



# RÉSIDENCE FULFORD RESIDENCE

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## A Diversity of Lives Well-Lived

DAVID McENTYRE,  
VICE PRESIDENT AND DIRECTOR

As evidenced in the articles included in this newsletter, Fulford Residence continues its proud heritage as a home for senior ladies. You will discover the stories of a number of our residents who grew up in the early years of the 20th century, in a time when new opportunities were opening to women. In the article by Mariette Gagnon, our Assistant Managing Director, you will learn of the many distinguished roles held by Fulford ladies. As a residence for such accomplished ladies, we recognize our responsibility to provide stimulating daily activities as well as excellent care.

Fulford ladies enjoy a wide variety of activities throughout the day. A game of bridge provides challenge and companionship. Exercise classes, games, art therapy and music are most popular. Douglas Dawson, a Director, visits each week to read aloud to a group of ladies who particularly enjoy the discussions that follow the reading.

Although many ladies are choosing to enter Fulford at more advanced ages than in the past, we understand the importance of frequent daily interaction and programs that stimulate and challenge. For this important aspect of life at Fulford we rely on our competent staff, student volunteers and regular visitors.

One of the features that distinguishes Fulford is our policy of serving three meals a day in our comfortable dining room. Four ladies who are deemed to be compatible share a table for conversation and mutual concerns, assisted by our capable staff members who know each resident by name and by culinary preferences.

The Fulford Board of Directors is a team of caring people, men and women, who oversee the care and maintenance



of our house, made possible with the generous support of our donors. That support has enabled Fulford to acquire six new hi-lo beds, bringing our total to thirty-one new beds, providing increased safety to our ladies and ease for our caregivers. Thanks also to donors, we have a number of new comfortable dining room chairs and cushions. A new bathroom on the first floor, with a high-sided bath, will enable ladies to experience safe and leisurely bathing. We are so grateful for our donors who make such improvements possible. At the top of our wish list for the coming year is a renovated kitchen with a new island and cabinets. This project is long overdue and will make an enormous difference for our capable chefs.

Thank you all for your continuing support of Fulford Residence, a home for ladies who deserve a comfortable, safe and caring environment following their various careers that have contributed so much to the lives of others. I hope you enjoy reading about several of them and about life in general at Fulford.

# Celebrating Our Residents' Well-Lived Lives

MARIETTE GAGNON, ASSISTANT MANAGER

Fulford Residence is a home to thirty-eight ladies. The youngest has seen 80 springs and the eldest, 102. These women have been daughters, sisters, girlfriends, sweethearts, wives, mothers, aunts. Time has enabled many to be grandparents and even great, great grandmothers. However, these women have achieved much more than playing the traditional roles of bearing and caring for children.

When I arrived at Fulford in 2012 as Assistant Manager, I began to ask each lady about their lives and their careers. I learned that the Second World War was a period that dramatically changed the roles of women in our society.

During WWII, Canadian women worked at jobs traditionally held by men. Many wanted to play an active role in the war and lobbied the government to form military organizations for women. In 1941-1942, Canada created its own women's forces. More than 50,000 women served in the armed forces during this war. Several women, who live or have lived at Fulford, served Canada in uniform: as Wrens (*Women's Royal Canadian Naval Service*), nursing assistants, translators/censors, WDs (*Women's Division, Royal Canadian Air Force*), as an airplane tracker and an accountant. One CWAC (*Canadian Women's Army Corps*) used her drawing skills as a cartographer.

Fulford has also housed women of different ethnic origins. One resident was a descendant of French royalty. A few Fulford residents are Canadian women of Japanese heritage who, after the attack on Pearl Harbor, were removed from their homes and sent to internment camps, then moved to Eastern Canada after the war. Other residents adopted Canada because of war: British war brides, Hungarian women escaping the Hungarian Uprising of 1956, a Russian princess with family links to Napoleon's first consort, Joséphine, and a Serbian doctor in Psychiatry who fled her war-torn country.

The great majority of Fulford women pursued their studies and saw their efforts crowned by university degrees: bachelor, masters and doctoral. One Fulford lady earned a Master's degree in 1988, at the age of sixty-six. One of our residents, as a school girl, walked out of her Geography class

saying she would live Geography rather than learn it from a book. True to her word, she learned seven languages and lived on six continents.

Following their studies, some women worked as nurses, doctors and lawyers, devoted and nurturing teachers from primary school to university levels, librarians, archivists and researchers. Others became accomplished artists, gifted musicians, including a concert pianist. Several of our ladies are published authors and journalists. Some have been brilliant business women. One owned a family business, a famous Crescent St. gift shop. Another transitioned from a suburban housewife to become the first woman financial analyst in Canada, the original *Green Line Lady*.

Another resident was a fashion buyer for Ogilvy's. Yet another was a wine and liquor promoter who represented Rémy Martin cognac in Montreal in the 1930s. One woman who graced our house had a competitive ski career and won many medals including the 1937 Canadian Championships, headed for the Olympics.

Fulford women have also been active in volunteer work. One resident was a leader for the Girl Guides of Canada for

over sixty years. Another co-founded the Petroushka Ball in support of the Russian Children's Welfare Society. Many volunteered in Montreal hospitals. One tireless centenarian walked the halls of the MGH and cheered patients for twenty-six years until she turned 102.

Some of our ladies organized *House and Garden* tours. One lady enjoyed supporting foster children and charities around the world.

Despite busy family lives and bustling careers, many also embraced hobbies and became world travelers, keen readers, avid gardeners, passionate painters, accomplished musicians, gourmet cooks.

We are proud to know and to care for these gifted women at this stage of their lives. They continue to challenge, entertain and enlighten us as they share their stories. When you pay a visit to Fulford, and see senior women sitting quietly with their thoughts, keep in mind that they have indeed lived fully and well, lives we continue to cherish and to celebrate.



## Sandy Quinsey, “A Ray of Sunshine!”

One of our residents, Mrs. Marjorie Harbert, has said, “What would we do without Sandy? She knows where everything is!” Sandy is appreciated by her colleagues, and is loved by the Fulford residents. Unfortunately, Sandy fell on ice this past winter and broke her arm badly. Requiring three full months for healing and recovery, Sandy is sorely missed during her absence. There will be joy in the house when Sandy returns to Fulford!

Sandy arrived at Fulford sixteen years ago. She began her work in the pantry, then trained as a PAB, or a nurse’s aide. Her irregular shifts prompted her to ask for a role with more consistent hours. Sandy chose to do housekeeping. She enjoys her work on the second and third floors, assisting with maintenance issues and working closely with the Management Team when she observes tasks that need to be promptly attended to.

Sandy says the best part of her work is her interaction with the ladies. She loves to chat and laugh with them, urging them to enjoy time in the fresh air on the upper balcony, or to have tea in the lounge. She notes how important it is to seat ladies with compatible friends in the dining room. She is frequently touched by the way the ladies look after one another.

Participation in Montessori training has enabled

Sandy to assist ladies to feel useful, encouraging them to do things they greatly enjoy. When cleaning a resident’s room, Sandy invites them to assist her in order to give them some sense of autonomy.

Over her sixteen years at Fulford, Sandy has noted that ladies are now entering the residence later in life. The staff make every effort to encourage and assist all residents to participate in weekly activities and every aspect of daily life.

Sandy loves to observe the ladies chatting and laughing. Visitors notice how well-dressed the ladies are, with their hair coiffed by Dorothy each week. Sandy feels privileged to have known so many remarkable ladies who have spent time living in Fulford. Every lady has stories of a life well-lived, filled with achievements and adventures. Each resident touches the lives of others through her unique personality. Sandy says she has learned so much from the ladies about growing older with grace, following years of work and family life.



## We Are Irish Too!

Ireland, along with France, England and Scotland, is one of the founding nations of Montreal. Many Montrealers can rightfully claim a drop of Irish blood. With or without a little inherited “blarney,” who does not enjoy the colourful and vibrant St. Patrick’s Day celebrations? The women living at Fulford Residence would wholeheartedly support this statement as every year in March they get to experience the pot of gold at the end of the rainbow: lively music, lovely costumes, beautiful and energetic young girls and boys high stepping and tapping. For twenty years, the student dancers, from the Bernadette Short School of Irish Dancing, have come to perform the traditional jigs and reels to celebrate St. Patrick’s with our residents. This show has become a Fulford tradition.

Bernadette Short came to Montreal from her native Dublin in early 1974. Since then, she has been involved in passing on her passion for and knowledge of Irish dance and culture. She always invites her youngest dancers to come to Fulford, to our ladies’ delight. Bernadette believes it is important to be involved in the community and to spread the love of dance. She says: “*The opportunity to dance at the Fulford allows our younger dancers to develop self-confidence,*



*poise and good work ethic in preparation for major events such as the World Championships.”*

From a News Release posted on the school’s web site, we have learned that: “*The Bernadette Short School of Irish Dancing will be sending fifteen dancers (...) at the World Irish Dancing Championships to take place in Dublin Ireland over Easter week.*” As we write these lines, Dr. Hew’s daughter, Mary, will be competing in Dublin. The ladies and staff at Fulford wish Mary and all her classmates the best of luck. We look forward to greeting the young performers again in 2018.

# A Lady Who Loved to Travel

SUSAN WINN

Miss Virginia Armstrong is our most senior lady at Fulford. She will be 103 on her next birthday! Miss Armstrong lived her entire life in the Town of Mount Royal until she chose to move to Fulford several years ago. When she was born in 1914, TMR was a small rural community. It was called "The Model City." Her home on Cornwall would have been surrounded by open fields. She and her younger sister enjoyed a childhood playing outdoors with their Airedale terrier, Jiggs. She loved to bicycle and enjoyed the parks, tennis courts and skating rinks available in the town. As she grew older she enjoyed croquet and lawn bowling.

Once she had completed her studies at Carlyle School, and then the Mother House, Virginia discovered she loved to travel. One of her most memorable trips was to Northern



Virginia, her sister and their dog Jiggs.

India, travelling through the Himalayan Mountains and seeing Mount Everest. Another trip she remembers well was to New Zealand and Australia. These holidays provided welcome breaks from her employment in a real estate investment company.

Virginia attended St. Peter's Anglican Church, and she enjoyed being part of an active seniors' club, organized by Jan Nauer, with excursions to the Laurentians and to restaurants in Montreal.

Every summer Virginia would visit Ogunquit in Maine. Because Virginia never wanted to drive or to own a car, she and a friend would travel together. A favourite painting of the waves on an Ogunquit beach hangs over Virginia's bed in Fulford. Several delightful paintings by her sister also adorn her walls.

Virginia says she is happy to be at Fulford. She says, "I am not a joiner, but I love the Sunday concerts with Brian Roy. He knows everyone by name and plays classical music on the piano. I really enjoy that."

Another highlight of her day is a phone call with her friend, Vera Michel. She met Vera and another friend, Joan Clark, when she lived in the Sherwood Apartments in TMR. Virginia is a lady who is content and grateful for the kindness of her Fulford caregivers.

I look forward to future visits with this precious lady.



Miss Armstrong

## A Volunteer with a Difference

Meet Mimi, also known as "Sweetheart," "My Little Darling," "Ma belle," the "Little One" and the "Sunday Special." These pet names given to her by the Fulford residents may provide telling clues as to her popularity. She is indeed one of the favorite volunteers who come to visit the ladies on a regular basis.

Unlike others though, she wears a wire-haired coat of white, has a russet brown eye-shadow patch over her left eye, sports two pointy ears, wiggles an exclamation-mark tail and walks on four legs. She is a feisty and vocal fifteen-year old Parson Russell Terrier. In true "*chien de poche*" manner, she faithfully shadows her mistress, Fulford Residence's Assistant Manager, when she comes to work on Sundays.

The mere presence of this fluffy ball of fur makes most ladies smile, laugh, exclaim and sit up to watch the show. When given an empty plastic bottle, Mimi will chase it around noisily, uncap it and scrunch it up enough so that she can proudly carry her plastic trophy around in her mouth.

As bacon and eggs are usually served on Sundays, bacon scraps are saved for Mimi. She happily goes through her tricks of sitting up, lying down and rolling over for any left-over bacon tidbit. Many ladies sitting in the tea room also like to take turns feeding Mimi bacon. After the licks, we go around wiping and cleaning all the feeding hands.

Once the bottle-chasing frenzy, the circus performance

*continued on the next page*

# Bridge with Alice

ALICE GAGNON

Every Monday at 1:30 in the afternoon, just after lunch, the bridge players at Fulford, most of whom profess to have learned to play bridge at their grandmothers' knees, congregate for a rousing three hours of bridge that always includes a great deal of laughter. Also included in those hours is the arrival of the tea wagon with its very welcome hot cups of tea and biscuits. It's our form of intermission, welcome just as intermissions often are in long performances.

Always eager to play and always first to appear is Elizabeth McNamee, mother to four sons who have obviously taught her to be bold in her approach to life. A fearless bidder, she would probably think nothing of skydiving if offered the opportunity.

Elizabeth's bridge partner is usually Cora Hackett, a careful bidder who is always smiling and positive about the downsides of bridge. Should she win a hand in diamonds, she'll generally sing us the ditty, "Diamonds are a girl's best friend." On occasion, she'll tickle the ivories before heading for the bridge table.

Sheila McDonough, a former professor, is a very knowledgeable and thoughtful but careful bidder. She makes certain that the play moves quickly, will undertake to pick up any cards that have found their way to the floor or into laps, and shuffles with an astounding skill often remarked upon by her co-players.

Barbara Meadowcroft, an author, had been taking bridge lessons to update her bridge skills just prior to mov-



*Ada Manson and Alice Gagnon discussing their next move.*

ing to Fulford. She brings that knowledge to her bidding, though she, like Elizabeth, is not at all averse to breaking a few rules.

Ada Manson, quiet and gentle and always smiling, on occasion has difficulty holding her cards, but with a little help will bid according to the rules and invariably attempt to support her partner. She has on occasion been heard to say that she'd prefer to be dummy rather than play the hand.

Bridge provides for all of us not only a time to stretch our minds and make choices but also a time to socialize and to get to know one another better. We look forward to the time when more ladies who love bridge arrive at Fulford, allowing us perhaps not only one but two tables of bridge, and therefore interaction among more ladies. This could well happen, given that Marie-France makes a point of asking every new resident if she likes to play.

## Difference...

*continued from the previous page*

and the chowing-down are over, Mimi will settle down in any ray of sunshine for a well-deserved nap. Despite all her energy, Mimi will power down and jump up on any willing lady's knees to be held and cooed at for a short while. She will also consent to do the rounds in her mistress's arms so that the dog-loving residents can touch and pet her. Some ladies love her so much that they take her head in both hands and kiss the top of her head.

Many well-researched articles have been written on pet therapy, and its known benefits have been well documented. The following physical manifestations have been observed and recorded during animal-assisted therapy. The act of petting releases many hormones, such as Phenylethylamine, that has the same effect as chocolate. Petting an animal produces an automatic relaxation response and stabilizes blood pressure. Pet therapy also helps to slow the breathing of those who are anxious and can diminish physical pain. For

mental health, pets can provide comfort and enjoyment, and reduce boredom and loneliness. Who would have thought that this women's best friend could not only provide moments of joy but could act, to some degree, as a healer...



*Mrs. Watson and Mimi smiling.*

# Do you know why our residence is called Fulford?

The answer is twofold. Fulford is the name of the first Anglican Bishop of Montreal, the Right Reverend Francis Fulford. His wife, Mary Fulford, founded the Church Home in 1855, the precursor of today's Fulford Residence.

We have invited Mrs. Fulford to tell you her story which has become our story...

*I come to you as a voice from the Church of England's venerable past. I am Mrs. Mary Fulford, née Drummond, wife of the Right Reverend Francis Fulford. My husband was appointed Bishop in 1850 by Queen Victoria herself, as Supreme Governor of the Church.*

*Thus, our story, in the British colony, known as the United Province of Canada, begins one hundred and sixty-seven years ago, in the days of sailing ships and long transatlantic voyages.*

*In the year of our Lord 1855, I recognized the need for the counsel and protection of young single gentlewomen arriving from the British Isles as workers in a burgeoning immigrant population. On St-Dominique Street, a door stands open into the Church Home I founded. I am there to give guidance and assistance.*

*Four years pass before Christ Church Cathedral comes to occupy its present site. The Church Home transfers its activities to Aylmer Street nearby. I carry on there for another nine years. The small rented house serves every purpose a parish could require as far as the shelter and protection of women are concerned.*

*Although my first aim was to provide for young immigrants and friendless women and give them temporary shelter, my sympathy was also aroused for school teachers who, at that time, were trained under the auspices of the Church. I therefore welcomed many of them at the Home.*

*After my husband passed away in 1868, I returned to England. The Church Home continued its charitable work. In 1878, it relocated to a larger house at 116 University Street. After twelve years in this house, it became so dilapidated that a large sum of money was required to repair it. It was thought desirable to seek a new site. There was a splendid response to an appeal for financial assistance.*

*In 1890, the Church was able to purchase a lovely country*



Mary Fulford

*house called Erin Cottage at 403 Guy Street with grounds extending to St. Catherine Street and southwards about two-thirds of the way to Dorchester Blvd. It was built in 1850 and belonged to James E. Major, esquire. Guy Street was only 40 years old and had been part of a farm belonging to Étienne Guy, a notary and land-surveyor.*

*On September 17th, 1890, Bishop Bond dedicated our new Church Home with these words: "That it might be the happy home of many women in their time of need, whether that be from infirmity, bereavement or old age (...); that it will commend itself as a place of gracious and active benevolence, where in sickness and mature age they have the affection and care which beautify the evening of life."*

*In 2017, one hundred and sixty-two years later, 38 elderly ladies still graciously live in the home that is today Fulford Residence. It is a house with a feminine heart and soul. Our predominantly feminine staff perpetuates the long tradition of ladies taking care of ladies. I still keep an eye on the to-ing and fro-ing from my privileged position, nestled comfortably in the grand front hall, conveniently close to the Church Room where service is held every Wednesday.*

*I end this brief historical outline with wonder as well as sincere gratitude to all those who have been inspired and continue to carry out this important mission of love, compassion and caring.*

## In Memoriam 2016

Renée Rayside  
Eleanor Lee  
Alice Watson  
Camilla Pogson

## In Memoriam 2017

Maria Kovacs  
Alice MacDowell  
Barbara Meadowcroft

# Showcasing Fulford



MARIE-FRANCE LACOSTE  
MANAGING DIRECTOR

As the Managing Director of Fulford Residence, I have important roles to play in networking with fellow Management Team members from residences across the province and in showcasing our remarkable home as well as our extensive services. This year, I was fortunate to be able to participate in two of these

networking and showcasing opportunities.

Last November, I attended the “*Regroupement québécois des résidences pour aînés (RQRA) Annual Convention.*” Over 500 Management Team members attended this important gathering. During this three-day event, I took part in en-

riching conferences and workshops. Over 80 suppliers set up their booths and presented their specialized products and services that aim at meeting the special needs of our aging population and at ensuring our elderly’s well-deserved comfort and security. I always come away from these three days with new ideas to improve the care and well-being of our lady residents.

In early April of this year, I took part in the “*Exposition of Services for Seniors and Their Families*” held in Schofield Hall, TMR’s town hall. Sue Winn, a member of the Board of Directors, and I represented Fulford. This day-long event targeted older adults and their families. It featured products and services catering to the 60+ population and their families. The invited exhibitors included residence representatives, health and home care services, social services, professional services, local services, travel, recreation, etc.

The people I met during these events showed a lot of interest in our unique home that I always take great pride in making known.

## The Magic of Music

The partnership, established in 2012 between the Department of Creative Art Therapies of Concordia University and Fulford Residence, persists and flourishes.

In 2016, two students were assigned to Fulford to complete their Music Therapy Practicum. Once again, our residents reaped the benefits created by the magic formula of music, youth and congenial company.

From September 14 to December 2, 2016, the lady and gentleman duo of Emily Reuangrith and David Macintosh played instruments, sang and coaxed the ladies to participate with generosity and care. Whether they performed one-on-one or group activities, they delivered with smiles and style.



Concordia students David Macintosh and Emily Reuangrith

Let us add a touching event that illustrates the true connections music can create. Our resident, Mrs. Watson, loved music and listened to the radio in her room where she spent most of her time as she had lost her mobility. Emily often played for her on a one to one basis.

In mid-November, we informed Emily that Mrs. Watson would not be among us for long. She went to Mrs. Watson’s room, pulled up a chair by her bed, gently strummed her guitar and sang to her in a sweet lullaby voice. Minutes after Emily left, Mrs. Watson took her last breath. When we called her daughters to deliver the sad news of their mother’s passing away, we were able to tell them that Emily had sung her straight to heaven.

### New Admissions 2016

Margot Cloutier  
Cora Hackett  
Nilda Rivera  
Eva Zvoke

### New Admissions 2017

Margaret Green  
Almerinda Teixeira  
Estela Aguirra

# Mrs. Elizabeth (Betty) McNamee, from England to Canada

SUSAN WINN

I first met Mrs. McNamee when my husband and I took several ladies on a tour to see the Christmas lights around Montreal. It was a cold December night and we piled into a jeep with Mrs. McNamee in the middle seat where she could get a good view of the overhead lights on Monkland Avenue. This delightful lady, who had moved to Canada from Eng-



Mrs. McNamee

land, exclaimed with joy, "It is just like London!" She was thrilled to see all the coloured lights and special decorations.

Betty McNamee was born in Watford, Hertfordshire, England in 1915. She was the fourth of five girls, and remembers having a very happy childhood. She enjoyed school, completed a degree in English and a course in Library Science. She worked as a teacher for a number of years. During the Sec-

ond World War Elizabeth helped with air raid warnings. She was an Air Raid Precautions Warden who would patrol at night to enforce blackout periods. She remembers wearing a helmet and bits of shrapnel would land on her helmet. It was dangerous work for a young woman.

When Betty was married in 1944, she and her husband shared a love of hiking and bicycle tours. Her husband, a mathematician, was offered a professorship in Edmonton, Alberta, Canada. Once he was settled in Edmonton, Betty travelled to meet him, with four little boys under the age of six, and nineteen pieces of luggage! She decided to travel by train from Halifax in order to see the country of Canada. However, it was winter, and all she can remember seeing is endless snow!

Now a resident at Fulford, Betty can be observed every day reading her newspaper. On Mondays she is a keen member of the Bridge group.

I remarked one day on Betty's lovely hair, so full and wavy. She replied, "I have a lot of hair for someone of my age. It is because I brush it a lot!" Elizabeth McNamee is a charming lady with a twinkle in her eye. She enjoys sharing her good memories of family and friends. On her next birthday in November she will be 102 years young. She is certainly an example of a life well lived.

## Board of Directors 2016/2017

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## Emphasizing Engagement in Life and in Living

Gail Elliot, Gerontologist and Dementia Specialist, has written a 326-page pedagogical document entitled *Montessori Methods for Dementia: Focusing on the Person and the Prepared Environment*.

The following global description of these methods is quoted from page 1 of Mrs. Elliot's book:

*The Montessori Methods for Dementia is an innovative approach to dementia care (...). The focus is on «doing», thus emphasising engagement in life and living. Since programming is created based on individual needs, strengths, interests and abilities, the activities are meaningful to the individual, thus affording them the opportunity to enjoy an enriched quality of life by remaining purposefully and meaningfully engaged in daily roles.*

To date, twenty Fulford Residence staff members have been trained by the dynamic Gail Elliot in this innovative and compassionate method of working with older adults living with cognitive or physical impairments. Fulford staff thus have an extra valuable and efficient tool, in their *Smart Care Toolbox*, that helps them provide the best care possible to our lady residents.