

# THE SUNFLOWER

Christie Gardens News & Views • Spring 2010

*a community you can have faith in*

## Introducing a new era in providing housing and service excellence to area seniors



### **Christie Gardens continues its lead in meeting residents needs**

Christie leads the retirement industry as it embarks on the journey towards a true continuum of housing and care. Following a year of much research, reflection and decision making, the Board of Directors made a formal decision to transition from government funded long term care on Floor One to a fully self funded care home. Christie's reputation for quality service and an emerging external lengthy waiting list, managed by others, made it increasingly difficult and on occasion impossible to admit Christie residents to long term care in time of need. Christie Gardens is successfully changing this by now providing a true continuum of care, the opportunity to stay close to friends and spouses when care needs change.

*“Thank you for taking back control of Health Care on the first floor. It is such a relief to know that you will be there for me if I need help, and that noone else will be making the decisions about where I receive care”. M. Smith, Resident*



### **Caring is key to serving with excellence**

Christie Gardens has a reputation for being an employer that cares for its staff as well as the residents it serves. In an era where people tend to move around from one organization to another, it is important to note 20% of Christie Gardens' staff have been here for more than 15 years! Even more remarkable is that 45% of staff have worked for more than 5 years. Turnover is low and new positions have been created to enhance the lives of the residents. Strangers are not looking after residents, it is a person who is familiar, who knows and cares. In some cases siblings, spouses, and even the parents and children have been cared for by the same employee who has been at Christie Gardens for more than two decades!

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### **Healthy Living starts here at Christie Gardens**

On February 23, 2010 Christie held their first ever Healthy Living Fair in the Auditorium. This event was a huge success, an opportunity to educate and practice healthy living. This event proved to be a welcome education for all who participated. Christie's Wellness Team of service providers were in attendance along with a variety of exhibitors, with interactive demonstrations for residents. Chef Joseph was on hand to demonstrate healthy foods, together with Christie's personal coach and trainer Jeff who shared the lasting benefits of good physical health.

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### **New Christie Gardens Spa Opens**

The Lambertville Spa was recently completed in the Fall of 2009. The spa features a luxurious soaker tub, a shower and a private washroom. Residents having a bath may choose to use relaxing jets, aromatherapy, or listen to music or sounds of nature. Every Personal Service Worker at Christie Gardens has been fully trained to ensure resident comfort and safety. Volunteer staff were taken to the spa, transferred into the tub, and given a full bath with bubbles! This experience helped staff gain a better understanding and insight into the provision of this specialty spa service and care.

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### **Life after downsizing at Christie Gardens**

The Toronto Star published a recent story on Christie Gardens first-rate amenities and care featuring Madalene Hill, one of Christie's talented artists who makes jewelry exhibited on display in the lobby. "I thank God every night that I'm here" she told the Star reporter. Madalene wants to tell anyone who will listen that the biggest mistake seniors can make is remaining in their home. Active, healthy and happy, Madalene is one of Christie's great blessings! We are delighted she is here making a difference.

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## Christie Gardens Gala celebrates 25 years

Christie Gardens celebrated 25 years in style with 160 friends, supporters and residents at last December's Gala. The Toronto String Quintet provided the beautiful music for the evening and The House Choir "Christie Chorale" serenaded residents, family, friends and supporters. The four course dinner was divine. Christie's attention to fine dining was well received and as usual Chef Joseph worked his magic. Christie Gardens staff gave a special presentation on their 'Defining Moments' over the past 25 years. Grace Sweatman, CEO presented the new plan of moving forward towards a self-funded community, no longer dependent upon government funding while putting the need for health care in a new light. The Christie Gardens Foundation raised over \$70,000 thanks to the generosity of many friends and supporters.



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## The Grace of Giving - Haiti Relief totals \$15,760



The community at Christie Gardens responded to the crisis in Haiti with a groundswell of support which raised \$15,760 towards Haitian relief efforts. Grace Sweatman was more than impressed by the outpouring of contributions made by both residents and staff. "I was really blown away," says Sweatman. "I am serving a group of seniors who really are committed to giving back and at a very high level of stewardship and concern for others." The initiative to take up fundraising came from three residents who approached Grace on Jan. 20, the same day Haiti experienced a 6.1 aftershock. The aftershock follows the devastating 7.0 quake Jan. 12 that killed tens of thousands of people and left hundreds of thousands wounded and homeless. Residents had asked if Christie Gardens would act as the

facilitator if anyone was interested in donating money to the cause and provided the names of the charities they'd like to see the money sent to. Christie has filled this role before, collecting funds for the crisis of the Asian tsunami in 2004, and Hurricane Katrina in 2005. "Without any fanfare there was an immediate response" recalls Grace. One after another, residents were coming down with cheques. Christie Gardens was proud to provide donations to the Canadian Red Cross, World Vision and Plan Canada on behalf of their staff and residents.

# Christie Gardens Foundation



## *Building Our Strength for the Future*

Taking care to an all new level - an organization such as ours, being in the privileged position of serving so many, also has the responsibility to think not only of today but of tomorrow as well. As we continue the tradition of providing more and better options for housing and care, the important question becomes “What must be done now to ensure that Christie stays strong in the future?” The answer is that we need to think long term. Longer life spans and the enormity of the baby boom generation are redefining the way we view retirement and old age.

### Memory Care at Christie Gardens

Alzheimer Society of Canada reports a new case is reported every five minutes, with the rising tide of dementia, the challenges are on the horizon for memory care. We are currently exploring a day program style of service where residents would be supported in maintaining personal space, help with preparation of meals, sharing of communal space and enjoying visitors and social activities together. Christie Gardens is committed to providing care and service for residents if and whenever needed. Flexibility in the delivery of care and service will provide much needed options such as respite, palliative care, spa and therapeutic dining. Now that’s taking care to an all new level. That’s Christie’s new Assisted Living Plus!

### CARF Accreditation

Christie Gardens holds the distinction of being the first continuing care retirement community in Canada to earn accreditation from CARF-CCAC. A highly respected accrediting agency based in Washington DC, recognized the extraordinary tenure of the staff team. “Exemplary” a much sought after description provided recognition for the dedicated staff and several other areas of service in our home. Calling the accreditation experience “a high point in our history,” Grace Sweatman, said the accreditation award was “empowering and affirming” for residents, staff, and governance.

## *Your opportunity to enhance the quality of life of Residents:*

**BENEVOLENT FUND:** these monies will provide for residents who need care on our first floor but are unable to cover the whole cost.

**ENHANCEMENT PROJECTS:** Spa, Activity Studio, Palliative Care & Respite Suites, Memory Boxes

*For information on how you can contribute contact us today at 416-530-1330. Tax receipts are provided.*

