

# The Vista ECHO

www.newvista.bc.ca

2012 Jan/Feb/March

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The ECHO is published quarterly by New Vista for the enjoyment of the residents, staff and families of New Vista. Comments and suggestions for future articles should be directed to: Margaret Hansen at 604-527-6000 local 285 or [margareth@newvista.bc.ca](mailto:margareth@newvista.bc.ca)

## Walk for Memories!

Calling all walkers and supporters: nurses Judy Ferrante and Joan Metselaar are putting a team together to join the Vancouver Walk for Memories. The Alzheimers Society puts on the fundraising walk to raise money and awareness for Alzheimers Disease and its many sufferers. The Walk for Memories takes place on the last Sunday of January in beautiful Stanley Park. The New Vista Striders team will join hundreds of others to walk the seawall starting at 1:00pm from the Stanley Park Pavilion at Malkin Bowl. The Striders are collecting money for Alzheimers support. You can leave donations at the New Vista reception desk or donate at the website [www.walkformemories.com](http://www.walkformemories.com). Please be generous and give to a good cause that here, at New Vista, is very close to our hearts and minds.



Walk for Memories 2011.

## A New Year of Promise

What will 2012 bring for you? Everyone will answer that question differently. For me, it's the start of my second year here at New Vista. I feel a connection to this wonderful place and to the residents and staff who work here. I recently read the following poem and would like to share it with you.

### **New Year's Reflections**

Looking back on the months gone by,  
As a new year starts and an old one ends,  
We contemplate what brought us joy,  
And we think of our loved ones and our friends.  
Recalling all the happy times,  
Remembering how they enriched our lives,  
We reflect upon who really counts,  
As the fresh and bright new year arrives.  
And when I ponder those who do,  
I immediately think of you.

*By Joanna Fuchs*

*I wish you all a safe and prosperous New Year!*

Leslie Karmazinuk  
Director of Care and Programs  
New Vista

## Future Dates of Note to Family Members

In 2012 we would like to develop a family council and ask you to consider being part of it. In our planning, we have set the following dates for meetings. We will have a package with the Echo and other info for each family at the Soup and Social or Family Council February 16<sup>th</sup>, May 17<sup>th</sup>, August 16<sup>th</sup>, and November 15<sup>th</sup>. Please watch for posters prior to the meetings.

## Keeping It Together: The Elastic Band

When this group was asked what they should be called in the summer of 2010 they decided on "The Elastic Band" with the slogan of "Keeping it together"; which is exactly what they have been doing for the last year and a half. Back in 2010 there were only three core members in the band: Ken Ostrickoff, Les Driedger and Ross Mcausland. These three were the backbone of the group with guest singers such as Terry Monteforte and Grace Magnus making occasional appearances. Ken, Les and Ross are still keeping it together but have allowed other permanent members to infiltrate their group.

When the group began it was somewhat of an experiment as Ross was the only experienced musician. Ross has been playing the guitar for most of his life and it shows. He is a very reliable group member when it comes to learning new songs fast. He was a great mentor for Ken as he learned to play the bass. Ken was nicknamed "Hawk" in the early days as he would watch Ross "like a hawk" to know what he should be playing. Les made this trio complete by keeping a steady and enthusiastic beat on the drums. By the summer of 2011 the group had grown to be a solid band and decided they were ready for more. The first new member to join was Karen Szabo on the tambourine and backup vocals. Shortly after, Wilf Fast joined with his rich, strong vocals and more recently the band has had Eric Gray complimenting the band on percussion. As the group has grown so has their sound. What began as a trio is now a full ensemble with multi layered arrangements.

Two things about this group that have most impressed the author are the band members' constant growth in ability and their support for one another. The more they play together the more each member has been willing to try new things. For example, most of the members have tried their hand at singing whether it be background or lead vocals, and many are gladly playing instruments they have never played before. They are able to do this because of the amazing support the members show each other. Everyone is very patient with new material. When someone is struggling with their part the others are more than willing to give the member time to practice and encourage them along.

Together this group has created something very special at New Vista. Come on out and watch the Elastic Band keeping it together on Thursday, January 26<sup>th</sup> at 3:30 in the Games Room.

~ Tatyana, Music Therapy Intern



## Eden Principles Alive at New Vista

Principle Four: An Elder-centered community creates opportunity to give as well as receive care. This is the antidote to helplessness

### Resident Biography: Phyllis Connolly

Phyllis was born in 1919 in Vancouver, as the youngest with five older brothers: Vincent, Eric, Jack, Roy and Stanley. Her father worked at Henry Birks on Granville for 37 years and her mom raised the six kids. She remembers as a child, her brothers and dad crowded around the radio, listening to the sports newscasts. She said her brothers were involved in almost every sport, except hockey.

Phyllis liked being the only girl, but she also didn't. Her parents always made her brothers take Phyllis along with them and she remembers one day when they went fishing at a stream. They were walking really fast and Phyllis couldn't keep up so she asked them to wait for her. They all turned around and told her that if she couldn't keep up, then she should go home. So, Phyllis ran to keep up. Another story about her brothers: one of her parent's friends liked to give Phyllis wonderful gifts. The friend gave Phyllis a solid chocolate heart. Phyllis left the chocolate on the counter and when she left the house her brothers started to eat it. When she came home, she saw them eating the chocolate and they were so surprised to see her, they dropped the chocolate on the floor and it broke into pieces.

As a child, Phyllis loved to dance. She did all types. Her friends and family called it fancy dance. She went to a dancing school. One of her fondest memories is at age seven, her school principal asked for Phyllis to dance for him. At the end of her performance, he rewarded her with a silver cup. Phyllis still has it today. It has her name and the date of her performance engraved on it. Phyllis also started playing the piano at age seven, but didn't like it much as she was too young to really enjoy it. Her piano teacher didn't like to teach her and sent her home with paper and an apple, but not before whacking her with a stick. Phyllis regrets not taking it again when she was older.

As a teenager, she helped her mother around the house, doing dishes and such, and her mom taught her recitations and poems. She recited them at Sunday School concerts, where she also sang at times.

When she was 21, she married and moved to Nanaimo. Her husband worked as a high rigger. One day he fell sixty feet and injured his back. She didn't want him working as a high rigger, so they moved back to the mainland where he went back into mining. Phyllis also worked. She went into real estate, then was on the Vancouver Parks Board, and then managed a bakery for five years. She loved to work and comments that she was always the boss. She laughs at the memory of a man asking her to run for president. Phyllis had to stop working though, when she felt her daughter was unhappy and she needed to spend more time with her. At around the age of 37, Phyllis' best friend died. She was entrusted with the care of her friend's daughter.

Life has changed a lot for Phyllis. At New Vista, she tries to dip her toes into everything, and was even elected Vice President of the Resident Council but she turned it down because of her blindness. Since she came here, she has come to love painting very much, even though she is blind. Phyllis is a wonderful artist. It's her way of letting go and makes herself feel better. Phyllis is a wonderful person, everyone she meets can't help but love her and she always thinks of others.

Biography written by:

*Julia Ciachurski, Katherine Akladios,  
Lauren Duda and Stephanie Falcone  
Students at St. Thomas More Collegiate*



## Volunteer News

Welcome to 2012.

I hope you all had a wonderful holiday and that this new year will bring you happiness and good health.

Many thanks to all the volunteers who donated time and energy to New Vista in 2011 and in years gone by. In 2011, 177 volunteers gave the gift of their talents to New Vista.

I will be on holidays most of February, but in March look for your invitation to New Vista's April volunteer appreciation event.



Do you have a friendly pet that you would like to bring to the care home for visits? If so please contact me for a pet screening and discussion of this opportunity.

As always there are several special events for our care home elders which need volunteer support: Robbie Burns, Chinese New Year, Valentine's, Easter and so on. I send out emails and place posters in the computer room to advertise these events as the dates draw near.

One very special volunteer is Roy Driedger. His brother lives at the New Vista Care Home, while Roy and his mother live in separate New Vista apartments. Quite a family affair! Roy visits the care home almost daily. He helps in which ever way he can. He's develops his muscles moving furniture, develops his voice by calling bingo and is quickly increasing his knowledge of Vancouver and Burnaby by escorting our elders to medical appointments using the handydart buses. He has a talent for making friends and helping others. Roy was especially valuable helping with all the special events over Christmas. Thank you Roy for volunteering at New Vista.

Please contact Margaret Hansen at [margareth@newvista.bc.ca](mailto:margareth@newvista.bc.ca) or 604-527-6000 local 285 for information about volunteer opportunities and workshops.

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## A Volunteer's Story

Among the several volunteering experiences that I have participated in, I strongly believe that volunteering at New Vista Care Home allowed me to contribute to the community by creating a positive atmosphere and providing help for residents in the Care Home.

I started volunteering as an IN2L (It's never too late) Program Volunteer: teaching residents how to use a computer while entertaining them at the same time. At first, many residents were unwilling to use a computer and even refused to use it, because to them a computer was too complicated to use. They felt uncomfortable using a computer. However, I found out that people were generally nice and I hoped to change their attitudes by getting to know them.

Every weekend, I volunteered for two hours. I always talked to the residents and encouraged them to use a computer. Although some people still refused to do it, I could see the change in people's attitudes. Slowly their minds were opening. Residents joined me and enjoyed activities such as playing hearts, watching funny videos, sending emails to their families and travelling around the world by Google Earth. Google Earth was the most popular pastime.

Bob (not his real name), was one of the few residents who got angry at me when I talked about computers, but I continued to persuade him to use a computer. Finally, he agreed and we found his favourite activity was listening to music.

Together, we listened to Elvis Presley and the Beatles. He liked to talk about how amazing they were. As time passed, we became very good friends and we even went to a Car Exhibition and to McDonald's together. Although he is a lot older than I am, I realized a valuable lesson: age should not be a determining factor when building friendships.

By volunteering, I helped residents in New Vista Care Home improve their lifestyles using popular technology and I built friendships.



Wonjun Cho, New Vista Volunteer

## Creative Writing At Willow Manor

A group of elders on Willow Manor experienced the joy and pleasure of Creative Writing with a member of the Creative Therapies Team this past November. The program began with a brainstorming exercise with group members calling out words that for them, described "winter". The group leader facilitated a group discussion and reflected on the elder's thoughts and reactions to the list of words. Once they began to verbally disclose and discuss their thoughts the group leader wrote down the words and ideas on a large board providing a visual presentation of the material.

Once that was completed the group leader again facilitated a group discussion and prompted the elders to take key words and string the words into sentences. The sentences became a beautiful poem entitled~

### "HAPPY HOLIDAYS"

Poetry writing is a creative way of drawing on one's life experiences; giving deeper meaning and depth to the act of story telling. It provides an avenue for life review and opportunities for reminiscing. Reminiscing increases self confidence and builds on peoples remaining skills. Participants experience increased emotional support and opportunities for socialization. Expressing ideas, experiences and emotions through Creative writing has shown to have a positive effect on a person's well

being, their mind and body. Look for more resident poetry to be displayed around the halls of New Vista.

Louise Joycey

Manager of Recreation and Therapeutic Programs

## Happy Holidays!

The Hustle and Bustle of them all  
 The crowds all packed into the mall  
 Children outside playing in the snow  
 Snow angels giving off a certain glow  
 As pond hockey takes off in stride  
 The skiers begin to glide  
 The crisp air begins to chill  
 Hot chocolate warms the soul  
 A winter wonderland of joy and love  
 Creates a Merry Christmas to all



By Willow Place Creative  
 Writing Group

## Thank You!



Thank you to the Mulberry Retirement Residence for sending beautiful gift baskets for our apartment tenants at Christmas. Thirty-eight lucky people received baskets brimming with a wonderful variety of items - socks, gloves, cookies, chocolates, toothpaste, soap, tea, juice, fruit and several non-perishable food items. What great way to start the holiday season!

## The Piano

Here is the story behind the grand piano in the green lounge on the first floor of New Vista.

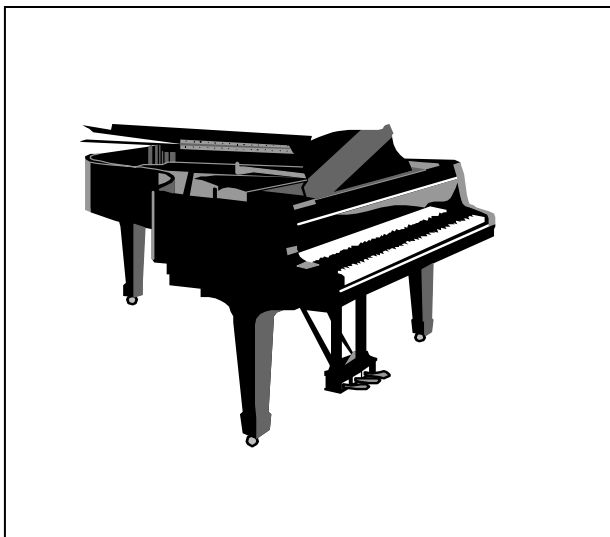
The piano belonged to Goldie Gloria Rodgers (May 28, 1920 to November 5, 2011).

Goldie was a very accomplished pianist having started at age 12 to study with the legendary teacher, Richard Buhlig. Other teachers and influences read like a who's who of piano. She won many scholarships and received the coveted UCLA Mu Phi Epsilon award for music excellence in 1943. This launched her career in piano instruction that included establishing her own school, "Chicago School of Music," becoming a member of the faculty of the Los Angeles Conservatory and also teaching at US Colleges- UCLA and Mount St. Mary's.

She and her loving husband, Gordon moved to Canada in 1982 where they fully embraced Burnaby as their new home. In the US, they had been very active in the American Peace and Humanist Movements and later founded the Humanist Association of Greater Vancouver.

In 1986, Goldie began teaching piano at the College of the Retired in Burnaby offering Advanced Piano, Music History and Appreciation courses to retired teachers until 2006. As well as her keen interest in music, she was very active and devoted time and energy to politics as a social democrat and was on the executive in NDP MP Svend Robinson's riding. She dedicated her life to sharing her love of music and speaking out and advocating for others-a true humanist!

Her family was pleased with the wonderful, loving care given to Goldie by the staff at the New Vista Care Home and for welcoming her and her grand piano.



~ Maureen Olofson,

friend and student of Goldie Rodgers

## Health and Wellness

### COMMUNITY FOOT CLINICS AT NEW VISTA

Most of us take our feet for granted, but our feet are vital to health and mobility, carrying us up to 200 000 miles in a lifetime. No wonder foot problems are common. As we get older these problems can get worse, and it becomes more important to care for our feet. In older people proper foot care can mean the difference between good health and constant trips to the doctor or even major surgery.

#### Services Provided:

Footcare Assessment; Nail Trimming & Filing; Skin Care and Foot Massage; Corn & Callus; Diabetic Foot care; Arthritic Foot care; Infection Control & Fungus Control; Ingrown Nails  
Footwear & Foot care Teaching with Emphasis on Prevention and Health Promotion  
Orthotic Referral & Shoe Modification for common foot disorders

Referrals for Specific Medical Treatments & Specialized Footwear Requirements

Services Provided by Evelyn Coxon RN, Specializing in Basic & Advanced Foot care

CLINICS HELD EVERY 4-6 WEEK

Cost: \$30.00 for first initial visit, \$ 25.00 each visit (plus HST)

## Special Program for New Vista Staff

**VistaFit: 13-week Learn to Run / Walk** program. To prepare for the SunRun...or just to improve your fitness. Starting Weds January 18 at 3:30pm. Register with Larry at 604-527-6000 local 150. Posters are around the facility with all the details.

## Thank You Sharons Credit Union

New Vista Society wishes to extend a huge thank you to Sharons Credit Union for a surprise Holiday Season present of \$80,000. Sharons Credit Union's purpose as a "member-owned financial institution is to serve our members' needs and to contribute to the well-being of our community." Many members of Sharons Credit Union live in the New Vista apartments. The gift will be used to replace the carpeting in the Vista Place and Winch Towers. New carpeting, along with the freshly painted halls will enhance the home and dignity of our tenants.

This gift exemplifies Sharons slogan "People before profits."

Thank you from the bottom of our hearts.



## Health and Wellness

### **MASSAGE THERAPY AT NEW VISTA**

#### WHAT DOES A REGISTERED MASSAGE THERAPIST DO?

RMTs are trained to evaluate individual health needs, and provide active and passive techniques for complete patient care.

RMTs provide an accurate assessment differential diagnosis, and prognosis of specific soft tissue and musculoskeletal conditions.

RMTs act upon the muscular, nervous and circulatory systems to improve health

Scientific research supports the use of massage therapy as an effective approach in pain and injury management rehabilitation and prevention.

Research shows that massage therapy is effective in reducing pain, anxiety and stress. Massage therapy will also improve muscle strength, joint movement and a patient's sleep and quality of life.

LOW BACK PAIN  
OSTEOARTHRITIS  
HEADACHES  
FIBROMYALGIA  
CANCER  
WHIPLASH  
STRESS RELEASE

#### Coverage

RMTs are primary contact health care providers. Referrals are not required for Medical Services (MSP) coverage. MSP covers massage therapy for patients who qualify for premium assistance. You may also have coverage through you extended health care plan.

COST: \$45for 30 minute massage MSP pays \$23, your cost = \$22

\$84for 60 minute appointment MSP pays \$23 your cost = \$61

Blue Cross: full payment & claim

MASSAGE CLINICS ARE HELD TWICE A MONTH IN THE NEW VISTA CARE HOME.

**CALL MANJIT AT 604 527 6000 EX 159 TO MAKE AN APPOINTMENT**

## Farewell to Kristine

To the Residents, Staff and Family of New Vista Care Home:

I am writing to say thank you from the bottom of my heart. It has been almost nine years since I first came here and it has been a wonderful experience in so many ways. I have been blessed. I had much support and encouragement to try out new musical adventures - some of which went really well and some...well, they were still adventures! For the residents - I thank you for being so willing to experiment and try out all these ideas. All the way from the handchime choir way back in 2003, the very first mutual support group here called the Java Music Club (we started out with one and now we have five!); applying for and receiving the



Kristine with Karen

New Horizons grant to learn how to build drums; drumming circles, the dances, the ukulele band, the rock band, purchasing a recording studio and recording numerous CD's right here in the home; and of course, the musicals...Mary Poppins, My Fair Lady, The Sound of Music,...Scrooge and the latest...Oklahoma. I am leaving my job here but will always carry these wonderful memories with me in my heart. I thank you for all you have done to enrich my life.

With much love, Kristine Theurer, Music Therapist

## Nan Blackmore— Friend of New Vista

After many years of volunteering with the New Vista Society, Nan Blackmore - sadly passed away at the age of 86 on January 3, 2012.

Her accomplishments were many and varied. She was the President of the New Vista Society for several terms. She was a life member of the New Vista Auxiliary. She was President of the late MLA Fred Randall's executive and a lifetime member of the New Democratic Party.

I accompanied her delivering a Christmas card to every tenant in the New Vista complex and she attended meetings, celebrations and birthdays of residents of the New Vista Care Home many times. Parties for 100-year-old residents were made special with cake, a boutonniere and the attendance of the late Bill Copeland, then Mayor of Burnaby.

Nan will be remembered because her dedication helped build a firm foundation for the New Vista Society Care Home, their tenancies and the J.S. Woodsworth complex on 11<sup>th</sup> Avenue.

~ Margaret Koster, New Vista tenant

## Planned Giving & Donations for Mattresses



We thank all the staff, families, residents and friends who contributed to our fund raising campaign in 2011. With your support and through other sources, we have purchased **ninety-five** new therapeutic mattresses for our residents. We thank you for your donations and we encourage you to continue to donate for this worthwhile fund.

We still need mattresses, overhead lifts and specialty baths for our residents and we ask for your help. Please take this opportunity to make a donation. Even a regular small donation of the equivalent to the cost of a cup of coffee every week will add up. Remember, we provide tax receipts annually for donations.

### NEW VISTA SOCIETY

7550 Rosewood Street, Burnaby, BC V5E 3Z3 (604) 521-7764

Your Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_ Prov: \_\_\_\_\_ P.C. \_\_\_\_\_  
 Email: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_  
 Our Pledge is: \$1,000 \$500 \$250 \$100 \$50 Other: \$\_\_\_\_\_

{ } Enclosed is my cheque or money order payable to the New Vista Society.

{ } I would like to pledge a monthly amount.

{ } I would like more information on New Vista Society.

### NEW YEARS PRAYER

Thank you Lord for giving me	The year ahead is empty	
The brand New Year ahead	Help me fill it with good things	Please give to all upon this earth
Help me to live the way I should	Each new day – filled with joy	A heart that's will with love
As each new day I tread	And the happiness it brings	A gentle happy way to live
		With YOUR blessings from above
Give me gentle wisdom	Please give the leaders of our world	
That I may help a friend	A courage born of peace	~ Submitted by Judy Donas,
Give me strength and courage	That they might lead us gently	tenant
So a shoulder I might lend	And all the fighting cease	