



R É S I D E N C E F U L F O R D R E S I D E N C E

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NEWSLETTER No. 26

SPRING 2011

The Fulford Residence: A Rich History and A Promising Future

During the past year, 2010-2011, the administration of the Fulford Residence has uncovered a number of documents that record the rich history of this wonderful home. From these writings and articles a new brochure has been written, entitled “Life in an Historic Country Home.” We are proud of our history.

In this coming year the Board of Directors is planning a September Gala to “Fund Our Future”, the proceeds of which will enable ongoing renovations and enhancements to Fulford’s facilities. The goal of our fundraising is three-fold: safety, comfort and care for our residents.

Achieving Government Accreditation

In the past year the Fulford Residence has been recognized by the Conseil Quebecois D’Agrement as a facility that offers a high quality of services. The government’s new intensive accreditation program supports long term care as well as ongoing care for more autonomous seniors. The management and staff of Fulford have been recognized for the outstanding care they provide to the ladies who choose Fulford as their home. We look forward to our promising future.



Save the Date
**You are Invited
to a Fulford Gala
and Silent Auction
Celebrating our History:
Funding our Future**

*To be held at the
Fulford Residence on
Wednesday, September 21st
from 6-9 pm.*

**To include sumptuous refreshments
catered by Yves Coderre, and
a Silent Auction including
paintings by local artists.**

It has been five years since the last Gala and those who attended will attest that it was a huge success. We will gather in the garden and on the balcony in front of the Residence and enjoy canapés, cocktails and music, while chatting with many old friends and others new to the Fulford Family. As we bid on the masterpieces, generously donated by local artists, we will be contributing to the Capital Fund of the Residence, an essential fund that continues to maintain this historic home as it plans towards the future. Cost \$125, a portion of which will be eligible for a tax receipt.

If you are an artist (or collector) who would like to contribute to the Auction, and have not already been approached by Arnie Sharp, please give him a call at 514-931-6311.

We look forward to this exciting event, a reunion of many devoted supporters.

Another Busy Year for Our Active Board

Fulford is blessed with an energetic, active Board of Directors. In addition to their administrative duties as board members, they take on many hands-on roles, along with many other volunteers, to help make the Fulford experience that much better for our Residents and staff.

Our volunteers play a crucial role in the support of our Fulford ladies, offering a wide variety of activities and welcome companionship.

Every week they call bingo games, read stories, play music and greet visitors who arrive at the red door. They prepare and put on special teas, as well as the summer Breakfast on the Balcony. They organize various excursions about town, which are always appreciated. This past year our sorties included going to the Tiffany glass exhibit at the Montreal Museum of Fine Arts, a trip to the Atwater Market in June, the annual December drive about town to see the Christmas lights; and, of course, the famous spring and fall "Pub Crawls" escorted by Montreal's finest in one of their paddy wagons!

A dedicated team supports the Spiritual life in the house, with church services every Wednesday. Add to this the decorating of the Christmas tree, the Christmas bazaar and the hosting of the Christmas Party for Residents and their families and friends. And we cannot forget the planting and tending of the garden in the Spring and Summer.

In almost all of these activities, the Directors are assisted by volunteers and by our capable, cheerful staff. Without their help, it would be impossible to undertake all these



*Gwen Cherrier and Archbishop Bruce Stavert
who contribute to Wednesday Church Services*

activities. We thank each of them and our Directors for their outstanding interest, effort and care for our Residents. And... if any of you dear readers would like to be involved in one or more of these activities, please let us know. To learn more about the role of a volunteer please see our Volunteer Brochure on the Fulford website:

www.fulfordresidence.com

David McEntyre

From our History Brochure... Did you Know?

✿ That the Fulford Residence was originally called the Church Home and was founded in 1855 by the wife of the first Anglican Bishop of Montreal, Mrs. Frances Fulford.

✿ A portrait of Mrs. Fulford, in her nineteenth century bonnet, continues to keep a watchful eye on all who pass through the red door.

✿ The current building on Guy Street was first owned by James Major a government inspector and was built in 1850 on land which had been part of a farm owned by Etienne Guy, a local notary and land surveyor.

✿ The building was originally called "Erin Cottage" and the immense property extended from St. Catherine Street southward to Dorchester.

✿ The Fulford Residence is one of the oldest brick homes in Montreal.

✿ The original building has been expanded several times – the first addition was built in 1910 and the second in 1957. More recently an exterior stairwell was added to improve the safety and security of the residents.

✿ In 1890, wages for a cook were \$2.40 a week, a housemaid \$2.00, a furnace man \$1.00. A 50 pound sack of potatoes cost 63 cents and a quart of milk 7 cents. Funeral expenses could be as much as \$10. How our costs of living have soared!



Behind the Red Door

Fulford has certainly had a high(!) profile this year with above the fold front page coverage of the bi-annual pub crawl, where the ladies are not only escorted by two handsome policemen, but their coach is a paddy wagon! In today's parlance, this item "went viral" and was published across Canada. You can't buy publicity like this!

There was a large turnover rate the past year, with 10 deaths, and three transfers.

Our longest stay resident died last year, Mrs. Thelma Barrett. She was always ready with a smile and a good word for everyone. Hester Kerr, a longtime Fulford greeter and head of the Guild, was immortalized in the Gazette pub crawl photo and article. She reached her stated goal of turning 95 just before the outing. Mrs. Lois Winn celebrated her 100th birthday with her extensive family at Fulford on May 20th. She attended a party at her son's home with her family and then felt free to leave this earth a week later. Mrs. Phyllis Eperon, head of the Residents' Committee for several years, and sometime pianist for our Wednesday morning church services, also died this year.

With the year's 12 admissions and another on the 3rd of January, we are almost full again. Our new ladies include two old friends. Mrs. Marjorie Harbert has been involved at Fulford in every conceivable area, as former First Directress, head of the Guild and currently its Treasurer, and an Honorary Life Member of the board. Mrs. Annabel McGovern has been a greeter for many years. Another high profile new resident is Mrs. Peggy Austin, a legendary skier whose berth on the Canadian women's Olympic ski team was prevented by World War II. We warmly welcome all our new ladies.

We will be saying goodbye to a special board member and volunteer this summer. Mary Coughlan, in the footsteps of her mother, Mrs. Elizabeth Newcombe, who was a former First Directress and Honorary Life Member. Mary was herself First Directress of Fulford, and has served in many ways during her time on the board. In her working career, Mary was head of the Volunteers for the Palliative Care Service at the Royal Victoria Hospital, and brought the skills learned in that service to Fulford. She also was a greeter and came in many Tuesday afternoons to call at Bingo for the ladies! A large part of the job of being the Bingo Lady is to make sure that there are enough prizes for the winners – chocolate bars are a special

favourite! Somehow note paper and purse-sized kleenex packages are not as popular! Mary also performed another (I hope not irreplaceable) job at Fulford. She was the personal touch, the person who wrote personal letters to our wonderful donors! Mary is moving to Kennebunk, Maine, where she will be living close to 3 out of 4 of her children; the fourth lives in Vermont.

Mrs. Donnie Marpole is also leaving the board. Donnie has been active in many areas, especially as chair of the Food & Kitchen Committee which oversees purchases of cookware, etc., but especially the planning of menus, keeping them both nutritious and tasty. Donnie has also been actively involved in the various social events held for the ladies. She will be missed!

Dorothy Anderson is our non-resident historian. Her initial contact with The Church Home was when her mother moved in as a resident. Dorothy

joined the Committee thirty years ago and has been an active presence ever since. She worked on the building of the east wing – four rooms on the ground floor and the first floor nursing wing. She helped formulate our philosophy of a residence which cares for our ladies without having to move to a nursing home. She also worked on two sets of by-law revisions. Dorothy played Christmas carols after the decorating days, played bridge with the ladies, helped with teas and other social events. In fact, she has been a major part of all facets of Fulford life. We are delighted that she has accepted a new position as Honorary Life Member of the Board of Directors of Fulford Residence.

Fulford saw a change in management last June when we bid goodbye to Mrs. Donna Girard-Ali, our Managing Director. Donna was fêted at a wine and cheese reception after the June board meeting. During her six years at Fulford, Mrs. Girard oversaw many maintenance projects with great efficiency. The most disruptive of these was the remodeling of the pantry – if you have ever lived through a kitchen renovation, you can appreciate the logistics of this, and imagine your family expanded to 38 plus staff and the workers! Mrs. Flo Tracy has filled the position of Interim Managing Director. She has been invaluable in guiding us through the maze of the Agrément process which was finalized the end of October 2010.



In order to conform with the requirements of the Health and Social Services Agency of Quebec, residences for senior persons must provide certain committees to oversee the ongoing care of residents and their dwelling. The following are committees that meet regularly at Fulford Residence to carry out this important obligation.

Vigilance and Quality Committee

Fulford Residence has recently established a Vigilance and Quality Committee composed of the Director, the nurse and a Board member which meets every three months to examine specific areas of the services provided to the residents. To date it has examined the laundry service, how best to insure that the human resources of the residence provide the best possible service, and it is now looking at emergency procedures and disaster planning in case of a fire or other serious incidents. The committee is assisted in these discussions by a member of the government Complaints Commission, M. Daniel St. Amour.

Risk Management Committee

As required by the Quebec Minister of Health, Fulford Residence has created a Risk Management and Assessment Committee. The Committee consists of a board member, a staff representative, a residence nurse and a member of management.

Members meet every two months to discuss any incidents or accidents that may have occurred to our residents or staff during the period. The committee adopts and recommends to the Fulford Board of Directors preventative measures such as improvements to the house, or removal of hazards, to avoid any future occurrences.

Users' Committee

Family members and Residents form this committee, chaired by a member of the Board. The purpose of the committee is to ensure the rights of Users, in order to maintain quality of service and living conditions and to determine client satisfaction. This committee reviews the Mission Statement, the Code of Ethics for Fulford Residence and the Complaint Management Procedure. In addition this committee offers suggestions for new activities and opportunities for social interaction.

Residents' Committee

Every six to eight weeks the residents are invited to meet with a Board member to discuss whatever is on their minds. Favourite activities are highlighted, and requests for new activities are encouraged. Any thoughts about assistance from caregivers, meals, laundry and other routines are shared. Approximately 15 residents choose to attend these meetings. Conversation is animated and frequently interspersed with laughter.

House Committee

Fulford Residence was built in the 1850's when construction standards were of a very high order. However, in spite of this, over the years we have had to keep the house in good repair by replacing roofs, reconstruction of balconies, improvements to the foundation, etc.

This year, we have concentrated on window repairs and floor treatment. As rooms become available, we have been lifting old carpeting, repairing and resurfacing the original hardwood flooring. This work has been completed on the entire fourth floor, the third floor sitting room and in various bedrooms. Also non-slip industrial flooring has been installed in the nursing station area. Floor treatment will continue until all the original carpeting is removed and floors are restored to their original splendour.

Welcome to Cynthia Rampersad RN!

We are so pleased to have another registered nurse on staff at Fulford, to work part-time each week as a back-up for Celi Glover our Head Nurse, and to enable Celi to do the administrative tasks that her role requires.

Cynthia comes to us from the Griffith-McConnell Residence where she had experience working with seniors. She had also worked in the Maimonides CHLD (long-term care) Residence. Prior to these positions Cynthia nursed at the Royal Victoria Hospital in general surgery, particularly in the areas of ear, nose and throat and ophthalmology.

Born in Trinidad, Cynthia studied and trained in England. She and her husband came to Canada in 1972. They have two sons, now grown and independent.

A happy and contented person, Cynthia is enjoying her work at Fulford. She admits that caring for the elderly requires patience and compassion, and is quick to add that the caregivers at Fulford give exceptional care to the ladies. She said, "Fulford is charming, a family of people giving family-type care."

Cynthia is a nurse who finds her work rewarding, especially as an advocate for seniors.

She recognizes that many in our society lack understanding and patience with the ageing process. We are grateful to have Cynthia at Fulford to work with our ladies and their families.



Cynthia Rampersad

Breakfast on the Balcony

Each summer the ladies of Fulford Residence enjoy a breakfast on the balcony. Members of the Board provide fruit, cheeses, pastries and croissants and serve the ladies on both the upper and lower balconies. With the sun filtering through the beautiful old trees, and the flowers in the gardens and hanging baskets, the balconies become an extension of the garden.

This is a favourite time for everyone.



The lower balcony



The lower balcony



Bridge group:

Miss Windsor, Miss Pacaud, Mrs. Abley, Mrs. Burpee



The upper balcony

In Memoriam 2010

January 1	Mrs. Maybelle Ritchie
January 30	Mrs. Kate Sybil Eperson
April 21	Mrs. Thelma Barrett
April 30	Mrs. Ruth Stevenson
May 10	Miss Hester Kerr
May 31	Mrs. Lois Winn
August 21	Mrs. Marjorie Mathewson
September 21	Mrs. Myrtle Gallagher
October 15	Miss Ruth Smith
December 7	Mrs. Phyllis Eperson

New Admissions 2010

January 26	Mrs. Ivy Overing
February 1	Mrs. Myrtle Gallagher
March 1	Mrs. Doris Motley
April 12	Mrs. Marjorie Harbert
May 18	Mrs. Peggy Austin
June 7	Mrs. Marjorie Mathewson
July 5	Mrs. Annabel McGovern
July 19	Mrs. Loula Gordon
November 1	Mme. Cecile Baillargeon
November 26	Mrs. Michelle Bolken
December 17	Mrs. Ina Wilson
December 30	Mrs. Gwen Byers
January 3	Mrs. Peggy Davis

APRONS: How Important Are They Now?

Do our young people today even know what an apron is? But our Fulford ladies would have many of the following memories.

♥ Grandma wore an apron to protect the dress she wore underneath because she had only a few dresses. It was easier to wash aprons than dresses.

♥ The apron also served as a potholder for removing hot pans from the oven. It was wonderful for drying children's tears. If Grandma had a chicken coop the apron was used for carrying eggs, fussy chicks, and sometimes, half-hatched eggs to be finished in the warming oven.

♥ When company came, shy children would hide behind the apron. When the weather was cold Grandma wrapped the apron around her arms. Those big old aprons

wiped many a perspiring brow, as Grandma bent over the old wood stove. Chips and kindling were carried into the kitchen in that apron.

♥ From the garden it carried all sorts of vegetables. After the peas had been shelled, it carried out the empty shells. In the Fall it was used to carry in apples that had fallen from the trees.

♥ When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds. When dinner was ready Grandma would stand on the porch and wave her apron. We all knew it was time to come in for dinner.

Can we think of any modern item that could replace that old-time apron that served so many purposes?



Ladies having tea: left to right, Mrs. Austin, Mrs. McHaffie, Mrs. Burpee



The Rev. Jean Willcocks and her mother Mrs. Clancy, served by Mrs. Pat Kinnear, Board member.

A Grant for Weekend Activities

The Council on Aging of the Anglican Diocese of Montreal called for the submission of projects to support seniors who volunteer and assist one another. Fulford Residence submitted a project to provide weekend activities for Fulford Residents. We were granted \$2000 in order to supplement the costs of volunteers who offer weekend activities. These events will focus on the arts: drama, music and storytelling.

We are deeply grateful that in 2010

Miss Hester Kerr
made a bequest to Fulford Residence in her will
Fulford is also very grateful to the families of
Mrs. Marjorie Mathewson
And
Mrs. Lois Burpe Winn
who designated Fulford as the recipient of donations
in memory of their mothers
Thank you to all who contributed