



Grounded in the past. Looking to the future.

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Grace Sweatman, President
The Christie Gardens Foundation

Foundation Spring 2018 Celebration

Recently we held our Spring Celebration — to honour our donors, celebrate the completion of Cedarvale Park, and to launch the Let's Keep Moving campaign — and what a celebration it was!

Inside this newsletter you will find pictures from our Spring Celebration, as well as from our Cedarvale Park Ribbing Cutting.

When we began this journey, our vision was to renovate the Courtyard Community at Christie Gardens — establishing three neighbourhoods on our care floor and in so doing, foster and accelerate the culture change

already taking place throughout our community.

As the Foundation has become my focus, we have developed a mission that includes not only capital projects, but also education, influence, and benevolence — both inside Christie Gardens, and beyond.

Now as we look at our next capital project, Let's Keep Moving, we want to communicate to our donors and our community the opportunities for the Foundation to also keep moving. Our work is far from done.

more inside ...

Foundation Spring 2018 Celebration

... continues from front

We are very grateful to our donors for their support in achieving our ambitious fundraising goal to complete the Courtyard renovations.

Now we are looking ahead to the Fitness + Physio Centre at Christie Gardens, scholarships and bursaries, music programmes, community engagement, speaking engagements, and much more.

Thank you for your continued encouragement and support.

Grace Sweatman has recently retired from her role as CEO of Christie Gardens that she held for 28 years. Grace is a former Director and past President of the Ontario Long Term Care Association (OLTCA), and is a sought-after public speaker on issues affecting elders in society. Grace currently serves as a Director of the Durham Christian Homes Society.

Donor Wall Updated



At the Spring Celebration we unveiled a new Donor Wall, featuring donors who have contributed since 2012, in the following categories:

Gold - contributed more than \$10,000

Silver - contributed more than \$5,000

Donor Club - contributed more than \$1,000

Business Friends and Sponsors

Foundations and Estates

Cedarvale Park Ribbon Cutting



Foundation Spring 2018 Celebration Photos



Heather Janes: Fitness + Physio Centre

It was my pleasure to announce the name of our new capital campaign at our Spring Celebration: "Let's Keep Moving".

For us, the name has a dual meaning: first, it speaks to our commitment to continue to focus on the work of our foundation; and second, it reaffirms our commitment as an organization to well-being.

More and more research studies are showing that physical activity is not only healthy for the body, but also for the mind. Exercise helps to combat stress, promotes sleep, and activates the immune system.

So for the future health benefit of our community I am announcing our new project to develop a 2,000 square foot Fitness + Physio Centre on our ground floor.

- we currently run 15 classes per week on our lower level;
- our fitness program staff see over 100 residents for individual fitness and nutrition counselling; and
- our physiotherapy staff are actively treating over 200 clients on an ongoing basis.

I feel strongly that dedicating space and resources to these programs is critical; and where better than a prime location adjoining the front lobby and looking into the courtyard garden?

I hope that you continue to include The Christie Gardens Foundation in your plans for giving.



The Christie Gardens Foundation Newsletter

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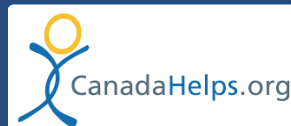
*for more information about
The Christie Gardens Foundation
including how to make a donation
please visit our website at
www.christiegardensfoundation.org*

Ways to Give

We accept donations by cheque made payable to The Christie Gardens Foundation, delivered by hand to the Christie Gardens main Reception Desk, or by mail to:

**ATTN: The Christie Gardens Foundation
600 Melita Crescent
Toronto, ON M6G 3Z4**

One-time or regular monthly donations can be set up through the Canada Helps online service. A "Donate Now" button can be found on our website.



You can arrange to donate shares through your financial institution, usually with no fee nor impact on your taxes. Consult your tax advisor or financial institution for more information.

For Christie Gardens residents: regular monthly donations can be made through pre-authorized payments on resident accounts. Contact the Finance Office to arrange.

For more information on ways to give, visit our website at www.christiegardensfoundation.org