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GETTING INTO CHARACTER IN IGEN'S OZ

This year's iGen students met up with Sherbrooke Elders on the yellow brick road and took a trip to the Emerald City. The Grade Six Saskatoon Public School class spends their school year co-located at Sherbrooke Community Centre and their home school, and enjoys experiential learning with Elders.

The iGen class put on a musical production of *The Wizard of Oz* for three sold-out audiences this May in the Tawâw Centre. Students and Elders engaged the audience with fantastic songs and performances.

Sherbrooke Elder J.P. Ducasse was the voice actor for the Wizard. He shared that working with the students made him feel young again.

"I think there is an actor or actress in every single one of us, and we all have to remember that we were kids once. As kids, we all played make believe and that's so very important in our day and age when there are so many challenging things happening in the world today," said Ducasse.

The musical raised funds for the students' annual camping trip to Pike Lake Provincial Park. Students and Elders had just a few weeks to memorize their lines, build sets, and learn choreography.

Caelyn Karras played the role of the Tin Man and loved getting into character on stage.

"I got to play with a lot of props which I liked a lot. Especially the ax. I got to do so many things with it."

The Wizard of Oz is full of eclectic and unique characters, providing many opportunities for Elders to play roles. Some Elders played crows that hovered around the Tin Man, while others played the Winged Monkeys under the control of the Wicked Witch of the West.

Andrew Glendenning was one of the iGen students who joined Elders in playing a Winged Monkey. He loved performing alongside Elders.



Ben Klemmer and J.P. Ducasse combined to play the role of the Wizard of Oz.

"I had so much fun but I'm not sure how I was able to get into character. I just did it. I just put a scarf on and flapped around," said Glendenning.

This year's class was an energetic and very theatrical group of students who did a wonderful job of connecting with Elders on a personal level.

For Ducasse, who helped teach science to the students throughout the year, the iGen program represents hope for the future.

"These iGen students are our future. I think all of our energies have to be put into the

future generations because, as adults, we've kind of screwed things up. The kids of the future have to fix our mistakes." 🌱

KIM'S THOUGHTS: CELEBRATING SERVICE & SPIRIT



Sherbrooke & Central
Haven CEO, Kim Schmidt

As I reflect on the recent Long Service Awards Evening, I want to take a moment to express my heartfelt thanks to each and every staff member at Sherbrooke and Central Haven. The evening was a celebration that paid tribute to the extraordinary contributions of staff and the vibrant, compassionate culture that defines our communities. The wonderful organizing committee did an outstanding job of planning such a

memorable staff recognition event—our largest one yet!

Central to this celebration was a deep appreciation for the staff whose work is not only important, but truly noble. Their daily efforts infuse both Sherbrooke and Central Haven with creativity, compassion, and a commitment to ensuring that Elders live with purpose, joy, and dignity.

What we are doing together is truly unique in the world of long-term care. We are creating communities where Elders are known and respected, where relationships thrive, and where lives are lived fully. Visitors from across North America

come to learn from us—and they leave inspired by our mission and what we have built here.

For me, our mission – to create a community where each person can live a full and abundant life – is deeply personal. I first came to Sherbrooke in the spring of 1994 as a student. What was meant to be a four-month practicum became a lifelong calling. I've had the privilege of growing alongside this incredible community for 30 years. Sherbrooke has a way of capturing your heart and never letting go.

The Long Service Awards Evening served as both a celebration and a reaffirmation of our mission recognizing years of service, spirit, and unwavering dedication. From those just beginning their journey with us to those marking 45 years of service, and to our Spirit of Sherbrooke and Central Haven award recipients – Andrew Glendenning (Sherbrooke) and Charlie Kinchen (Central Haven), your contributions are shining examples of what make our homes so special.

Thank you to our staff for sharing your heart and hands, and for bringing joy into the lives of Elders.

With deep gratitude,

Kim Schmidt 🌿

BUSY TIMES AT CENTRAL HAVEN

We are a tight-knit community at Central Haven, and when we reflect on the past six months, we see so many wonderful examples of Elders, families and staff coming together to spark joy and meaning.

Families have been taking the initiative and leading weekend programming for Elders. Activities such as ice cream parties, sing-alongs and movie afternoons are not only fostering relationships amongst Elders but helping to combat loneliness, helplessness and boredom. We are also seeing families getting their hands dirty gardening throughout the grounds. We appreciate all of this family support and the impact it has on the well-being of Elders.

Creativity is always in abundance in our community. This year, Elders have been loving the paint-along sessions led by Saskatoon artist, Anna Woodworth. The next time you come for a visit, be sure to stop and see some of the beautiful works of art created by Elders hanging on our walls.

A pair of Therapeutic Recreation students did a marvelous job of creating engaging opportunities for Elders. Emily Ukrainetz and Kaylee Loken quickly fit into our community and created programs that Elders



Residents and children at our Spring Summer Camp.

enjoyed including a spring summer camp where 15 children spent the day engaging with Elders. Emily and Kaylee did such a wonderful job that we just could not let them go! Thanks to the Federal Government's Canada Summer Jobs program, we were able to hire Emily and Kaylee, along with University of Saskatchewan student, Ava Schick, for the summer months.

The summer promises to be exciting as we have several excursions planned including our annual trip to Pike Lake Provincial Park and our Backyard Water Bash that is a highlight of the year. We thank you for your continued support of our Central Haven community and hope to see you this summer! 🌿



STORIES OF A LIFETIME

Every person has a story. For a group of Sherbrooke residents, the ability to express their own stories was made possible through a unique partnership with a local theatre company.

Stories of a Lifetime was a collaboration between Sherbrooke and Saskatoon's Gordon Tootoosis Nîkânîwin Theatre company (GTNT) that celebrated the stories and creativity of 10 Sherbrooke residents. The project was led by local artist Lautaro Reyes; Sherbrooke's Artist-in-Residence, Alana Moore; and Sherbrooke's Recreation team.

Reyes and GTNT approached Sherbrooke in late 2024 with the idea of empowering residents to share their stories in different and creative ways. It was an idea born from Reyes' love for his grandmother.

"My grandmother was a really interesting woman," explained Reyes. "She would tell me stories when we would travel. However, when I saw her with family, she was really quiet. Almost like she was playing a character. She was not the person that she was with me. It got me thinking of how many seniors have stories to share but they don't because they are playing a character."

Reyes, Moore and Sherbrooke's Recreation team worked with a group of 10 residents for three months in a variety of different workshops. Residents spent time learning about theatre and how to express themselves on stage. They made collages showing various passions in their lives. Residents also worked together to compose a spoken-word poem and explored the benefits of yoga and meditative breathing.

Ricardo Henriquez was one of the residents who took part in these workshops. He loved taking part in all the different activities.

"We started with poetry and working on our breathing skills. Then we did some spoken word and that's when more and more people got involved," said Henriquez.



Lautaro Reyes and Alana Moore introducing the *Stories of a Lifetime* project.

For Alana Moore, this project gave her the opportunity to work with residents in new ways.

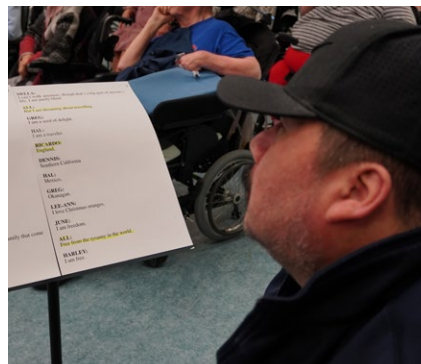
"As the Artist-in-Residence, I am working a lot with visual art, but I was really excited for the opportunity to work with theatre artists and a local poet. Bringing in all of these different mediums has been something really unique."

Moore also noted that inviting various local artists to work on this project gave residents a chance to truly be themselves.

"Residents having the opportunity to share their stories and share who they are really authentically through a series of workshops was really special. We were able to just slow down and really hear and listen to each other."

Stories of a Lifetime culminated in the Tawâw Centre with a special performance of a residents' poem. A documentary film followed, where residents shared stories and advice for future generations.

We wish to thank the Gordon Tootoosis Nîkânîwin Theatre company and everyone involved in this project for such a memorable experience. 🌟



TAWÂW CENTRE: A GATHERING PLACE

The Tawâw Centre is a place where our Sherbrooke community gathers to connect with each other through music, entertainment, education, and the always dramatic Saskatchewan Roughrider football games.

This year, the Tawâw Centre has hosted several unique gatherings. In January, the second annual “Sherbrooke’s Got Talent” took place with a packed audience and four very stringent judges. The audience was treated to 15 performances ranging from dance to piano to guitar—to a riveting spoken word performance. It takes courage to perform in front of an audience; our audience was grateful to the Elders, staff and family members who shared their talents.

In March, the Tawâw Centre hosted a live performance of *Luna*. The play was a production of Saskatoon’s 25th Street Theatre Company, written and directed by Saskatoon playwright Danielle Roy. It tells the story of a young girl who



Resident Dale Adams and Candace Strobel Ukrainetz performing at Sherbrooke's Got Talent.

builds a time machine to go back and save her mother. The performance was a dress rehearsal before the play continued to 14 different communities across Saskatchewan. This allowed Elders to see the cast and crew set up the stage beforehand, and afterwards to discuss what worked and what needed to be changed. It was a fun glimpse in the creative process and we are grateful the 25th Street Theatre Company chose us for their dress rehearsal.

The Tawâw Centre hosted our first ever live auction in May as a fundraiser for recreation programming. The auction was a hit with Elders, staff and families bidding on more than 60 donated items. Professional auctioneer Treyton Wolfe brought turbo-charged wordsmithing and his fun style of engaging with bidders. Over \$4,500 was raised to provide meaningful and fun programming for Elders. A big thank you to everyone who contributed items, and everyone who raised their paddles to place a bid during the auction. 🍀

MY TIME AT SHERBROOKE

My name is Arin Bear, and I have just finished my B.A. Honours degree in English at the University of Saskatchewan. From January to April 2025, I did an internship at Sherbrooke Community Centre. We had the idea to do a storytelling project, which resulted in a zine and a movie with one of the Elders at Sherbrooke. My time at Sherbrooke was very special, and something I'll hold close for a long time.

I was drawn to doing an internship at Sherbrooke because I was familiar with the Eden Alternative® philosophy and Elder-directed care. Autonomy and respect for an individual is important to me, so I am incredibly grateful to have been able to be a part of the daily lives of Elders and involved with the Eden Alternative® at Sherbrooke. Everyone at Sherbrooke is unique—including staff and visitors—so seeing and being part of the community was a wonderful learning and teaching experience.

In the storytelling project I did with the Elders at Sherbrooke, I listened to stories from Elders and discovered how the things we share with others represent little pieces of ourselves. Elders shared many different types of stories, and I am thankful for each one. These stories really taught me



Resident Brad Trevisan and Arin Bear collaborated on creating a film

the value in storytelling as a way of connecting with others, as well as the importance of careful listening. I experienced many relaxed mornings when I sat with Elders, drank coffee, and talked. I learned to value those easy and small moments. As a university student, there's a culture of constant work and go-go-go, but being at Sherbrooke reminded me of the value in unhurried, easy mornings.

I hope Elders found value in the storytelling project, as well. I hope I was able to not only be taught, but maybe help others realize the value and importance of their own stories, and of sharing what's important to them. I really do hope I was also able to bring some smiles and company for the time I was around! I have truly appreciated the time I had at Sherbrooke and felt like I made genuine connections and friendships, and I hope others feel similarly. Sherbrooke is a place of community that makes and holds space for the people who live, work, and visit there. I will remember the stories I was told and the people I was with for a very long time, and I'm so thankful for everyone I was able to meet at Sherbrooke. 🍀



SPIRIT OF SHERBROOKE & CENTRAL HAVEN AWARD RECIPIENTS

Two Sherbrooke and Central Haven staff members who epitomize the values of our homes received the Spirit of Sherbrooke and Spirit of Central Haven awards at the June Long Service Awards event.

Andrew Glendenning from Sherbrooke's Maintenance team and Charlie Kinchen from Central Haven's Food Services team were recognized for their spirit and love of people, their ability to work with and support others, their application of the Principles of Care, and their outstanding contribution to long-term care. Peers submit nominations, and a committee made up of past recipients chooses the winner.

Andrew is respected throughout Sherbrooke for his ability to fix anything and do it with the biggest smile. He brings a friendly and caring energy to our community and always takes the time to enjoy a conversation with an Elder. Andrew is also a gifted carpenter who loves working on projects in his woodworking space.



Charlie Kinchen and Andrew Glendenning celebrating their Spirit of Central Haven and Sherbrooke Awards.

His nomination letter highlights Andrew's meaningful interactions with Elders. The letter notes, "in these interactions, he perfectly exemplifies an attitude of abundance, rather than one of scarcity. Andrew is a joy to be around and brings a positive energy to the building in such a beautiful way."

Charlie is known for his positive energy and a willingness to help Elders at Central Haven. He is a valued member of the Food Services and Housekeeping teams, and has made a difference in the lives of Elders during his five years at Central Haven.

Charlie's nomination highlights his ability to go above and beyond to ensure an Elder is having a good day. The nomination letters states, "I've seen him do a silly dance in front of a crying Elder and he immediately made them laugh to the point where the Elder forgot why they were crying. Charlie is always a joy to work with and is one of our best team players."

Congratulations to Andrew and Charlie on receiving this year's Spirit of Sherbrooke and Spirit of Central Haven awards. Thank you for making such a difference in the lives of Elders in our communities.🍀



Andrew Glendenning with CEO, Kim Schmidt.



Charlie Kinchen with his mother and CEO, Kim Schmidt.



YOUR GIFTS IN ACTION: SHERBROOKE FOUNDATION, UPDATES AT SHERBROOKE, VETERANS VILLAGE, AND CENTRAL HAVEN

REMEMBERING MATTHEW DUPUIS

Special thanks to the family of Matthew Dupuis for their generosity to Sherbrooke Foundation. Their special gift was created in part through the sale of Matthew's cherished coin collection. We are honoured to accept this legacy gift that reflects the wonderful person Matthew was.

PRESSURE-RELIEVING MATTRESSES GIVE COMFORT

The compassionate support of JBL Foundation has enabled Sherbrooke to provide pressure-relieving mattresses with air pumps designed to provide relief of pain. Thanks to this caring partner, we can help vulnerable Elders needing extra comfort.

BUSINESSES JOIN INDIVIDUALS AND FAMILIES SUPPORTING BATH RENOVATION

Thanks to CandorBuild, Western Carpet One and VP Mechanical for their corporate donations for the bath and shower room renovation. We are also grateful to the many individual and family donors who gave generously to make this vision a reality.

DONOR SUPPORT CREATES A VIBRANT SHERBROOKE ART STUDIO

Donor support through Sherbrooke Foundation helps create a vibrant arts scene. We appreciate the support of Kay and Reynold Robertson and many other donors. Elders are able to experience the joy of creativity, the

opportunity to grow, and the pride of showing their work. The collaboration with Gordon Tootoosis Nikāniwin Theatre, *Stories of a Lifetime*, featured 10 new and emerging artists.

SIGA SPONSORSHIP FOR NEIGHBORHOOD HOLIDAY GATHERINGS

The traditional Christmas lunch buffet for residents and families was sponsored in part by SIGA. Over the years, grants from SIGA to Sherbrooke Foundation have also supported spiritual care visits with Indigenous Elders and smudging ceremonies.



Residents, staff, donors and partners celebrating the new bath and shower room in Fourth Neighbourhoods.

DONOR-FUNDED BATH AND SHOWER ROOMS MAKE A DIFFERENCE

Three donor-funded bath and shower rooms have been renovated over the last year at Sherbrooke. These beautiful, accessible spaces are already making a difference in Elders' daily lives. We welcome your continued support for the upcoming fourth room—ask us for a tour anytime!

VETERANS' VILLAGE KITCHEN COMPLETED

We are proud to announce the completion of the final kitchen renovation in Veterans Village this spring—a milestone made possible thanks to support of the Poppy Fund, the Burnyeat family, the Loudon family, and several other individuals and families. Thank you for your continued partnership in providing a homey space for those who have served our country.



GOING ONCE, GOING TWICE, SOLD!

Thanks to our professional auctioneer, our recreation team, the donors who contributed auction items, and all of the folks who bid at the Sherbrooke live auction. It was the first time we hosted a live auction, and the event was a big success with over \$4,500 being raised for Sherbrooke's recreation programming. The live auction certainly brought a lot of joy and spontaneity to our community and we are grateful to everyone who donated auction items. It was so much fun to raise funds for recreation programming.



The Tawâw Centre was packed for our first live auction.
Thank you to all the donors who contributed auction items.

"MOVING MOUNTAINS" WITH OUR LADY OF THE PRAIRIES FOUNDATION

We are grateful to each of the generous Central Haven donors who supported Sherbrooke Foundation's "Moving Mountains" ceiling track lifts. Thanks to your support, we now have ceiling track lifts in more than half of the Elders' rooms. Elders have greater dignity, comfort, and freedom—and our staff can give safer lifts while providing care. Special thanks to the Our Lady of the Prairies Foundation for their important grant to match the individual and family donations for the recent lift purchase.

CLOSET REFRESH UPDATE

Thanks to the support of many donors for the Central Haven closet refresh, we are now able to move forward with this much-needed project. After evaluating closet doors, tracks, and materials, we are pleased that the first 15 closet doors in Heritage Way have been refurbished. Work is now underway

on installing new handles and painting. We are excited to complete the remaining rooms in the coming months, providing smooth, durable, and attractive closet doors throughout, thanks to you.

CENTRAL HAVEN BIG BACK YARD NEWS

Central Haven is committed to stewarding your donations for the Big Back Yard project, to provide a safe, accessible, enjoyable outdoor space and pathway. We have received quotes for the work, and our goal is to complete the pathway by the end of this summer.

YOU REALLY KNOW HOW TO MAKE A DIFFERENCE!

Central Haven has received two new donor-funded TVs and a DVD player, thanks to Lloyd and Terri Beazley and Sharon Neufeld. Elders are enjoying favourite TV programs and social time together every week. 🍷



Ask us how you can direct your gift through Sherbrooke Foundation to one of our homes!

Are you considering a future gift in Will?
Ask us how your legacy gift can create a bright future. Sherbrooke Foundation provides funding support for Sherbrooke, Veterans Village, and Central Haven.
Call 306-655-3632
email joy-ann@sherbrookefoundation.ca
visit SherbrookeFoundation.ca



A PICTURE IS WORTH A THOUSAND WORDS

When Sherbrooke resident Tracey Larocque shared with Rona Andreas that she had never had her portrait taken, Rona knew what had to be done. Rona is an Occupational Therapy Assistant and one of the founders of the Sherbrooke Shutterbugs Photography Group. She is also a professional photographer and arranged for a portrait session to celebrate Tracey's 60th birthday.

It was a very special day for Tracey and Rona, and they shared their thoughts on this meaningful experience with Sherbrooke's Communications Leader, Eric Anderson.

Rona: It was actually our monthly meeting of the Sherbrooke Shutterbug Club that Tracy is a member of. We were talking about portraits and I asked the group, "what is the first thing that you notice about someone's portrait?" When we got to Tracy, she said, "I notice people's eyes. It tells a lot about them and you can see whether they're happy or sad." Tracy also mentioned that no one had ever taken her portrait, and I could see some tears welling up in her eyes at that moment.

Tracey: I think I was 10 years old when I was last in a family photo. I just felt very alone and not that happy as we were talking because I had no pictures of me that go back to my childhood. I did tell Rona that my 60th birthday was coming up.

Rona: I happen to own a camera and I said to Tracy, "I wonder if we should do a 60th birthday photo shoot to celebrate this milestone."

Tracey: I felt overwhelmed but good. I had finally found someone who would find the time, take my photo, and I could hopefully see joy in my eyes.



Rona: It took a few days of planning. We planned Tracey's outfit and coordinated with Bonnie, our hairdresser, to have Tracey's hair done, which she had also not done before. We used the greenhouse here at Sherbrooke and did some makeup that morning. I think we had a little cry before and then we put the makeup on just because it was exciting.

Tracey: The actual shoot was really good. Rona started taking pictures of me and I just was like, wow! It was just overwhelming for me and exciting. I was so happy.

Rona: It was so much fun! Each piece of it was so much fun. Watching you have your hair done was amazing and the makeup was so fun. You were so full of joy during this photoshoot and having such a good time that it was impossible for me not to feel joy and have fun as well.

Tracey: I was looking at myself and I'm like, wow, is that really me? I actually look pretty. Everything I thought about myself, I kind of turned around. I was looking at someone that was pretty. You just need a little work to make yourself beautiful. Not much. Just a little work, but I look good.

I just want to say thank you to Rona. You made my 60th birthday amazing. I'm very happy that I actually got this opportunity to actually get these pictures done. You picked me to do this so just want to say thank you and I love you.

Rona: Oh, Tracy, we all love you here at Sherbrooke. We absolutely do. This is how you look to us all the time, just so you know. It really is, and I'm actually really, really thankful to you for trusting me to do this for you. 🌿

