



Résidence Fulford

Fulford Residence

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

NEWSLETTER NO. 35

SPRING 2020

Fulford's Quilt of Belonging: Ladies, Life, and Loving Care

A message from David McEntyre, Vice-President and Director

In her report at the Annual General meeting last year, our Managing Director, Marie-France Lacoste, used the metaphor of a “patchwork quilt” to describe life at Fulford. With her indulgence, we are using this image, plus several quotes from her report, as we prepare this year’s Newsletter.

When one thinks of a quilt and of the individual patches that go into making up the whole, each with its own character, it is quite easy to envisage Fulford as a quilt made up of individual residents, staff members, volunteers and the families of the residents. When we add to these, more patches representing each of the various activities, including: meals, caregiving, daily routines, games, sing-songs, music, exercise, story telling, visits of family members and of school children, and the enjoyment of our gardens and balconies, we see in Fulford a very large quilt indeed!

Returning to Marie-France’s report, she sees Fulford “like a quilting bee with the members of all our teams interlacing the operative fabric with the fundamental threads of respect, compassion and teamwork.” Adding texture to the design, she notes “the variety of countries and cultures that many of our polite, gentle and hardworking staff members have come from”.



She concludes that also “the diverse backgrounds and personalities of our residents meld and merge to create an ever-changing living pattern that enriches all our lives.” And finally that, “Whether we are beginner or seasoned quilters, we all focus on our common goals of creating and maintaining a caring environment in which our residents can live and thrive.”

And we can never forget there is another group of patches we recognize as essential to making this quilt a success. It is the readers of this Newsletter and the many other donors whose financial support and generosity make this quilt and fabric of care called Fulford possible. We thank you, individually and all, for your kindness and generosity!

This is Board member Wendy Sissons who oversees the care of our gardens. She is assisted by Pat Kinnear.





Ian McLachlin

Ian Van C. McLachlin, A Special Friend to Fulford

Ian's interest in Fulford began when his mother, Medow Ingraham McLachlin, born at Tatamagouche, Nova Scotia, in 1898, moved into Fulford. She had graduated as a Registered Nurse from the Royal Victoria Hospital School of Nursing in 1922. Ian joined the Fulford Board of Directors shortly after his mother's move to Fulford, and he spent many years helping in many capacities. He single-handedly brought Fulford into the computer age, spent hours setting up our data base, and initiated the successful capital campaign which raised \$350,000 to bring our heritage building into compliance with city regulations. Ian was in line to become First Director when our then vice-president, Conrad Harrington Jr., died. Ian stepped in and took over the job where he served from 1991 until 1999. He then traded positions with Susan Luke Hill and became our Treasurer.

Ian's involvement in Fulford did not end with his move to Toronto in 2004.

He organized and funded a workshop for Fulford staff, with training in Montessori methods for making life easier and more fulfilling for people with dementia. He then enabled a follow-up workshop two years later.

A very generous gift from Ian, in memory of his mother, is enabling us to do extensive kitchen remodeling and repairs in Fulford Residence. This renovation includes new kitchen cabinets, an island, new flooring and new lighting. In addition, a staff kitchen is being built between the kitchen and the staff room, where the staff will have their own cupboards, a sink and stools where they can eat their lunch. These changes have been badly needed and will make a huge difference for the cooks and bakers. For this gift we are most grateful.

We are delighted that Ian has agreed to join us in yet another capacity, as Honorary Life Member of the Fulford Board.

► Staff member Marcia Skyers with Virginia Armstrong, 104 years young!



Thank you Melanie Cleland Salhany!

Melanie became a member of the Fulford Board of Directors in 2004. She was immediately appointed Chair of the Altar Guild, responsible for the leadership of the weekly church services on Wednesday mornings. At the time the Altar Guild consisted of three volunteers, two of whom, Marjorie Harbert and Hester Kerr became Fulford residents. Melanie learned from them how to prepare the Altar for the Eucharist and Morning Prayer services. She writes “over the years the Altar Guild has evolved into a loving group of friends coming together weekly in Christian fellowship”.

Since her arrival, Melanie has been a very active, involved and dedicated volunteer at Fulford. In addition to her weekly commitment for the church services, for many years she organized the MacDonnell Teas in February and November (and brought her pink cherry cream cheese sandwiches and lace

cookies for the ladies). At these events she enjoyed the social interaction with the ladies and meeting their families. Melanie, with her wonderful smile, was always there when needed, for example, at the Pub Crawls, The Breakfast on the Balcony each summer and the annual Fall Bazaar until it was discontinued two years ago.

Last fall Melanie had to resign from her Fulford commitments due to health reasons. She is deeply honoured to be voted an Honorary Life Member by the Board. To quote “this is definitely, aside from my children, my greatest life accomplishment, to be associated with women, such as Marjorie Harbert, Dorothy Anderson, Eleanor Cote, Mary-Jane MacDonald and Susan Luke Hill with whom I was privileged to serve along side, throughout my years on the board”.

Thank you, Melanie, for making a difference in the lives of the ladies who have lived at Fulford for the last 15 years.



Melanie Cleland Salhany

A Welcome Face at Wednesday Services

Ann Cumyn is a Diocesan Lay Reader who visits Fulford one Wednesday every month to lead a service of Morning Prayer. The ladies have come to know Ann as a warm presence and a good storyteller as she often includes personal anecdotes in her talks. Ann says she has had “a rewarding relationship with the Fulford Residence and its church going ladies,” Ann finds the ladies to be very appreciative of the service, and several will thank her for her talks, even

when some drift off for a short nap.

In her visits to Fulford, Ann has been impressed by the caring volunteers who escort the ladies to church, and by the family atmosphere of the house.

Each lady is special and important to the community. Ann affirms, “I would certainly recommend Fulford as an excellent place in which to age.” We are grateful to Ann for her dedicated service to the residence.



Ann Cumyn





A Time to Meet, A Time to Socialize

Residents Meetings are times for valuable and meaningful conversations about life at Fulford. Several times a year the residents are invited to meet with a Board member, Sue Winn to review aspects of their care and daily living. Juice and cookies provide a welcome to this circle of thoughtful ladies.

Some of the residents prepare for the meeting by making lists of their ideas and requests. This preparation becomes the agenda and helps to keep the meeting “on track”. Recent requests included increased and frequent communication between the management and the resi-

dents, monthly birthday celebrations, and attention to noise levels in the pantry and the dining room. Several ladies requested art classes, and a volunteer is being sought to fill this desire.

Fulford meals receive rave reviews, with requests for better coffee, more chocolate chip cookies, and more moderate portions for ladies who do not want any food to be wasted!

It is a delight to hear the strong voices of the Fulford participants who express gratitude for the daily care and services that they receive.



Joyce Borniard RN

Our Head Nurse

Joyce Borniard, RN, has come to Fulford from the thoracic unit of the Montreal General Hospital. Born in Chile, Joyce was four years old when her family moved to Spain, where she spent her childhood and youth. She and her husband, an anaesthetist, moved to Montreal from Spain eight years ago. They have both adapted well to our Montreal winters!

Joyce says she walked along Guy Street for many years, but never realized what was behind the red doors of the Fulford Residence. It was Laddie Woolhouse,

one of her teachers in her nursing program, and a former manager of Fulford Residence, who notified Joyce about an open position at Fulford. She decided to visit and requested an interview. She is enchanted by the décor and the history at Fulford. “The energy is magical,” Joyce says. She says it is like going back in time. “It is a romantic place”.

Joyce is enjoying getting to know the ladies, and they are enjoying her gentle and cheerful presence. Our Fulford residents are fortunate to be in Joyce’s capable care.

Enjoyable Evening Entertainment

A daily evening activity for the ladies of Fulford is "Home Cinema".

Mary Ramsay, a very active resident, is in charge of this activity.

With a collection of DVDs and the availability of Netflix, Mary knows the interests and preferences of her friends and colleagues, and selects the features to be shown.

Mary adjusts the sound to an appro-



priate volume, and encourages participation in this much appreciated activity.

▲ Mary Ramsay adjusting the sound for Home Cinema



◀ Mrs. Joyce Fife and Bishop Mary

New admissions

2019

Mrs Norma Udy
Mrs Lois Marshall
Ms Alexandra Pollock
Mrs Maria Metka
Mme Jeannine Proulx
Mme Luce Gianola
Mrs Catharine McKenty

2020

Mme Charlotte Picard
Ms Margaret Finlayson
Mrs Patricia Black



Gifts Galore for the Fulford Ladies

Members of the Mission Committee of the Church of St. John the Baptist in Pointe Claire delight in giving.

These generous individuals have provided Fulford with beautiful Memory Muffs, hand knitted lap blankets and knitted slippers for visitors to the house when they remove their outside shoes.



One beautiful day this group arrived with baskets of knitted dolls. They visited ladies in the dining room and sitting areas to say hello, and to offer them a doll, or two, for their own pleasure or to give to little children who visit them. It is hard to say what the residents enjoyed the most, the visit and conversation or the surprise of a gift.

You may wonder, “What is a Memory Muff”? It is a colourful knitted muff with small attachments, inside or out... buttons, a zipper, ribbons, items that trigger childhood memories and provoke conversation. Fun to play with while sitting quietly!

Manager Marie-France Lacoste has been so grateful for the ongoing support from these hardworking and generous friends who bring joy every time they visit.

Their knitted gifts are in great demand when there is a bazaar in November at the Church of St. John the Baptist. Each year they surprise with new creations.

We are so fortunate to be part of their mission work! Thank you Lynda Lemay, Mary Moshopoulos, Lucy Anglin and Donna Sauve!

A Cherished Tradition at Christmas



How many of us continue to write many personalized Christmas cards to friends around the world?

Catharine McKenty, at 89 years of age, wrote 275 cards last Christmas!

Each one was handwritten, a real gift to the recipients.

Catharine is an inspiration to maintain contact with friends and acquaintances.

◀ Catharine McKenty

Tribute to a Cherished Friend of Fulford

Eleanor Cote died in May 2019, in her 98th year. She was a volunteer in many capacities in Montreal. One of the causes closest to her heart was individuals with intellectual disabilities. In 1982 the Eleanor Cote Foundation first provided training and work placement to people with special needs.

She received a commemorative medal from the Governor General of Canada in 1992 in recognition of her many contributions.

Eleanor served on the Board of the Fulford Residence and volunteered for a number of years, training “door sitters” who would welcome visitors to the house. She is fondly remembered by all those who knew her.



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.

- ◆ **Hydro Room ceiling, bricks leaning on pipes need repair, \$5000**
- ◆ **Replacement of non-functional valves in basement, \$12,000**
- ◆ **Removal of carpet in office, installation of new floor, \$1000**
- ◆ **Outside ceiling near nursing office needs strengthening, \$8000**
- ◆ **Stools for staff kitchen and table and chairs needed in new kitchen, \$2000**
- ◆ **Windows in several bedrooms, \$10,000**
- ◆ **Upgrade to elevator, \$25,000**



Left, Anna Belec, treasurer; Right, Bishop Mary Irwin-Gibson, President of the Fulford Board.

In Memoriam

2019

Mrs Joan Robertson
Mme Denise Marchand
Mrs Norma Farkas

Mrs Louise Moquin
Mrs Helena Warchol
Mrs Amy Miyamoto

2020 Mrs Dennisson



The Changing Faces of the Fulford Board of Directors



Board of Directors 2019/2020

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

Sara Cornett	Susan Orr-Mongeau
Alan Greig	Eva Novotny
Pat Kinnear	Andrea Ritchie
Paula Jo LaPierre	Arnold Sharp
Krista Lawson	Wendy Sissons
Pam Davidson McLernon	Helen Wiegand

MANAGING DIRECTOR: Marie-France Lacoste

HEAD NURSE: Joyce Borniard

This year we have experienced resignations from several valued members, Melanie Cleland Salhany, Alice Gagnon and Judy Heathcote. We are so grateful for their years of devoted service. We continue to benefit from the important roles they have played over the years.

At this time we welcome a new member, Sara Cornett.

Sara comes to us through her work in the Faculty of Medicine Public Health at McGill University. She brings to us her valuable experience at a time when Fulford prepares to protect all our ladies and their families from COVID-19.

Sara will be helping at Wednesday Church services as part of our Spiritual Life Committee.

She also looks forward to volunteering with activities which are held in the evenings. We are so pleased to welcome Sara to the Board!