



LODGE AND SUPPORTIVE HOUSING NEWS AUGUST, 2017



CONSTRUCTION UPDATE

See report attached

VERMILION ELKS CLUB DONATION \$5,000

On behalf of the Vermilion Elks Club, member Greg Young presented Craig Brown and Sheri Heller with a \$5,000 donation to the Vermilion and District Housing Foundation for the Living Well Modernization project. The modernization project will be replacing the three oldest wings of the Lodge, which was built in 1960, the dining room, and kitchen. The current structure has 84 suites, ranging from 150 to 280 square feet in size, and no longer fit the Government of Alberta's standards to senior access. The new building will include 52 new, 350 square foot rooms, which will each have a small kitchenette and walk in shower. Of the 52 rooms, four will be one-bedroom couple's suites for a total of 124 rooms and a maximum of 130 residents.

Thank you to the Vermilion Elks Club for your support.

FUN AT THE FAIR

The Living Well Campaign float took second prize, and thirty-six residents of the Lodge and Supportive Housing cheered. Ours was the float with *personality*. Eleven residents joined in the Fair fun on Friday.

The Living Well Capital Campaign

is committed to raising the funds necessary to make the Lodge modernization a community success.

“Within the next decade, about 4,000 Vermilion River County and area residents will be over 65 years of age. The \$14.1 million modernization project will prepare the Lodge for the next generation of residents.”

Brenda Lee, *Chair*
Living Well Capital Campaign

SUPPORTIVE HOUSING REPORT by Shaelyn Strang



July was quite a busy month, and August is shaping up to be the same. I will be away on August 3 and 4 at the Big Valley Jamboree Country Music Festival in Camrose. Brooke and Kathleen look forward to doing activities with the residents in my absence. We are going to the Ukrainian Cultural Village on the 9th. Those who attended last year loved it. On the 16th we are going on a country cruise to Mannville for ice cream at Confectionary 881. I am looking forward to the outdoor oven at Heritage Park on the 24th. We will be making fresh cinnamon buns with the Vermilion Continuing Care and Islay Assisted Living residents. I have lots of exciting activities planned for the remainder of August as well, so please come on out and join in on the fun.



LIVING WELL: WHAT'S THE SECRET?



Assistant Manager and Legal Executive, Marina Rosta, discussed some of the elements of living well. With more than five years' experience with the Foundation, Marina has met a great number people from the Vermilion River County area.

“Nutrition is essential. Meals are home-cooked, and not institutionalized. We observe the nutrition standards of the Canada Food Guide. Many residents have stated that, after moving to the Lodge, their health has improved as a direct result of having regular, well-balanced meals.”

Stimulation is important. The elderly often become isolated, but when they join a communal setting, they feel it alleviates the anxiety of living alone, and it provides stimulation as well. Cognitive stimulation staves off age-related dementia by up to 10 years, according to recent studies. And there is a person's sense of belonging. “Residents benefit from new energy brought by the different facets of the community. Whether it is a lecture, a party, an entertainer, a volunteer, their combined ideas, insight and empathy add to the resident's experience.”

Health Care Aide, Melanie Hopaluk, took her HCA at Lakeland College and has 12 years' experience working with the Foundation.

“In Supportive Housing we provide individual care, consistent one-on-one visits, and attention to health. At home, it might be: ‘Oh, I missed it today, I'll take it tomorrow’, but here the Health Care Aides watch residents take their medication.” Most residents react well to the close individual attention they receive every day. “One person came to Supportive Housing in a state of depression. When he discovered that he could talk to us, he became very social. In my experience, a key ingredient in living well is communication and interaction.”

