

January 2021 marked the 11th month of COVID-19 and there is no place in Ontario that was impacted more than long term care homes. During this past year we figured a lot out. We got vaccinated and we got tested (a lot). We asked questions, bought endless PPE, took our temperatures and helped families and residents stay safely connected. We documented Essential Caregivers, we opened our doors, we set policy to protect those in our care, we cleaned every surface and endlessly sanitized our hands. Every single decision we made seemed to be COVID related and about how these decisions would impact our staff and our residents.

However, the year rolled along and we were able to see a new normal. Activities resumed, dining rooms filled back up, a few volunteers have returned and, for me, fundraising efforts resumed. See page 6 for some fun Dragon Boat pictures and stories.

The conversation about not-for-profit long term care became a headline throughout the pandemic. Here at Grove, this is not a new

concept as we have claimed this designation since 1968. While simple enough in concept, the headlines did not talk about how important it is that families and communities financially support these homes. If our resources are to be spent on the best care for residents, donations are needed for equipment and supplies to provide this care. Some donors inspired and humbled us this year. Read page 5 to find out what some generous friends and families did this year to make us stronger. For end-of-year needs, read below and Paul Taylor's letter on page 3.

As the year rolls to an end, we wish you peace, health and happiness. A lot has changed in the last 20 months, but this simple festive message stays with us. Be well.



### *a "vital" need*

Blood Pressure Monitors are used every single day here at Grove. Having reliable monitors that are portable and accessible on every unit is vitally important. Currently we have two new Blood Pressure Monitors and need to replace 4 others that are now without warranty and costing too much to repair (if they can even be repaired). It is also important that our equipment is consistent in brand and model so that staff are trained and familiar with medical equipment in any given home area. If you recall, we recently migrated (with your help) all our Full Mechanical Lifts to a consistent brand for the same reasons.

Pictured here is RPN Simran in the Aspen Home Area, taking Anne's blood pressure. We spent some time talking about these Welsh Allyn Monitors.

**Q. How often do you use this monitor?** *This monitor is with me all day. We don't necessarily check all BPs daily, but this is an important tool that allows us to monitor reactions to med changes, or to alert our MD of potential concerns.*

**Q. This is basically a BP monitor but what else does this do for you?** *Besides allowing us to identify Hypertension and Hypotension, this monitor and check temps, records a resident's BMI and, most important, this monitor stores information so if I cannot get information charted into a resident's file right away, I can access information when I get back to my office.*

**Q. What are some of your favourite features of this new model?** *You can see that the screen is much bigger than standard monitors which is very helpful. It also gets results incredibly fast which is beneficial for residents with Dementia; literally half the time. For restless residents this is great as fidgeting won't alter results.*

**Q. Any challenges with this monitor?** *YES! This one keeps getting "borrowed" by other RPNs. We need more!*

 **Use the remittance form on Page 3 to support the purchase of new Blood Pressure Monitors**

## *a picture of pine*

There is something special about the Pine Home Area. Whether it's the staff who choose to work on this unit, or the very special residents who call this space home, Pine holds a special place in our hearts. ADOC Charmaine Andreasen says "statistically, Pine is home to residents with a greater degree of dementia that is often associated with responsive behaviours. When hiring staff for this unit, we look for soft spoken and kind people who can adapt quickly to any situation. It's all about patience and really understanding the residents." On Pine, residents wander a bit more, they can be argumentative and sometimes aggressive. Outside help comes from the Geriatric Mental Health Team led by Dr. Daniels, Geriatric Psychiatrist. To get a better understanding of this very special place, we went to talk to the very staff and residents of our Pine Home Area. Here's what they had to say.

Elly has been working on Pine for 14 years and is a champion of staff and residents alike. "This feels like home. Our team works together to offer the very best care for our residents," says Elly. "If I had to note any struggles, it is accepting that we cannot change a person's dementia, but we can commit to helping them cope."

Bonny, a housekeeper on Pine said she loves where she works. "The residents here are special and I am grateful that we have DementiAbility training to care for them as they deserve."

Shaleta is an RSA and is pictured here colouring with resident Lily. When Shaleta was asked what her biggest challenges are during the day, Lily piped in "It's ME!" The laughter in the room was infectious.

Ricky Lee is committed to the dignity of her residents. "I feel it is important that they are well dressed and groomed to start their day." Ricky started her student placement on Pine 11 years ago and she hasn't looked back. Thanks Ricky!

Christina from Life Enrichment loves to practice her Montessori training with residents. "You have to be very open minded to work with Pine residents. We pivot quickly here but at the heart of our activities are these very loving residents."

Jen is pictured here dancing with Maureen. "Caring for the residents of Pine takes a village. We're it."

Angela wrote us a short story about why she loves Pine. We will share that in a blog in the coming weeks. "My favourite resident moment each day is seeing how much trust our residents have in us; they see us almost every day and rely on us to understand their needs. Sometimes they require care but often they just need a hug."

Writers note Talking with Pine was a joy. Staff, who affectionately call themselves "PineCones" reminded us that while Dementia is truly difficult, there is laughter and joy that residents bring to their days. They are family when their own family cannot be there. Our team patiently teaches families about recognizing the disease and not blaming their loved ones for behaviours that are uncomfortable. They are trained, dedicated, passionate and they want to be there; working and living with our most vulnerable residents.

They are nothing short of heroes. This is not to negate any other home area, and we will tell their stories as well, but Pine is truly special. (with thanks to all who work on Pine, sorry if we missed your thoughts and photos).



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*“It’s not how much we give, but how much love we put into giving.”*

*~ Mother Theresa*

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## *the year in review*



Recently a quote came by our office that said “the more grateful I am, the more beauty I see”. This year we have a lot to be grateful for, including eight beautiful women who chose to make a difference in the lives of our residents and staff. We are not ignoring the kind men who have signed cheques, made online donations, or dropped off money in support of the home. This is simply a shout out to the women who chose a project from our Capital Needs list and turned a wish-list item into a reality.

Theresa Dykstra (family member) sold a car and donated the proceeds to The Dragon Boat team! We used those proceeds to buy transfer equipment including slings and a ceiling lift for the Pine Tub Room.

Nianne Foley (family member) is a monthly supporter through Canada Helps. This spring she also supported the purchase of a new toaster for one of our dining rooms. Just in case you’re wondering why a toaster needs to be funded – these hot items cost almost \$3,000!

This year we were grateful for Sandra Nymark and the Nymark Foundation. After a 2019 new bed project, Sandy returned to finish the job by purchasing 14 more beds PLUS a new tub for the Maple home area. This incredible \$75,000 gift went on to support the community: Independent Living Services found grateful homes for the used beds that were put out of commission here at Grove.

Jane Jackson has supported specific projects in the past, but has now decided on a different approach. She has set up a 5yr pledge that allows us to identify our most urgent needs each year. This pledge might support an individual purchase, or may be pooled with other donations to complete a larger project. We are grateful for the trust she has placed in us.

Mrs. Lockett has two lovely daughters who have supported several projects over the last few years. They reviewed the Capital Needs List and decided to fund a Full Mechanical Lift. We actually pooled their donation with another donor’s gift to ensure we had slings to match this new lift.

Sally needs absolutely no introduction. She has been a friend of Grove for over 15 years, first with her husband Cy, and since his passing, she has taken their role as philanthropists to heart. Like the other women on this list, she is grateful that we take the time to prepare a Capital Needs List for her to review. Together with her Foundation, Sally has supported the purchase of Lift and Transfer equipment including a Full Mechanical Lift, a ceiling lift for a tub room and our endless need for slings (more about on page 6 - Dragon Boat.)

Donna approached us on behalf of her family, and our resident Gladys Hepburn. They wanted to treat all residents and staff to healthy local fruit during the growing season. Travis Durham, Director of Dietary Services worked with the Fund Development office to create fresh fruit features from May to October. Local farmers provided us with apples, peaches, blueberries, oranges and bananas (when it was too early for local) and even locally made strawberry pies!



**Coming soon:  
2022 Capital Needs Brochure**

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## *holiday humour*

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Bob and Sally began to assemble the special Christmas gift they had for their children. They had ordered a kit for a tree house and received the plans for it. However, the materials they received were for a sailboat. They wrote the company to complain. The company's reply:  
"While we regret the inconvenience this mistake must have caused you, it is nothing compared to that of the man who is out on a lake somewhere trying to sail your tree house."



*from paul taylor – executive director*

It will come as no surprise that this year has been very challenging year for our staff and management. As Linda Muszynski alluded to in her opening article, everyone worked very hard to ensure that everyone at Grove was safe, and that our residents were well cared for. This required many of us to ‘dig deep’ during times of fear and anxiety to ensure that we remained focused and able to persist during times of emotional and physical exhaustion. During the trying times that went well beyond what most of us have experienced in our careers, we routinely reminded staff of ways that they could remain resilient.

As we look toward 2022, there are signs of hope for a better year ahead. While we remain cautious, we look to the importance of recovery, and to regaining some important things we lost. Visitors, caregivers, and more recently, volunteers have returned. Live musical entertainment can once again be heard throughout the home. Personal care services have resumed. All of these are signs that while things may not be exactly as they were pre-pandemic, recovery is on its way.

While we welcome these changes, significant head-winds continue to challenge LTC homes. Wide-spread staffing shortages remain throughout our health-care sector, and it has made recruitment and retention of staff challenging. The use of agency staffing has driven up costs impacting the operation of Not-For-Profit Homes such as ours. Much work is being done behind the scenes by government and associations

to find ways to alleviate these pressures. After years of cut-backs, the Ministry of Long-Term Care has announced investments to increase staffing in LTC. It is our hope that we will turn the corner on these challenges as these programs are implemented.

I can assure everyone that, despite these challenging times, the one thing that we did not lose is our love for our residents. They are why we are here. Staff share that the reason they love working at Grove is their affection for the those in our care. PSW Angela, pictured here, told us; *“the best part of my day would be each time I see or make a resident smile, each time a resident wants to reach out for a hug”*. She went on to say *“...we do our best to be there for the families as well, we know how difficult it may be for them... we assist [their loved ones] like we would our own family members”*.

During the height of the pandemic, we were so grateful for the moral support of our family members and our community. It was very much needed, and meant so much. As a Not-For-Profit LTC Home we depend on our family members and community partners to support our cause and our efforts. RPN Simran talks on page 1 about the need for new Blood Pressure Monitors. We encourage you to donate to support Simran’s story, and our mission to provide excellent care. Together let’s move Grove Park forward into a brighter year ahead.

Paul



When you complete the reverse side of this slip, know that you are doing great things. Your donation will ensure that we continue to have the most, and the best staff caring for our residents. The very old and those suffering with dementia will benefit from your kindness. Donations also ensure that we have equipment that provides the right care, in the right place, at the right time. Certainly residents benefit

from your gift, but so do staff who ask for items such as new Blood Pressure Monitors. See the reverse side of this form to support this project. Become part of our team that is “committed to care” by pledging monthly support or making an annual donation. We will reward you with our thanks. Revenue Canada will reward you with the benefits of a charitable tax receipt!

*“We shall continuously provide excellent care in a secure environment with family and community support”*



# they call us home



**Judith / Pine**

"I like to see my family. I would really be lost without them. My girls will be bringing Christmas decorations for my room soon. Christmas brings me closer to God."



**John / Aspen**

"I moved here from Innisfil 6 months ago and have settled in just fine. The people here are pleasant as hell! I enjoy the meals and the cookies. Of course I enjoy the visits from my wife and daughters who take turns coming by."



**Betty / Maple**

"I like it here. The young people (staff) are very kind. But breakfast is so so early. I suppose I could get up for breakfast, but I won't because my Scottish blood makes me stubborn. Visits from my granddaughters make me happy, they are strong and smart."



**Don / Spruce**

"I do enjoy my visitors. My daughter Sandra is here a lot and we enjoyed some great weather outside. I worked for Bell Canada for over 30 years and some of that was outdoor work year round. I am not worried about the winter because the cold weather won't bother me when we go outside for part of our visits."



**Barry / Willow**

"It was hard to settle in four months ago, but I've made lots of friends including Ron, Ralph, Len, Caroline and Betty. Gail (LE staff) calls us The Breakfast Club. My wife and kids live close by and visit often, but it's really the grandchildren who make my day; I am so proud of them all."

Use the slip below to donate and support the purchase of new **Blood Pressure Monitors**. Or donate online at [groveparkhome.on.ca](http://groveparkhome.on.ca)

**DONATE**



## Yes, I want to help...

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

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

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

Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Grove Park Home  
Fund Development Office**  
234 Cook Street  
Barrie, Ontario  
L4M 4H5

Find enclosed my **one time donation** of \$ \_\_\_\_\_

**I would like to be a monthly donor**  
Please charge my credit card \$ \_\_\_\_\_ monthly.

Please make your cheque payable to **Grove Park Home**.  
Credit card donations are also accepted.  
We will mail your credit card transaction slip to you.

Card No.: \_\_\_\_\_

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

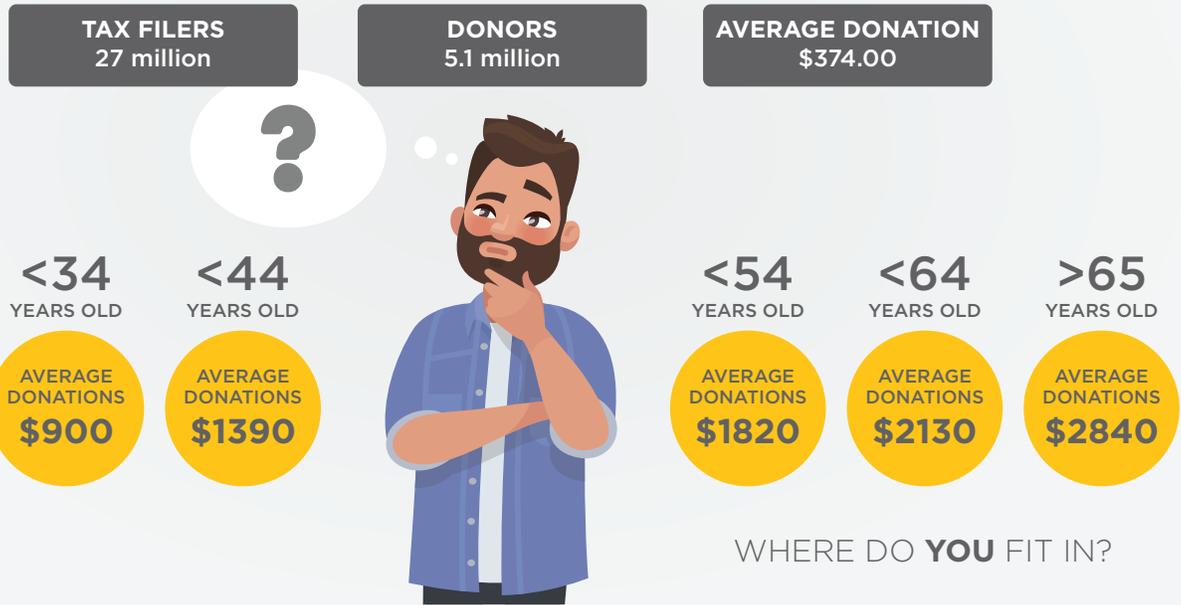
Name on Card: \_\_\_\_\_

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

Tax receipts will be issued for donations over \$10.00  
Monthly supporters will be receipted annually.

## charitable bits

Canada Helps, the online portal that processes online donations and provides valuable resources and education for charities, recently issued The Giving Report 2021. While some statistics reflect the 2019 taxation year, the report also focuses on the impact of COVID-19 on Canadian Charities. As expected, donations in 2020 were down significantly across all sectors; people were struggling or were uncertain about markets and savings. Also expected, as many people were isolated in their homes, online donations soared. Fun fact: the largest demographic increase in online donations came from the 65-74 age group!

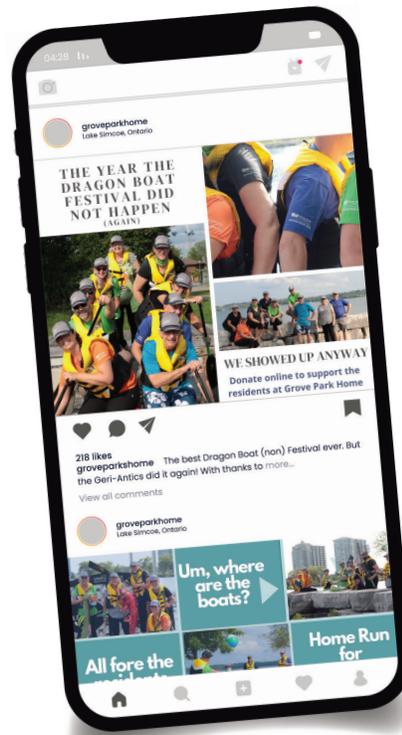


## the dragon boat festival

The Dragon Boat Festival sank again this year but was lifted by the incredible team of “paddlers” who raised us to fundraising success. With no festival this year, we gathered a scaled down team that included staff, a board member, a family member, a friend and a business partner. Meeting at the waterfront, we poked a bit of fun at the cancelled festival by posing for some pics that were “almost” like dragon-boating. The graphics we created were shared with potential donors and they obviously enjoyed our shenanigans and team spirit; we raised \$23,400 making 2021 the second best Dragon Boat result in 8 years! It was a pleasure to order lift and transfer equipment including (the very costly) slings and a much needed ceiling lift for the Pine Tub Room, knowing funds from our sponsors supported these purchases.



**We raised \$23,400!**



## our sponsors

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