

Let Our Voices Be Heard

Sherbrooke Community Centre is involved in a number of partnerships with various groups in Saskatoon including a strong relationship with the public and separate school systems. We also have close relationships with the Aboriginal community through Wanuskewin Heritage Park and Joe Duquette High School. A desire to connect First Nations and Metis residents with their cultures was the impetus for a drum making project initiated in March. In Aboriginal culture, the drum is a sacred item and connects man to the earth. It is symbolic of the life force of creation and synchronizes man's heart beat to the earth's rhythms.



**Pierre Morin
drumming**

Colleen Grieman, Team Manager of Volunteers and Global Events and Colleen Clements, Team Manager Quality of Life, secured funding from the City of Saskatoon and provincial support through Saskatchewan Lotteries and the Saskatchewan Culture, Youth and Recreation Community Initiatives Fund. Sherbrooke and the other partners contributed staff and volunteer time.

Colleen Grieman, one of the leaders of this innovative and exciting project said, "A major component of the "Let Our Voices Be Heard" project was the construction of our own drums. We used the expertise of staff at Wanuskewin Heritage Park to teach the drum making process." Colleen Clements added "The drummers and singers from Joe Duquette High School took a leadership role in helping participants complete a hand held drum and drumstick. Because the residents involved in this project live with both physical and cognitive limitations it was necessary to adapt both the equipment and the activities in order to maximize residents' involvement and enjoyment."

The program was extremely successful and Sherbrooke has posted the project on its website so that it can be shared with the community. The drumming project is the first project to combine adaptations with a step by step guide to making drums and outlining how to operate a successful program. We encourage, with permission as the materials are copyrighted, other community groups and school divisions to replicate the project to meet the special needs of their community.

A fitting end to the project was a drumming and singing celebration held at Sherbrooke this spring. The dance troupe and the drummers and singers from Joe Duquette joined us and performed with the participants in the project.

Representatives from Wanuskewin Heritage Park, Sherbrooke Community Centre and Joe Duquette High School were present for the event.



**Students from Joe Duquette
High School making drums**

Many thanks to Colleen Grieman and Colleen Clements, the funding partners and all the volunteers involved. This was an imaginative and truly life changing project for participants.

For a complete description of the project and guide to making adapted drums please visit our website at:

www.sherbrookecommunitycentre.ca

Come On In....

- 2** The Fire Behind
- 3** Life Worth Living
- 4** Sherbrooke Foundation
- 5** Sherbrooke Donors
- 6** Life Art
- 7** Neighbourhood News

The Fire Behind....

A recent article in the *Globe and Mail* explored the plight of young people with disabilities who are stagnating in Canadian nursing homes. While young people face loneliness, helplessness and boredom in long term care, it is a concern that the author seemed to suggest, through omission, that it was acceptable for older people to live in less than optimum conditions. In other words, young people should expect and get more, whereas older people should take what they get.

Without question, young people as well as older people should live in the community for as long as safe, affordable, quality care can be provided. If however, the individual must move to long-term care there is absolutely no reason why that person should be cut off from family and friends and activities they enjoyed in the community.

Nursing homes must change and in many cases they are changing from institutions to homes. All over the country homes are providing care that is appropriate, where residents regardless of age can live full and abundant lives.

The *Globe and Mail* article talked about warehousing young people and forcing them to live in rooms with residents in their 80's who have cognitive impairment. Obviously, it is a mistake to locate any person in an area which will adversely affect their quality of life. For example, it would be inappropriate to have residents with dementia living with a 20-year-old or an 80-year-old who is cognitively well. That just doesn't make sense. It is not about age but about bringing compatible

people together in smaller groupings who can establish relationships. It is disrespectful to expect large diverse groups to live harmoniously.



Matt Proctor and his dad, Len Pepper, at a Roughrider game

Every resident to the best of their ability and regardless of age should be provided opportunities for meaningful work and interaction and to give care as well as receive it. This is the mark of a home that is not content to warehouse anyone.

The *Globe* article claims young people are being dumped in nursing homes, but does that not also apply to our elders? Are their needs for belonging, happiness and spontaneity not equal to those of a younger person? Age shouldn't matter. Steven Fletcher, who lived in a nursing home for several months and who, despite his disabilities, is now the federal Conservative

Health Critic said, "Society has a moral responsibility to provide the tools to allow people to live meaningful lives." It is possible for this to happen within a community like Sherbrooke or any other home in Canada if the will to change is there.

There are some wonderful long term care homes that have made major cultural change in order to provide care that enables residents and their families to live fully. Sherbrooke is certainly one example.

It is regrettable that the *Globe and Mail* article paints such a bleak picture of long term care. It can be different and the media, the general public, governments and home operators, families, younger disabled persons and elders must all demand change or residents regardless of age will continue to stagnate in many homes across Canada. It is not up to someone else, decision-makers involved in long term care must be "the fire behind" so that residents, whether they are young or old can live full lives in vibrant long term care communities.



Mother's Day Spa

From the Home Front...

The **Tumbleweed Gift Shop** made its second appearance at **Gardenscape** held April 1-3 at Prairieland Park. The trade show provided great exposure for the gift shop and provided an excellent opportunity to sell merchandise. Thousands of people stopped by the Tumbleweed booth to take a peek at the beautiful garden, home and gift items.



Thelma Pepper is a great friend to Sherbrooke and through her photographs of residents at Sherbrooke has created many pleasurable moments. Thelma has done an outstanding job showing all of us, that residents can live full and meaningful lives in a long term care community.



Rather than choosing to depict residents lives as lonely and helpless she eloquently describes life that is spontaneous, rich and always interesting. ***Thelma, we love your spirit and the joy you bring to our lives.***



Feelin' Groovy - The Very Victorian Tea Celebrates the 60's

The 10th annual Very Very Victorian Tea held May 15 was a huge success. Miss B. Haven, dressed as The Supremes had people dancing in the aisles. It was a trip back to the 60's for our groovy guests. The combination of incredible 60's decorations, colours, music and fashions made the event fun and fast paced. "Psychedelica" a retrospective of 60's fashions was a real treat, with the models wearing both high fashion "a la Jackie Kennedy" and hippie garb complete with protest signs. Thanks to our sponsors, the silent auction was fun and successful. The winner of the trip to the "city

of love", San Francisco was Carol Yelland. There were many highlights including the colourful



Miss B. Haven as "The Supremes" along with Tea Committee member Kelly Salmon

food prepared by Sherbrooke Food & Nutrition Services, great company, the old tunes and the dancing "pink lady" who made us all laugh. Thanks to Jill Johnson our very talented MC and our loyal sponsors, Schaan Health Care Products, JB Medical, Chocolates by Bernard Callebaut, SASKDATA Systems, CIBC and Price WaterhouseCoopers for their support. As always we cannot say enough about the volunteers and staff who gave so much time and energy to this event. The proceeds from "Feelin Groovy" will be used to enhance residents' quality of life. Thank you one and all!

From the Home Front...

The Sherbrooke Village Model is featured in a new video called "It Takes A Village". The film was shot at Sherbrooke last summer. The purpose of the video is to describe the benefits of building a "village" and encourage other facilities to consider it as a option when they are building or renovating. To purchase a video, please contact Brenda at 655-3770.

Sherbrooke Foundation News

The **Saskatchewan Indian Gaming Authority** recently completed a \$100,000 pledge to Sherbrooke. The TAWAW Centre sponsored by SIGA is the heart of the Sherbrooke community. TAWAW means "everyone is welcome" and every year we welcome thousands of people for many diverse events. Diners' Club, Vintners' Club, Bingo, musical groups, the drum makers group, Partnership Schools, the Jazz Festival and Folk Fest all find a place for cultural and social celebrations. The TAWAW Centre is also home to the Sherbrooke Community Day Program and is a place where students, children and pets gather. We also welcome groups from outside Sherbrooke to share this wonderful space. We thank SIGA for helping to make Sherbrooke a place where full and abundant life happens.

***Kinana'skomitina'wa'w!
(Thank you in Cree)***

The Sherbrooke Foundation is pleased to announce that **Sheila May** has been hired as **Major Gifts & Planned Giving**

Coordinator. Sheila brings a wealth of experience to this position and we welcome her to Sherbrooke. Sheila can be reached at (306) 655-3783.

In November 2004, a generous gift of \$15,000 was received from the **Royal Canadian Navy Benevolent Fund** to enhance quality of life for Veterans at Sherbrooke. The Royal Canadian Benevolent Fund actively fundraises and donates



CPO2 Mike Steckhan and Herb Dow from the Royal Canadian Benevolent Fund present their donation to Lorraine Hill, Red Williams and Wayne Hackl, Sherbrooke Foundation Board members

funds to organizations that provide support and services to Veterans. The group has been a great friend to the Sherbrooke Veterans Village.

The **Potash Corporation of Saskatchewan Inc.** recently donated 14 computers and laptops to Sherbrooke. The computers will be used throughout our home to enhance communications. We appreciate the generosity and community spirit of the Information Technology Department at PotashCorp.

Tumbleweed Two - Thrift. The thrift shop has been operating for 6 months! Thank you for your support - the response has been wonderful. For unique, high quality, used clothing, items for the home, kids and baby articles and more! Visit us during our shop hours Monday to Saturday 1 to 5 p.m. We need you! Volunteers are urgently needed to cover summer shifts. Friday and Saturday times available. If you can spare a few hours a week please call Patricia at 222-9972.

Sherbrooke Foundation Inc. Board of Directors

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TUMBLEWEED

GIFT SHOP

"We're all dressed up for spring and summer"

Come in and see our **Garden Girlfriends** and new fountains. **Pillows, linens and dishware** in fun summer colours, oriental gifts including jackets, shoes and bags, great inexpensive **jewelry** and so much more.

Remember all sales support improved quality of life for residents!

Store hours: Monday to Friday 9 to 5; Saturday and Sunday 1 to 5

Sherbrooke Community Centre, 401 Acadia Drive

**** Lots of parking available****

Join us for great retail therapy!



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 Edén Alternative™ at Sherbrooke Community Centre.

Our Donors - Thanks A Million For Your Support!

In memory of David & Anne Schulman

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In memory of Sharon Curti

Tom & Betty Bauerliss
Sherbrooke Food Services Staff
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George & Ada Wilson

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Lashburn RCL Ladies Auxiliary
Naicum Legion Poppy Fund
Kindersley RCL Ladies Auxiliary
Korea Veterans Association Bingo
Potash Corporation of Saskatchewan

Donations in Kind

Glenda Bergen
Kenneth & Amelia George
Judy Schmidt

Hour Club (Staff Payroll Deduction)

Suellen Beatty
Louise Benoit
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Aurora De Guzman
Bill Ellis
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Heather Fitz-Gerald
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Patricia Roe
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Kim Schmidt
Martha Scott
Paulette Schulhauser

Many thanks to all of the individuals who contributed to the C95/Sherbrooke Foundation "Shave Your Head for Cancer" fundraiser. \$5,930.92 was raised for cancer research and the Sherbrooke Foundation.

This list is for the period October 1, 2004 to March 31, 2005. 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*.

Life Art - Creativity Without Borders

Visual perception and visual expression are important to all of us but for those living in long term care opportunities to express ourselves in creative ways can be quite limited. In March of this year, Sherbrooke decided to look for new opportunities for residents to "get creative".

We examined different ways to approach creativity and visual expression, which would enable residents with physical and cognitive disabilities to renew or discover an interest in art. The "Life Art" Project at Sherbrooke explores visual expression through guided activities using mixed media and adapted art materials. The project was designed to enable individuals living with cognitive and physical challenges to recover losses and regain identity and dignity through rediscovering the creative process.

The project started in March of this year and the artists meet weekly. The groups that we are developing partnerships with include the Refiner's Art Program, Saskatoon Painters Club, Group of 6, individual artists and the Sisters of Sion.

In addition to creating opportunities for residents to express themselves we were interested in creating community awareness and modeling for other health facilities and creative arts organizations. We wanted to source, develop and/or build adaptive equipment, document thoughts and ideas through journaling and photographing the process as the project progressed. One of the important goals of the

project is to develop modules that can be adapted for use by community organizations and share the information through our website.



Cher Jackson, artist

Sherbrooke has several residents who have been involved in the arts their whole lives, but who believed that their disabilities prevented them from continuing with the creative process. We were fortunate to have a local artist, Cathy Lacey, express a keen interest in getting involved and working with residents. Some adaptive materials and art supplies were purchased and they were off. At first residents were skeptical that they could produce anything worthwhile, most participants had been figurative or realistic painters; however, due to some limitations with their fine motor skills, they started to produce more abstract pieces with great results.

Cher Jackson glows as she talks about her art. "Time flies when I am painting, I love it." Elaine Cooper, a lifelong artist said, "Painting has brought a lot of

quality back to my life." Cathy recently dedicated an art show to the "artists in residence" at Sherbrooke and three of their pieces are currently hanging at a show at the Refiners Gallery.

Creating art may provide an important source of stimulation in keeping residents active and encourage self-expression. Thoughts, feelings and experiences can be expressed through art. Making and sharing experiences can enhance the sense of dignity and help break the isolation that many residents live with in long term care. For residents with cognitive difficulties, art expression may provide an alternative means of communication. Cher Jackson says, "I never thought it would be possible to create art again, this really makes me happy." The program is just beginning and the interest is growing. Colleen Grieman, Team Manager of Volunteers and Global Events said, "I can't believe what a life transforming experience this can be. I am thrilled for these residents."



Sister Jeanne Casavant and Cathy Lacey

From the Home Front...

To welcome and assist residents and families new to Sherbrooke, we have developed "A Guide to Living at Sherbrooke". The guide describes Sherbrooke's philosophy and principles, the moving in process and the many services available to residents including volunteer opportunities, computer access, farmer's market and Vintner's Club to name a few.

Neighbourhood News

On January 11, the Sunrise Boulevard neighbourhood at Sherbrooke hosted a reception to unveil the artwork of **Elaine Cooper**, a long-time resident. Elaine's beautiful paintings now grace the walls of her home and are enjoyed by our community.



Elaine Cooper, artist

Sherbrooke was honoured to receive a **Saskatchewan Healthcare Excellence Award** in January. The SHEA awards recognize extraordinary achievements in healthcare in the province of Saskatchewan. Sherbrooke was recognized for using an innovative approach to reducing loneliness, helplessness and boredom for residents.

Jamie McKenzie, a resident from Sherbrooke, and **Bernadine Dyck**, a participant in the Community Day Program, were recently featured in an article in the Saskatchewan Association of Health Organizations (SAHO) new publication **Health Matters**. These individuals spoke about their lives at Sherbrooke and the freedom they have to try new things including gardening and working in the gift shop and helping out in the Sherbrooke radio station.

Residents, families and staff from **Blue Bird Lane** are busy painting the common areas in their neighbourhood. The area will soon be transformed into a vibrant habitat!

Some of the little boys from **Oak Trees and Acorns Child Care Centre** have been spending time in the carpentry shop. Together with **Richard Fitch** from the Sherbrooke Maintenance Department, the boys are building bird houses and generally enjoying getting covered in sawdust and doing real "boy" things. Many thanks to Richard and the Maintenance team for supporting the "little woodshop" initiative.

On The Calendar

Sherbrooke Community Society Inc. and Sherbrooke Foundation Inc. Annual General Meeting
June 22 at 5:00 p.m. at Sherbrooke

Certified Eden Associate Training Programs



June 7-10 at Sherbrooke Community Centre (Closed Event for Group from Japan)

November 16, 17 & 18 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

3rd Eden Alternative International Conference
June 7-9, 2006 at Cairns, Queensland, Australia

Email edeninoz@acqi.org.au to be put on the mailing list to receive a registration brochure.

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Home Fires

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From the Home Front...

The Kinsmen and Veterans Village are unique in their physical design and day to day operation. The concept is described in a new publication called "**The Village Model Guide Book**". The guide book describes the design features, the role of staff and managers, and expected outcomes for the model. The guide book is available for purchase at Sherbrooke.

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

Please return undeliverable Canadian addresses to:

Sherbrooke Community Centre

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401 Acadia Drive
Saskatoon, SK S7H 2E7



Phone: (306) 655-3600
Fax: (306) 655-3688
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Sherbrooke Foundation

"Make a difference in the life of a resident." Give Today

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I wish to make a donation of: \$100 \$50 \$25 \$10 Other \$ _____

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!

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Watch for the next issue of
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Fall 2005

Send us your **email address** if you would like
to receive information about Sherbrooke
through this format.

Send to: brenda.craig@saskatoonhealthregion.ca