

# Pathways to Care

## **MERRY CHRISTMAS - ZONE A6 TED FOSTER**

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Christmas morning wouldn't be the same without the "Ted Foster" Christmas gift giving. Zone A6 came together to ensure each of our Veterans had a special gift for Christmas. This year, 130 Veterans received a personalized gift bag on Christmas morning delivered by Legion members and Cadets who were here to spread to cheer .

Not only did they distribute gifts, the Cadets sang Christmas carols, spent time with the Veterans and shared a special story or handshake. Christmas morning was made very special, especially for our Veterans who don't have visitors or may not have family. To witness the love and joy that the Cadets and Legion members bring on this special day, is priceless.

To make this happen each year, it takes a village. Thank you to everyone who pitched in to help. A special thanks to Joanne Shields for her continue passion and dedication to the Ted Foster Christmas fund.



## **SARNIA LEGION - CHRISTMAS PARTY!!!!**

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Sarnia Legion does it again!!!! On November 24<sup>th</sup>, branch members travelled down the highway to share in a Swiss Chalet lunch. The auditorium was filled with Christmas cheer and the aroma of the chicken dinner wafted down the hallway. Lunch was enjoyed by everyone in attendance.

The sound of bells and "Ho, Ho, Ho" came into the room, and there was Santa, ready to hand out beautiful grey cardigans to every resident. Veterans who were not able to attend the lunch received a gift later on the unit. What a great way to welcome December!

Thank you Sarnia Legion for kicking off the Christmas season!



# BREAKING NEWS!!!

## THE TRADITION CONTINUES—RIDGETOWN LEGION - LA

Five years ago I was contacted by the Ridgetown Ladies Auxiliary, as they wanted to do something special for our Veterans for Christmas and make the season a bit more festive. After some discussion and tossing around a few ideas we finally landed on a “Quarter Chicken Festive Meal”. This was the perfect idea, because our Veterans love their food and the Swiss Chalet festive meal. This also added a little extra variety to their regular meal schedule. Not only did the Ladies Auxiliary fund the meal, they also came to Parkwood to help support the staff.

On December 6<sup>th</sup> we celebrated the 5<sup>th</sup> annual Swiss Chalet lunch. The auditorium was transformed into a Swiss Chalet restaurant and 87 residents enjoyed their festive meal. During the dining experience the Ladies Auxiliary, arranged to have an entertainer perform.

Thank you Ridgetown Ladies Auxiliary for your generosity in supporting the event. We look forward to the 6<sup>th</sup> annual Quarter Chicken Festive Meal. Cal Paterson - Therapeutic Recreation



## HOW ABOUT A LITTLE BLUE GRASS

Thanks to Ingersoll Legion, the “Rhyme and Reason Band” were in the house on Saturday, November 17. The Veterans sang and tapped their toes to the banjo and the tune of blue grass.

The Ingersoll Legion also gave a very generous gift to the Veterans Care and Comfort Fund.



# HEADLINE NEWS!!!!

## THE DINERS CLUB

The diners club was established last year to give the Veterans a variety of options for food. One of the options in the Diners Delight program is to go to a restaurant as a group and enjoy a meal. On December 12, fifteen residents went to Red Lobster, where they were able to select whatever they wanted to eat.

When everyone sat down at the table the Veterans excitedly picked up their menus and began to search for their perfect meal. The options were endless and included steak, lobster and pasta. The smell of the food being cooked was wafting from the kitchen, which made everyone even more excited to eat. Once the meals arrived, it was silent, you could hear a pin drop! Everyone enjoyed their meal they ordered.

Outings like these are very important to our Veterans. This allows them to have a special dining experience outside of their homes and maybe try something that they may not have tried before. Food is a very hot topic around here, and programs like the Diners Delight give the residents the variety they may be looking for.



## WHEN YOU WISH UPON A STAR.....

Have you ever been to a pug party? Well let me tell you, you should, because it's a ton of fun!!

On January 19, one of our star residents, Miss Daisy Hebert was granted her wish of a "Pug Party" through the "Dreams and Wishes committee." Five pugs from the London community came to see Daisy and make her dream come true. When we asked Daisy what she thought of all these pugs visiting her she replied "I'm in Heaven". She couldn't keep the smile off her face while watching the five pugs run around, sit on her lap, jump onto the couch and just get into normal old pug antics. It was a special day, one that I will never forget.



Dreams really do come true with the dreams and wishes committee.

# NEWS FLASH!!!!

## **NURTURE THERAPY**

Many long-term care facilities are turning towards Nurture Therapy, sometimes referred to as Doll Therapy, as a strategy to assist their special care residents who are exhibiting negative, responsive behaviours, specifically wandering and restlessness. As humans, we have the instinct to nurture, this need does not go away with a diagnosis of dementia. Nurture or doll therapy is a resource that has proven to be an effective therapeutic approach, producing a calming effect and is a successful non-pharmaceutical strategies to giving the Veterans a sense of purpose and comfort.

Having a recognizable, realistic-looking doll is key to the success of this intervention. Reborn dolls are weighted, with detailed features, appearing and feeling lifelike when held.

A local London artist has customized 2 male dolls for the Veterans Care Program, which were funded by the RCL - Ladies Auxiliary. Veterans and staff members have all been eager to hold our reborn dolls, and immediately, the residents started to rock, cuddle and sooth the dolls. Veterans have shared memories of their own children, often with tears rolling down their face, as they are holding the doll. This positive effect was contagious throughout the unit each time the dolls visited.



## **DREAMS & WISHES**

2019 is proving to be a year of "Special Wishes" Edward Francis from 4Bruce/Elgin wished for an amp so he could play his electric guitar. When the committee walked into his room to grant him his wish he was speechless and as soon as that electric guitar was plugged in and he started to play, his face literally lit up the room. Ed has been longing to play his guitar for a while now, but wasn't able to without this special piece of equipment and through the Dreams & Wishes initiative we were able to make his wish come true!!!

