

FOCUS

FALL/WINTER 2019



Remaining at the forefront of seniors' care

After pooling the collective wisdom of our Residents and Tenants and their families, our staff and volunteers, our partners in healthcare and our Foundation, Belmont House has launched its new Strategic Plan for 2019-2024.

We carefully reviewed the changing, challenging and complex needs of today's seniors and proactively anticipated how those needs will evolve in the future. Our plan follows three strategic directions:

1. Provide an Extraordinary Resident and Tenant Experience

In committing to an extraordinary living experience, Belmont recognizes that we need to continuously change in anticipation of and response to seniors' needs and expectations.

- Strengthen our person-directed model of care and service.
- Expand Belmont services to enhance our continuum of care.
- Position Belmont to meet the increasing care requirements of Residents and Tenants into the future.

2. Grow in Leadership and Influence for Seniors' Care

With strong leadership and governance, Belmont will extend its leadership role in seniors' care across the continuum, especially where it intersects with the broader healthcare sector.

- Use leading technologies and innovation to optimize the quality and safety of the Resident, Tenant and family experience.
- Be recognized as a partner of choice within our expanded network of healthcare and academic partnerships.
- Be a community leader in healthcare and seniors' care.



3. Prepare Our People and Community for the Future

Learning and growing together is our path to mastery in the care of and service to seniors. Always thinking about and exploring innovative opportunities is what keeps our path interesting and challenging.

- Respond to the needs and challenges facing our workforce.
- Be a learning and growing organization where innovation is integral to Belmont and our community.
- Build community connections with our neighbours that enrich the lives of those living, working and visiting Belmont.

Many thanks go to the Strategic Planning Committee, Mary Kardos Burton (Past Board Chair), Brenda McCauley (Board Member), Neel Desai (Committee Chair) and Maria Elias (CEO) for their hard work and leadership in crafting our new plan.

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Belmont's quality of care inspires new Board Chair

Tom Ouchterlony is honoured to have been appointed to the Chair of the Belmont House Board.

He is a Belmont supporter because he has witnessed the quality of care and of life that Residents receive from Belmont House.

"My mother Kay received outstanding care as a Belmont Resident for the seven years preceding her death in 2001," says Tom. "She especially enjoyed the company of other Residents, walks through the gardens and the neighbourhood, and helping to organize the library.

"My niece Cathy Craig also visited Mum regularly and was so impressed with Belmont's nursing care that she changed her career path from music to nursing."

Rallying the support of our community

As Chair of Belmont House Foundation's Board of Directors, Ann Katrusiak oversees our fundraising activities, which are key to ensuring the quality of care offered by Belmont House remains high, now and in the future.

"I first joined the Foundation Board in 2016 because of my concern about the availability of care for seniors," says Ann. "Belmont House is a critically important community resource since seniors are the fastest growing age group in Ontario.

"Belmont's care remains excellent because of the support we receive from our community," says Ann. "Personally I've witnessed Belmont's care, having known many Residents and Tenants, and seeing how my mom's been cared for since becoming a long term care Resident in 2018. I have full confidence in Belmont to keep my mom and all others who live here safe, healthy and engaged.

"Our Foundation's role is vital because the consistency of Belmont House's outside funding is becoming less certain. We must continue to engage the caring support of our community to



Tom Ouchterlony, new Chair of Belmont House's Board of Directors.

Tom, who has been on the Board since 2013, brings important knowledge and experience to his role. He is a retired lawyer who specialized in advising charitable and non-profit organizations on many matters including governance issues. "I am grateful that in my retirement, I am able to help Belmont House. Given the strength of past Chairs, I have big shoes to fill."



Ann Katrusiak, who describes herself as a relationship builder, plays a critical role in the present and future of Belmont as Foundation Board Chair. Ann brings to her role professional experience as a Chartered Financial Analyst, and volunteer experience executing many successful fundraising activities for Belmont and other non-profit organizations.

ensure Belmont's future. More than ever before, it's important that Belmont—a valuable community resource—is preserved."

Giving our Residents a lift

Because people are living longer, many Baby Boomers are caring for their elderly parents at home.

This can be very stressful when the parent can no longer stand on their own. It's very hard on the caregiver's back, and they live in fear of dropping their parent. When adult children realize it is no longer safe to care for their parents at home, Belmont House is honoured to provide seniors with a safe and supportive home.

Although our staff are trained in safe lifting methods, we have to preserve their health too. To save their backs and ensure each resident is safe, our staff lift Residents using a mechanical lift with a comfortable hammock-like sling.

Thanks to donor support, we've been able to install 45 ceiling lifts in Resident rooms to assist our staff in getting people in and out of bed. We also have portable lifts used to transfer Residents in other circumstances.

Because our ceiling lifts get constant use, 15 must currently be replaced. In the meantime, our

portable lifts are working overtime.

If you believe in the compassionate care offered in Belmont House, would you consider making a warm-hearted donation to help us replace these lifts? A very generous gift of \$2,700 would cover the entire cost of replacing and installing one ceiling lift, and will make life better for Residents for years to come.

Of course, you can mail in a donation of any size or make a secure online gift by visiting **BelmontHouse.com** and clicking Donate Now. Bring a smile to a Resident's face today with your gift!

Thank you!



When a Resident needs help getting out of bed, ceiling lifts allow us to safely do so. Here, Resident Mrs. Lyndy Heggie is safely transferred from her bed to wheelchair by Personal Support Worker Carole Goodwin.

Leaving a lasting gift of compassion and joy

For more than 165 years, Belmont House has given seniors a remarkable gift—the support they need to live life to the fullest. We are “The Seniors Home of Choice” because of ongoing support we receive from our community. Generous and compassionate financial support from caring people like you allows Belmont to be a joyful and caring home in the heart of Toronto.

If you believe that Belmont House is a treasure that should be around for generations to come, please consider making a gift through your estate to Belmont House, as have so many others. Consider making your own caring gift of:

- **A donation in your Will**—A specified amount or a percentage of your estate left to Belmont House Foundation.
- **A donation of Life Insurance**—Name Belmont House Foundation as a beneficiary

and/or owner of a policy. You can use the power of insurance to multiply your generosity, at no additional cost to you.

- **A donation of Registered Funds**—Name Belmont House Foundation to be the beneficiary of all or a portion of your RRSP/RRIF.

In becoming a member of our Heritage Circle, your loving and caring legacy gift will inspire others to make the same commitment and ensure the future of our vital community service is secure.

Speak with a trusted lawyer, financial advisor or accountant on how you can make a gift that has the greatest impact. *Yours will truly be the gift of compassion and joy!*

Questions? Please contact Deanna Codner, Belmont House Foundation's Fund Development Officer at (416) 964-9231 ext. 238, or by email at dcodner@belmonthouse.com.

Walkers and rollers do their part to support those in need of Belmont's care

By Deanna Codner
Fund Development Officer

Over 165 years ago, our foremothers created a home that took care of community members who needed a helping hand. They received donations from neighbours who believed in the importance of taking care of their own.

In this same spirit, this year's Walk-a-Thon brought together more than 200 Residents, Tenants, family, friends, staff, volunteers, corporate sponsors and prize donors to raise money to help Belmont meet the increasingly challenging healthcare needs of seniors. We took to the

sidewalk with love for our community in our hearts and raised \$33,240 to help Belmont provide exemplary care for seniors—more than any previous Walk-a-Thon!

I want to warmly thank everyone who contributed—Belmont House is a community leader in healthcare because you choose to care! Many thanks to prize sponsors *NEXUS Investment Management Inc.*, *The Chocolate Factory*, *Art Gallery of Ontario*, and *Declutter and Downsize*. And special thanks to event sponsors *Achieva Health* and *Home Instead Senior Care* for leading the way with their continuing outstanding support!



Donors are helping Belmont House provide excellent care

Thanks to our generous community, since this Spring we have raised funds to purchase 17 new laptop computers, used by our staff to make quick notation of our Residents' health and wellbeing. Easy recordkeeping allows care staff to have immediate access to up-to-date Resident records, and spend more quality time with our Residents. Thank you to everyone who made this possible! Seen here are grateful Personal Support Workers Kereda Campbell (left), Sang An and Blenda Carsola.

Christmas gifts that give back

Do you struggle with buying gifts for people who have everything? Buy beautiful poinsettias and mouth-watering boxes of mixed chocolates from Belmont House! Proceeds help Belmont House buy new physiotherapy equipment for use by Residents and Tenants.

Poinsettias range in colour and price, from \$10-\$40. Chocolates come in an attractive gift box for \$15.

Pick up your order form from our reception desk or contact Deanna Codner, Fund Development

Officer, Belmont House Foundation at (416) 964-9231 ext. 238 or dcodner@belmonthouse.com. Leave your completed form with our receptionist.

Order by **November 22nd** and feel your shopping stress melt away!



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A newsletter for donors and friends of Belmont House

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