New Meeting Room Invigorates Kinsmen Village

It’s amazing what a new space can do for a community. Our Elders in the Kinsmen Village can be found throughout the building taking part in all kinds of events and activities. But what Kinsmen Village lacked for years was a room where Elders, staff, volunteers and families could come together and enjoy one another’s company.

That is no longer the case.

The Tom McLellan Commons is connecting people from throughout our community and bringing so much joy to our Elders. The room, which hosts events ranging from house barbecues to staff huddles and even movie nights, is named after a very dear friend of Sherbrooke. Tom McLellan has been an avid supporter of our philosophy and how we care for Elders for many years. This year, McLellan made a very generous gift to the Sherbrooke Foundation of $50,000, which brings his total donations to Sherbrooke to over $100,000. The donation sponsored the construction of this new room and was made in honour of his grandmother, Mrs. Regina Leboldus of Vibank, Saskatchewan. A plaque honouring Regina Leboldus is now on a wall in the Commons.

“Sherbrooke Community Centre is doing great work. I’ve supported it for a long time,” said McLellan. “Their unique approach is truly impressive. I hope that my contributions will help Sherbrooke continue to be leaders in long-term care.”

One of the many success stories with the new Tom McLellan Commons has been a new group focusing on coffee. The International Coffee Club is bringing together Elders from across Sherbrooke, including our Community Day Program, to sample coffees from around the world. The Broadway Roastery, a local institution when it comes to coffee, has generously donated beans from countries such as Ethiopia, Peru and Nicaragua to the club. The beans are ground first and then served to our Elders. Our iGen students then give a multimedia presentation on the country where the beans came from. The club has proven so popular with Elders that two separate groups were formed and meet every Wednesday morning.

All of us at Sherbrooke would like to thank Tom McLellan for his generous spirit and continued support of our Elders. We invite all of you to experience the wonderful energy in the Tom McLellan Commons.
There is new hope on the horizon for people who have a diagnosis of MCI (mild cognitive impairment) or early Alzheimer’s disease and also for those of us who worry about developing dementia in the future. Researchers are beginning to discover how to both prevent and reverse Alzheimer’s disease. Yes that is correct: prevent and reverse! The new research is fascinating and I am very hopeful for the future.

For too many years all the focus has been on creating the “magic pill” that will treat Alzheimer’s disease. Between 2002 and 2012 in the United States, there were over 244 clinical trials of drugs of which 243 have outright failed with one showing at best, modest results. Over $84.4 billion has been spent over the last decade which has produced virtually nothing that has helped our friends and family members with Alzheimer’s disease. Fortunately, some researchers are now focusing on the many causes instead of focusing in on the “pill” that will cure all. These scientists realize the disease is too complicated for one drug to eradicate it.

According to Dr. Dale Bredesen, a leading researcher in the field of neurodegenerative diseases, Alzheimer’s disease is for the most part preventable. It is largely a result of lifestyle. In addition, he believes we are at the dawn of the era of treatable Alzheimer’s disease. Dr. Bredesen has developed the “Bredesen Protocol” which looks at 36 different risk factors and contributors to the disease. The treatment which he calls “ReCODE” (reversal of cognitive decline) can sometimes be as simple as adding supplements like Vitamin D, removing drugs, improving sleep, treating infections, changing diet habits and increasing exercise. There are 36 “holes in the roof of the house” that may need to be plugged to stop the flood. The treatment is personalized to each individual dependent on how they present through a series of lab tests and other assessments. In Dr. Bredesen’s book called The End of Alzheimer’s, he makes his protocol available to the reader. Health care professionals can also use the information in the book to treat their own patients. In 2016/17, Dr. Bredesen trained over 450 physicians and other health care professionals in his protocol.

Another fascinating discovery is that many people are incorrectly given a diagnosis of Alzheimer’s due to other underlying conditions. When their real issues are identified and treated, the symptoms that present as Alzheimer’s go away. For those who actually have an accurate diagnosis of Alzheimer’s, there is also some promising good news. Currently, programs are being developed that can help people with Alzheimer’s improve their memory and brain. Examples of this are the MIND and TEAM protocols by internist Dr. Jacob Teitelbaum and neurologist Dr. Vincent Fortanasce respectively. Some of these protocols are targeted for those in the early stages of the disease which means early diagnosis is important. People often don’t seek early diagnosis as they believe nothing can be done. This is no longer true!

I encourage those who are interested to read Dr. Dale Bredesen’s book The End of Alzheimer’s: The First Program to Prevent and Reverse Cognitive Decline. The second reference to note is a documentary series and book called Awakening from Alzheimer’s by Peggy Sarlin. Though there is no magic pill, the future looks much brighter than it did just a few years ago.
A Splash of Sherbrooke Colour on Broadway

Saskatoon’s Broadway neighbourhood celebrates creativity, community and inclusiveness. We at Sherbrooke do as well. That’s why our recent partnership worked so well and brought so much meaning and joy to our Elders.

Last December, DeeAnn Mercier from the Broadway Business Improvement District approached Sherbrooke with an idea. To create a colourful and energetic mural for the neighbourhood that would celebrate the artistic talents of Elders. Sherbrooke’s Arts Studio enthusiastically said yes and set to work on creating a unique work of art.

A group of 18 Elders, including Community Day Program participants, as well as volunteers, began work on the 3-panelled mural this past summer. Under the leadership of Alana Moore, one of Sherbrooke’s Artist-in-Residence, the team found inspiration from a fellow Sherbrooke Elder for the mural’s design.

“Our design came from Gerard, an artist who made art with the Insight: Art and Dementia program at Sherbrooke Community Centre,” explained Moore. “Bris Flanagan, who runs the program, worked with Gerard to create the piece we used as inspiration for the mural.”

“Individuals living with dementia have so much insight to give if we are open to receiving it. Here is one small way we want to dismantle the stigma of dementia; to make a large mural of their artwork. You are worthy of taking up space and time despite what you, your family or loved ones have experienced,” explained Moore.

When it was finished, the mural was loaded up into a Sherbrooke bus and taken to Reliable Radiator in the Broadway neighbourhood. All three panels were installed on the back of the building and now face a new coffee shop called Venn Coffee.

On October 16th, a large group of Sherbrooke Elders, volunteers, staff, and family, as well as Broadway community members, gathered at the mural to celebrate its official unveiling. DeeAnn Mercier was there and was thrilled with the final result.

“Murals brings such colour and beauty to outdoor spaces and we want the art in the Broadway district to be a reflection of our Saskatoon community. Thank you so much to the artists who contributed to make these beautiful pieces happen!”

We want to thank everyone at Reliable Radiator and the Broadway Business Improvement District for their support of this project. It is amazing to see the talent of our Elders displayed in such a prominent and creative way.

SHERBROOKE ON BROADWAY
THANK YOU!

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Betsy Bury
Bruce and Doris Campbell
Robert and Helen Card
Mary Chapman
William Christensen
Elizabeth Cook
Georgina Daviude
Bernice Fallas
Cheryl Fraser
Cheryl George
Reginald Harrison
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We could not accomplish our mission without these wonderful people! It’s a thrill for us to publish this list of our financial supporters for the period of October 1, 2016 to September 30, 2017. Please call 655-3632 if your name was missed. We will be pleased to publish it in a subsequent issue of Home Fires. Thank you!
“It’s hard to put a place’s spirit into words sometimes.” That was how Charles “Red” Williams ended his interview for Home Fires about his relationship with Sherbrooke. The same could be said for his incredible career.

Born in Regina in 1925, Red is a World War II veteran, a member of the Order of Canada and a fellow of the Agricultural Institute of Canada. He also taught at the University of Saskatchewan for over 50 years. In 1993, Red became a member of the Board of Sherbrooke Community Society. Red started the Sherbrooke Foundation Planned Giving Program and we recognized his long years of service and generosity by naming a house in the Kinsmen Village in honour of his family.

This year, Red retired from our Board, but his legacy will be felt for years to come. We sat down with Red in his apartment to discuss the highlights of his time with Sherbrooke.

Why did you want to be involved with Sherbrooke?

My mother and aunt were living in Sherbrooke and so I had an acquaintance with the place. Then, Sherbrooke began reaching out to the Indigenous community and I had a lot of experience with that community. So I started communicating with the Board and that’s how I got involved.

How did you see your role with the Board?

Well, Suellen always had great plans and I always questioned those plans. I questioned sometimes why she was doing things and she generally had a good reason (laughs). They were enjoyable conversations to have and she seemed to like having me around to bounce ideas off of.

What was it like to work with the people on the Board?

It was interesting because over the years, the Board kept changing. They were good and interesting people. Some were more aggressive and useful than others (laughs). Suellen wanted me to keep going and going and going on the Board but I finally said no because it was becoming too difficult physically to get over to Sherbrooke.

What stands out to you most about your time with Sherbrooke?

I think it’s the Kinsmen Village. One of the houses in the village is named in honour of my mother and my aunt (Green Gables House). The idea of the village was from Suellen and once we got the money raised, it made pretty good sense. And it was great to have the Veterans Village come along at the same time.
Central Haven held their 2nd Annual Backyard Water Bash this year. We were lucky to catch a beautiful day in late August to have an afternoon of water, bubbles, ice cream and laughs. Armed with super soakers, water cannons, spray bottles and water balloons; Elders, families, staff and volunteers headed out to the backyard to enjoy each other’s company and get just a little wet! We had a great turnout with many children playing in the yard. This event brings such a sense of community and feels like a big family gathering. In the words of an Elder, “It was just wild, everyone was soaked! It was so much fun!”

What do milkshakes and horses have in common? Well, they happen at Central Haven at the same time! We had a great milkshake crew of staff and volunteers taking orders and making shakes on August 18th on the patio, and just as we were in the middle of the party, a horse and his owner who were visiting the church youth group behind Central Haven came for a visit. Needless to say, the horse stole the show and made the afternoon a wonderful experience for all!

Happy Canada Day! Central Haven held a BBQ picnic lunch to celebrate Canada’s 150th. Due to weather, we held our picnic inside which didn’t stop us from having a blast! Wes Froese played music for us, board members barbequed hot dogs and all Elders, staff and families were welcomed. There was a sea of red and white as everyone showed their Canadian pride. The Sherbrooke Shutterbugs also brought their photo booth to Central Haven and everyone was encouraged to take a silly photo. It was a great celebration with music, food, friends, family and fun! Happy 150th Birthday, Canada!
Every day we experience change. Little by little, everything around us is becoming something new. The places and people that we know so well subtly change. Most changes are barely perceptible except when you are away from the familiar, from the loved, from the known for a time. Other changes are profound and sudden.

These sudden changes often settle in with us. They linger in our minds for years. They become a part of our story. The Greek philosopher Heraclitus noted that the only constant in life is change, and in many ways it rings true. Change moves with us through the seasons of life.

As I reflect on Sherbrooke and Central Haven, I’m reminded of the words of the Christian scriptures that speak of a cluster of constants. St. Paul said that faith, hope and love remain with the greatest being love. I see love everywhere I look: the Elder who looks after another Elder needing a hand, the staff person bringing an Elder the perfect gift from a vacation, the family member who brings love and smiles for everyone in their loved one’s neighborhood. Love is being expressed so richly around us.

Change is certainly a constant and at times it can be wearing, even tragic. However, the other constants in our lives, faith, hope and love, are what make life so wonderful. Keep being the gift of love to those around you that you are. Be the blessing.

HOW DO WE HANDLE CHANGE

Anne Slade of Tompkins, Saskatchewan, wanted to show her appreciation for Canadian Veterans in a unique way. 2017 is, of course, Canada’s 150th birthday, and it’s also the 100th anniversary of the Battle of Vimy Ridge, which is why Slade felt an urgency to do something this year. She turned to her local knitting group for inspiration and found it in socks.

“100 socks for Vimy Ridge” was a project that saw Slade and her knitting group knit beautiful socks specifically for our Elders in Veterans Village. Slade explained that socks played a vital role for soldiers on the front-lines.

“The socks were a lovely gift but they were also very important to their foot health and to their survival. So we thought socks would just exemplify how important we find the Vets today are to our country and to us.”

Each pair of socks had a tag attached saying where it was knitted along with an inspirational message. In September, Slade, along with her friends Helen Paul, Judy Wells and Dick Wells, made the four-hour trek from Tompkins to Saskatoon to deliver personally deliver the socks to our veterans.

“This is great,” said veteran Alfred Schmidt as he held a pair of green and black wool socks. “What a wonderful idea.”

This project was personal for Slade. In the early 1990’s, she would walk past the old Veterans Home on Preston Avenue while going to and from university. She formed several friendships with the veterans and they left an impression on her. Slade also had a personal connection to the Canadian Military.

“One of the pair of socks I knitted was in memory of my three uncles who died and my cousins who never were. So, they’re beautiful. We’ve had beautiful sentiments come with them, and we’re just so happy and so proud of our Vets.”

We want to thank Anne Slade and her knitting group for their incredible kindness and generosity shown towards our Veterans.

Mark Trew,
Pastor for Sherbrooke and Central Haven