

# FOCUS

SPRING/SUMMER 2020



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## The fabric of friendship

“We have such a great time together,” says Fabric Arts Group leader and Tenant, Mrs. Catherine Brackley.

Catherine—an Occupational Therapist for over 40 years—knows how therapeutic crafting can be. “We all enjoy coming together to weave, knit and crochet. It is a wonderful creative outlet and doing these kinds of crafts are also a form of occupational therapy, which is so beneficial for us older folks.”

With anywhere between 8–14 members meeting once a week to chat all things crafting and work on projects, this club began in 2019 and its members have since produced over 100 pieces including baby hats, ear warmers and lavender sachets. Their projects are sold in the Belmont House Tuck Shop, and all funds are donated to the Foundation. For any pieces that do not sell, the club has donated them to the Needlework Guild of Toronto who distributes them to 27 charitable agencies throughout Toronto.



The joyful ladies of the Fabric Arts Group enjoy meeting weekly to work on their projects, deepen their friendships and give back to our community (left to right: Dr. Marion Pope, Mrs. Nancy Pickering, Mrs. Winn Burry, Mrs. Carol Wishart, Mrs. Catherine Brackley, Mrs. Joyce Fearnside, Mrs. Caterina Gallippi and Mrs. Cathy Laetham)



“We all work together to help each other,” says Resident Dr. Marion Pope. “I like that I can keep up with my favourite hobbies and share good times with my friends.”

Open to anyone who would like to join in on the fun, the Fabric Arts Group meets every Wednesday at 10:30 am.

Tenant and group leader, Mrs. Catherine Brackley (front) and Resident Mrs. Caterina Gallippi (back) work on their weaving projects while at Fabric Arts Group. They enjoy being able to give back while having a great time!



## Touching the hearts of our Residents

### *How volunteers make Belmont better*

Walking through Belmont you will come across not only folks who live and work here, but many wonderful volunteers as well. “Our community relies on the generosity of our volunteers to help make Belmont House as remarkable as it is,” says Human Resources Coordinator, Christina Elias. “Our volunteers get just as much out of their time with our Residents as they give. Through sharing stories and doing activities together, close bonds are formed.”

Mrs. Heather Gibson began volunteering at Belmont House in 2015 when her husband, Allan Massingham lived here in Long Term Care.

“Volunteering has been a part of my life since I was a teenager. It gives me an opportunity to help others,” says Heather. “Volunteering at Belmont House has become a large part of my life.”

Coming into Belmont 4 to 6 times a week, Heather helps run our volunteer-run Tuck Shop, assists at Residents’ meal times and accompanies Residents who need help getting downstairs for church, memorial services and special events. A fixture at all Belmont House socials and cocktail parties, Heather helps to serve food and drinks,



Mrs. Heather Gibson, in one of her many Belmont volunteer roles, visits with Residents as she serves them weekly in our Tuck Shop.

and with little event details that make each event special.

When asked why she gives so much of her time to Belmont, Heather answered, “We can’t just take up space on the planet. Especially for those of us who have retired and are able, we need to get involved and give back.”

We are so thankful for Heather and all of the volunteers just like her who give their time and skills so freely and help make Belmont House such a special place.

If you’d like to have fun, make friends, and make the lives of our Residents richer and more enjoyable, consider volunteering some of your time to Belmont House. Fill out the enclosed form or get in touch with Christina Elias at [celias@belmonthouse.com](mailto:celias@belmonthouse.com) or (416) 964-9231 ext. 220.

## Caring Foundation doubles the impact of donations used to fund Belmont Recreational Programs

One of the many special things our Residents and Tenants appreciate most about Belmont House is the quality of our Recreational Therapy programming. Built with the input from kind-hearted family members and everyone who lives at Belmont, generous support of people like you allows us to provide leading-edge therapies and a wide variety of entertainment.

For the past two years, we have been the grateful recipients of matching funds from the GIVE65 program of the Home Instead Senior Care Foundation of Canada. The Foundation doubles the generosity of our donors, allowing us to deliver the highest quality of care and recreational programming.

When learning of this grant, a grateful family member of one of Residents said, “Knowing that mum is well taken care of physically—and also mentally and emotionally—provides so much comfort to our family. Having our giving to Belmont matched and goes so much further and is so fantastic!”

If you would like to direct a thoughtful donation to our Recreation Programs, and have your gift matched by Home Instead Senior Care Foundation, you can send one in today using the enclosed form and postage-paid envelope, or contact Deanna Codner in the Belmont House Foundation office at [dcodner@belmonthouse.com](mailto:dcodner@belmonthouse.com) or (416) 964-9231 Ext. 238.

## Using the power of live music

**M**usic is a remarkable therapeutic tool. It can spark old memories and feelings, provide comfort and increase mental well-being. Research has shown how music can also help reduce agitation and calm anxious feelings.

Belmont House has long used the power of music as a deeply moving therapy. Almost monthly for the past 10 years, the Health Arts Society have staged performances at Belmont by top Ontario performers. They call them *Concerts in Care*.

"We can absolutely see a difference in our Residents' overall well-being after attending *Concerts in Care*. Music is really powerful," says Elleni Bouronikos, Recreation Supervisor.

These special performances along with the twice weekly live entertainment and music therapies available in the multisensory room, Belmont House is committed to the over-all well being of our community. We have been able to really see the impact of music therapies. "It really is incredible to see a Resident come to life at a performance,"

**"I think music in itself is healing.  
It's an explosive expression of humanity."**

**-Billy Joel, an award-winning musician**

reflects Elleni. "An intimate live performance also gives Residents a chance to interact with the musicians, which deepens their experience."

We are so thankful to all the performers and musicians who spend time with us and our generous family of supporters who make these healing performances possible.



**So much of our recreational therapy programming is supported by the generosity of people like you. Please consider making a thoughtful gift that will greatly benefit everyone living at Belmont House.**



# Calling all walkers and rollers!

Our 2019, 9th annual *Walk and Roll* was once again a record-breaking success! Raising over \$35,000 and with over 200 participants, we have a lot to celebrate!

All funds raised for this fun event are put directly into supporting more care and recreational programming to make life better for everyone

living at Belmont House. Because government funding and Resident/Tenant fees do not completely cover the high quality of care Belmont has always been known for, community participation in fundraising events is what continues to make Belmont the seniors' home of choice.

A big thank you goes to all Belmont Residents, Tenants, family members and staff who participated, and our great long-time sponsors Achieva Health and Home Instead Senior Care!

We would love to have you join us on June 12th for the 10th annual *Walk and Roll*. Our walk times are at 10 a.m. and 2 p.m., and an ice cream party in the Stillman Garden follows the second walk.

If you would like to participate and have your family and friends sponsor you, you can easily set up an online fundraising page by visiting [www.bit.ly/bhwalkathon](http://www.bit.ly/bhwalkathon), or you can collect pledges using the forms available in our front lobby.

If you have a business and would like to become a sponsor for a minimum gift of \$1,000, we will happily include you in our public recognition on event t-shirts and in the next Belmont newsletter.

Questions? Contact Deanna Codner at (416) 964-9231 ext. 238 or [dcodner@belmonthouse.com](mailto:dcodner@belmonthouse.com).

***We can't wait to Walk and Roll with you!***



Barry Russell with Resident Mrs. Lyndy Heggie (back) and Azaz Hossain with Resident Mrs. Margaret Brown enjoyed the gorgeous weather and opportunity to raise funds for Belmont House at the 2019 *Walk and Roll*.

## Upcoming events

Please join us at the following special events:

**May 26th, 3–4 pm** Annual General Meeting

**June 12th, 10 am & 2 pm** Walk and Roll

**June 17th, 2:30–3:30 pm** Strawberry Tea Social

**July 2nd, 7–8 pm** Canada Day Celebration  
Concert with The Band of the Royal Regiment  
of Canada

**August 12th, 12–2pm** Summerfest



Paige Fernandes with Resident Mrs. Marina Sakuta, having a great time together at the 2019 Summerfest.

## FOCUS

A newsletter for  
donors and friends  
of Belmont House

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Belmont House is operated by a volunteer Board of Directors licensed by the Ministry of Health and Long Term Care, the Retirement Home Authority, and operates under a service agreement with the Toronto Central LHIN.

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