roe 222-9972

Sherbrooke Community Society Inc. Board of Directors

Vern Affeldt
Mike Babcock
Bill Christensen
Ted Ewert
Wayne Hackl
Sandra Hunt-Chomyn
Lily Krause, Chair
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From the Home Front...

We continuously work to maintain an up-to-date mailing list. We would like to get as many email addresses as possible to reduce mailing costs. Please let us know if your mailing information changes by contacting Brenda Craig at 655-3770 or by email at brenda.craig@saskatoonhealthregion.ca. Thank you.

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Label

Please return undeliverable Canadian addresses to:

Sherbrooke Community Centre

Mailing Address:

401 Acadia Drive
Saskatoon, SK S7H 2E7

Phone: (306) 655-3600

Fax: (306) 655-3688

Email: brenda.craig@saskatoonhealthregion.ca

Website: www.sherbrookecommunitycentre.ca

Home Fires can be viewed on our website
at
www.sherbrookecommunitycentre.ca

Watch for the next issue of
Home Fires
Spring 2007



TUMBLEWEED

GIFT SHOP

At the Tumbleweed, we offer a fun and relaxing shopping experience in an atmosphere that will give you an early dose of Christmas spirit!

At Tumbleweed we can help you honour the past and show you how to infuse this season with a new twist to show case your own individual style and personality!

Tumbleweed Christmas Open House

'Tis the season to shop for those you love!

Thursday, November 23 and 30

9AM -9PM

401 Acadia Drive



Yuletide refreshments * Holiday discounts * Free parking

Shop early for best selection...Great prices...Gift cards now available

We look forward to seeing you at the Open House. We wish you all the joys of the holiday season!

For more information, call Tumbleweed 655-3746, Monday to Friday 9 to 5; Saturday and Sunday 1 to 5

Sherbrooke Foundation

“Make a difference in the life of a resident...give today.”

Name (please print): _____

Address: _____

Postal Code: _____ Telephone: Home _____

Email: _____ Business _____

I wish to make a donation of: \$50 \$250 \$100 \$50 Other \$ _____

To donate online, please visit: http://www.sherbrookecommunitycentre.ca/online_giving.php

Please make cheques payable to: **Sherbrooke Foundation Inc.**

All gifts are tax deductible and a receipt will be issued. Charitable registration # 10483-2407 RR0001

Thank you for your support!

Sherbrooke Foundation.401 Acadia Drive.Saskatoon, Saskatchewan.S7H 2E7.(306) 655-3669

Email: brenda.craig@saskatoonhealthregion.ca