

SHERBROOKE FACTS

Mission

“Sherbrooke Community Centre creates a community that supports each person to live a full and abundant life.”

Vision

“Best place to live and best place to work; in that order.”

Principles of Care – Empower elders and guide day-to-day decision making

Individuality

Normalcy

Reality

The Eden Alternative Philosophy^{®™}

Adopted at Sherbrooke in 1998, the Eden Alternative[™] seeks to eliminate the three plagues of long term care: loneliness, helplessness and boredom. We must teach ourselves to see long term care homes as habitats for human beings rather than institutions for the frail and elderly.

Fast Facts:

- Sherbrooke first opened in February of 1966 with 326 people. The Community Day Program opened in 1974 and serves approximately 100 people living in the community.
- The Residents' Council was formed in 1974 and holds two positions on the Board of Directors.
- Sherbrooke Community Centre is an accredited long term care home with the Canadian Council on Health Facilities Accreditation (since 1981).
- 263 elders live at Sherbrooke today.
- 590 staff work at Sherbrooke.
- Sherbrooke has more than 400 volunteers who work in a variety of roles.
- Sherbrooke is committed to consistent staffing which means that all care staff belong to a specific neighbourhood and group of elders. The foundation of all that we do is built on the development of loving and kind relationships.
- Relaxed breakfast occurs in all neighbourhoods!

The Sherbrooke Village Model (Kinsmen and Veterans Village):

- Kinsmen Village opened in June of 1999. 9 elders live together in each of the 7 houses.
- Veterans Village opened in October of 1999. 10 elders live together in each of the 4 houses.
- Daily Living Assistants (DLA's) work in the houses. They are multi-skilled – having their CCA qualifications, in house medication administration course, housekeeping/infection control course, and food safe course.
- DLA staffing in the Houses – hours vary slightly between houses, but generally there are:
 - During the day and the evening there is 1 full 8-hour staff and 1 6 hour staff
 - At night there is generally a ratio of 1 to 20.
- Nurses are available to the Elders in the Villages in a model that resembles a Home Care situation, without the need for travel. They carry a phone with them so they can be reached as needed throughout the Villages. Nursing ratios are approximately as follows:
 - 1 Nurse for every 40 elders during the day and evening

At night – there are 2 nurses for our entire building

- Neighbourhood Managers – ratio: 1 Neighbourhood Manager for a community of approximately 40 elders throughout our building.

Marleau/Wyant Neighbourhoods:

- Opened in October of 1993.
- 4 story building with 40 elders living on each floor. Each floor is home to 2 distinct Neighbourhoods where 20 elders, their caregivers and families create the neighbourhood and share common spaces.
- Generally speaking there is a ratio of 1 care staff for every 7 elders during the day and evening and a ratio of 1 to 20 at night. Nurses have a ratio of 1 to 40 during the day and evening and 1 to 130 at night.
- Lunch and dinner are prepared by Sherbrooke's food services team and served with choices from a hot buffet to elders in each neighbourhood. Relaxed breakfast includes continental breakfast choices and a hot option. Food services have minimal involvement in breakfast.

Other Interesting Facts:

- Sherbrooke receives funding from the Saskatoon Health Region, Veterans Affairs Canada and The Sherbrooke Foundation.
- The Sherbrooke Foundation raises money for capital equipment and quality of life initiatives that are not funded by Saskatchewan Health. Ex) ceiling track lifts, furnishings, therapeutic aids, art supplies, musical equipment.
- Oak Trees and Acorns: Saskatchewan's first intergenerational child care centre opened in January 2000 for 6 infants, 10 toddlers and 20 preschoolers.
- Wheelchair accessible playground for children in long term care opened in 2002.
- The first aviary in long term care opened in 2002.
- Art studio opened in 2006.
- E_Den@Sherbrooke (resident computer centre) opened January 2011.
- iGen Program: intergenerational classroom opened in 2014 in partnership with the Saskatoon Public School Board. Over twenty grade six students spend the entire school year at Sherbrooke. Curriculum is specially designed to maximize interaction with Elders. Has received national recognition.