



SUMMER 2004

ISSUE 9

The Elmira & District Association for Community Living



The Patchwork

INSIDE THIS ISSUE:

<i>Concept to Concrete</i>	1
<i>Thank You Angels</i>	2
<i>EDACL is Developing Summer Fun</i>	2
<i>Purrfect Therapy</i>	3
<i>We are the Champions</i>	3
<i>Spotlight on Doris Oakes</i>	4
<i>Six Star Maintenance</i>	4
<i>Nearing the Pot of Gold</i>	5
<i>What's Up in Recreation and Leisure?</i>	5
<i>A New Baby in the Family</i>	5
<i>Remembering Marie</i>	6
<i>It's Quilt Auction Time Again</i>	6

"Check It Out"

Website:
<http://www.elmiraacl.com/>

We recently quilted a new website. It is a patchwork of sites which will allow you to keep up-to-date with all the happenings within our Association, weekly updates of special activities and coming events. All about us and of course our Quilt Auction on Saturday, October 30, 2004!

Concept to Concrete

By: Greg Bechard



It hardly seems possible that four years have passed since the concept of the Assisted Living Centre was first conceived. Nevertheless here we are, the concept has been formed and the concrete is being poured. The long hours of meetings, the anxiety and the risk taking are behind us now and the reality of this new service for the people that we support makes it all worthwhile.

Since we began construction on July 12th the weeks have flown by and tremendous progress has been made. All of the underground work has been completed at the front of the building, including sewer and water lines from the road. The existing house is sporting a new front step and wheelchair ramp and the leveling and gravel preparation is completed for paving in the near future. The framing and concrete work inside the existing house, soon to be our new office, is completed and the plumbers and electricians will have begun their work by the time you read this

newsletter.

The property behind the house has been cleared and all of the support walls and the basement have been formed, poured and back filled and the work on the patios is underway. It is anticipated that the framing will begin in late August or early

September and we should be under roof by October if not earlier. We are shooting for a March move, however, at the rate the project is progressing under Wayne Martins' leadership it may be sooner.

We will keep you posted in our subsequent newsletters but if you are on the "Net" check out our new website

<http://www.elmiraacl.com/index.html> for weekly updates as to the progress of the building will be posted.

Your donation and help will honour the commitment made to provide the support necessary to ensure that individuals can remain in their home community lifelong!



Front Row Left to Right

Wilma Myers (future resident), Michael Bracken (future resident), kneeling Mayor Bill Strauss

Back Row

Wayne Turpel (EDACL Board President), Julie Martin Jansen (Centre Manager), Wayne Martin (Board Vice-President and Project Construction Manager)

The "Sod-Turning Shovel" from the "Guiding Light School" construction in 1963 was taken from retirement to perform another official function for the Assisted Living Centre.

THANK YOU ANGELS!

By: **Trudy Allen & Cheryl Heimpel**

In March of 2003, Marie Martin, who resided at the Raising Mill Gate Residence, was diagnosed with acute leukemia. Even with treatment, she was given only one year to live. She passed away peacefully at her home on Saturday August 14, 2004, where she resided with six other ladies. She was cared for at home by staff members, volunteers, and family members.

A decision was made last year to have Marie remain at her residence during the final stages of her life. During this time, Greg Bechard happened to hear the song "Calling all Angels" which inspired him to send out a letter searching for people interested in becoming part of a palliative/support care team. Thus the volunteers who responded became known as the "Angels".

Responses to the letter came from 17 staff members and 3 community members. The Angels have assisted staff as they continued to provide day to day support to Marie. They have also provided support to the other ladies in the residence.

As Marie's health deteriorated, the volunteer program was expanded. Woolwich Hospice was contacted, and two of their volunteers visited Marie each week for several months. They spent time interacting with Marie, thus allowing staff time to carry out other responsibilities. As well, Marie's family became involved with her care. These wonderful, caring people were there for Marie day and night, and made themselves available on very short notice. In addition, Bob and Kathy Allison provided grief counselling support to staff and clients.

Each month, a schedule was compiled by Trudy Allen, who

works as a Personal Support Worker at the Life Skills program. She would contact each Angel, outline what was needed for Marie and her caregivers at that point, and schedule accordingly. All of the volunteers were very flexible, and always willing to help out where needed. The same individuals volunteered their time and energy month after month. Volunteer time was spent sitting with the ladies in their home, baking delicious desserts, going for walks, coffee or lunch, visiting friends, grocery shopping or whatever was requested. Even when Marie was hospitalized to receive a round of antibiotics, and volunteers were needed immediately at the hospital, scheduling was not an issue. Everyone was willing to help out.

The Angels became part of the Raising Mill Gate Family. As some of us know, it is easy to feel at home there – to feel a sense of belonging. The ladies and staff always made us feel

welcomed with warm hugs and news of their daily activities. Even though Marie has passed away, the volunteers will continue to provide support for the ladies who miss their friend. As well, the volunteers will be working with another lady in the same home who needs palliative support.

As our clients age, the need for volunteers will continue. Our Assisted Living Centre will have all the adaptive equipment to assist people who require palliative care. However, it is definitely the people – staff and volunteers – that will make the difference to those who are in the final stages of their lives.

It is our intention to develop and expand the program by recruiting more volunteers and provide training in the area of palliative care. Please feel free to contact Trudy Allen at 669-3174 if you would like to take part in the Angel Program, or have any ideas or questions.

So to all the volunteers, staff and family – thank you! You are our Angels on earth and Marie is our



For the second summer in a row now the Elmira and District Association for Community Living has run a summer day camp for a group of local high school students. Once again it has been a success. The program started off last year as a bit of an experiment as an answer to a continuing request for something for kids to do in

EDACL is Developing Summer Fun

the summer. The program was put into place last year by two summer students, and has been expanded upon this year thanks to the planning and organizational skills of three summer students, Leanne Martin, Cynthia Samis, and Justin Hunter-Bechard. This year's supervisors and organizers did an admirable job making sure that a good time was had by all this summer.

The summer program was based out of the group home at 12 Centre Street and provided the kids with almost non-stop action and numerous opportunities to participate in a wide variety of experiences. Some of the smaller activities included trips to local parks,

walking trails, libraries, cooking and baking, movies, games, crafts, swimming, bowling and golfing. The bigger and even more memorable experiences that the program provided were things such as trips to The RCMP Musical Ride, Ontario Place, and the beach in Port Elgin, Sportsworld, a Blue Jay's game, Bingemans Sports Park, horseback riding, Wings of Paradise, Niagara Falls, African Lions Safari, The CNE, Cinema under the Stars, and the Waterloo Buskers Festival. On top of the expansion to the total number of trips and activities that were organized the program also saw its attendance more than double in size.

The program was also a great occasion for the campers to familiarize themselves with the goings on of the EDACL in particular ARC industries. The gang traveled to ARC on three separate occasions to participate in an afternoon of story telling, racecar construction and racing, as well as a pizza party. The summer program also mixed with similar programs in Cambridge and Kitchener and the clients from ARC and Life Skills on their trips to African Lion Safari and the Elmira Fire Hall. All in all it was a successful and exciting summer for everyone involved, which provided both staff and campers with experience to ensure that next year will be even better.

By **Justin Hunter-Bechard**

PURRFECT THERAPY

BY: GREG BECHARD

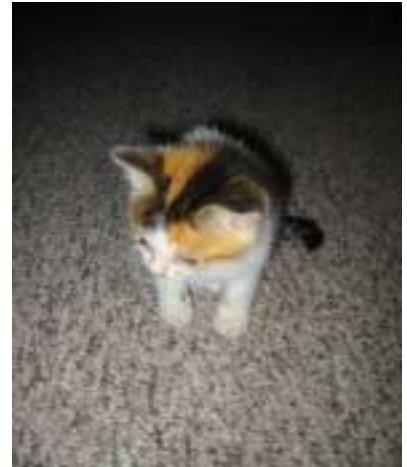


For some time residents and staff alike have been talking about pets in our programs and our homes and if you were to go into some of our homes you will find fish tanks and bird cages galore. However no creatures of the four legged variety are to be found. The comfort that a purring kitten or attentive pup can bring is irrefutable and much lauded amongst the pet therapy advocates. During the planning of the Assisted Living Centre the value of such a program has been discussed and staff and residents are in agreement with a pet or two, of the four legged variety, and are excited about the possibilities.

On August 27th as fate would have it we rescued a four week old kitten (best reckoning of the Eldale Vet Clinic) from certain death on the highway and our pet adventure has begun. Although with us for only a few short days she has already started to work and recently visited Isabel at Raising Mill Gate and Sharon at the Flamingo Drive Apartments. She better get to work, the vet bills and room and board are not cheap.

We haven't named her yet however we are asking that people suggest a name for our newest family member and natural born therapist. In a few weeks a panel of expert "name pickers" will deliberate to make the decision. It will be a lot like electing the pope so watch the sky for the white smoke

and you will know the decision has been made. If you have a name you think fits e-mail to: cheimpel@elmiracl.com or give us a call at 669-3205.



WE ARE THE CHAMPIONS!

Another year for the Knotty Stokers has come and gone in a blaze of glory! Our team members were a combination of experienced old 'pros' and first time paddlers who brought energy and enthusiasm to the team. With each race, our times improved (3:12, 2:40 and 2:38), and that earned us a spot in the Iron division championship heat at the end of the day.



AND WE WON!

Co-Captains, Julie (left) and Laurie (right) organized the event and arranged

the practice times, team shirts and made sure that everyone was well fed and thoroughly entertained throughout the day. It was great to see other staff, as well as some clients, come out to enjoy the

day and cheer on the team. Everyone received championship medals (along with kisses from the co-captains!) and the team received a beautiful trophy, which is proudly on display at the administration office.

Sign up will start early again in the spring of 2005, and you will need to be quick if you want to participate. Most of this year's team has indicated that they will participate again next year, so there may only be few spots left when we send out the signup sheet! "Way to go Knotty Stokers!!" See you next year!

By: Julie Martin-Jansen & Laurie Thomson

Spotlight on Doris Oakes

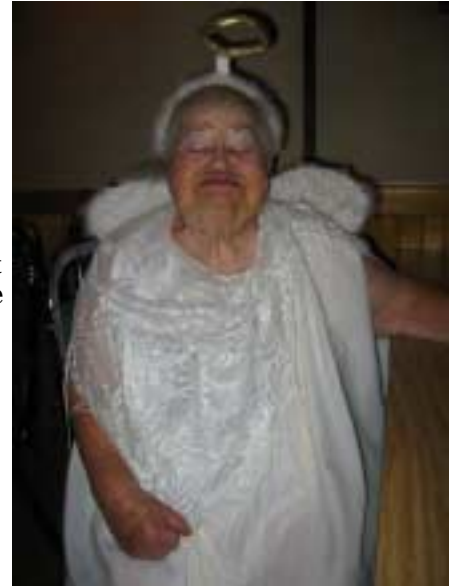
On my first day at Reidwoods, the first resident that I met was Doris Oakes. Doris met me that day the same way she has greeted many staff and visitors. She came up to me and asked my name. After I told her she said the phrase that I have heard her say almost daily since then. "Well, well, well, Sue, how you keeping." I've known Doris for almost 15 years and she never ceases to amaze me. She has a great ear for music and can play a tune on the piano without reading music. She also plays the guitar and harmonica and loves to sing. Although Doris has slowed

down a bit in recent years, she used to be famous at Life Skills and Reidwoods for her landscaping abilities. The cedar trees that used to be at the front of Life Skills were shaped as high as Doris could reach and more than once, Doris asked me to get a branch that was stuck too high for her to reach. The fact that I am only 5'2" and the branch was twenty feet up never seemed to discourage her. Doris lived at the Mount Forest Nursing Home until she moved to Reidwoods in 1985 and she may possibly be moving to the new Centre in the next year. She is an

amazingly active woman considering that she is more than 80 years old.

Although Doris has no known family in the area, she has become a beloved part of many families in the Elmira and District Association for Community Living.

By: Sue Lehman



Six Star Maintenance - Pick-Up for Auction Sale



SIX STAR MAINTENANCE

AT YOUR SERVICE AND READY TO PICK-UP ANY DONATED ITEMS FOR THE AUCTION SALE—

SATURDAY, OCTOBER 30, 2004. PLEASE CONTACT MAUREEN AT 669-3205 EXT. 5

Nearing the Pot of Gold ! ***By: Laurie Thomson***

The first Canadian/Irish Exchange Project is nearing the end of the fund raising stage, and we are extremely pleased with the final numbers! After lots of hard work and hard selling, we have raised \$16,590.00. After expenses, we will have approximately \$7,200.00 to cover all of our own expenses while in Ireland. A BIG thank-you to everyone that donated money and/or bought raffle tickets. Your generosity was very greatly appreciated. Thanks also to all of the staff who took a few tickets to sell on our behalf, we sure appreciated the help.

The work placements, and the billets have now all been arranged, our personal information and pictures sent along and the plane tickets have been bought. We are just about ready! How will we pack for a month? (And worse yet, how will I bring all of my shoes?) Over the 4 weeks that we will be in Ireland, we have been

invited to participate in civic receptions with the Mayors of three different cities. One in Larne, which is on the sea, one in Omagh, and one in Enniskillen, which is where we will be staying in Northern Ireland. (I will really need those shoes!) The 5 participants are also quite excited about their work placements. **Janine Haid** will work at McDonald's, **Sheila Herteis** at 'Willy Rambler's' Pub, **Mark Allison** will work on a farm, **Michelle Lareau** at a senior's day program and **Jodi Frosch**, from Cambridge, will work at a Florist. For one day each week, they will also get instruction in basic computer skills. In our free time we will be traveling about the country in a mini van supplied to us by a family in Ireland who has graciously allowed us the use of their vehicle for the month. We will be touring about and doing a lot of sight seeing and picture taking and you will be able to follow our

adventures by logging onto the Association's new and improved web site. (www.elmiracl.com) Digital photos will be added each week for your enjoyment, so check in with us between September 10 and October 9 and see what we're up to!



Mark Allison



Sheila Herteis



Michelle Lareau



Janine Haid

A NEW BABY IN THE FAMILY

On July 20 a long awaited event happened. Grant and Amy Habermehl became proud parents to a baby girl – Ella Susan. Ella weighed in at 8 pounds 5 ounces. Everyone who came into the office over the past several months has watched Amy blossom into a beautiful expectant mother. We are so happy to welcome Ella into the Elmira Association Family.

Amy and Ella are doing well – Ella is gaining weight and Amy is losing it. Ella gets her good looks from her mother but resembles Grant in two important ways – she loves to eat and she loves to sleep!

Congratulations to all three Habermehls. We wish you much love and joy together.



What's Up in Recreation and Leisure?

Before taking some time off during the summer months, the Recreation Committee met to make sure that there would be some fun to look forward to after holidays were all over and done with. In honour of this summer's 2004 Olympics, we are planning to hold a competition of our own and have called it, "The Animalympics." Scheduled for September 11 at Life Skills, there will be events to suit everyone of all abilities. For example, the 'Donkey Swap' will require competitors to push a "donkey" (the staff) in a wheelchair for 10 meters without dumping the staff! The 'Monkey Toss' urges participants to bowl a coconut as far as possible and a 'Peacock Prance' requires a little bit of artistic talent as competitors are judged on their ability to twirl colourful ribbon sticks. A lunch of burgers, salad, juice and fruit cocktail will be

available for \$4.00. Information and registration forms are in all programs or you can call Tami at Centre St., 669-3902, or Michele at Reid Woods, 669-2000, for further details.

Special Olympics Floor Hockey will begin on Thursday, September 25, from 7:00 to 8:30 pm at Woodside Bible Fellowship. The fee is \$10.00. For more information, call Bob Allison at 669-8801. Details on Special Olympics bowling, beginning sometime in September, will follow shortly.

Watch for upcoming information on our fabulous Halloween Costume Party, Dinner and Dance, and other exciting events hosted by your Recreation Committee!

By: Laurie Thomson



“Remembering Marie”

Marie Martin was a well-known resident of our Community as she was transported about on our vans for years. She worked at ARC for most of her adult life. Everyone loved working with Marie as she quickly learned every job she was assigned to complete.



On November 14, 2000 Marie came to live at our Raising Mill Gate Group home. Marie was initially quiet and shy but soon established her favourite spot in the house to be where ever Brenda and Karen were...usually, the kitchen. At first, we were unsure how much Marie could talk, but, once she felt at home she let her spirit soar and filled the house with her sense of humour, her eagerness to help

and her joyful way of singing. She loved being in the kitchen. Originally, we thought it was because she liked to set the table and help with meal preparation. It didn't take us long to realize that the real reason was because Marie was the world's greatest nibbler. We often called her "Mouse" as she would never let us slice up cheese without giving her some to munch on. One of the

things we all miss is Marie walking in the door from ARC and saying "I want something!" so that we would get a snack ready for her.

Marie knew her own mind. She knew what she didn't want and what she wanted. This was often evident when she went grocery shopping and she would leave a trail of strawberry stems throughout the store.

Every time I think of Marie, the thing that first comes to mind is the way her eyes twinkled whenever she was teasing someone. She loved to laugh and joke and tell people to "GO HOME" just because she knew everyone would laugh. At times I would scold her that it wasn't a very nice thing to say to company....Marie would then say it in German thinking I wouldn't understand. She loved to trick people and was right in there

whenever we had water fights or tickling sessions. Marie gave us many gifts that will be cherished for years to come. Through Marie, all of her house mates now have a loving and caring extended family of relatives, volunteers and friends which are a constant source of enrichment. However, the greatest gift that Marie blessed the ladies at RMG with is the gift of song. Before Marie came, singing was reserved for special occasions. Now, there's rarely a night goes by that you cannot hear the sweet sounds of song soaring from the hearts of the ladies. Although Marie went to Heaven to sing with the Angels, I feel her spirit here singing from her heart whenever we are singing Marie's favourite songs.

Marie will be impossible to miss as she has filled our hearts with love, laughter and song and she left a small piece of herself in all the people whose hearts she touched.

By: Brenda Johnston

It's Quilt Auction Time Again

Planning is well under way for our 31st Quilt Auction. It will be held on Saturday October 30th at Riverdale Poultry Express. We put in our request for good weather very early this year, so we are expecting a warm and sunny day. Friday night, as always, is our Community Night when people can come and have a coffee and preview the beautiful quilts. A new feature this Community Night is a mini-auction with the focus on children. We will be auctioning all things for children – toys, furniture and clothes. The Bake Table will be open so you can buy your favourite baked goods as well. All of your donations are more than appreciated. We are always so grateful for

the wonderful volunteer support that we receive on Auction day and before. The baking, the organizing, picking up tables, placing signs and all of the organizational details that make the auction so successful happen because of a dedicated crew of volunteers donating so generously of their time and energy. And then the quilts! We are so grateful to the sewing circles and individuals who allow our Association and clients to benefit from their creativity and energy. This year is a very special year,



as every dollar that is made at the auction will be put toward the new Assisted Living Centre.

You will be able to see the results of your volunteer work and the sales from your donated goods in an immediate and tangible way as the building is growing every day. Please come out and make it the best auction yet!

By: Gail Bartlett

Board and Executive Committee Members

*Wayne Turpel, President
Larry Biesinger, Past President
Wayne Martin, Vice-President
Ken Walter, Vice-President
Henry Weber, Treasurer
Elmer Brubacher
Colin Brubacher
Marie Brubacher
Martin DeCorte
Monika Landoni
Sam Martin
George Pfanner
Greg Bechard, Secretary Ex –Officio*

*13 Industrial Drive
Elmira, Ontario N3B 2S1
Phone: (519) 669-3205
Fax: (519) 669-3444
Web: www.elmiracl.com*