



# 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. 30

SPRING 2015

## Fulford Celebrates *The* Seasons through Special Events



**Summertime Roof Top Garden:** In July 2014, the residents were invited to help plant vegetables and herbs in containers on the 2nd floor balcony. This project involved interns from the Ville Marie Borough who provided supplies, teaching and encouragement. In the photo Mrs. Peggy Jones and Mrs. Joyce Fife were planting tomatoes.

DAVID McENTYRE,  
VICE-PRESIDENT AND DIRECTOR

Another year has slipped by ever so quickly and again it is our pleasure to share with you how life carries on in the house with the red door. In keeping with the idea of using a theme for the newsletter, this year we are using the seasons as our theme. We shall look at how they influence some of the events and happenings that go on in this oasis of care for our residents.

Springtime seems like an obvious place to start. After a long winter, mostly closeted inside, those first sunny days of spring are very welcome. As we glimpse the crocuses poking their heads up in the garden willing winter away, it is most satisfying to see the ladies, warmly dressed, venturing out onto the front veranda to enjoy the fresh air and to feel the

sun on their cheeks. Thanks to Sara Colby and Pat Kinnear, the flower boxes are filled with colour and decorate the galleries. Arnie Sharp tends the garden with help from Jo LaPierre and Dorothy Petrie. There are more activities such as visits to the Atwater Market, the Westmount Spring Flower Exhibition, plus our famous Pub Crawl, organized under the auspices of two of Montreal's finest (usually dressed all in blue, though not this year). This tradition, started by one of their predecessors following the big Ice Storm of 1998, is still a favourite activity of the residents and volunteers who accompany the ladies.

Summer activities include the Shepherd Supper in July, organized by Eva Novotny and her crew. Volunteers also host a Breakfast on the Balcony, a highlight that delights

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## Seasons...

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those serving as much as the ladies, feasting on their croissants and fresh berries. The Fulford board of directors has a seasonal aspect as well. We have several snowbirds who return in the spring and help with our many spring, summer and fall activities, while some others winter here but disappear for the summer. With many of our volunteers away during the summer, the ladies rely more heavily on staff and families for special happenings in July and August.

As the heat of summer fades to cooler fall temperatures, the pace of activities picks up. There are numerous visits from students. Some come to provide company and entertainment while others come to put their studies and training into action for the benefit of our ladies. These include music therapy and other exercises both mental and physical to enhance their days. There will be another visit to the market to see the colours of the bountiful harvests of fresh fruits and veggies, and of course the piles of pumpkins! Then there is the Fall Pub Crawl, as popular as the one in spring; as well as the MacDonnell Tea that this year was tied to Remembrance Day and the memories evoked from the histories of our residents.

As soon as the snow starts to fly, we begin preparing inside for the Christmas and holiday season. Volunteers decorate the house and the Diggers and Weeders send in their team to decorate a Christmas tree for the Residence. The Bazaar in late November gives the ladies, staff and outsiders a chance to do a bit of Christmas shopping which, thanks to Susan Luke Hill and her team, has a huge array of items including jewelry, scarves, jams and jellies, knitted goods and much, much more. The Christmas Wine and Cheese, a family gathering, is always well attended by the ladies and their families and friends. The event is very popular and puts us in the mood for a festive Christmas.

After the excitement of Christmas, life in the house quiets down briefly as we catch our breath for the new year. Activities soon resume in January and February. The season of short days continues, mostly indoors, but thanks to our



*Mrs. Gertrude Clancy enjoys the Christmas Bazaar.*

wonderful staff and volunteers, the short, cold days are full of warmth, and brightened with special activities. It starts with Undecorating Day, when the wreaths and crèches are put away. Then let there be music! Albert Weiner is back two afternoons a week, singing, discussing current events, playing games, or maybe dancing with the ladies. There is Ben, the pianist at the Wednesday morning church services, the occasional instrumental and choir concerts, plus Irish Dancers for Saint Patrick's Day. In addition, some of our ladies take advantage of the recently acquired grand piano in the church room. Tea parties are also part of our season, when the board and volunteers host a Valentine Tea with warm hearts, fabulous decorations and delicious goodies.

At the risk of being redundant, life behind the red door of Fulford is probably best and most enthusiastically summed up by a resident, Mary Ramsay. In her report to the 2014 Annual General Meeting on behalf of the residents, she said, "There are so many activities which probably could come under the following headings: Spiritual nourishment, music, acting, games, dancers, parties, nightly movies, readings, exercise for seniors, a bazaar, arts and crafts, and all the spiritual, and delicious activities that contribute to Christmas. It is somewhat overwhelming to summarize a year at Fulford. First year medical students and first year physiotherapy students visit to develop doctor and professional relationships. We also enjoy visits beyond our doors such as the famous pub crawls. It has been a busy year of fun keeping up with our Fulford social life."

Well said Mary. Now it's time to look for those crocuses announcing that spring is here again, and the brutal winter of 2015 is finally over!



*Susan Luke Hill, Anne Skene, Flo Tracy*



*Katharine Burpee*

## My Mother at Fulford Residence

For the past 8 years, my mother Katharine Marie Grier Burpee resided at Fulford Residence. She recently passed away peacefully as she approached her 101st birthday. Several days before she died, I was called to be advised that she was being moved to a room near

the Nursing Station as the staff were aware that she only had a short time to live. I was fortunate to be able to see her a day before she died. She no longer knew who I was but after I spoke to her, she gripped my hand tightly for a few minutes, something I'll never forget.

The care my mother received at Fulford was constant. In the early years, she could pretty much look after herself. There were lots of activities, musical entertainment, exercise classes and regular bridge with the other ladies. My favourite activity was seeing the ladies sitting in their chairs, playing soccer. Some of them could give the ball a good kick! Sometimes I would arrive when the ladies were having a meal and I would join them to chat. I got to know them and would ask silly things like, "Are you behaving yourself today?" You can imagine the prompt answers I received that quickly put me in my place!

The ladies receive a lot of care at Fulford. They have regular appointments with the nurse, the hairdresser and have their nails carefully filed. Of course, as they get older, more care is needed and I saw great patience being given, even when someone like my mother didn't like to be touched. Once a day, each lady is given her pills. In my mother's case, approaching her with a few pills on a spoon had no possibilities of success, but if they were mixed with something nice and sweet, down the hatch they went.

Gradually, my mother lost her ability to see and to hear, and towards the end, she no longer knew me. It was a very hard time for me as I tried my best to reach her. But a few months ago on a visit when I was trying to get her attention, all of a sudden, her eyes sparkled, a smile crossed her face and she said "Tommy" out loud as though she was talking to her young boy again. That broke my heart and will stay with me forever. But, don't anyone else try calling me that if you value your life!

I have nothing but praise for the care my mother received at the Fulford Residence and wouldn't hesitate to recommend it to other families. My only complaint, which I've voiced many times, is that they only take women and not men.

THOMAS BURPEE

## Albert's Magic

Ten years ago Albert Weiner arrived at Fulford to sing and play music for the ladies. As he came to know each lady in the Residence he discovered their strengths and their personalities. Twice each week, on Wednesdays and Fridays, Albert leads activities in the Church Room beside the main hall.

Albert uses several key phrases to motivate the ladies to participate. "Do not let the things you cannot do interfere with the things you can do!" and "Be not afraid of going slowly. Be afraid of standing still."

Albert sings to the ladies, inserting their first names into the choruses. They sing along with him as he inspires all their favourite memories in song. He invites the ladies to dance, and they are as graceful as they were in years gone by.

With great respect, Albert asks participants about their lives, their work, their hobbies and their families. He recognizes that we have so much to learn from these seniors as they are "our society's greatest commodity."

Soccer is a favourite Fulford sport. The ladies remain in their chairs and kick the soccer ball from one to another. Basketball is a close second and some of the residents show tremendous dexterity and very good reflexes. These activities Albert calls Funercizes. When the ladies are with Albert, they are happy. Their eyes sparkle.

Albert has also discovered that many of the ladies are spelling champions! He is amazed at their spelling skills and their ability to form sentences with the words they are given, some of which are very challenging.

Yes, time with Albert is a favourite time in the week, as he continues to vary his program of activities, challenging strengths and encouraging all the skills that become so readily apparent. This is Albert's magic!



*Albert Weiner and Mrs. Matticks*

# Twenty-Six Years as a Care Giver at Fulford

Rosy Padilla arrived in Canada from Spain in 1985. She had been sponsored as a care giver, and had a lot to learn about life in this new country. Rosy walked frequently along Guy Street to reach the Immigration Offices on Dorchester Boulevard in order to renew her papers. She would pass an old Victorian home with green trim and wide balconies, and would wonder who might live in this place.

One day Rosy's friend, Tessia, told her there was a job opening in Fulford, a retirement home for ladies. In September 1989 Rosy joined the staff at Fulford, and has enjoyed twenty-six years of work in this historic home, caring for so many lovely ladies.

Rosy has filled many roles over the years as a nursing assistant, an evening supervisor, and activity therapist. In 1995, Rosy returned to school to take a course in gerontology. As she learned alongside medical personnel, she was frequently asked where she worked. Many individuals told her that Fulford was well known for its exceptional care. She was always proud to be part of the Fulford team.

When asked about her stories of years past, Rosy's most vivid memory is of the Ice Storm in Montreal in 1998. When she left Fulford at 11 pm on the first evening of the storm, Rosy was on the last trip of the number 65 bus and reached home at 2 am. For many days Fulford was without power and the residents were moved across the street to stay with the Grey Nuns. The convent had a generator and the facilities to make all the ladies and the staff comfortable.

Rosy speaks of the generosity and kindness of the Sisters who cooked for all their visitors, serving them tea and cookies as well as delicious meals. The Ice Storm was a real adventure for the ladies as they were carried across icy Guy Street by handsome Montreal policemen. From that time on there has been a special connection between Fulford ladies and the Montreal Police who host the ladies at a biannual Pub Crawl!

The house and the clientele have changed over the 26 years of Rosy's time at Fulford. When she first arrived it was a retirement home for ladies who continued to lead independent lives. Now the ladies seem to stay in their homes much longer, and many arrive needing care, and even nursing. Instead of ladies in their 60s and 70s, new admissions are in their 80s and 90s.

Rosy emphasizes the need to get to know each lady, to know something about their careers and families and to respect the lives they have lived as mothers, grandmothers, teachers, nurses, doctors, lawyers and many other professions. Even when memories begin to fail, there is a dignity in each unique personality. Her respect and patience has led to some very touching encounters, listening to stories and



*Rosy Padilla*

being alongside precious ladies even in their final days.

The close partnership of staff members, families, volunteers and Board members is described by Rosy as a key element in creating a real home for ladies at Fulford, a place where she has been so grateful to work, and where she looks forward to continuing as a volunteer once she has decided to retire.

## People Who Make a Difference

Fulford Volunteers are like sunshine. They brighten the day for so many of Fulford's ladies. Their smiles, their stories, their compassion and caring give support to staff and residents alike. Please ask for a volunteer brochure containing ideas about the many different ways that visitors can contribute to life at Fulford. We welcome you!

Be sure to check out the Fulford website:

[www.fulfordresidence.com](http://www.fulfordresidence.com)

# Staff Appreciation Events Build Community

Fulford's devoted staff work very hard to care for the residents and their home. It is therefore more than fitting that the Management Team uses its creativity to organize and hold special activities, season in and season out, to recognize all the time, effort and care the staff generously give to make Fulford the warm and caring home that it is.

In **spring**, our traditional Staff Appreciation Week unfolded this year in the final week of March, packed with fun, goodies and surprises for all. Staff members signed up for a relaxing chair massage, a very serious Bingo game with awesome prizes, donated by some of our suppliers, goodies at break times, and a surprise Indian luncheon.



*Marie-France Lacoste, Managing Director*

This **summer**, the staff will enjoy two festive activities, a cruise on the St-Lawrence and our traditional Staff Bar-B-Q when the Management Team cooks, bakes and serves the staff members.

Last **fall**, in October, we held an apple picking outing that was very popular. For a \$5 contribution, employees hopped on the bus and enjoyed a special evening meal. Each came home with a 10 lb bag of freshly picked apples.



*Staff members enjoyed an excursion to pick apples last fall.*

## Fulford Residence is Very Grateful to the Families of

- Hester Kerr
- June Cook
- Peggy Austin
- Dorothy Gauvin
- Helen Richardson
- Marjorie Neilson
- Irina Lomasney
- Anne Kennedy
- Katherine Burpee
- Lucille Pacaud

**for Designating  
Fulford for their  
in Memoriam Donations**

## In Memoriam 2014

- June Cook
- Naomie Kozakiewicz
- Peggy Austin
- Susie Agnes Bohm
- Betty Spencer
- Barbara Connolly
- Madeleine Pigeon
- Agnes Koper
- Dorothy Gauvin
- Helen Richardson

## In Memoriam 2015

- Marjorie Neilson
- Liliana Mulligan
- Irina Lomasney
- Anne Kennedy
- Katherine Burpee

# Judy Serve, Our Bookkeeper: Compassionate and Cool!

If you are in the Fulford office on a Wednesday, you will see Fulford's bookkeeper, Judy Serve, busy paying bills, counting petty cash and doing many other accounting-related duties. Because of deadlines, she does the payroll at home on Mondays once the work hours of the staff are faxed to her by either the Managing Director or Assistant Manager.

Judy graduated from McGill in 1970 with a BSc and went to work for insurance brokers; one of her responsibilities was keeping the books which she found she really

enjoyed. She has been keeping Fulford's books for approximately 20 years, long enough to have worked with 6 different Managing Directors!

When asked what changes she has seen at Fulford, Judy said when she came to Fulford, there were no wheelchairs and only 3 or 4 walkers. The ladies then were much more autonomous. She has also noticed the increase in government-induced bureaucracy. She notes, however, what has been consistent over the years is the dedication and commitment of the PABs and nursing staff. Judy said "I am super-impressed with how they care for and interact with the ladies. They are so caring, patient and positive."

Fulford's Treasurer, Susan Luke Hill has this to say about Judy: "Compassionate and cool under fire, Judy continues to be integral to the financial oversight of Fulford Residence. Staff payroll, ladies' rentals, tax receipts and a close eye on cash flows in and out of the bank are always carefully monitored and processed. Judy is always far enough ahead of the game that when she says, 'Susan, there is something that we should be considering', I know to pay quick attention. Fulford would not work efficiently without her."

In her spare time, Judy and her husband enjoy spending time at their cottage in the Laurentians where in the summer there is golf to keep her busy. A priority is taking care of her grandchildren which she does at least one full day a week. Those of us who know her appreciate not only the valuable contribution she makes to Fulford but also her quick wit and sense of humour.



## Acting for Fun

For over a year, Fulford ladies have had the opportunity to acquire and showcase their acting abilities. Every second Friday, Lois Dellar, a professional working actress and teacher, leads the participants in delightful play. Together, the group performs improvisation, memory and composition games, acting out amusing scenes and skits. Through acting the ladies exercise their memory and problem-solving skills. Frequent outbreaks of spontaneous laughter testify to the undeniable fun built into this biweekly activity.

## Fulford is Very Grateful for the Bequests from

Hester Kerr  
Lucille Pacaud

## New Admissions 2014

Eleanor Lee  
Norma Johnston  
Phyllis Tolmie  
Alice Watson  
Madeleine Dugas  
Ada Manson  
Jean Snow  
Agnes Koper  
Georgette Thurner  
Patricia Dagnall  
Milica Kvagic

## New Admissions 2015

Joan Robertson  
Sheila Mc Donough

# Board Luncheon



*Susan Luke Hill, treasurer of the Board*

Susan Luke Hill graciously hosts a summer luncheon for members of the Fulford Board at her home in West Brome.

This dedicated group of volunteers appreciates time together.

## Back to School

For the third consecutive year, the Department of Creative Art Therapies of Concordia University has assigned two students to perform their «Music Therapy Practicum» at Fulford Residence from September to December. Our residents have benefited from the precious gifts of music, youth and congenial company provided thus year by Robin Soper and Stephen Venkatarangam.



*Helen Weigand and Judith Gray*



*Flo Tracy and Mariette Gagnon, Assistant Manager*



*Angella Smith and Sylvie Castonguay, Head Nurse, in the new Nursing Station*



*Susan Winn and Pat Kinnear*

## Special Thanks for Extraordinary Support

It is well known that Fulford relies on its friends to help make the daily lives of our ladies better than they would otherwise be. The response to last year's Annual Appeal was again very gratifying. It is what helps us provide the extras beyond the essentials of room, board and care. It's those extras that make life more interesting and meaningful for our ladies. We thank everyone who contributed.

Beyond the Annual Appeal, Fulford relies on bequests and special donations to pay for capital improvements to the house and for much-needed equipment and furnishings that we could not otherwise afford. This past year, Fulford was blessed with three such donations that allowed us to make some very important improvements to the Residence. One funded the total renovation of the Nursing Station which has improved its lighting, heating, seating, filing and security. Two other large donations, one in late December, enabled the acquisition of 5 and 12 Hi-Lo beds respectively, bringing our total of Hi-Lo beds to 28. The Hi-Lo beds provide a more comfortable and secure environment for the ladies and greatly ease the provision of care by our staff and professionals. A huge win-win for everyone.

Again our heartfelt thanks to everyone who supports Fulford.

### Board of Directors 2014/2015

#### OFFICERS

President – The Rt. Rev. Barry Clarke, Bishop of Montreal

Vice-President – David McEntyre

1st Directress – Flo Tracy

2nd Directress – Kitty Lackenbauer

Treasurer – Susan Luke Hill

Secretary – Douglas Dawson

Member-at-Large – Susan Winn

#### Members

Alice Gagnon

Alan Greig

Judy Heathcote

Joan Aird Jacobsen

Pat Kinnear

Paula Jo LaPierre

Krista Lawson

Mary Jane MacDonald

Pam McLernon

Eva Novotny

Andrea Ritchie

Sheila Robertson

Melanie Salhany

Arnold Sharp

Helen Wiegand

**Managing Director:** Marie-France Lacoste

**Assistant Manager:** Mariette Gagnon

**Head Nurse:** Sylvie Castonguay

## Winter Blues Antidotes

**McGill University** – Six residents participated in the «2015 Communi-Actions» programme (formerly called «Adopt a Grand-Parent»). For two hours, during three consecutive weeks (February 9, 16 and 23), the ladies welcomed 14 students from the *School of Physical and Occupational Therapy* to spend time and do activities with them.

In their first visit, the teams of two or three students had to get to know the residents and find activities that interested each of the ladies. The activities ranged from game playing to bridge tutorials, from discussions on Fulford Residence History, Art and Architecture to cookie baking, from discussions on music to piano playing.

All the student participants enjoyed the experience and learned important lessons on working with the elderly. A few of them asked for volunteer packages as they would like to return during the summer to spend time with the ladies. One student said that her view of geriatrics had changed. She thought that this “stage” would be gloomy and sad. Instead, she discovered that our ladies can be quite energetic, humorous and happy. She had a lot of laughs and was deeply touched by the interaction she had with her assigned lady as well as with other ladies who stopped to talk with her in the house.

Again, the magical chemistry between the elderly and the young students provided positive and pleasurable experiences for all.

**Concordia University** – In February two students in their final year, majoring in Human Relations in the Department of Applied Human Sciences, started a six-week program called “**Stories of our Lives**”. Every Saturday, Kristina Rourke and Cinzia Rigon spent two hours with 6 to 8 ladies doing activities centered on reminiscing. Each week, the students provided different activities and themes to help the participating ladies share their memories. These sessions have been filmed and recorded. At the end of the program, the students will provide CDs to each participant so that the ladies can share these memories with their families and friends. We will also organize a red carpet evening for all the residents, families and friends, Fulford staff and the Board of Directors to view the grand finale results.



*Mrs. Sheila McDonough celebrates St. Patrick's Day*