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ENJOYING A CUP OF COFFEE

2017 was the last time Sherbrooke Elder, Grant Medlock, enjoyed the taste of coffee. A simple pleasure that so many people enjoy every morning had evaded Grant for nine years due to his changing health.

What did not change, however, was Grant's desire for coffee. That happened on April 10th thanks to the ingenuity and persistence of two people.

Registered Dietician Robin Hartl and Speech Language Pathologist Kathryn Brillinger were determined to bring coffee back to Grant's life.

They found a company in the United Kingdom called Biozoon that made a product called Air with Flavour. It allows people to experience the taste of liquids without actually drinking them.

"Grant is not able to eat or drink anything by mouth anymore," explained Hartl. "Coffee was always one of his favourite foods and he misses it. Kathryn started looking online and found this device in the United Kingdom."

The Air with Flavour device works by adding a powder to any liquid. The liquid is then mixed to generate a foam that has all the original flavour. The foam is then

spooned into a person's mouth, and their tongue experiences the taste of the liquid.

Grant was painting in the Arts Studio that day when Robin surprised him with a cup of coffee from the cafeteria. Word quickly spread

throughout the building that Grant was about to enjoy the taste of coffee again, and soon a crowd of Sherbrooke staff had gathered to watch Grant's big moment.

This was Robin's first time trying the device and it worked very well. She carefully placed the coffee foam on Grant's tongue, and after a few seconds, broke into a big smile and quickly asked for more. The foam dissolved on Grant's tongue, allowing him to experience the taste of coffee, without having to swallow.

The Air with Flavour device can be used with any liquid, including beer, which brought another big smile to Grant's face when Robin shared this tidbit of information with him!

Please feel free to visit Sherbrooke's YouTube channel to watch a video of Grant enjoying a taste of coffee for the first time in nine years. 🍷



Grant Medlock enjoying his first taste of coffee in nine years.

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REIMAGINING COMMUNITY: CITIZENSHIP IN ACTION AT SHERBROOKE

If you walk through the main hall at Sherbrooke Community Centre on a Sunday afternoon, you'll likely find a lively mix of residents and staff deep in a game of Dungeons & Dragons. JP Ducasse started the group after noticing that Sundays felt a little too quiet, and he wanted to create something fun and meaningful for residents. So he took the lead—inviting others to join him in battling imaginary foes, solving clever puzzles, and sharing in the joy of a shared adventure.

JP is a **citizen** of this community, and someone who is influencing the rhythm of life at Sherbrooke. His story reflects the heart of the **Citizenship Model** championed by president and CEO at Christian Living Community Jill Vitale-Aussem—a model that aligns beautifully with Sherbrooke's longheld belief that every person has gifts to offer.

The Citizenship Model reminds us that people thrive when they have purpose, influence, and a place to contribute. It challenges the old idea that living in a long-term care home means stepping back from meaningful roles. At Sherbrooke, we see the opposite every day. Residents helping each other learn new things, sharing their creative expression in the art studio, keeping the grounds clean, welcoming newcomers, giving tours and sparking conversations that ripple through the halls. These aren't "activities"—they are acts of citizenship, acts of belonging.



Sherbrooke resident, JP Ducasse



Sherbrooke CEO, Kim Schmidt

When I asked JP why he started the Dungeons & Dragons group, he said, "Sherbrooke Community Centre is a place where people of many different backgrounds reside. Each one of us is struggling with different issues. We all fight our secret battles. Maybe in using our imagination and creativity we can help each other be the heroes and heroines we want to be."

That simple statement captures the essence of what Jill VitaleAussem teaches: citizenship is not about age or ability—it's about contribution, identity, and shared purpose.

President John F. Kennedy once said, "**Ask not what your country can do for you—ask what you can do for your country.**" At Sherbrooke, these words echo in a new way. They remind us that every person, no matter their stage of life, has something meaningful to give.

As we continue to grow as a community, the Citizenship Model strengthens what Sherbrooke has always known: people flourish when they are seen, heard, and invited to participate in the life around them. Together, we are not just providing care—we are building a vibrant, interdependent community where everyone has a place, a voice, and a reason to shine. 🌿

PS...JP and his group are always looking for brave adventurers. No experience is necessary.



SHERBROOKE'S UKULELE CLUB

It originated in Portugal, became popular in Hawaii, and has found its way into Sherbrooke.

The humble ukulele has become the reason many residents, staff, family members, and volunteers come together on Tuesday afternoons in our community. The ukulele club started in January and has become a hit at Sherbrooke.

"The ukulele is an easier instrument for residents to learn as the chords are easier than on a guitar, and there are not as many chords," explained Sherbrooke's Music Therapist, Candace Ukrainetz.

Ukrinetz, along with Sherbrooke Recreation Coordinator Lois Fisher-Underwood, lead the group every week. They work with residents to make sure their C, G, and F chords sound right, and sing songs that follow a three-chord structure.

Residents come from all neighbourhoods and houses in the building to learn the instrument and create music together.

"Music brings people together," said Ukrainetz. "I think residents, volunteers, and staff were looking to connect, and this has become a great way to do it."

Sherbrooke's ukulele club is another example of the vital role music plays in our community. From the Young Country Rebels group and the weekly Friday at 3 concert series, to our partnership with Saskatoon's Fireside Singers choir group, music brings joy and spontaneity to our home.

Ukrinetz sees the positive impact this new music club is having on participants.

"There are people in the group who used to play instruments or sing in choirs, but since moving to long term care, they can no longer do those things the way they used to. This group makes it possible for them to make music again." 🎵



YOUR SUPPORT THAT SUSTAINS OUR HOMES: SHERBROOKE FOUNDATION UPDATES

Remembering Irene Dubé

Our home joins with all of Saskatoon in remembering Irene Dubé for her life of compassion for others. We appreciate her generosity to Sherbrooke residents and Community Day Program participants. The **Leslie and Irene Dubé Endowment for Elder Care at Sherbrooke Foundation** will create a lasting impact.

Recognizing supporters of Veterans Village over the years

We are grateful to Veterans Affairs Canada and to the many donors who have sustained Veterans Village over the years. It has been our privilege to care for 479 Veterans from 1999 to 2026. The Veterans Village name remains a lasting tribute to the Veterans who served our country, and our traditional Remembrance Day service will continue to be held each November.

Remembering cherished family

Thank you, Bruce, Bev, and Bob for your memorial gift to remember your father, Frederick Burnyeat. He was a special, respected member of our Veterans Village community for many years.

Family members beautify our solid wood tables

Dozens of solid wood dining tables in two neighborhoods at Sherbrooke have been beautifully restored, thanks to the contribution of one of our families.

The gift of time and talent for Sherbrooke's grounds

Thanks to family members Tony and Ethan with T & E Property Services for donating landscaping work during a busy season. We're thrilled your dad loves it here.

Donor-funded Central Haven back yard improvements

Central Haven's smooth new concrete pathways are ready now for wheeling, walking and enjoying the sunshine. Thanks to many supporters who recognized this need and contributed.

Our lives are better because we knew you

Special thanks to the family of Patrick Gray for their memorial gifts to Sherbrooke Foundation to celebrate a life well lived.

Volunteers are valued and loved

We love our extended family of volunteers, who spend many hours at both homes. Both Elders and staff are thankful to have you in their lives.

A planned giving conversation

Donors and their close family members are invited to join us for **A Conversation About Planned Giving** on Sept. 8th at the Holiday Inn Express. The evening will include first-hand stories and fellowship time. Contact Joy-Ann at 306-655-3632 or joy-ann@sherbrookefoundation.ca to receive a personal invitation.

Your gift creates another day like that

You know the feeling of warm sun on the back of your neck, with your hands in the soil? Or the memory of a catchy tune you can't get out of your head? This spring, you can support gardening, music, and more. To donate, call Layne at 306-655-3770 or visit SherbrookeFoundation.ca.



Les and Irene Dubé. Photo credit: Saskatoon Food Bank.



SHERBROOKE'S FIRST JANE'S WALK

Jane's Walk is a movement of free, citizen-led interactions inspired by Jane Jacobs. Free walking tours are held in cities across the world, including Saskatoon, during the first weekend of May. We hosted a Jane's Walk for the first time thanks to Jason Wall.

Jason is a Sherbrooke resident who previously worked for the Western Development Museum and Meewasin Valley Authority in leadership roles. He is an excellent talker and an active member of our community. Jason led a Jane's Walk of Sherbrooke that took participants to all parts of our community, and this walk is an excellent example of the citizenship model.

Sherbrooke's Communications Leader, Eric Anderson, sat down with Jason to learn more about his Jane's Walk experience.

Eric: *Where did the idea of hosting a Jane's Walk at Sherbrooke come from?*

Jason: Murray Gross is a friend of mine, and he coordinates all the Jane's Walks in Saskatoon. We were having coffee here at Sherbrooke and he said, "Hey, why don't you do a Jane's Walk here at Sherbrooke?" And I said, "Oh, why don't I do a Jane's Walk?"

I remember reading or hearing something about Sherbrooke wanting to become more involved with the community, and I said, "Hey, this is a good way that this can be accomplished by doing this tour." So that's what led to me volunteering to do the tour.

Eric: *The one thing that really stood out to me about your tour was that you were talking about places through the experiences of other residents. Was that intentional on your part?*

Jason: Well, no. That's just me. When I do a tour like that, you get the tour, but you also get my perspective on the subject matter. I don't think it was intentional, but based on past tours and stuff like that, yeah, that kind of happens. When the tour was done, I felt great.



Jason Wall leading a Jane's Walk at Sherbrooke.

Eric: *What was the feedback from the people who were part of the tour?*

Jason: Well, Eric, I don't want to say it was tremendous, but while they were carrying me on their shoulders (laughs).

It was good. One of the things I do is I run off at the mouth, and so some of the participants had to leave because I took too long doing the tour. However, we managed to finish the tour. You know, we developed a rapport and a relationship during the tour, and they were comfortable. I was comfortable with that.

I'm an extrovert, and so it's very easy for me to go up to a complete stranger and strike up a conversation, but I guess people should feel comfortable sharing their experience of Sherbrooke and their personal experiences.

I think that's what people want is authenticity. They want people to be genuine, and the other thing I would say to people is to have fun when talking about life at Sherbrooke. I was in the iGen musical production of Cinderella. I only had 10 or 12 lines, and I take it very seriously, but at the same time I had fun with it. Life is too short not to have fun. 🎭



DANCING AND CELEBRATING AT CENTRAL HAVEN

It has been a very busy year at Central Haven and we are only halfway through 2026!

New Dance Alive Partnership

Dance Alive Studios is a Saskatoon dance studio owned by Caelia Gardiner. Once a week, Caelia and a group of volunteers from her studio have been leading Elders through different dance movements.

"I have waited for a long time to get the opportunity to do something like this," said Gardiner. "I am so grateful that Central Haven has welcome us into their regular programs, and we can't wait to make this a regular part of our offerings."

The class features music from the 1950's, 60's, and 70's, and Elders move, stretch and flow to the rhythm of the music. The class ends with Gardiner and her volunteers demonstrating their own skills including ballet and line dancing. We are really excited to see this unique partnership grow in the months to come.

Excellence in Prescribing Practices

We are also celebrating our staff who have helped us meet the national target for appropriate use of antipsychotic medications. We received this national award from the Appropriate Use Coalition,



Caelia Gardiner leading a dance class in the Saal Room

and the accomplishment shows our commitment to improving prescribing practices to ensure residents' and families' needs come first. The next time you come for a visit, please feel free to check out the framed certificate hanging near the front entrance acknowledging this award.

Golden Anniversary

Finally, our community came together on June 9th to celebrate our 50th anniversary. It was a special day that featured Elders and families, as well as current and former staff and managers, sharing stories about Central Haven

and the impact we have had on the lives of so many people. We hosted a barbecue over the noon hour, as well as an afternoon tea, and our friend Wes Froese provided music throughout the festivities.

This celebration gave our community a chance to reflect on the past 50 years, and it energized us to ensure Elders are living full and abundant lives for years to come. Thank you for your continued support of Central Haven, and we look forward to seeing you this summer! 🍀



Elders, families, and staff came together to celebrate Central Haven's 50th anniversary.



A TRIP TO WANUSKEWIN

For 6400 years, the site of Wanuskewin Heritage Park has been a meeting place for the Northern Plains and Indigenous peoples. The park has received praise worldwide for its archaeological findings, its cultural significance, and its ongoing efforts to bring bison back to the prairies.

Sherbrooke and Central Haven residents enjoyed a day at Wanuskewin Heritage Park in February full of activities, stories, art, and delicious food.

The day started with residents learning about the historical role Wanuskewin played in the culture of the Northern Plains and Indigenous peoples. Residents were also shown tools found during archaeological digs at Wanuskewin. After a delicious lunch at the Wanuskewin restaurant,



residents toured the two art galleries in the building which showcase Indigenous artists from the prairie provinces.

The afternoon was spent discovering how Indigenous peoples utilized plants and animals available to survive and thrive on the prairies. Residents were also shown a copy of Treaty Six and learned about the significance of treaties in Saskatchewan.

We want to thank our friends at Wanuskewin for making this day possible. The organization waived the admission fees for our group and recorded a promotional video of our excursion which you can watch on our Sherbrooke Facebook page. We can't wait to visit Wanuskewin again soon. 🌿

A POETIC PRACTICUM TO REMEMBER

Conall Wagner recently completed his English Degree from the University of Saskatchewan. As part of his studies, he did an 8 week practicum at Sherbrooke where he spent time with the iGen class. Conall kindly shared his Sherbrooke experience for this edition of Home Fires.

Before working with the iGen class at Sherbrooke Community Centre, I had no teaching experience. I knew that I wanted a teaching position for my practicum, but I couldn't help but feel a little out of my depth. The warm welcome Sherbrooke gave me really helped me feel more comfortable and confident. Keri Albert, the iGen teacher, introduced me to Sherbrooke. The first thing I noticed about her was her passion for teaching and for the Sherbrooke community.

Keri proposed that I help lead a poetry workshop for the iGen class. Remembering my first introduction to writing poetry, which was unproductive for me, I thought that poetry might not be the most accessible medium for the iGen class, given their age. Boy, was I wrong. The open and caring community that Sherbrooke and Keri foster lived through the students and their poetry. In the first couple of sessions, we worked on our heart maps, which help students locate who and what is truly important to them, so they can go on to write poetry that comes from the heart. Thereafter, I led them through poetry tutorials, teaching them different poetic devices



Conall Wagner working with Olivia

they could explore. In each session, students shared their most recent poems, and I was always amazed by their creativity, vulnerability, and talent. Sometimes I would hear a poem that was so good that it gave me goosebumps, and other times their poems would put a big smile on my face. And indeed, I even found myself fighting back tears.

I not only got close with the students, whom I already miss, but also with a Sherbrooke Elder named JP. He attended almost every poetry workshop and never failed to express himself in the most poetic ways. Having JP in the classroom really highlighted how

amazing intergenerational learning can be. The biggest takeaway from my experience at Sherbrooke is this: no matter how grim and trying our times may be, the next generation is full of amazing potential. More importantly, that potential is something that people of any generation can engage with, learn from, and help foster. 🌿



EVAN HARDY LEADERSHIP

Adam Peters loves putting his high school students in real situations where authentic learning can take place.

That was certainly the case this year when the Evan Hardy Collegiate teacher had his Grade 12 Leadership class spend their Friday mornings at Sherbrooke with Elders and Community Day Program participants.

"I was told I was teaching a Leadership 30 class to grade 12's shortly before the school began," explained Peters. "I wasn't sure what I was going to do, but in talking with the students, they told me that leadership meant being in real situations and not just on paper."



Peters collaborated with Sherbrooke's Manager of Recreation, Volunteers, and Community Engagement, Christy Norrish, to suggest ways for the students to form relationships with Elders and CDP participants.

Those ideas included bowling in the Tawaw Centre, card games in neighbourhoods, baking in Kinsmen and Veterans Villages, and enjoying coffee and conversation with Elders and CDP participants.

"The experience was so enriching for the students," said Peters. "They could not wait until Friday. Sometimes, when you're teaching high school students, they are excited for Friday because it's the weekend. With this class, the students were waiting for Friday to get to Sherbrooke!"



One of the students, Rafsan, really enjoyed getting to know Elders and CDP participants throughout the semester.

"I find it really fascinating how our lives are so different than the people before us, and I love asking Elders questions about what they did and what they were interested in. It's a learning process about what I can do to be a better person by learning from other peoples' experiences."

Peters is grateful to the Elders, CDP participants, and Sherbrooke staff for welcoming his students with open arms and is excited to see how this experience will impact his students.

"I've got three students that have all of a sudden changed what they might want to do after graduation and are interested in entering the world of health care because they have seen the joy and positivity that can come out of a place like Sherbrooke." 🌱

