

# Cornerstone

## ELDERCARE FOUNDATION NEWSLETTER

EVERY SENIOR DESERVES THE CHANCE TO AGE WITH DIGNITY

### Greater Victoria Eldercare Foundation is now Eldercare Foundation of Vancouver Island

**A new year, a new name!** We've changed our name to reflect our goal to help meet the needs of more seniors across Vancouver Island. The three key drivers behind this change:

- 1. There are more seniors in need across Vancouver Island than ever before.** BC's senior population has grown 17% in the past 5 years alone, and many Island communities are aging even faster. With increasing lifespans, more Island seniors are living with multiple chronic illnesses too, necessitating new programs and ideas to meet their health and quality of life needs.
- 2. The new name better reflects our work.** For the last decade, a growing portion of our projects have extended outside of Greater Victoria. Long-time supporters may have noticed that "Greater Victoria" was dropped from Eldercare logos in 2015 reflecting this evolution. Eldercare is the only Island Health-allied foundation exclusively focused on the needs of seniors and now we're extending our mandate to be able to work throughout Island Health's service region.
- 3. Eldercare is well-positioned to make a difference for all Island seniors in need.** We have a long history of enhancing care and improving quality of life for South Island seniors. Thanks to incredible support from donors like you, now we can help even more.



Over the past year, you've already seen several key investments that match our new name: a \$1M pledge to support a new model of care at The Views in Comox, long-term care enhancements in Nanaimo and Oceanside, and an expansions of support for community programs to support aging in place in Cowichan. You'll soon hear about exciting new projects on the South Island, too.

**Together we can ensure Vancouver Island seniors age with dignity.**

## Impromptu bedside performance sparks joyful memories

A resident at Aberdeen care home received a special bedside performance over the Christmas holidays.

Young dancers from the Maple Leaf School of Russian Ballet performed scenes from the Nutcracker in a gentleman's room following a larger performance. Rehab Assistant, Amie Aniban (pictured below), facilitated the impromptu bedside show for the bedridden resident, going out of her way to bring joy and meaning to his day.

**“When people come to long-term care, this is their last stop,” says Amie. “They have given a lot. Their working days are behind them and now is their time to be pampered, to be treated with dignity and respect.”**

Amie says the resident's eyes lit up with gratitude as the dancers entered his room. He delighted in their beautiful costumes, pliés, and twirls. “My beautiful late wife was a ballerina,” he said as they blew him kisses.



Performances like these are so important as they foster a sense of connection. They help spark memories, restore joy, and improve quality of life for seniors in long-term care. “All of the residents enjoyed seeing these dancers,” says Amie. “A few of them shed a tear as they remembered Christmases past. Some recalled their earlier years as ballet dancers.”

Special programs – be they concerts, ice cream days, gardening, music therapy – are funded in part thanks to Eldercare donors. “Thank you to Eldercare donors for making a difference in our residents' lives for their last remaining years,” says Amie. “Thank you for being our partner in enhancing their lives, and for making our jobs a little easier.”

## Stocking Stuffers for Seniors a huge success



Thank you for making Christmas merry for 230 local long-term care residents who no longer have family to celebrate with. There were so many thoughtful gifts to share with deserving seniors.

These residents at the Gorge were pleased to show off their favourite gifts. Carol, an avid horseback rider in her youth, was delighted to receive a stuffed horse. Harry, a huge Canucks fan, was so excited to receive this new ballcap!





## Adult Day Program “a lifesaver for me and for mom”

“The Adult Day Program has been a lifesaver for me and for mom,” says Patricia. Her mother Agatha has dementia and lives at home with her. She has attended the Adult Day Program at the Summit – a program that receives funding from Eldercare Foundation – for a couple of years.

The program offers respite for caregivers like Patricia and plenty of activities and socialization for participants.



**“I do the grind of managing the house every day,” says Patricia. “And sometimes I don’t have the energy for caregiving. The Adult Day Program is great because once mom is there, I don’t worry about her at all. It allows me to rest, get errands done, or even go out with friends.”**

The staff at the Summit Adult Day Program are incredible, she says. “They are the most dedicated, caring, and upbeat people. They offer so many activities and music, which is great for mom because she loves music. I know she’s always engaged and cared for there. I don’t know what I’d do without the Adult Day Program. I’d be in a pickle!”

## Eldercare sponsors learning retreat for Rehab Assistants



Eldercare not only supports seniors in long-term care, we support the staff who deliver the care. In November, we sponsored a learning retreat at the Yakimovich Wellness Centre for Rehab Assistants from several local long-term care facilities. They had the opportunity to connect, learn, and even enjoy some cake in thanks for all their hard work. Events like this – as well as Eldercare’s Education Awards – are part of our efforts to help Island Health staff advance in their careers, and stay on the leading edge of seniors care.

# Every Gift Makes a Difference



- Enclosed is my cheque payable to **Eldercare Foundation**
- I would like to make a single gift of: \_\_\_\_\_
- I would like to make a monthly gift of: \_\_\_\_\_  
Starting on date: \_\_\_\_\_

Please charge it to my credit card.

Card number: \_\_\_\_\_

Expiry: \_\_\_\_\_ CVV: \_\_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

Please send my tax receipt to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal code: \_\_\_\_\_ Phone: \_\_\_\_\_

Subscribe to Eldercare's monthly eNewsletter: \_\_\_\_\_

\*by providing your email you are giving Eldercare permission to send you email communications.

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## Help us restore simple pleasures like reading

Public long-term care costs 80% of a senior's after-tax income. For a growing number of Vancouver Island residents, that doesn't leave enough left for even simple pleasures like reading.

Your donation can restore happiness in their lives, like this magnifier recently did for Marya, a resident at Aberdeen care home. She says the inability to read for two years due to glaucoma and macular degeneration left her feeling "bereft". Now her joy has returned!

Your gift will buy large print books and magnifiers for low-income seniors like Marya.

**Give today at**  
**[gvf.org/if-you-love-to-read](https://gvf.org/if-you-love-to-read)**  
**or scan the QR code**



## Paying Tribute to Someone Special

The individuals listed below have been remembered by friends and loved ones with a donation to Eldercare Foundation, made in memory or in honour, between October 18, 2024 and January 13, 2025. Eldercare is grateful to receive such meaningful gifts that, in paying tribute to someone special, help enhance care and quality of life for other seniors in need.

**In Honour:** Audrey Stead, Beth Birtwistle, Nancy E. Bailey

**In Memory:** Arlene Galloway Ford, David Hemmings, Donna C. Greaves, Douglas G. Nicholson, Eduard Mann, Elizabeth Mill, Julienne McLean, Madeline Dent, Martha Carlow, Phyllis Tighe, Ronald F. Simmonds, Steve Karvalics, "My beloved mother Tina", and "In loving memory of Mom, Dad & my husband Bruce"

