



## Merry Christmas and Happy New Year

### What's Inside

- 2018 Accomplishments
- Irene Westgate: Why I Give
- Influencing Students
- Courtyard Community Testimonial
- 2018 Highlights
- Ways to Give



Grace Sweatman, President

*Our Mission is to raise funds to develop programmes that serve elders, inspire peers, influence policy-makers, and foster research and education.*

### Grace Sweatman: 2018 Accomplishments

We will come with gratitude to the end of this challenging year. From political “fireworks” to raging fires causing the loss of many lives. From the #MeToo movement, to loss of trust in many of our leaders. In the midst of many turmoils however, we have a blessed assurance: our Christian tradition of Christmas. A time to reflect with joy on our many blessings and look with confidence to the year ahead.

As we turn towards celebrating this Christmas season with friends and family, we look back at the year and review our achievements in 2018.

Early this year we saw the completion of the neighbourhoods at Christie

Gardens and the successful conclusion of our Capital Campaign to make this possible. We are very grateful for donor generosity as you rose to the challenge. You also provided, and continue to provide, great encouragement as we saw the emergence of a new model of service for those in our community and beyond.

While this campaign was underway The Foundation continued its support for the Benevolent Fund.

The generosity of our Foundation donors assisted Christie Gardens in its commitment that no community member would ever be required to leave for financial reasons.

## 2018 Accomplishments (continues from cover)

---

As we celebrated the successful completion of the Courtyard, our new project was launched in May 2018 – a new Physio + Fitness Centre for all of Christie Gardens. We called our campaign “Let’s Keep Moving”, and have been met with a good response.

At present 60% of our resident population participates in either physiotherapy or personal fitness. We look forward with enthusiasm to the evolution of this project. We are also dreaming about a research project which will identify “outcomes” when we “Keep Moving”. We believe they are many and very positive.

Alongside these projects, we focused on supporting ongoing staff education to maintain our vision and

commitment to influence others serving our Elders. We are actively involved in providing internships for nursing, activation, and social work students from our local schools.

The Foundation continues in its mission to enhance the quality of Eldercare at Christie Gardens and beyond.

Please add The Christie Gardens Foundation to your Christmas generosity. Let us celebrate Joy together.

---

Grace Sweatman 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.

## Heather Janes: Courtyard Community Testimonial

---

In 2018 Christie Gardens completed the renovations of our third neighbourhood in the Courtyard: Cedarvale Park.

When the Foundation launched a Capital Campaign to raise funds to renovate the first floor of Christie Gardens, our plan was never just about simple changes to the physical plant. Rather it was always about creating an opportunity for a comprehensive change to the care model, staffing, work assignments, recruitment, and of course also a significant redevelopment of the physical environment for the Courtyard Community.

When we set out to radically redevelop the Courtyard Community, we were guided by a philosophy developed over nearly 35 years of operation and driven by a sense of urgency to show a different way forward for Elder care in Ontario.

After all the planning and hard work it is so gratifying to receive the following from the daughter of a former member of our community ...

*I am deeply grateful for the extraordinary care my father received in the Courtyard at Christie Gardens.*

*I am convinced he was meant to move there - not to enjoy a long and happy period of fellowship - but to die in comfort, safety, and peace. That he did, and it is due to the professionalism and human compassion that we met at every turn as he started to decline.*

*Your staff are remarkable and our Advocate was truly a gem. Having her to turn to proactively was a huge help before the move and a tremendous source of support after the move, as we navigated our way. The Care Partners were, without exception, patient and kind and truly interested in helping Dad to settle. I am enormously grateful.*

Mary Schulz

---

Heather Janes is the CEO of Christie Gardens.

2018 Highlights

Cedarvale Park Ribbon Cutting



Let's Keep Moving Launch



# 2018 Highlights

## Cedarvale Park Grand Opening



## Foundation Spring Event



## Claudia Osmond: Influencing Students

As part of our mission to inspire peers and our commitment to education, we take a grassroots approach: providing placements, internships, mentorship, and training opportunities throughout the organization.

We asked Claudia Osmond, Director of Education and Advocacy for Christie Gardens, to describe our education programs and placement opportunities:

Christie Gardens invests heavily in staff education and mentorship. We have a full education calendar that not only includes mandatory trainings that comply with the Retirement Homes Regulatory Authority (RHRA), but also elective trainings that cover topics such as Inclusion and Diversity, Effective Communication and Team Work, Personal Leadership, Peer Mentorship, Conflict Resolution, and The Philosophy of Culture Change. We have Care Partner Mentors who orient and train new front line staff to ensure they are set up for success, right from their first day on the job.

**“We believe in investing in and influencing future change makers. Therefore, we are actively involved in providing placements for nursing, personal support work, activation, dietary, and social work students from our local schools. These placements provide both students and staff opportunities for growth and personal development.”**

In 2018, we hosted 83 students who have engaged in learning about our philosophy that centres on the wellbeing of those who have chosen to live and work here. Many of our students have remarked how beneficial their placements have been in helping shape their future goals. Best of all, we have hired several outstanding students following their graduation.

Claudia Osmond is the Director of Education and Advocacy for Christie Gardens and a former member of our Foundation Advisory Council.



Claudia and Team Presenting 2017 Culture Change Award to Honeygirl Tolentino

## Irene Westgate: Why I Give

We asked long-time Christie Gardens resident and Foundation donor Irene Westgate why she gives, and as expected, she responded with humility and humour.

Mrs. Westgate shared that she never donated before moving to Christie Gardens, but she volunteered for many years before moving into Christie, and continues to volunteer every day in the Courtyard.

She credits her training as a nurse and the compassion that lead her to nursing for her desire to help make a difference in the lives of others.

She wants her friends to know about the work of the Foundation. She also wants them to know about our

donation cards, because they make it easy to donate. She especially likes the “In Memoriam” cards she uses to donate in lieu of flowers. She knows that we will notify family members of her donation in memory of their loved one.

Mrs. Westgate wants to share and help where she can by giving to our Benevolent Fund, providing support for those whose care needs exceed their financial means.

*“I love to help the old people, like me!”*

Thank you Mrs. Westgate, for all you do.



Irene Westgate and Heather Janes, CEO of Christie Gardens



Irene Westgate receiving Volunteer of the Year Award from Diana Sweatman

The Christie Gardens Foundation Newsletter volume 2 issue 3 **DEC 2018**



### editor-in-chief:

Grace Sweatman

### design and production:

Jim Sweatman

### contributors:

Heather Janes, Irene Westgate, Claudia Osmond, Diana Sweatman

### photography:

Taku Kumabe

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

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](http://www.christiegardensfoundation.org)