



Résidence Fulford

Fulford Residence

1221 Guy Street, Montreal H3H 2K8 – (514) 933-7975

NEWSLETTER NO. 34

SPRING 2019

Vibrant Fulford Community Introduces New Initiatives

A message from David McEntyre, Vice-President and Director

While much of what happens at Fulford remains relatively constant, the past year has been punctuated with a number of changes and initiatives which will enhance how Fulford serves its residents and communicates to staff, volunteers, supporters and the community at large.

One area that touches almost everyone interested in Fulford is the website. Recently numerous changes have been made to improve the ease of using and navigating one's way around the website. It will be easier for residents and families to know of daily activities and upcoming events. The new website will be launched very soon. For anyone exploring the possibility of moving themselves, or a loved one, into the residence, there will be lots of information provided on the website, including a virtual tour of the residence. And, for those supporters who prefer to make their donations on line, the process has been much simplified.

To further improve our communication to potential residents, we have also prepared a new brochure, available in English or in French. This document describes what life is like in the house with the red door, and how to proceed to know more about Fulford, to visit the home or to apply for residency.

Beyond these improvements in com-

munication there was an infusion of "new blood" into the Fulford team: a new Head Nurse and two new Directors to the Board. Mrs. Moleka Londala joined Fulford as Head Nurse in October. She brings years of experience in nursing and emergency care in local and far-reaching areas of Quebec. Anna Belec and Susan Orr-Mongeau joined the Board of Directors last May. In addition to their enthusiasm and energy, they bring a wealth of knowledge and experience, gained both professionally and in other not-for-profit community organizations. All three women have already made themselves vital contributors to life at Fulford.

Lastly, some readers of this Newsletter may notice we are now using a new logo. The stylized hummingbird was chosen to symbolize the enjoyment of life, joy and playfulness in a residence for women. This formal logo will be used on our letterhead and brochures. It does not replace our cherished drawings of the house by Sara Colby! The core mission of caring for our residents and the high level of care we provide our residents remains a constant. For this we thank our staff, our volunteers and our donors whose support – financial and otherwise – is essential for Fulford to continue serving its community so well.



David McEntyre





Introducing our new Head Nurse, Moleka Londala

Moleka arrived in Canada from the Congo in 1996. She was a young bride, travelling to meet her young husband who came to study in Canada. Twenty-five years later, Moleka and her husband have two sons, aged 22 and 20, and a young 15 year old daughter.

Moleka completed her studies at UQAM, then at the Université du Québec en Abitibi-Temiscamingue in 2010. As a registered nurse Moleka worked in Emergency rooms and intensive care, spending some time working in north-

ern Quebec with First Nations people. Prior to coming to Fulford, Moleka worked for Les Freres des Ecoles chretiennes in Laval, in geriatric care in their private residence.

It was our Fulford website that drew Moleka into our midst. She is so happy to be working with women. She radiates peace and calm and says her first identity is as a Christian woman of faith. She says, "God knows my heart and sent me here. I know I can care for these ladies." Moleka is a gift to Fulford Residence.

Who is our Fulford Webmaster?

Catherine Ashford McKeogh is a lady of many talents. She has created numerous websites for schools, churches and other organizations. She develops websites and maintains them, coordinating and publishing relevant material and photos as required.

In addition Cathy has written four books to describe and illustrate the use of computers; *An Introduction to using Windows (XP & Vista; 7, and 10)*, and *Understanding the Personal Computer*.

Born in North Bay, Ontario, and raised in Montreal, Cathy was originally introduced to computers at home, using one for research before there was the internet as we now know it. When volunteering at her children's West Island elementary school in the early 90's, she was intrigued by the use of computers for educational purposes. During that time,

Cathy assisted children and teachers with using computers and set up the school's first computer lab. She asked the principal about creating a website to showcase the school online. From there, she was approached by other principals who also sought an online presence.

In 2009, we approached Cathy to request her services in creating a website for Fulford. Cathy visited the house and understood the need for a website that expressed the charm and gentle caring for a home for ladies. Our original website has been both helpful and informative for families and individuals searching for care in a home-like setting.

In fact, seekers from across Canada and beyond Canadian borders have been led to Fulford through our online presence.

Recently a newly-formed Communications Team of the Board of Directors concluded that our lovely website was rather outdated. Cathy was happy to work with us to develop a more modern site which should be available to the public in the very near future.



A peek at the new website.



Cathy McKeogh with Newsletter coordinator, Sue Winn

A Fulford Resident with Very Special Talents

Ila Elizabeth Grayland was born in the town of Terang, in the western District of Victoria, Australia. She was the 6th of seven children. From a very early age Ila wrote and illustrated stories. Her sister, Pam Pilgrim, learned to read and write before going to school, and she created a small magazine for her siblings.

Ila went to Art School in Melbourne, took a few months away from school to care for two young nieces whose mother



Ila Elizabeth Grayland

many of which are quite valuable. And she continues to sketch the ladies around her in Fulford Residence.

I look forward to visiting Ila again soon to hear more about her life and travels!

A number of sketches can be viewed when visiting Ila at Fulford. SUE WINN

Knitters Keeping Busy

▼ Denise Marchand (below, left) and Anne Marie Dorsey

was very ill. When Ila's sister, Shirley, died in 1960, Ila went to London England to teach. Three years later she went to the Canadian Embassy and expressed a wish to teach art in Canada. Her request led her to Montreal where she taught for over 30 years in the PSBGM. Ila made many friends, enjoyed sports, especially tennis, and continued to sketch portraits of her friends.

Chatting with Ila I learned that she has written and illustrated a children's book about growing up in Terang. She has a collection of over 250 hatpins,





Susan Orr Mongeau

The Church Home Remembered

BY NEW FULFORD BOARD MEMBER
SUSAN ORR-MONGEAU. SEPTEMBER 2018

Susan is currently, Director of Communications and Marketing at The Study, she is the wife of Jean-Pierre Mongeau and mother to adult children, Natalie and Phil.

“It was a magical place,” the Church Home, as Fulford was called back then.

I am the granddaughter of Audrey Orr. Audrey was the Director of the Church Home in the mid-fifties and early sixties.

As a young child, I would visit my grandmother at this ‘magical place’ where darling elderly women would be so pleased to see me, greet me warmly, and ask me intriguing questions. We would have tea with the ladies in beautiful china cups. We would ride elevators with large metal cross bars and there was the secret dumb waiter. What a special experience it all was for a young child.

My older cousins would also sometimes visit. Some recall sliding down the front banister to the delight of all – except my grandmother. I remember

fondly getting dressed in a special white dress and, along with my younger sister and a few cousins, being on the upper balcony and waving to a lady I was told was the Queen. Everyone was extremely excited, we had front row seats as the queen and her entourage made their way up Guy St. (1959).

My grandmother held the church home and its residents – the ladies – in such high regard, as she did the staff. Miss Hogan was my grandmother’s dedicated assistant at the time; she was very professional and even as a child I knew she was special and totally committed to the ladies. If I recall correctly Miss Hogan worked at the Church Home her entire life.

The office of the director, now Marie-France’s, is the same today – high ceilings, big windows, large desk – I was so very impressed – it inspired me. I too wanted a large desk, a big office and a wonderful assistant like Miss Hogan. That is where the seed was planted. I have been very fortunate to have met with many successes professionally and personally and a good deal of that inspiration came from my grandmother, seeing her in her leadership role at the Church Home.

My grandmother lived at the church home on the main floor in what now is the nurse’s area. She had a lovely room with a sitting area, warmly decorated and many treats tucked away for her grandchildren and many nieces and nephews, including Fulford Board Member Pam Davidson McLernon.

My father was a senior officer in the military. We were often stationed in other parts of the world. Visiting the Church Home took on an even more special place in my heart – becoming part of our Montreal roots, a familiar place where we were always welcomed by these very lovely ladies with all the



► Audrey Safford Orr in her office at the Church Home.

time in the world to chat with us and fuss over us. It was like I had many, many dear loving grandmothers. They would give us hugs. They wore cozy sweaters, many brooches, bracelets with endless charms, and sometimes a little too much rouge. Others were in bed. Their doors were often open and it was a little scary as I would peek in – but they looked comfortable and cared for in a safe and impeccably clean and tidy place.

Rubyfruit

On Saturday morning, November 17, 2018, Rubyfruit, an all-female a cappella group from the University of Connecticut, came to Fulford Residence to sing for our ladies.

This sparkling group of thirteen students, between the ages of 18 and 22, had planned to spend 45 minutes at Fulford, to sing five songs and then to perform

Remaining today are the same big stately front doors, the large brass door knobs and the distinctive doorbell ring, and often a greeter at the door, a lovely elderly lady happy to welcome visitors. My visits were unforgettable then, just as they are in many ways today, visits to this magical place where you can feel the lasting spirit of the many lives lived with respect, dignity and treasured memories shared, sometimes shared with fascinated young children such as I was.



an activity with the residents. The Rubies sang four songs then broke up to mix with their audience.

Each girl, with paper hearts in hand, went to chat with a resident. They wrote down the residents' full name, asked them if they had a special woman that inspired them or to whom they looked up. Most of the ladies named their Mother. They also asked what music brought to their lives. There were some lively discussions as well as many smiling faces, young and old.

Finally, the Rubies spent almost two hours entertaining the ladies with twelve songs and bright chatter. As Mrs. McNamee piped up: "a jolly good time was had by all".

MARIETTE GAGNON

Fulford Wish List

There are always items we need, but not always the funds available to acquire them. For anyone who would like to make a very welcome and meaningful gift to Fulford, below is a Wish List of items that fall outside our operating budget, that would improve the Residence for our ladies and staff.

- **Kitchen renovation \$25,000,**
- **Blinds in different areas \$2000,**
- **2 transport wheelchairs \$800,**
- **Changing a few windows \$5000**

New admissions

2018

Patricia Drummond
 Gisèle Lemire
 Denise Marchand
 Anne-Marie Dorsey
 June Colby
 Sharon Holcroft
 Jean Tonge
 Florence Khazoom
 Kathleen Sosontovich
 Ila Grayland
 Shirley Ramkisoorn
 Helena Dabik
 Margaret LeGallais

2019

Madeleine Sofia
 Norma Farkas
 Louise Bonin

Bequests 2018

Joan Aird Jacobsen



Afternoon Tea With Puppies

► Kathleen Merken
cuddling a little pup

Recently I visited the Fulford Residence, and spent an hour or two with some of the ladies who reside in that very special and very cosy home.

It was my first visit for a number of years and it was a great privilege and a joy. In the past, when I lived in Westmount, I occasionally had the great privilege of introducing and sharing some of my litter of Norfolk Terrier puppies with the ladies at The Fulford Residence.

This most recent visit was prompted once again by the blessing of a litter of Norfolk Terrier puppies being born on our farm, and growing up until they were about to be delivered to their new homes.

Visiting the ladies with my puppies has proved to be one of my favourite ways of enjoying these wonderful little creatures. It is remarkable to see the pure joy that rises up in the hearts of most of the ladies, many of whom have had dogs who arrived as puppies throughout their lifetime. The genuine companionship



▼ Sally Harrington
Philippo and
Mariette Gagnon
with Henley and
Henrietta.



that dogs offer is a lasting memory, and holding puppies who are affectionate and responsive conjures up many wonderful memories.

I have found that when one hands a very warm and soft creature, which sinks into ones arms and looks up into ones eyes, to an elderly person, there is something rather magical that happens. A warmth emanating from the most joyful of memories spreads into a wide smile and often laughter ensues.

I find myself listening to stories of joy and sometimes a little heartache because of course our dogs do not usually outlive us. It is quite amazing how much the devotion of a pet dog can imprint itself on the heart of a person. Maybe it is because dogs offer us unconditional love. And this is something we all long to experience.

In preparation for the visit, I spend a little time teaching the puppies to sit on command. This provides some amusement when I put them down on the floor in the middle of the room where

the ladies are sitting in a circle. I ask them to come to me and SIT. This they do, admittedly because they love cheddar cheese and this is their reward, but it is very impressive because they are so tiny. This little demonstration of their attention is definitely another source of hilarity.

I am fortunate to live at this stage of my life in the middle of nature. We are surrounded by the blessing of bird-song and beauty, creatures of all descriptions. I find it to be an atmosphere conducive to healing, and love to share our farm with others who visit from the city.

Bringing small and affectionate puppies into a room, and sharing them with others, is a small taste of the joy we experience each day. It was pure delight to make that visit to Fulford, with Henrietta and Henley, and I hope to repeat this as the years go by. Deo Volente.

SALLY HARRINGTON PHILIPPO

In Memoriam

2018

Ruth Kadlebach
 Peggy Davies
 Liliane Bolland
 Rita Pelchat
 Cécile Baillargeon
 Peggy Jones
 Marjorie Harbert

2019

Carmen Depocas
 Caroline Thomas
 Florence Khazoom
 Cora Hackett
 Ada Manson

We say farewell to three faithful Board members

We remember each one with gratitude and love.

ADA ELIZABETH PHILLIPS NASH, KNOWN AS BETTE

Bette Nash passed away in November 2017 at the age of 90. Born in Australia, she studied nursing at the University of Adelaide. She arrived in Canada in 1953, with her husband, Peter, and her four children were born in Canada. Always committed to helping the vulnerable, Bette volunteered at the Douglas Hospital, and the Children's Hospital. She later became First Directress of the Fulford Residence, Bette was a beautiful, faithful and dignified lady, highly respected by all who knew her.



Bette Nash

DOROTHY JOAN ANDERSON

In July 2018 we lost a longtime member of the Board of the Fulford Residence. Dorothy was 98 years old and had remained in close touch with Fulford friends until her last years, continuing to delight us with her attendance at Volunteer luncheons. Dorothy will be lovingly remembered by her large family and her wide circle of dear friends.



Dorothy Anderson

SHEILA ROBERTSON

Sheila left us suddenly in March 2019. She attended our Board meetings until very recently and her contributions were highly valued. Sheila was a member of the Admissions Committee of the Fulford Residence, and we will continue to be grateful for her devoted service to the ladies she welcomed with care and warmth.



Sheila Robertson with Mary-Jane MacDonald



When you wish upon a tree ...

On November 16, 2018, Dream, one of Canada's leading real estate companies, called to ask if Fulford Residence was interested in participating in their Tree of Dreams project for a second year in a row. The answer was an immediate and resounding yes. A list of all the Fulford lady residents was established along with their age and three wishes.

Dream owns the two office towers at 600 and 700 de la Gauchetière Ouest.

For the Holiday Season, they put up two huge Christmas trees in the lobby of each building. The trees are, at first, decorated with labels on which are inscribed the full name of the Christmas gift recipients, and one wish. The employees interested in participating select a tag, buy a gift, wrap it up ready to distribute. The employees return the gift to the Project Coordinator and are given a decoration to put up in the Christmas tree.

On Thursday, December 20, 2018, Kathy Fogarty, Project Coordinator, informed us that each lady resident would receive two gifts, one from the employees and one from Dream. Two volunteer Dream employees, François and Julia, came to Fulford to deliver boxes of gifts. Literally, every square inch of the Management Office floor was covered in glittering packages. All three wishes listed for each resident were granted as if by magic. Personalized Christmas cards, some with touching messages, accompanied each gift.

This Christmas dreams really did come true for our Fulford ladies, and for this we are all so grateful!

Sharing Holiday Musical Cheer

Punctually, as announced, the girls from The Study's grade 5 class arrived at Fulford Residence at 12:45 pm, on Monday, December 17, 2018 to divert and delight our ladies with musical Christmas cheer. For a generous twenty minutes, their music teacher, Ms. Metwalli had the young voices floating, soaring and harmonizing, perfectly complementing the residents' midday meal. The choir was accompanied by Mr. Ron Bourne, an accomplished pianist. The visit and the music gladdened the hearts of all present.

▼ (l to r)
Melany Salhany, Ann Cumyn, Sue Winn, Flo Tracy, Mariette Gagnon, Marie-France Lacoste, Moleka Londala, Christiane Delhaes, Ann Gregory.



Board of Directors 2018/2019

OFFICERS

President – The Rt. Rev. Mary Irwin Gibson, Bishop of Montreal
Vice-President – David McEntyre
1st Directress – Flo Tracy
2nd Directress – Kitty Lackenbauer
Treasurer – Anna Belec
Secretary – Douglas Dawson
Member-at-Large – Susan Winn

MEMBERS

Alice Gagnon	Susan Orr Mongeau
Alan Greig	Eva Novotny
Judy Heathcote	Andrea Ritchie
Pat Kinnear	Melanie Salhany
Paula Jo LaPierre	Arnold Sharp
Krista Lawson	Wendy Sissons
Pam Davidson McLernon	Helen Wiegand

MANAGING DIRECTOR: Marie-France Lacoste

ASSISTANT MANAGER: Mariette Gagnon

HEAD NURSE: Moleka Londala